



**RELATIONSHIP BETWEEN FAMILY SUPPORT AND PERSONAL HYGIENE  
BEHAVIOR DURING MENSTRUAL IN ADOLESCENTS**

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**ABSTRACT**

Personal hygiene behavior during menstruation affects adolescent reproductive health, including the risk of infection and cervical cancer. Family support, such as parents, especially mothers, plays a vital role in shaping adolescent personal hygiene behavior. This study aims to determine the relationship between family support and personal hygiene behavior during menstruation in junior high school adolescents in Banda Aceh City. This type of research is quantitative with a descriptive correlative method using a cross-sectional study design. The population of junior high school female adolescents in Banda Aceh City is 5,562 people. The sampling technique used the multistage random sampling method with a sample size of 249 female students. Data was collected by self-reporting using a questionnaire on family support and personal hygiene behavior during menstruation. Data were analyzed using chi-square. The results of the chi-square statistical test with a p-value of 0.039 showed a relationship between family support and personal hygiene behavior during menstruation in junior high school adolescents in Banda Aceh City.

Keywords: family support; menstruation; personal hygiene behavior

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**INTRODUCTION**

Personal hygiene during menstruation is an important aspect that affects the overall health of adolescents, with a significant impact on morbidity and potential complications (Haryadi, 2024). Maintaining personal hygiene during menstruation is crucial to maintaining health, especially in preventing infections in the reproductive organs. Therefore, women need to pay special attention to the cleanliness of the vaginal area during menstruation (Aulia Khusnul Khotimah, 2024). If hygiene is not maintained correctly, microorganisms such as bacteria, fungi, viruses, and parasites can multiply excessively, ultimately interfering with the reproductive organs' function (Laswini, 2022). Reproductive tract infections (RTIs) in adolescent girls worldwide include candidiasis (25%-50%), bacterial vaginosis (20%-40%), and trichomoniasis (5%-15%) (Apriliana et al., 2023). According to data from the Global Cancer Observatory (2018), the global prevalence of cervical cancer reached 6.6% or 569,847 cases of total cancer cases. According to the WHO Regional Office for Southeast Asia (2018), of the top ten risk factors for adolescent morbidity and mortality, personal hygiene and sanitation are in third place, while reproductive health is in eighth place. This shows how important this issue is. Among Southeast Asian countries, women are more susceptible to RTIs due to the hot and humid climate (Sari & Badar, 2019).

In Indonesia, the incidence of reproductive tract infections is still relatively high, mainly due to a lack of personal hygiene of the genitals. There are around 90-100 cases of reproductive tract infections per 100,000 population each year (Laswini, 2022). Cervical cancer is the second most common cancer in Indonesian women, with a prevalence of 32,469 cases or 9.3% of the total cases. One of the causes of this high number of cases is the lack of attention adolescents pay to personal hygiene, especially during menstruation (Hadisiwi & Arifin, 2022). These data show the high risk and prevalence of reproductive health problems in adolescents that require immediate attention and action (Liang et al., 2019).

Improper menstrual care can cause various reproductive health problems, such as vaginal discharge, infection, and increased risk of cervical cancer (Anjan & Susanti, 2019). Girls' views on menstruation impact their hygiene practices during menstruation. Girls who have a good understanding of menstruation tend to implement safe and clean ways to manage their menstrual bleeding, while those with poor understanding often do the opposite (Balayneh & Mekuriaw, 2019). Seeing the various negative impacts of poor personal hygiene during menstruation, adolescent girls need to be given good and positive information through parents, peers, and school teachers about how to maintain hygiene during menstruation (Heni Purwaningsih et al., 2021). However, society still considers reproductive health a taboo topic for adolescents to talk about. This limits communication between parents and adolescents regarding menstrual hygiene. As a result, adolescents often lack understanding and comprehension and sometimes make wrong decisions regarding reproductive health (Anjan & Susanti, 2019).

Based on the results of a study conducted by Yuliawati and Mulyanto (2025) in Bekasi on junior high school adolescents, it was found that most personal hygiene behavior was poor. Namely, 29 respondents (60.4%) and only 39.6% of respondents had good personal hygiene behavior. This is in line with the research of Mara and Adesta (2022), which showed that most respondents had poor personal hygiene behavior, namely 44 people (62.9%). Factors influencing behavior include predisposing factors such as knowledge, age, education, attitude, and culture (Mutingah & Rokhaidah, 2021). Another factor is family support, especially a mother, who is important in providing various information about reproductive organ health during menarche. Mothers must also always be ready to answer their children's questions according to their abilities. The support can reduce anxiety and provide good activity motivation, and children are more prepared to face problems. If the mother does not provide information, the child will be less aware of how to deal with menstruation and is not ready to face it (Syelina & Sihura, 2024). This study aims to determine the relationship between family support and personal hygiene behavior during menstruation in junior high school adolescents in Banda Aceh City.

## METHOD

This quantitative research method uses a correlative design with a cross-sectional approach and a total sampling technique when selecting samples. The sample in this study were all female students in grades VII and VIII of Junior High School who had experienced menstruation at SMP Banda Aceh, totaling 249 female students. This research was conducted at State Junior High School 3, Banda Aceh City, for 4 days from 10-13 December 2024. Data was collected by self-reporting using a family support questionnaire consisting of 10 questions from information sources adopted from valid research (Dyah et al., 2023) and Personal Hygiene Behavior totaling 9 questions adapted from research conducted by (Dyah et al., 2023). Analysis of the research results using bivariate analysis with chi-square.

## RESULT

Table 1 shows that most respondents were early adolescents (71.9%), and the rest were middle adolescents (28.1%), with the most extensive class distribution in class VIII (55.0%) compared to class VII (45.0%). Most respondents, namely 55.8%, felt that there was family support. In addition, personal hygiene behavior among female junior high school students in Banda Aceh City was classified as good, indicated by 63.5% of respondents who fell into this category. These findings illustrate the demographic conditions, level of family support, and relatively positive personal hygiene behavior among the female students studied.

Table 1.  
Respondent characteristics

Variables	f	%
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Variables	f	%
Age		
Early Adolescence (11-13 years)	179	71.9
Middle Adolescence (14-16 years)	70	28.1
Resources		
Support	139	55.8
Lack of Support	110	44.2
Perilaku Personal Hygiene		
Good	158	63.5
Not good	91	36.5

Table 2.

Relationship between information sources and personal hygiene behavior during menstruation in adolescents

Family Support	Personal Hygiene Behavior				Total	P-value	
	Not good		Good				
	f	%	f	%			
Lack of Support	48	19.3	62	24.9	110	44.2	0.039
Mendukung	43	17.3	96	38.6	139	55.8	

Table 2 shows that out of 139 respondents, 55.8% received good family support, and out of 158 respondents, 63.5% showed good personal hygiene behavior during menstruation. The statistical test results showed a p-value of 0.039, which is smaller than 0.05, so  $H_0$  is rejected. Thus, a significant relationship exists between family support and personal hygiene behavior during menstruation in junior high school adolescents in Banda Aceh City.

## DISCUSSION

The hygiene of adolescent girls during menstruation is greatly influenced by family support. Mothers and sisters have an essential role in providing education about menstrual hygiene. They help adolescents understand how to maintain personal hygiene and encourage positive behavior during menstruation (Chandra-Mouli & Patel, 2017). This support ensures that adolescents understand well and are accustomed to implementing proper hygiene practices to experience menstruation more healthily and comfortably (Rahmawati et al., 2023). The study conducted on 249 respondents showed that the majority of 139 respondents (55.8%) were in the supportive category. This result is in line with research conducted by Utami (2022), which shows that most families support adolescent girls regarding personal hygiene during menstruation, with as many as 43 people with a percentage (71.7%). These results indicate that most respondents get good family support for personal hygiene when they menstruate.

Several studies have found that good knowledge about menstruation, obtained from credible sources of information such as mothers, teachers, and social media, is significantly associated with better personal hygiene behavior during menstruation. Good sources of information not only increase adolescent girls' understanding of the importance of maintaining hygiene but also encourage them to implement correct practices, such as proper use of sanitary napkins, frequency of changing sanitary napkins, and how to properly dispose of used sanitary napkins (Djaguna et al., 2024a; Manimaran et al., 2024; Putri Mutiara Haryadi, 2024). According to research by Syelina and Sihura (2024), family support is the primary source of information that is greatly needed by female students regarding personal hygiene during menarche. Family support given to female students can make female students feel more loved, appreciated, and cared for, thus preventing health problems due to a lack of good personal hygiene. In addition, family support can provide the equipment adolescents need when facing menarche, such as good sanitary napkins and underwear that easily absorb sweat. Personal hygiene behavior is the management of cleanliness related to menstruation, where women and young women use clean materials to absorb or collect menstrual blood, which can be changed personally during menstruation. They should also use soap and water to maintain body cleanliness and have access to safe and comfortable facilities to dispose of used menstrual materials. In addition,

they need to understand the basic concept of the menstrual cycle and how to manage it properly without feeling uncomfortable or afraid (Djaguna et al., 2024b; Niar et al., 2024). The study conducted on 249 respondents showed that most 158 respondents (63.5%) were in the good category. This result aligns with the study conducted by Susanti and Lutfiyati (2020), which found that as many as 66 people (79.5%) were in a good category regarding behaving in personal hygiene during menstruation.

Based on the research results from Rahayu and Lutfiyati (2022), positive behavior carried out by respondents who have good personal hygiene categories during menstruation includes several steps, such as cleaning the genital area using running water, wearing pants that can absorb sweat, and changing underwear at least twice a day. Sanitary napkins also need to be changed every 4-6 hours, 4-6 times a day, or after bathing, urinating, or defecating, washing hands before touching the vaginal area, cleaning the vagina from front to back, and drying it using tissue. In addition, it is advisable to choose cotton underwear that absorbs sweat and avoid wearing underwear that is too tight. It is best to use soft pads free from perfume or gel during menstruation and change them every four hours or two to three times a day.

The results show that most junior high school female students have good sources of information, with as many as 146 respondents (58.6%) with personal hygiene behavior during menstruation in the good category, as many as 158 respondents (63.5%). It can be seen that family support and the level of personal hygiene obtained a p-value of 0.000 ( $p = 0.039$ ). From these results, it can be stated that there is a significant relationship between family support and personal hygiene behavior in adolescent girls during menstruation. This study is in line with research conducted by Utami (2022), respondents who received family support mostly complied with personal hygiene during menstruation (86.4%). In contrast, respondents who did not receive family support mostly did not comply with personal hygiene during menstruation, namely (82.4%). It can be seen that family support and the level of personal hygiene obtained a p-value of 0.000 ( $p = 0.005$ ). From these results, it can be stated that there is a significant relationship between family support and personal hygiene in adolescent girls during menstruation. According to research by Maharani et al. (2023), parents can help increase the self-confidence of adolescent girls by providing positive support and motivating them to maintain personal hygiene during menstruation. Ensuring that adolescent girls feel comfortable with their bodies and understand the importance of maintaining personal hygiene is important. With good support from parents regarding personal hygiene during menstruation, adolescent girls will be better prepared to face menstruation with confidence and feel more comfortable with their bodies and health. This support will help build a positive attitude towards menstruation and reproductive health in general.

Family support greatly influences adolescents' personal hygiene behavior when facing a situation, namely menstruation. If children are not given family support such as informational, emotional, appreciation and instrumental support, it will affect personal hygiene during menstruation (Salangka et al., 2018). The role of the family, especially mothers in health, is to provide knowledge to their daughters about health problems, provide care and be able to utilize existing health services. The knowledge that can be given to adolescents about first menstruation is in the form of knowledge about the biological process of menstruation, emotional support, and psychological support. The family, especially the mother, as the main environment for adolescents, plays an important role in shaping adolescent behavior (Anjan & Susanti, 2019).

## **CONCLUSION**

Most female students have good access to information sources (58.6%) and demonstrate good personal hygiene behavior during menstruation (63.5%). Data analysis revealed a significant

relationship between the quality of information sources and the personal hygiene behavior of female adolescents during menstruation, as evidenced by a p-value of 0.002 ( $<0.05$ ). This finding indicates that the better the information sources obtained, the better the personal hygiene behavior of female adolescents during menstruation.

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