



THE RELATIONSHIP BETWEEN KNOWLEDGE LEVEL AND VULVA HYGIENE BEHAVIOR DURING MENSTRUATION IN ADOLESCENTS

Vania Ardianingrum, Abi Muhlisin*

School of Nursing, Universitas Muhammadiyah Surakarta, Jl. A. Yani Sukoharjo, Central Java 57162, Indonesia

*abi.muhlisin@ums.ac.id

ABSTRACT

Good reproduction is a state that includes physical, mental, and social related to organs, functions, and reproductive processes. Menstruation is one of the signs of the maturity of the female reproductive organs, therefore knowledge of vaginal hygiene is required. The purpose of this study is to determine the relationship between the level of knowledge and behavior of vulvar hygiene during menstruation in adolescents. The type of research used is quantitative research using a cross sectional approach and data collection through questionnaires that have been tested for validity and reliability. The respondents involved in this study were adolescents at SMK 1 Juwiring with a total of 88 samples from 360 students. The results showed that there was a significant relationship between the level of knowledge and behavior of vulvar hygiene during menstruation in adolescents, with a significant p-value of 0.024 ($< \alpha$ 0.05), which stated a weak correlation with a value of $r = 0.241$, using the Spearman rho test. In conclusion, there is a relationship between the level of knowledge and vulva hygiene behavior during menstruation in adolescents at SMK 1 Juwiring with a positive direction, the higher the level of knowledge, the better the vulva hygiene behavior carried out.

Keywords: adolescents; knowledge; vulva hygiene

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INTRODUCTION

Reproductive health is something related to the health condition of the reproductive system itself. Especially in adolescents, these conditions include physical, mental, social, and spiritual (Izzah et al., 2022). Menstruation is one of the signs that the adolescent reproductive organs are functioning properly, namely with blood coming out of the uterus, usually occurring in adolescents aged 12-16 years (Ruspita et al., 2022). During the transition period from children to adolescents, there are physical, hormonal, psychological and social changes (Pandelaki et al., 2020). An increase in the hormone estrogen will cause menstruation called menarche (Amelia Rospika Jatimineng et al., 2024). By maintaining personal hygiene, you can avoid the risk of reproductive tract infections (Lestari et al., 2024). It turns out that knowledge about vaginal hygiene in adjuvant girls who have just menstruated is still low (Humairoh, 2018 in (Difta Rahmatika, 2022). Although knowledge about reproductive health is low, if left unchecked, it can lead to a variety of sexually transmitted diseases such as urinary tract infections, vaginal discharge and even genital skin irritation (Susanti & Lutfiyati, 2020). The causative factors of reproductive tract infections are weak immunity (20%), lack of behavior Vulva Hygiene good (30%), and the use of unhealthy sanitary napkins during menstruation (50%) (Ratih Pratiwi, 2023).

Improving knowledge is the duty of a nurse who plays the role of an educator. Nurses as educators, educate individuals, educate families, groups and communities and health workers (Juwitasari et al., 2020). Lack of knowledge and information about Vulva Hygiene become a factor causing bad behavior Vulva Hygiene in adolescents (Widarini et al., 2023). The main

problems of adolescent reproductive health are lack of information, deviant sexual behavior, poor health services and unsupportive laws (Hariani, 2022) According to data from the National Development Planning Agency (BKKBN), 63 million Indonesian adolescent girls are at risk of not maintaining genital hygiene during menstruation. Indonesian adolescent girls are prone to urinary tract infections, as statistics show, 43.4% of millions of adolescent girls aged 10-14 years have very poor vaginal hygiene. This encourages the government to prepare a strategic plan for health services for the 2018-2023 period with a target of reaching 88.5% of adolescent health services (Susanti & Lutfiyati, 2020). Behavior is a series of actions that are carried out repeatedly and become routine because there are values that have been believed in (Difa et al., 2024). The importance of adolescents learning to maintain hygiene during menstruation will have a positive impact on their reproductive health and good habitual behavior (Amanda, 2022). There are hundreds of millions of children who menstruate in a single day, but the lack of knowledge and safe ways to manage menstruation is the result of gender gaps, cultural taboos, poverty and lack of sanitation (Loughthan in (Daulay et al., 2022). Therefore, a woman needs to know how to do it and implement this behavior. With this phenomenon, the author is interested in knowing the relationship between knowledge and behavior vulva hygiene during menstruation in adolescents at SMK 1 Juwiring.

METHOD

This study uses a type of quantitative research and by using a correlational descriptive research design method. In this study, a quantitative research design with a Cross Sectional approach was used. The data collection technique used is random sampling technique. The research instrument used in this study was in the form of a questionnaire, there were two questionnaires given, namely the knowledge level questionnaire and the vulva hygiene behavior questionnaire. The questionnaire given has been tested for validity and reliability with the results of validity there are 18 valid knowledge level questionnaires and 10 valid vulva hygiene behavior questionnaires with a reliability value of 0.723 for the knowledge level and 0.892 for vulva hygiene behavior. The respondents in this study were 10th grade students of SMK 1 Juwiring which amounted to 88 people out of 360, calculated using the sloven formula. This study used univariate analysis and bivariate analysis with the Spearmen-Rho correlation test. The ethical principles in this study are freedom, justice, benefits and protection.

RESULT

Table 1.

Univariate Analysis (n=88)

Univariate Analysis		f	%
Level of Knowledge	Good Knowledge	44	50
	Enough Knowledge	39	44.3
	Less Knowledge	5	5.7
Vulva Hygiene Behavior	Good Behavior	28	31.8
	Sufficient Behavior	58	65.9
	Less Behavior	2	2.3

The respondents in this study were 88 students. With the results obtained, 44 respondents (50%) and 28 respondents (31.8%) had good vulvar hygiene behavior.

Table 2.
Bivariate Analysis (n=88)

Behaviour	Good		Enough		Less		Sum		SpeaemenRho	
	f	%	f	%	f	%	f	%	P	R
Knowledge										
Good	13	14.8	30	34.1	1	1.1	44	100	0.024	0.241
Enough	15	17.0	24	27.3	0	0.0	39	100		
Less	0	0.0	4	4.5	1	1.1	5	100		
Total	28	31.8	58	65.9	2	2.3	88	100		

The relationship between the level of knowledge and *menstrual vulvar hygiene behavior* in adolescents from 88 female students showed that students with *good vulvar hygiene behavior* during menstruation in 28 respondents (31.8%), then students with *adequate vulvar hygiene behavior* during menstruation in 58 respondents (65.9%) and students with *vulvar hygiene* in 58 respondents (65.9%) and students with *vulvar hygiene* Behaving during menstruation 2 respondents (2.3%). There was a relationship between the level of knowledge and *behavior of vaginal hygiene during menstruation* in adolescents with a significant value (p-value) = 0.024 < α 0.05 with a weak correlation, namely r = 0.241.

DISCUSSION

Personal hygiene is an important component in a person's health behavior status, namely avoiding disturbances in the reproductive organs during menstruation (Laila, 2016 in (Chasani, 2021). Maintain hygiene, especially the vaginal part, otherwise bacteria and fungi will arise (Ratnasari, 2017 in (Sabaruddin et al., 2021). Keeping the genitals clean so that bacteria do not enter and interfere with the reproductive system (Kanti et al., 2021). Keeping the reproductive organs dry is important because if it is in humid conditions, it will make the fungus grow faster (Ernawat, 2019 in (Miftahul Ghofur et al., nd 2023). According to research from Qolbah, et al., (2024) entitled *The Relationship between Knowledge and Menstrual Hygiene Behavior in Adolescents*, the results of the study show that there is a relationship between knowledge and hygiene behavior during menstruation p-value=0.001. According to research from Satiawan et al., (2023), entitled "The relationship between knowledge and personal hygiene attitudes regarding reproductive health during menstruation in adolescent girls in the work area of the Air Besar Health Center, Batu Merah Village, Ambon City", there is a relationship between knowledge and behavior Vulva Cleanliness during menstruation in adolescents with p-value = 0.000. According to research from Muna (2023) entitled "The Relationship between Knowledge About Menstrual Hygiene and Personal Hygiene Behavior During Menstruation in Adolescent Girls at SMA N 01 Boja", there is a significant relationship with a result of 0.000.

According to the research of Nataliswati, et al., (2023) with the title "The Relationship between the Level of Knowledge About Vulva Hygiene and Vulva Care Habits During Menstruation in Women of Childbearing Age (Wus) in Wringinanom Village", the results of the data test with a p-value = 0.002. According to research from Gusti Sayu Ratih Kusuma Dewi (2022) entitled "The Relationship between Knowledge Level and Adolescent Girls' Behavior Towards Vulva Hygiene In SMP Negeri 3 North Kuta", there was a significant relationship p = 0.048. According to the study Amallya, et al. (2022) entitled "The Relationship of Personal Hygiene Knowledge Level to Adolescent Behavior During Menstruation", there is a significant relationship with a value of p=0.002. According to research from Wulandari et al., (2024) entitled "Knowledge with Personal-Hygiene Behavior During Menstruation in Adolescent Girls at the Miftahunnajah Islamic Boarding School, Sleman, Yogyakarta", there was a significant relationship p-value = 0.001.

CONCLUSION

There was a significant relationship between the level of knowledge and behavior of vulvar hygiene during menstruation in adolescents at SMK 1 Juwiring with p -value=0.024 in the positive direction.

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