

The Relationship of Knowledge About Menstruation with Personal Hygiene Behavior in Young Women in Sutawinangun Village, Cirebon Regency***Hubungan Pengetahuan Tentang Menstruasi dengan Perilaku Personal Hygiene pada Remaja Putri di Desa Sutawinangun Kabupaten Cirebon*****Sofiyati**

Sekolah Tinggi Ilmu Kesehatan Ahmad Dahlan, Cirebon, Indonesia

*e-mail: y_sofie@yahoo.co.id**Abstract**

Objective: The research objective was to determine the relationship between knowledge about menstruation and personal hygiene behavior during menstruation in young women in Sutawinangun Village, Kedawung District, Cirebon Regency.

Methods: This research is an analytic survey with a cross-sectional time approach. The population is 62 respondents, using total sampling with a total sample of 62 young women. The instrument was used to measure the knowledge and behavior of respondents using a questionnaire.

Results: Description of young women's knowledge about menstruation in Sutawinangun Village, Kedawung District, Kab. Cirebon data were obtained from 62 respondents; 33 of them had enough knowledge (53.2%), while only 8 respondents (12.9%) had a good understanding, and 21 respondents (33.9%) had less knowledge. As for the behavior of young women regarding personal hygiene, the results showed that 41 people had positive personal hygiene behavior during menstruation (66.1%). In contrast, 21 respondents (33.9%) had negative personal hygiene behavior during menstruation. Based on the calculation results of Kendall tau, $P\text{-value} = 0.000 < \alpha = 0.05$ (the P-value is more minor than $\alpha = 0.05$). This means a significant relationship exists between young women's knowledge of personal hygiene behavior during menstruation.

Conclusion: There is a Relationship between Knowledge about Menstruation and Personal Hygiene Behavior During Menstruation in Young Women in Sutawinangun Village, Kedawung District, Cirebon Regency.

Keywords: knowledge, menstruation, personal hygiene, young women.

Article History	Submitted	Revised	Accepted
	2023-07-06	2023-07-23	2023-07-24

Introduction

Menstruation is a physiological and psychological milestone in a woman's reproductive life.¹ Menstruation is also a natural, normal phenomenon of the female reproductive cycle where there is periodic discharge of blood from the uterus through the vagina for one to seven days every month from the age of menarche to menopause.² In a woman's life, menarche is one of the most memorable and decisive moments of adolescence where this period describes the transition from childhood to adulthood.³

Menstruation is periodic and cyclical bleeding from the uterus, which is accompanied by shedding (desquamation) of the endometrium. Menstrual bleeding results from a complex interaction involving the hormonal system with the body's organs, namely the hypothalamus, pituitary, ovaries, and uterus. Menstrual cycles in women typically range from 21-35 days, and only 10-15% have menstrual cycles of 28 days with menstrual lengths of 3-5 days; some reach 7-8 days.⁴ Data on irregular menstrual cycles shows an increase of 1.2 % in three years. The reasons given by women who have irregular cycle problems are due to stress and lots of thoughts by 51%..⁵

According to Mulastin in Prayuni Dwi Evin et al., the factors that affect the menstrual cycle include hormonal, psychological, activity, nutrition, and diet.⁴ Likewise, according to Isnaeni, the length of the menstrual cycle is influenced by age, body weight, stress level, genetics, and nutrition. Menstruation or menstruation refers to the periodic discharge of blood and body cells from the vagina that originate from the lining of the woman's uterus. Menstruation is a regular process that prepares a woman's body each month for her pregnancy. This cycle involves several stages controlled by the interaction of hormones secreted by the hypothalamus, pituitary gland, and ovaries. At the beginning of the cycle, the lining of the uterus begins to grow and thicken.⁶

Menstrual personal hygiene is a critical determinant of adolescent health status, affecting old age. Poor personal hygiene has a significant effect on morbidity and complications. Familiarize yourself with hygienic behavior. Hygienic behavior during menstruation will not just happen but is a learned process because individuals understand the positive or negative impact of behavior related to menstruation. A lack of education about menstruation and menstrual hygiene causes a lack of awareness of menstrual hygiene and care during menstruation.⁷ Inappropriate knowledge and experienced limitations related to menstruation can have health, educational and psychosocial impacts.

Poor menstrual hygiene practices put a teenager at risk of 1.4 to 25.07 times getting reproductive tract infections.⁸

Personal hygiene plays an important role; personal hygiene during menstruation is an action to maintain health and cleanliness in the female organs during menstruation, an indicator of personal hygiene. Complaints caused by ignorance of personal hygiene are pruritus vulva, a disease characterized by a severe itchy sensation from the genitals.⁸

The impact that occurs if this personal hygiene behavior is not carried out, among other things, young women will not be able to fulfill the cleanliness of their reproductive organs, appearance and health during menstruation are also not maintained so they can get urinary tract infections, vaginal discharge, cervical cancer, and other reproductive health. Behavior that lacks hygiene care during menstruation is laziness in changing pads. One of the causes is bacteria that thrive on sanitary napkins. Good self-care during menstruation, such as using proper hygienic napkins, is that pads should not be worn for more than six hours or must be changed as often as possible when they are full of menstrual blood. Poor personal hygiene, especially in the genital area, is also a predisposing factor for cervical cancer.⁸

Based on a preliminary study conducted by the author in February 2023, according to information from several young women, the author met in Sutawinangun Village, Kedawung District, Kab. Cirebon. Young women in grades VII–IX of junior high school often get permission not to participate in the learning process every month because they experience pain during menstruation. Meanwhile, when other young women were interviewed, when they experienced pain during menstruation, they could not concentrate, especially during the teaching and learning process, because of the pain they felt. Based on the preliminary data above, this study hypothesizes that there is a relationship between knowledge about menstruation and personal hygiene behavior during menstruation in young women in Sutawinangun Village, Kedawung District, Cirebon Regency. This study aimed to determine the relationship between knowledge about menstruation and personal hygiene behavior during menstruation in young women in Sutawinangun Village, Kedawung District, Cirebon Regency.

Methods

This research is an analytic survey with a cross-sectional time approach. The population is 62 respondents, using total sampling with a full sample of 62 young women. The instrument was used to measure the knowledge and behavior of respondents using a questionnaire. Univariate analysis was carried out to obtain an overview of the level of expertise on each variable. Bivariate analysis was employed using the Chi-Square statistical test to test the relationship between the young women's knowledge about menstruation and personal hygiene behavior during menstruation.

Results

Knowledge Levels of Young Women about Menstruation in Sutawinangun Village, Kedawung District, Kab. Cirebon

Table 1. Frequency Distribution of Knowledge Levels of Young Women about Menstruation in Sutawinangun Village, Kedawung District, Kab. Cirebon

Criteria	Amount	%
Baik	8	12,9
Cukup	33	53,2
Kurang	21	33,9
Total	62	100

Description of young women's knowledge about menstruation in Sutawinangun Village, Kedawung District, Kab. Cirebon data were obtained from 62 respondents; 33 of them had enough knowledge (53.2%), while only eight respondents (12.9%) had a good understanding, and 21 respondents (33.9%) had less knowledge. As for the behavior of young women regarding personal hygiene, the results showed that 41 people had positive individual hygiene behavior during menstruation (66.1%). In contrast, 21 respondents (33.9%) had negative personal hygiene behavior during menstruation. Based on the calculation results of Kendall tau, $P\text{-value} = 0.000 < \alpha = 0.05$ (the $P\text{-value}$ is more minor than $\alpha = 0.05$). This means a significant relationship exists between young women's knowledge of personal hygiene behavior during menstruation.

Personal Hygiene Behavior During Menstruation in Sutawinangun Village, Kedawung District, Kab. Cirebon

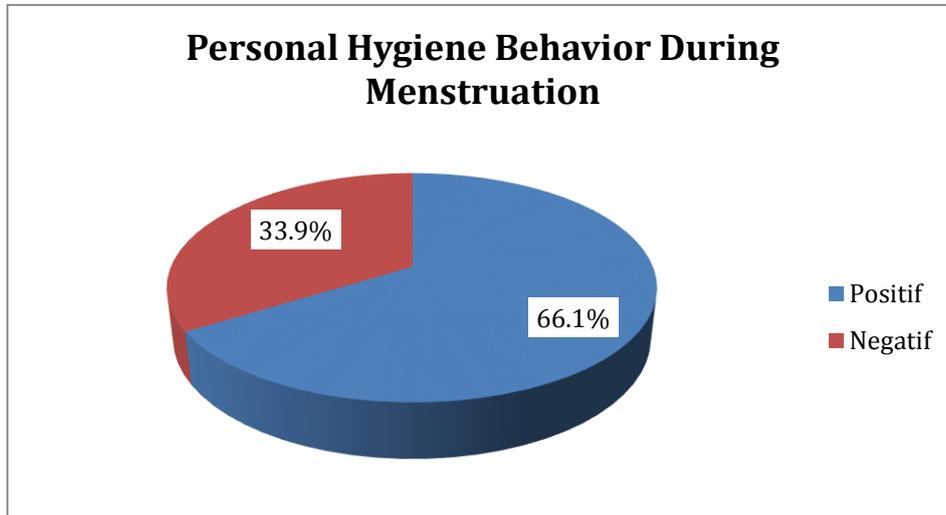


Diagram 1. Personal Hygiene Behavior During Menstruation

Based on diagram 1, out of 62 respondents, 41 had positive personal hygiene behavior during menstruation (66.1%), while 21 respondents (33.9%) had negative personal hygiene behavior during menstruation.

Relationship between Knowledge about Menstruation and Personal Hygiene Behavior During Menstruation in Young Women in Sutawinangun Village, Kedawung District, Cirebon Regency

Table 2. Relationship between Knowledge about Menstruation and Personal Hygiene Behavior During Menstruation in Young Women in Sutawinangun Village, Kedawung District, Cirebon Regency

Variables	Behavior			P-Value
	Negative	Positive	Total	
Knowledge	Good	0	8	0.000
		0%	19,5%	
	Enough	0	33	
		0%	80,5%	
	deficient	21	0	
		100%	0%	
	Total	21	41	
		100,0%	100,0%	

Based on the table above with a sig value $(0.001) < 0.05$, the results of the chi-square test can be concluded that there is a relationship between knowledge about menstruation and personal hygiene behavior during menstruation in young women in Sutawinangun Village, Kedawung District, Cirebon Regency.

Discussion

Based on Table 1, it is stated that out of 62 respondents, 33 of them had sufficient knowledge about Menstruation (53.2%), while only 8 respondents (12.9%) had good knowledge, and 21 respondents (33.9%) had less knowledge. These results align with Yeni Devita and Nola Kardiana's research on the Relationship between the Knowledge of young women about personal hygiene by Carrying out personal hygiene properly during Menstruation at MA Hasanah Pekanbaru. It can be seen that the respondents in this study had the most knowledge of young women during sufficient Menstruation, 43 (51.8%) of respondents.⁶ Likewise with Melida Daulay et al.'s study entitled the relationship between knowledge of Menstruation and personal hygiene behavior during Menstruation for young women at SMK Multikarya Medan.³ It is known that the respondents in this study were the number of respondents with adequate menstrual knowledge status, namely 25 people (41, 7%) is almost the same as good knowledge status 26 people (43.4%). Knowledge is the result of knowing after people sense a particular object. Sensing occurs through the human senses: sight, hearing, smell, taste, and touch. Most human knowledge is obtained through the eyes and ears.⁹

Knowledge or cognition is essential for the formation of one's actions. Low knowledge of reproductive organs can trigger various complaints and problems related to reproductive health, especially among women. This is motivated by menstrual events, which are dirty blood and vaginal discharge, so if they are not kept clean, they will have the potential for infection in the reproductive organs.¹⁰ Several factors influence one's knowledge, namely Education, Mass media/information, Social culture, and economy, Environment, Experience, and Age.⁹

Based on diagram 1, it is stated that out of 62 respondents, 41 of them had positive personal hygiene behavior during Menstruation (66.1%), while 21 respondents (33.9%) had negative personal hygiene behavior during Menstruation. These results are

consistent with Dwi Susanti and Afi Lutfiyati's research entitled the relationship between Knowledge of young women and personal hygiene behavior during Menstruation.

The results of this study indicate that most of the personal hygiene behaviors during Menstruation for female adolescents during Menstruation are in the positive category, namely 38 (61.3%). Likewise, Ni Luh Agustini Purnama's research entitled Knowledge and personal hygiene actions during adolescent Menstruation. The results of this study indicate that most of the personal hygiene behaviors during Menstruation for young women during Menstruation are in the positive/good category, namely 38 (90.5%).¹¹

Personal Hygiene (self-cleaning or self-care) is a form of self-care carried out to maintain physical and psychological health.⁸ Personal menstrual Hygiene in adolescents is a critical issue as a determinant of adolescent health status, affecting old age life. Poor menstrual personal Hygiene has a major effect on morbidity and complications. Therefore, adolescents must be prepared in terms of knowledge, attitudes, and actions toward achieving healthy reproduction. Inappropriate knowledge and experienced limitations related to menstruation can impact health, education, and psychosocial. Poor menstrual hygiene practices put a teenager at risk of 1.4 to 25.07 times getting reproductive tract infections.⁸

Hygiene behavior during menstruation is very important for women to maintain personal hygiene and health, both physically and mentally. Personal hygiene during menstruation is the first step to realizing personal health because a clean body will minimize a person's risk of contracting a disease. Women with low personal hygiene behavior think that cleanliness is an unimportant problem; if left unchecked, it will cause diseases related to genital hygiene. Someone who does not maintain good hygiene during menstruation will easily experience reproductive tract infections.¹²

Moist genital areas will result in the growth of candida fungi and bacteria, which can cause pruritis vulvae which are characterized by an itchy sensation, infection, and vaginal discharge in the vaginal area. Vulvar pruritus is caused by fungi, bacteria, and viruses that arise due to poor personal hygiene and menstrual hygiene (44%), allergens and feminine products (30%), and pathological abnormalities in the vulva (26%). Another impact of personal hygiene behavior is poor is that you can get urinary tract infections, cervical cancer, and other reproductive health. Knowledge of personal hygiene is essential

because good knowledge can improve health. Someone who has knowledge of personal hygiene will maintain personal hygiene to prevent disease. Lack of knowledge about reproductive health will result in women not having hygienic behavior during menstruation, and lack of personal hygiene in adolescents can cause reproductive health problems.¹²

The impact that occurs if this personal hygiene behavior is not carried out, among other things, young women will not be able to fulfill the cleanliness of their reproductive organs, appearance and health during menstruation are also not maintained so they can get urinary tract infections, vaginal discharge, cervical cancer, and other reproductive health. Behavior that lacks hygiene care during menstruation is laziness to change pads. One of the causes is bacteria that thrive on sanitary napkins. Good self-care during menstruation, such as using proper hygienic napkins, is that pads should not be worn for more than six hours or must be changed as often as possible when they are full of menstrual blood. Poor personal hygiene, especially in the genital area, is also a predisposing factor for cervical cancer.⁸

The relationship between knowledge about menstruation and personal hygiene behavior during menstruation in young women in Sutawinangun Village, Kedawung District, Cirebon Regency, was analyzed using the Chi-Square Test on SPSS version 23.

In Table 2, it can be explained that most of the respondents' knowledge about menstruation is sufficient, namely as many as 33 respondents (53.2%). Of the 33 respondents in the positive personal hygiene behavior category during menstruation, there were 33 respondents (100%). Respondent's knowledge of good menstruation was 8 respondents (12.9%). Of the 8 respondents in the positive personal hygiene behavior category during menstruation, there were 8 respondents (100%). Respondents' knowledge about menstruation was less than 21 respondents (33.9%). Of the 21 respondents, all were in the category of negative personal hygiene behavior during menstruation (100%).

This shows that the level of knowledge affects a person's behavior. These results align with Mukarramah's research¹³ entitled *The Relationship between Knowledge and Attitudes of young women towards personal hygiene behavior during Menstruation*. Based on the calculation results of Kendall tau, $P\text{-value} = 0.000 < \alpha = 0.05$ (the $P\text{-value}$ is smaller than $\alpha = 0.05$). This means a significant relationship exists between young women's knowledge of personal hygiene behavior during menstruation. There is a

positive and meaningful relationship between knowledge and personal hygiene behavior in young women, as the results of Yongwan Nyamin et al.'s research obtained a p-value ($p = 0.000 < 0.05$).¹⁴

Conclusion

This study reveals that there is a Relationship between Knowledge about Menstruation and Personal Hygiene Behavior During Menstruation in Young Women in Sutawinangun Village, Kedawung District, Cirebon Regency. Also, most respondents have sufficient knowledge, while those with good understanding are still relatively low. In other words, the study suggests that young women's knowledge about menstruation directly impacts their hygiene practices during their menstrual period. Those with higher knowledge levels tend to have more positive personal hygiene behavior, while those with lower knowledge levels are likelier to have negative personal hygiene behavior during menstruation. Therefore, educating young women about menstruation and personal hygiene is crucial to promote better hygiene practices during this period.

References

1. Bulto GA. Knowledge on Menstruation and Practice of Menstrual Hygiene Management Among School Adolescent Girls in Central Ethiopia: A Cross-Sectional Study. *Risk Manag Healthc Policy*. 2021;14:923. doi:10.2147/RMHP.S296670
2. Bhusal CK, Bhattarai S, Kafle R, Shrestha R, Chhetri P, Adhikari K. Level and Associated Factors of Knowledge regarding Menstrual Hygiene among School-Going Adolescent Girls in Dang District, Nepal. *Adv Prev Med*. 2020;2020:1-9. doi:10.1155/2020/8872119
3. Daulay M, Penelitian A, Sari S, Rahmadhani M, Kemala Sari S, Artikel B S T R A K HA. Hubungan Pengetahuan Menstruasi Dengan Perilaku Personal Hygiene Saat Menstruasi Remaja Putri Smk Multikarya Medan. *J Kedokt STM (Sains dan Teknol Med)*. 2022;5(2):152-156. doi:10.30743/STM.V5I2.339
4. Prayuni ED, Imandiri A, Adianti M. Therapy For Irregular Menstruation With Acupuncture And Herbal Pegagan (Centella Asiatica (L.)). *J Vocat Heal Stud*. 2019;2(2):86-91. doi:10.20473/jvhs.V2.I2.2018.86-91
5. Anjarsari N, Sari EP. Relationship Stress Levels with Menstrual Cycle in Adolescent Girls. *Psychiatry Nurs J (Jurnal Keperawatan Jiwa)*. 2020;2(1):1-4. doi:10.20473/PNJ.V2I1.19135
6. Devita Y, Kardiana N, Payung S, Pekanbaru N. Hubungan Pengetahuan Remaja Putri Tentang Personal Hygiene Dengan Cara Melakukan Personal Hygiene Dengan Benar Saat Menstruasi Di Ma Hasanah Pekanbaru. *An-Nadaa J Kesehat Masy*. 2018;4(2):64-68. doi:10.31602/ANN.V4I2.1168
7. Natalina R, Sukriani W, Kunci K, Konseling RM. Perawatan Diri Selama Menstruasi pada Remaja Putri di SMA Negeri 10 Palangka Raya. *PengabdianMu J Ilm*

- Pengabdian Kpd Masy.* 2020;5(2):168-172. doi:10.33084/PENGABDIANMU.V5I2.1069
8. Widyarningsi SU. *Pengaruh Penyuluhan Kesehatan Terhadap Perilaku Higiene Menstruasi Pada Remaja Putri Pondok Pesantren Modern Al-Izzah As'adiyah Dan Sman 1 Tolai Di Kabupaten Parigi Moutong.* Universitas Hasanuddin; 2022.
 9. Florence AG. *Hubungan Pengetahuan Gizi Dan Pola Konsumsi Status Gizi Pada Mahasiswa Tpb Sekolah Bisnis Dan Manajemen Institut Teknologi Bandung.* Universitas pasundan; 2017. Accessed July 17, 2023. <http://teknik.unpas.ac.id>
 10. Pratamawati RGAD. *Hubungan Pengetahuan Dengan Perilaku Personal Hygiene Saat Menstruasi Pada Remaja Putri.* Universitas 'Aisyiyah Yogyakarta; 2020.
 11. Susanti D, Lutfiyati A, Keperawatan P, Kesehatan F, Achmad Yani Yogyakarta Jl Brawijaya Ambarketawang Gamping Sleman Yogyakarta U. HUBUNGAN PENGETAHUAN REMAJA PUTRI DENGAN PERILAKU PERSONAL HYGIENE SAAT MENSTRUASI. *J Kesehat SAMODRA ILMU.* 2020;11(2):166-172. doi:10.55426/JKSI.V11I2.119
 12. Agustina KS, Utami NKAD. Hubungan Pengetahuan Remaja Putri Dengan Perilaku Personal Hygiene Saat Menstruasi Pada Siswa Sma Ngurah Rai Negara. *Midwifery J.* 2021;8(2):11-15.
 13. Prodi DIII Kebidanan STIKES Nusantara Lasinrang Pinrang M. Hubungan Pengetahuan Dan Sikap Remaja Putri Terhadap Perilaku Personal Hygiene Saat Menstruasi. *J Kesehat Luwu Raya.* 2020;7(1):88-95.
 14. Nyamin Y, Sundah IA, Sulistyowati R. Hubungan Tingkat Pengetahuan Dengan Perilaku Personal Hygiene Saat Menstruasi Pada Remaja Puteri. *J Forum Kesehat Media Publ Kesehat Ilm.* 2020;10(2). doi:10.52263/JFK.V10I2.212