

Level of Understanding and Role of Parents in Health Education and Behavior of Young Girls in Personal Hygiene during Menstruation

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ABSTRACT

Following their periods, women, particularly teenagers, sometimes struggle with vaginal discharge. Maintaining proper personal hygiene is necessary to prevent this issue. The purpose of this study is to ascertain how young women's personal hygiene practices during their periods relate to their parents' level of knowledge and involvement in health education. This study employs a cross-sectional methodology and a quantitative observational analytical research design. Students in grades 7 and 8 made up the study's population. Using the stratified random sampling technique, the study's sample size was 162. Young women's behavior is the dependent variable, and parents' comprehension and involvement in health education are the independent variables.

Keywords: Behavior, Parental Role, Personal Hygiene, Understanding

BACKGROUND

Maintaining hygiene and wellness in the feminine area to stop vaginal discharge is known as vaginal personal hygiene. Maintaining good personal cleanliness is crucial to preventing interference with the reproductive organs' ability to operate during menstruation. Because bacteria and germs can easily enter the reproductive system and cause illnesses there, it is important to maintain the cleanliness of the reproductive organs (ISR). The cleanliness of the reproductive organs has a direct impact on reproductive health. Personal hygiene is also influenced by knowledge. Teen females with inadequate awareness of personal hygiene may encourage their peers to act hygienically during their periods, putting their own reproductive health at risk. The rise in vaginal infections is one of the effects of poor personal hygiene.

In 2018, the World Health Organization said that over 75% of women worldwide may see vaginal discharge at least once in their lifetime. For most women, vaginal discharge is a symptom that they encounter frequently. Both healthy and pathological vaginal discharge are possible; normally, vaginal sap, also known as mucus, is a clear, odorless liquid that is not excessively produced and does not cause pain or irritation. On the other hand, in a pathological state, the opposite is true; there is a great volume of colorful, smelly fluid along with burning, itching, and pain that is quite unsettling. Vaginal discharge is one sign of illnesses or anomalies in the reproductive organs. Before and after menstruation, normal vaginal discharge may occur around the secretory.

In an Egyptian study on menstruation hygiene, 15.3% of previously married women used disposable sanitary napkins, 42.1% used cotton pads, and 39.4% used cloth pads as absorbents after washing them. The study focused on teenage girls and women. On the other hand, 21% of single women and 25.2% of married women reused cleaned absorbent fabric and 50.5% of sanitary napkins. Just 3.2% of the women in the two groups used leftover cloth

and disposed of it after using it (Ramaiah, 2016). Approximately 1.2 billion individuals, or 18% of the global population, are teenagers between the ages of 10 and 19 (WHO, 2009). Based on data from the Central Statistics Agency (2010), there are around 41 million teens in Indonesia between the ages of 10 and 19. The quantity of adolescents in Indonesia.

Preliminary data collected on Thursday, April 28, 2022, revealed that most female grade 8 pupils had gone through menstruation. Aside from parents at school, some adolescents are already aware of the significance of maintaining good personal hygiene during their periods. Guidance and counseling teachers in particular contribute significantly to this knowledge. The guidance and counseling teacher urged female students who are menstruating to carry a black plastic bag to throw away soiled sanitary napkins in addition to sanitary napkins for changing. In addition, fresh underwear, black plastic bags, and sanitary napkins were set up in the BK room. Prior to the pandemic, held Friday classes every Friday.

Data about two persons who had not heard from their parents about the need of personal cleanliness during menstruation was gathered from the outcomes of five teens interviewed. Furthermore, up to three individuals are unaware of the significance of maintaining good personal cleanliness during menstruation, which can lead to infections in the female organs and abnormal vaginal discharge. Additionally, three individuals still engage in regular practices that contribute to less hygienic behavior when they are menstruation. These practices include not changing sanitary napkins after urinating, being lazy about it, and changing sanitary napkins when they are full.

Fungal infections can result from poor vulva hygiene practices during menstruation, such as forgetting to change sanitary napkins.

It is the duty of parents to raise, guide, and teach their children until they complete developmental milestones that will prepare them for social interactions (Arief, 2011 in Syahda S, 2020). It is the responsibility of parents to raise their children so that they can act well and are open to talking about issues pertaining to reproductive organs. Children's health, particularly with regard to reproductive health issues, is impacted by parents' negative attitudes on issues involving the reproductive organs (Wuryani, 2008 in Syahda S, 2020). Girls' readiness to deal with menstruation before puberty is influenced by health education surrounding it. Additionally, if young women are aware of how to take care of themselves during menstruation and know what to do when they experience the same condition.

METHODS

This study employs a cross-sectional methodology and a quantitative observational analytical research design. Students in grades 7 and 8 made up the study's population. By employing the stratified random sampling technique, the study's sample size of 162 was established. The conduct of young women is the dependent variable, and the parents' level of knowledge and involvement in health education is the independent variable. Questionnaires were used to gather data, and ordinal regression testing was used in bivariate analysis.

RESULTS

Respondent Characteristics

Table 1. Characteristics of respondents in this study include age, duration of menstruation, living with other people

No	Characteristics	ΣN	Σ%
1	Age		
	12 Years	9	5,3
	13 Years	83	48,8
	14 Years	78	45,9

2	Length of Menstruation		
	<1 Years	7	4,1
	1 Years	63	37,1
	>1 Years	100	58,8
3	Living With People		
	Yes	156	91,8
	No	14	8,2

According to the study's findings, class 8 pupils made up 51% of the respondents, or 87 students. According to age, 83 students (49%), or the bulk of responders, were 13 years old. Based on menstrual history, it is known that 100 students, or 59% of the responses, have had periods for more than a year. It is known that the bulk of respondents 156 students, or 92% of the sample live with their parents.

Variable Characteristics

Table 2. Characteristics Variables in this study include age, length of menstruation, living with other people

No	Characteristics	ΣN	$\Sigma \%$
1	Personal hygiene behavior during menstruation		
	Good	58	34,1
	Enough	74	43,5
	Not enough	38	22,4
2	Understanding Personal Hygiene during Menstruation		
	Good	101	59,4
	Enough	54	31,8
	Not enough	15	8,8
3	The role of parents as educators		
	Good	83	48,8
	Enough	75	44,1
	Not enough	12	7,1

The majority of students 101 students, or 59% of the total have a solid awareness of personal cleanliness during menstruation, according to the personal hygiene understanding variable. It is known that the majority of parents' roles as educators fall into the positive category, with 83 female students (49%), according to the varying role of parents. According to the criteria measuring personal hygiene behavior, 74 students (44%), or the majority, fall into the sufficient group for personal cleanliness behavior during menstruation.

Statistical Test Results

Table 1. Statistical Test Results

	Estimate	Std. Error	Wald	df	Sig.	Information
[Y = 1,00]	4,291	,828	26,864	1	,000	
[Y = 2,00]	6,838	,950	51,836	1	,000	
X1	1,557	,274	32,333	1	,000	There is influence
X2	,809	,256	9,978	1	,002	There is influence

Interpretation:

1. From the table above, it can be seen that variable X1 (understanding of personal hygiene during menstruation) has a significance value of 0.000. This value is smaller than alpha

($0.000 < 0.05$). This means that partially understanding personal hygiene during menstruation influences personal hygiene behavior during menstruation.

2. From the table above, it can be seen that variable X2 (the role of parents as educators) has a significance value of 0.002. This value is smaller than alpha ($0.002 < 0.05$). This means that partially the role of parents as educators influences personal hygiene behavior during menstruation.

DISCUSSION

Level of Understanding of Young Women about Personal Hygiene during Menstruation

Based on research, it is known that the majority of students' understanding of personal hygiene during menstruation is in the good category, namely 101 students (59%), in the adequate category it is 32% and in the poor category it is 9% regarding personal hygiene during menstruation. These results were obtained based on research questionnaire data that was carried out.

The results of this research are in line with research conducted by Bagiastra and Damayanti (2019) which stated that understanding about personal hygiene received positive results because it received a good and enthusiastic response from respondents and was proven by a fairly good understanding of the material presented. These results are different from research conducted by Syahda and Elmayasari (2020) showing results of 39 respondents in the poor category and 33 respondents in the good category understanding of personal hygiene.

According to Widiaworo (2017, in Pahira Pani, 2019) explains that understanding is the ability to connect or associate the information studied into "one complete picture" in our brain. It could also be said that understanding is the ability to connect or associate other information that has previously been stored in a data base in our brain.

Young women's understanding of personal hygiene is good as proven by research results, namely 59% of respondents in the good understanding category. According to Sudijono (in the Pahira Pani journal, 2019) comprehension is a person's ability to understand or comprehend something and after that it is known and remembered." Basically, understanding is a form of learning outcome. This understanding is formed as a result of the learning process. Because the process of understanding knowledge needs to be followed by learning and thinking.

Good understanding from respondents was caused by several factors, including age. Based on cross tabulation, it is known that of the 101 female students who have a good understanding of personal hygiene during menstruation, 56 (55.4%) of them are 13 years old. The older they get, the more knowledge they gain, so that respondents' understanding of personal hygiene during menstruation is also better.

Another factor that influences understanding personal hygiene is the length of menstruation. From the research results, it is known that of the 101 female students who have a good understanding of personal hygiene during menstruation, it is known that 58 (57.4%) of them have experienced menstruation for more than 1 year. Teenage girls who have experienced menstruation for a long time are much more experienced in implementing personal hygiene properly. Experience is needed in life and development so that it can motivate people to seek more information related to reproductive health.

Next is the factor of residence, respondents who live with their parents have a better understanding than respondents who do not live with their parents. This is proven by research results which show that of the 108 female students who have a good understanding of personal hygiene during menstruation, 93 students (92.1%) of them live with their parents.

However, there are still some respondents who still lack knowledge in understanding proper personal hygiene. This is proven by the fact that several respondents answered the questions

incorrectly. The questions that most people get wrong are about washing the genitals, you don't need to wet your hands first and the correct way to clean the genitals from back to front. According to researchers' assumptions, understanding of personal hygiene in young women is influenced by how long they experience menstruation because the longer they experience menstruation, the greater their knowledge and understanding. This happens because they understand more, and they have applied it during the menstrual period. Apart from that, parents also play an important role in increasing their children's understanding. Meanwhile, respondents' lack of understanding can be improved by providing education about personal hygiene during menstruation to teenage female students.

The Role of Parents in Health Education about Personal Hygiene during Menstruation

Based on the research results, it is known that the majority of parents' role as educators is in the good category, namely 83 students (49%), in the sufficient category, 44% and in the poor category, 7% regarding personal hygiene during menstruation. These results were obtained based on research questionnaire data that was carried out.

This research is different from research conducted by Syahda and Elmayasari (2020) which stated that of the 44 respondents whose parents did not play a role, there were 11 respondents (25%) who behaved positively in menstrual personal hygiene, while of the 28 respondents whose parents played a role there were 8 respondents (28.6%) had negative attitudes about menstrual personal hygiene.

Parents have the responsibility to educate, care for and guide their children to reach certain stages that will make them ready for social life (Arief in Syahda and Elmayasari, 2020). The task of parents is to educate their children in such a way that the children can behave well, and they are willing to discuss problems related to reproductive organs. The role of parents, especially mothers, in paying attention to the development of adolescent reproductive health is an important thing to know and can add insight to young women. The role and support of parents is a motivation for their children to live healthily, the role and support given by parents to children greatly influence the child's health status.

The role of parents in this research is good. This result is proven by the majority of parents' role in providing education about personal hygiene in the good category. A good parental role is obtained because the respondent lives with his parents. From the research results, it is known that of the 83 female students with good parental roles, 77 students (92.8%) of them live with their parents.

Education provided by parents is very important for children's growth and development, especially for teenagers experiencing puberty. Education about health given to parents can provide a good degree of health for their children, especially sensitive issues, namely reproductive health. Adolescents who are in puberty will definitely experience menstruation. When menstruation occurs there are several things that must be done regarding personal hygiene to maintain reproductive health so that it remains safe and healthy.

The role of parents in the deficient category in this research is due to several issues regarding personal hygiene that parents do not convey and discuss with their children. This is evidenced by several questions that were not answered correctly, including parents guiding teenage girls not to wear tight underwear, parents asking to discuss the experience of puberty and menstruation experienced by teenage girls and parents protecting teenage girls from infection by looking at procedures. Maintenance of reproductive organs carried out by young women. According to researchers' assumptions, the better the role of parents in educating children, the better the child's behavior will be. Parents are an important factor in forming a child's behavior patterns. Those who live with their parents and receive education directly from their parents will always behave well, as well as personal hygiene behavior during menstruation, the role of parents is a supporting factor.

Personal Hygiene Behavior of Adolescent Girls during Menstruation

Based on the research results, it is known that the majority of personal hygiene behavior during menstruation is in the sufficient category, namely 74 students (44%), in the good category 34% and in the poor category 22% regarding personal hygiene during menstruation. These results were obtained based on research questionnaire data that was carried out.

This research is in line with research conducted by Setyaningsih and Putri (2017), which found that the results of personal hygiene behavior during menstruation showed that of the 102 respondents who had good behavior towards personal hygiene during menstruation, there were 30 female students (29.4%), while respondents who had Poor behavior regarding personal hygiene during menstruation amounted to 72 female students (70.6%). In contrast to the results of research conducted by Syahda and Elmayasari (2020), the results of personal hygiene behavior during menstruation were in the negative category for 41 female students (56.9%) and in the Positive category for 31 (43.1%).

Behavior is a set of actions or actions of a person in response to something and then becomes a habit because of the values they believe in. Human behavior is essentially the actions or activities of humans whether observed or not observed by human interactions with their environment which are manifested in the form of knowledge, attitudes and actions (Adventure, et al, 2019 in Pratiwi, 2021).

Implementing personal hygiene behavior is very important to keep reproductive organs clean and safe, away from bacteria and fungi that cause disease. Personal hygiene behavior during menstruation can also be caused by the factor of how long the respondent experiences menstruation. The longer someone experiences menstruation, the better the personal hygiene behavior they apply. This is proven by the results of research which shows that of the 58 female students who had good personal hygiene behavior during menstruation, it was found that 53 (91.4%) of them had experienced menstruation for more than 1 year.

Apart from that, the factor of where you live with your parents can also influence personal hygiene behavior. The cross tabulation results show that of the 74 female students whose personal hygiene behavior during menstruation is well known, 69 students (93.2%) live with their parents. Personal hygienic behavior needs to be carried out because during menstruation there is a risk that many bacteria and fungi will develop in the feminine area due to humidity. Many of the personal hygiene behaviors in this study were in the adequate category because many female students did not practice personal hygiene during menstruation. This is proven by research results, many female students answered that they never or sometimes apply personal hygiene during menstruation to maintain the safety and cleanliness of reproductive organs. Inappropriate behavior includes not changing the sanitary napkin before it really feels damp and wet with menstrual blood, frequently using antiseptic cleaning products for feminine organs, using bath soap to wash the feminine area and wearing jeans every day. If this behavior continues, it can disrupt balance and cause damage to the reproductive organs.

According to researchers' assumptions, teenagers who have experienced menstruation for longer and live with their parents have better personal hygiene behavior than teenagers who have not experienced menstruation. This happens because teenagers who have been menstruating for longer can understand and understand how they can implement good personal hygiene behavior. As well as the role of parents who educate and teach their children how to be good, they are able to make children behave well.

The Relationship Between the Level of Understanding and the Role of Parents in Health Education and the Behavior of Adolescent Girls in Personal Hygiene during Menstruation

Based on research, it is known that variable X1 (understanding of personal hygiene during menstruation) has a significance value of 0.000. This value is smaller than alpha ($0.000 < 0.05$). This means that partially understanding personal hygiene during menstruation

influences personal hygiene behavior during menstruation. These results were obtained from statistical tests of research data carried out. The cross tabulation results showed that of the 74 students with adequate personal hygiene behavior, 48 students (64.9%) had a good understanding of personal hygiene during menstruation.

This research is in line with research conducted by Bagiastra and Damayanti (2019) which states that understanding personal hygiene has an influence on student behavior in implementing personal hygiene. A positive understanding of personal hygiene can have a good impact on the implementation of personal hygiene.

Self-care or personal hygiene is self-care that is carried out to maintain health, both physically and psychologically (Hidayat, 2008 in Sulaikah, 2018). Hygiene aims to provide a healthy foundation for all aspects of life in order to improve people's welfare.

Based on the research results, of the 74 students with adequate personal hygiene behavior, 48 students (64.9%) had a good understanding of personal hygiene during menstruation. And of the 74 students with adequate personal hygiene behavior, 44 students (59.5%) with the role of parents as educators are in the good category.

Good understanding of personal hygiene has an important impact on female students' behavior in implementing personal hygiene during menstruation. Having a good understanding means that female students have good knowledge in caring for and looking after their reproductive organs.

Based on statistical tests that have been carried out, it is known that variable X2 (the role of parents as educators) has a significance value of 0.002. This value is smaller than alpha ($0.002 < 0.05$). This means that partially the role of parents as educators influences personal hygiene behavior during menstruation. The results of the cross tabulation showed that of the 74 students with adequate personal hygiene behavior, 44 students (59.5%) had the role of parents as educators in the good category.

This research is in line with research conducted by Syahda and Elmayasari (2020), the statistical test obtained a value of $p = 0.000$ ($p < 0.05$), so statistically there is a relationship between the role of parents (mothers) and menstrual personal hygiene behavior. Then, from the results of the analysis, the POR value was obtained = 7.5, this means that respondents whose parents did not play a role were 7 times more likely to behave negatively regarding personal hygiene during menstruation compared to respondents whose parents did not play a role.

According to research results, respondents whose parents played a role in the good category but their children behaved poorly regarding personal hygiene during menstruation was due to the lack of curiosity of female students in carrying out personal hygiene care and lack of parental supervision of children in carrying out personal hygiene during menstruation. The role of parents influences female students' behavior regarding personal hygiene during menstruation. Apart from providing a good understanding to their children, parents also need to monitor their children's behavior so that it can be implemented properly and correctly.

Personal menstrual hygiene is behavior related to actions to maintain health and efforts to maintain cleanliness in the feminine area during menstruation. This behavior includes: maintaining the cleanliness of the genitalia, such as washing them with clean water, using pants that absorb sweat, changing underwear, frequently changing sanitary napkins, shower twice a day (Pribakti, 2008 in Sulaikah, 2018). It is very important to maintain the health of the genitals so that fertilization is maintained so that they are able to produce offspring. During menstruation, the body tends to produce more sweat, oil and other body fluids. So a woman must maintain her cleanliness and health, especially her genitals, namely vaginal health (Kusmiran, 2012, in Nurhayati, 2021).

According to researchers' assumptions, understanding personal hygiene and the role of parents in personal hygiene behavior during menstruation has a very important influence.

With good understanding and maximum support from parents, female students will apply personal hygiene properly and correctly. For this reason, students' understanding and the role of parents in providing education about personal hygiene must be improved so that they can implement good behavior regarding personal hygiene during menstruation.

CONCLUSION

The research on female students indicates several key findings: Firstly, the majority of students possess a good understanding of personal hygiene during menstruation, with 59% (101 students) demonstrating adequate knowledge. Secondly, the role of parents as educators is generally favorable, as reflected by 49% (83 students) reporting a positive influence. However, actual personal hygiene practices during menstruation fall into the "sufficient" category for most students, covering 44% (74 students). Statistical analysis further reveals a significant relationship between understanding personal hygiene, the parental role, and hygiene behavior, with a p-value of 0.000, which is below the 0.05 threshold, indicating a meaningful connection among these factors.

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