

# The Association between Youth Women's Knowledge and Personal Hygiene Practices during Menstruation

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## ABSTRACT

Young women who don't know enough about menstrual hygiene during their period run the risk of developing reproductive tract infections, which can lead to infertility or sterility. Poor personal cleanliness during menstruation is one of the risk factors for infections of the reproductive tract. The purpose of this literature study is to ascertain the connection between the menstrual hygiene practices and knowledge of teenage females. Correlational, quasi-experimental, descriptive, and cross-sectional designs are employed. Google Scholar and Pubmed Central (PMC), which publishes articles from 2017 to 2020, are the databases used. The terms "Personal Hygiene Behavior During Menstruation" and "Knowledge of Young Women" are employed. After journals are located, they are screened according to relevant subjects. and the year of publication of the journal, the study leading to an evaluation of ten journals.

**Keywords:** behavior, knowledge, menstruation, personal hygiene, young women

## BACKGROUND

Health problems that are often experienced by young women include a lack of knowledge about personal hygiene during menstruation which can cause infections of the reproductive organs and affect infertility or sterility. One of the risk factors for reproductive tract infections is poor menstrual personal hygiene (Soetjningsih, 2017). Problems that often occur include teenagers' reproductive organs feeling itchy and sometimes smelling bad, teenagers not cleaning their reproductive organs properly, such as when washing their reproductive organs after urinating (usually done from the anus to the vagina), not wiping them dry after washing them, even they rarely change sanitary napkins unless they feel uncomfortable (Indriastuti, 2020). Apart from that, teenagers also do not understand about maintaining the cleanliness of their reproductive organs, especially during menstruation, how many times they have to change sanitary napkins and how to wash their reproductive organs properly and correctly (Proverawati, 2019).

The World Health Organization (2021), shows that the number of teenagers aged 10-19 years in the world is around 18% of the total population or around 1.2 billion people (WHO, 2021). WHO data (2021), the highest incidence of reproductive tract infections (ISR) in the world is in adolescents, 35%-42%, and young adults, 27%-33%. The main causes of ISR are weak immunity 10%, lack of hygiene behavior during menstruation 30%, unclean environment and use of unhealthy sanitary napkins during menstruation 50%. The prevalence of ISR in adolescents in the world in 2020 is candidiasis 25%-50%, bacterial vaginosis 20%-40%, and trichomoniasis 5%-15% (WHO, 2021).

Data from the Central Statistics Agency (2021) reports that the number of teenagers aged 10-19 years in Indonesia is around 41 million. The number of teenagers in Indonesia in 2020

reached 62 million (BPS, 2021). Indonesia has a hot and humid climate, so Indonesian women are more susceptible to experiencing ISR, based on statistical data in Indonesia in 2020 of 43.3 million teenage girls aged 10-14 years with very poor hygiene behavior (Ministry of Health, 2021). BKKBN (2020), explains that in Indonesia as many as 75% of women have experienced vaginal discharge at least once in their lives and 45% of them can experience vaginal discharge twice or more. Many cases of vaginal discharge are caused by the bacterial candidosis vulva vagenitis (BKKBN, 2020). According to the Central Statistics Agency (BPS) and Bappenas (2021), poor personal hygiene during menstruation, as well as the use of unhealthy sanitary napkins are the main causes of Reproductive Tract Infections (ISR). Based on the Indonesian Adolescent Reproductive Health Survey (SKKRI) (2020), nationally, 21.6% of teenagers have correct hygiene behavior. Meanwhile, according to the Indonesian Health Demographic Survey (SDKI) (2020), the behavior of young women in maintaining menstrual hygiene is still poor, namely 69.3%.

Factors related to lack of personal hygiene during menstruation in adolescent girls include lack of knowledge and behavior of adolescent girls in maintaining personal hygiene, especially their reproductive organs. Knowledge about personal hygiene is very important because good knowledge can improve health (Notoatmodjo, 2017). Young women who have knowledge about good personal hygiene will always maintain personal hygiene to prevent disease. Lack of knowledge about reproductive health will result in young women not behaving hygienically during menstruation and poor personal hygiene in teenagers can cause reproductive health problems (Dhamayanti, 2020). Knowledge is what is used as the basis for action to solve problems and this is the result of knowing after people have sensed certain objects. This is because the knowledge possessed by an individual will influence the behavior carried out by the individual himself (Notoatmodjo, 2017).

Knowledge of young women about personal hygiene has an influence on the behavior of young women in maintaining and caring for their reproductive health. Lack of behavior in caring for vulva hygiene during menstruation, such as being lazy about changing sanitary napkins, can cause fungal and bacterial infections to occur during menstruation due to bacteria that grow on sanitary napkins (Isroin, 2020). Personal hygiene during menstruation can be done by changing sanitary napkins every 4 hours a day. After bathing and defecating, the vagina is dried with a tissue or towel so that it is not damp. Wear good underwear made from material that easily absorbs sweat (Widyastuti, 2020). Knowledge of young women about menstrual hygiene tends to be inadequate, especially in relation to genetics. Improper and unhygienic handling of personal hygiene can also result in excessive growth of microorganisms and ultimately disrupt the function of the reproductive organs. Personal Hygiene is knowledge, attitudes and proactive actions to maintain and prevent the risk of disease, protecting oneself from the threat of disease (Proverawati, 2018).

## **METHODS**

Research methods are the working methods used in conducting research (Sugiyono, 2017). This chapter will discuss: 1) Literature Search Strategy, 2) Inclusion Criteria 3) Results Selection and Study Selection.

### **Literature Search Strategy**

The data used in this research is secondary data obtained not from direct observation, but from the results of research conducted by previous researchers. Secondary data sources obtained in the form of articles or journals that are relevant to the topic are carried out using databases via Google Scholar and PubMed Central (PMC). A literature search was carried out by displaying 3 keywords based on Medical Subject Heading (MeSH) and combined with the Boolean operators AND, OR and NOT. The search strategy was defined as (Knowledge of Young Women) AND (Personal Hygiene Behavior During Menstruation).

1. Framework used: The strategy used to search for articles uses the PICOS framework.

a) Population/problem, Young women.

b) Intervention, None.

c) Comparison, None

d) Outcome, Increased personal hygiene behavior during menstruation.

e) Study design, systematic/literature review using correlational, quasi-experimental, descriptive and cross-sectional research methods.

## 2. Keywords

Searching for articles or journals uses keywords and boolean operators (AND, OR NOT or AND NOT) which are used to expand or specify the search, making it easier to determine which article or journal to use. Search for articles via the Google Scholar database using the keywords (Knowledge of Young Women) AND (Personal Hygiene Behavior During Menstruation). Meanwhile, searching for articles via the Public Med Central (PMC) data base uses the keywords (Young Women Knowledge) AND (Behavior Of Personal Hygiene During Menstruation).

## 3. Database or Search Engine

The data used in this research is secondary data obtained not from direct observation, but obtained from the results of research conducted by previous researchers. Secondary data sources obtained in the form of articles or journals that are relevant to the topic are carried out using databases via Google Scholar and PubMed Central (PMC).

Search results were limited to 2017 to 2021 and manually selected relevant articles according to the research question. Based on the results of searching for articles via the Google Scholar data base using the keywords (Knowledge of Young Women) AND (Personal Hygiene Behavior During Menstruation), 1,440 related articles were identified in 1,440 journals. Meanwhile, by searching for articles through the Public Med Central (PMC) data base using the keywords (Young Women Knowledge) AND (Behavior of Personal Hygiene During Menstruation), 9 related articles were identified in 9 journals. The literature identified through PubMed Central (PMC) and Google Schoolar was 1,449 articles. Discerning literature through the titles of 6,151 journals and literature released in 5,461 journals which cannot be accessed without payment, only abstracts or not full text. The full text articles were then assessed for suitability in 704 journals and literature that were excluded where the samples were not young women. Meanwhile, the literature that meets the inclusion criteria is 10 full text articles and contains information about young women's knowledge of personal hygiene behavior during menstruation.

### **Inclusion and Exclusion Criteria**

Searching for articles or journals uses keywords and boolean operators (AND, OR NOT or AND NOT) which are used to expand or specify the search. The journals that were found were then screened based on appropriate topics and the year the journal was published, resulting in 10 journals being reviewed. Search results were limited to 2017 to 2020 and manually selected relevant articles according to the research question. The article inclusion criteria are: (1) Adolescents. Meanwhile, the exclusion criteria were articles that were in English and not relevant to the research question.

### **Literature Review Variables**

A variable is something that is used as a characteristic, trait or measure that is possessed or obtained by research on a concept of understanding about a certain concept of understanding (Notoatmodjo, 2017).

#### 1. Independent Variables (Free Variables)

An independent variable or independent variable is a variable that is the cause of the emergence or change in the dependent variable (dependent variable). So the independent

variable is the variable that influences (Sugiyono, 2017). In this study the independent variable is Knowledge of Young Women.

## 2. Dependent Variable (Dependent Variable)

The dependent variable or dependent variable is a variable that is influenced or becomes a consequence, because of the existence of an independent variable (Sugiyono, 2017). In this study the dependent variable is Personal Hygiene Behavior During Menstruation

### Study Selection and Quality Assessment

Based on article search results via the Google Scholar data base using the keywords (Knowledge of Young Women) AND (Personal Hygiene Behavior During Menstruation). Meanwhile, the search for articles through the Public Med Central (PMC) data base used the keywords (Young Women Knowledge) AND (Behavior Of Personal Hygiene During Menstruation), the journals that had been found were then screened based on the appropriate topic and year of publication of the journal, so that 10 journals were obtained. review.

### Research Algorithm

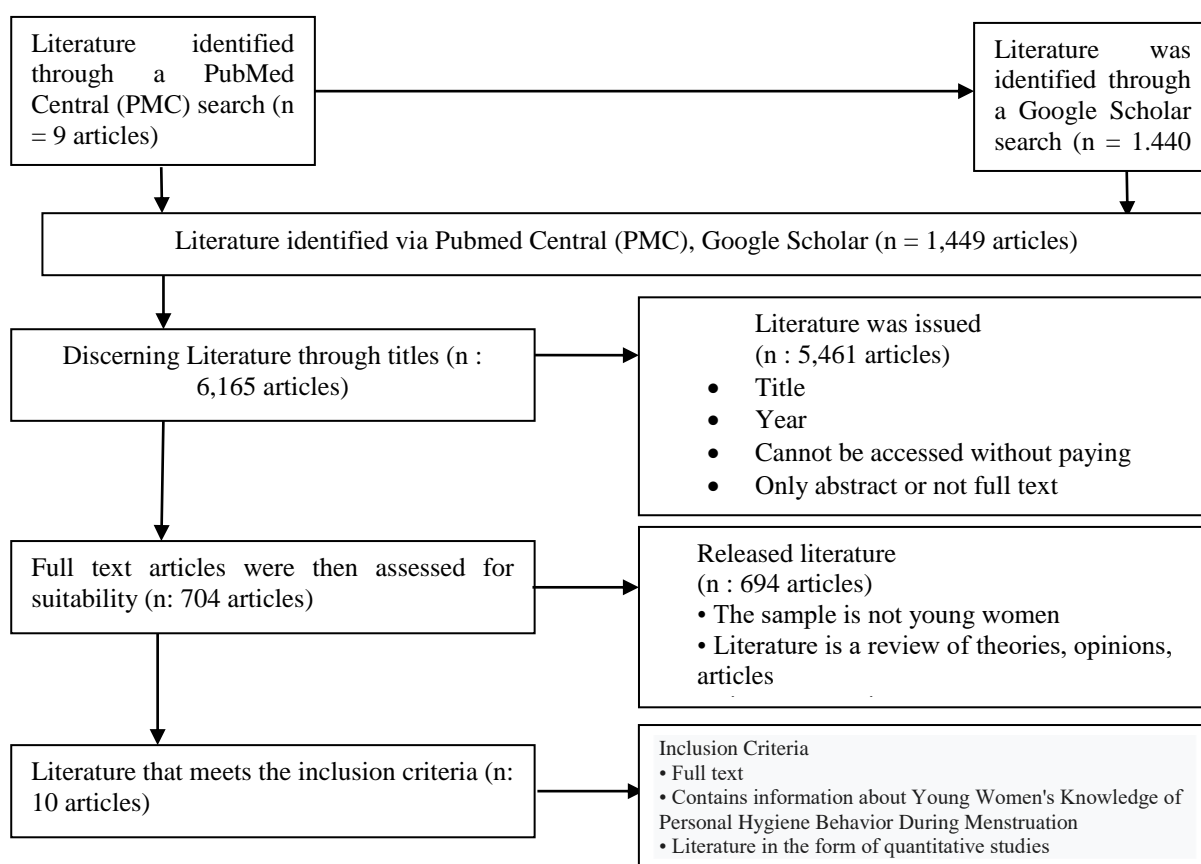


Figure 3.1 The relationship between knowledge of young women and personal hygiene behavior during menstruation

Search results were limited to 2017 to 2021 and manually selected relevant articles according to the research questions. Based on the results of searching for articles via the Google Scholar data base using the keywords (Knowledge of Young Women) AND (Personal Hygiene Behavior During Menstruation), 1,440 related articles were identified in 1,440 journals. Meanwhile, by searching for articles through the Public Med Central (PMC) data base using the keywords (Young Women Knowledge) AND (Behavior of Personal Hygiene During Menstruation), 9 related articles were identified in 9 journals. The literature identified

through PubMed Central (PMC) and Google Scholar was 1,449 articles. Discerning literature through the titles of 6,151 journals and literature released in 5,461 journals which cannot be accessed without payment, only abstracts or not full text. The full text articles were then assessed for suitability in 704 journals and literature that were excluded where the samples were not young women. Meanwhile, the literature that meets the inclusion criteria is 10 full text articles and contains information about young women's knowledge of personal hygiene behavior during menstruation.

## RESULTS

### Knowledge of Young Women

Based on the results of Siti's research (2017), her research journal shows that the level of knowledge of respondents before being given health education using the peer group method is known to be the majority of respondents as many as 45 (66%) respondents had good knowledge about personal hygiene during menstruation and almost half of the respondents as many as 23 (34 %) respondents have poor knowledge about personal hygiene during menstruation. After being given health education using the peer group method, it was discovered that almost all respondents, 67 (98%) of respondents had good knowledge about personal hygiene during menstruation and a small percentage of respondents, 1 (2%) of respondents, had poor knowledge about personal hygiene during menstruation.

Based on the results of Linda's research (2019), her research journal shows that the majority of respondents, 50 (61%) of respondents, had high knowledge about personal hygiene during menstruation. Meanwhile, almost half of the respondents, 32 (39%) respondents, had low knowledge about personal hygiene during menstruation. In line with Shofy's (2019) research, her research journal shows that almost all 117 (98%) respondents had good knowledge about personal hygiene during menstruation. Meanwhile, a small percentage of respondents, 3 (2%) respondents, had low knowledge about personal hygiene during menstruation. In line with Agustina's (2019) research, her research journal shows that the majority of respondents, 25 (61%) of respondents, had good knowledge about reproductive health. Meanwhile, almost half of the respondents, 10 (24%) respondents, had sufficient knowledge about reproductive health and a small portion of respondents, 6 (15%) respondents, had insufficient knowledge about reproductive health.

Based on the results of Susi's research (2019), her research journal shows that the majority of respondents, 21 (53%) of respondents, had good knowledge about personal hygiene during menstruation. Meanwhile, almost half of the respondents, 10 (25%) respondents, had good knowledge about personal hygiene during menstruation and a small portion of respondents, 9 (22%) respondents, had poor knowledge about personal hygiene during menstruation. In line with Dwi's research (2020), his research journal shows that the majority of respondents, 39 (63%) of respondents, had good knowledge about personal hygiene during menstruation. Meanwhile, almost half of the respondents, 17 (27%) respondents, had sufficient knowledge about personal hygiene during menstruation and a small portion of respondents, 6 (10%) respondents, had insufficient knowledge about personal hygiene during menstruation.

The research results are different from Nicky's research (2017), in his research journal, it shows that the majority of respondents, 55 (54%) of respondents, had poor knowledge about personal hygiene during menstruation. Meanwhile, almost half of the respondents, 47 (46%) of respondents, had good knowledge about implementing personal hygiene during menstruation. Novianti (2017), in her research journal, shows that the majority of respondents, 20 (61%) of respondents, had sufficient knowledge about personal hygiene during menstruation. Meanwhile, almost half of the respondents, 13 (39%) respondents, had little knowledge about personal hygiene during menstruation.

In line with Mukarramah's (2020) research, his research journal showed that half of the respondents, 27 (50%) of respondents, had little knowledge about personal hygiene during menstruation. Meanwhile, almost half of the respondents, 23 (43%) respondents, had sufficient knowledge about personal hygiene during menstruation and a small portion of respondents, 4 (7%) respondents, had good knowledge about personal hygiene during menstruation. In line with Yeni's (2017) research, her research journal shows that the majority of respondents, 43 (52%) of respondents, had sufficient knowledge about personal hygiene. Meanwhile, almost half of the respondents, 33 (40%) respondents, had good knowledge about personal hygiene. And a small percentage of respondents, 7 (8%) of respondents, had little knowledge about personal hygiene.

### **Personal Hygiene Behavior During Menstruation**

Based on the research results, it is known that the majority of respondents behave well regarding personal hygiene during menstruation. This shows that the behavior of young women can maintain the cleanliness of their private areas by keeping them dry and not damp, for example by using trousers made from material that absorbs sweat, avoiding wearing trousers that are too tight. Maintain cleanliness during menstruation by using sanitary napkins that are soft, absorb well, do not contain ingredients that can cause allergies (for example perfume or gel) and stick well to underwear. The behavior of teenagers is changing sanitary napkins around 4 to 5 times a day to avoid the growth of bacteria that multiply on the pads into the vagina.

This is supported by research by Dwi (2020), in his research journal showing that the majority of respondents, 38 (61%) of respondents, behaved positively regarding personal hygiene during menstruation. In line with Agustina's research (2019), her research journal shows that the majority of respondents, 23 (56%) of respondents, behaved well regarding personal hygiene during menstruation. In line with Siti's (2017) research, her research journal showed that after being given health education using the peer group method, it was found that almost all respondents, 64 (94%) of respondents, had a supportive attitude regarding personal hygiene during menstruation. In line with Shofy's (2019) research, her research journal shows that the majority of respondents, 81 (67%) of respondents, had personal hygiene during menstruation in the good category.

### **The Relationship between Knowledge of Young Women and Personal Hygiene Behavior During Menstruation**

Based on the results of data analysis from the journals reviewed, it is known that there is a relationship between young women's knowledge and personal hygiene behavior during menstruation. This shows that with good information, knowledge, education and experiences experienced by young women, young women can increase their knowledge about personal hygiene during menstruation. Because providing information through education and counseling will increase knowledge, which will then raise awareness and ultimately teenagers will behave in accordance with the knowledge they have. Information can be obtained directly or indirectly. Directly, for example from health workers, peers, family and others. Indirect information, for example from electronic media, mass media, books, brochures, advertisements and so on. Someone who wants to increase their knowledge will always want to search for information. In today's digital era, information is very easy to obtain, someone can easily get information from a cellphone, with an Android cellphone now someone can find out the information they want.

This is supported by research by Novianti (2016), in her research journal showing that there is a significant relationship between knowledge ( $p$  value = 0.030), attitudes (value = 0.009), and actions ( $p$  value = 0.003) of female students and menstrual personal hygiene. In line with Nicky's (2016) research, her research journal shows that there is a relationship between knowledge about menstrual personal hygiene and the personal hygiene behavior of young

women during menstruation ( $p=0.046$ ), and there is a relationship between attitudes about menstrual personal hygiene and the personal hygiene behavior of young women during menstruation. during menstruation ( $p=0.000$ ). In line with Yeni's (2017) research, her research journal shows that there is a significant relationship between young women's knowledge about personal hygiene and how to carry out personal hygiene correctly during menstruation. At MA Hasanah Pekanbaru, the Pearson Chi-Square value was obtained with  $P. value = 0.013$   $p. value < 0.05$ .

## CONCLUSION

Based on the research results, it is known that the majority of respondents have good knowledge about personal hygiene during menstruation. Based on the research results, it is known that the majority of respondents behave well regarding personal hygiene during menstruation. Based on the results of data analysis from the journals reviewed, it is known that there is a relationship between young women's knowledge and personal hygiene behavior during menstruation.

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