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**DESCRIPTION OF ADOLESCENT KNOWLEDGE ABOUT PERSONAL HYGIENE
WHEN MENSTRUATING IN NEHEMIA GALELA CHRISTIAN HIGH SCHOOL
STUDENTS**

Welan Dalmisari Kotu¹, dr. Nova Maria Wulur², Sefnad Djinimangale²

Program Studi D-III Kebidanan, Sekolah Tinggi Ilmu Kesehatan Makariwo Halmahera (STIKMAH) - Tobelo¹
Yayasan Medika Mandiri Halmahera – Tobelo²

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***Correspondence to Author:
Welan Dalmisari Kotu**

ABSTRACT

Background: Personal Hygiene during menstruation is an important action in maintaining and maintaining personal hygiene health. In Indonesia in 2017 there were 5.2 million adolescents who experienced complaints after menstruation due to not maintaining cleanliness during menstruation.

Research Purposes: Can get an overview of the knowledge of young women about personal hygiene during menstruation at Galela Christian High School.

Research Methods: This research is a descriptive study using a questionnaire as a measuring tool aims to describe the level of knowledge of young women about personal hygiene during menstruation that has been implemented in nehemia Galela Christian Senior High School.

Research results: It shows that the respondents who have a good level of knowledge about personal hygiene during menstruation are 37 respondents 29 respondents (78.3%) have good knowledge, 7 respondents (18.9%) have sufficient knowledge and 1 respondent (2.8%). Who has less knowledge. Conclusion: The level of knowledge of young women about personal hygiene during menstruation got satisfactory results because the average teenage girl already knew how to maintain personal hygiene during menstruation.

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PRELIMINARY

Personal hygiene during menstruation is very important, adolescents who do not keep themselves clean can cause bacteria to appear. 15 out of 20 adolescent girls experience vaginal discharge, this is due to the lack of knowledge of personal hygiene as early as possible, especially on vulva hygiene during menstruation. WHO (World Health Organization) 2016.¹

The Indonesian Ministry of Health in 2017 stated that as many as 5.2 million teenage girls experienced complaints after menstruation due to not maintaining the cleanliness of the female organs, the most frequent complaint was pruritus vulvae which is marked with an itchy rasah.

Basic Health Research (Riskesda) in 2016 of 69.4 million Indonesian adolescents, there are 63 million adolescents who have very poor hygiene behavior, such as not maintaining and maintaining the cleanliness of the vulva during menstruation. 30% of the causes of poor vulvar hygiene are the result of a bad or unhealthy environment and 70% of the use of inappropriate sanitary napkins, which can lead to infection.²

As a result of a lack of understanding of personal hygiene in female organs, it causes reproductive health problems such as vaginal discharge, urinary tract infections (UTI), pelvic inflammatory disease (PRP), and the possibility of cervical cancer, so good information is needed for adolescents to

have a good understanding. on reproductive health and can prevent the threat of disease in the reproductive organs.³

Based on previous research data conducted by Sarah G. Manawang, the data obtained at Tobelo Hospital for urinary tract infections were 1,116 people (45.6%), vaginal discharge 240 people (9.8%) data obtained from the Wari Polindes the number of women with vaginal discharge in check as many as 50 people of which 20 (40%) use contraception, 20 (40%) adult women and 10 (10%) adolescents.⁴

Adolescents at this time cannot be separated from health problems, especially for young women who do not maintain the health of female organs so that the appearance of vaginal discharge and blades are left without proper handling or health care, this can lead to cervical cancer.⁵

METHOD

This type of research is descriptive research. The objective is to obtain a description of the level of knowledge of young women about personal hygiene in Nehemia Galela Christian high school students.

DISCUSSION

Adolescence is a process of immaturity in the formation of attitudes including sexual organ maturity, usually young girls who have their first menstruation will be more anxious and worried,

most teenage girls know information about menstruation from their mothers or older sisters, but most of the information they get is still lacking clear, causing adolescents to have less knowledge.

Information about personal hygiene during menstruation is very important for a young woman, because the influence of the surrounding environment can greatly affect the habits of the teenager Based on a survey data taken from Nehemia Galela Christian High School totaling 37 people.

Based on a survey. I am interested in taking this research to find out "The Description of Young Women Knowledge About Personal Hygiene During Menstruation in Nehemia Galela Christian High School".

A. Age group

Table 4.1 Distribution of Responden s by Age Group of Nehemia Galela ChristianHigh School Students

No.	Age	N	%
1	14 years	1	2.7%
2	15 years	12	32.5%
3	16 years	14	37.8%
4	17 years	8	21.6%
5	18 years	2	5.4%

amount	37	100%
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Source: Primary Data, 2019

Based on Table 4.1 above, it shows that the distribution of respondents according to the age group, the largest proportion is in the 16 year age group, amounting to 14 respondents (37.8%), 15 years old totaling 12 respondents (32.5%), 17 years old totaling 8 respondents (21.6%) , age 18 years 2 respondents (5.4%), and the group age 14 is 1 respondent (2.7%). b. Class Group

Table 4.2 Distribution of respondents according to class of Nehemia Galela Christian high school students

No.	Class	N	%
1	X	16	43.2%
2	XI	11	29.7%
3	XII	10	27.1%
amount		37	100%

Source: Primary Data, 2019

Based on table 4.2, it shows that the class distribution of respondents in this study was the largest proportion in class X with 16 people (43.2%).

c. First Menstruation Age Group **Table 4.3** Distribution of Respondents by Age of Menarche

No.	Menarche's age	N	%
1	11	4	10.8%
2	12	6	16.2%
3	13	19	51.3%
14		6	16.2%

15	2	5.5%
amount	37	100%

Source: Primary Data, 2019

Based on the table above, it can be seen that the largest proportion of menarche distribution is at the age of 13 years (51.3%), while the age of menarche is at least 15 years (5.5%).

d. Knowledge level

Table 4.4 Distribution of Respondents by Knowledge Level of Personal Hygiene during Menstruation

Knowledge level	Amount (n)	Percentage (%)
Good	29	78.3%
Enough	7	18.9%
Less	1	2.8%
amount	37	100%

Source: primary data 2019

Table 4.4 based on the results of the study can be seen from 37

respondents who had good knowledge about menstruation as many as 29 respondents (78.3%), sufficient knowledge respondents were 7 respondents (18.9%) and less knowledgeable as many as 1 respondent (2.8%).

CONCLUSION

The level of knowledge of young women about personal hygiene during menstruation got good results.

It shows that the respondents who have a good level of knowledge about personal hygiene during menstruation are 37 respondents 29 respondents (78.3%) have good knowledge, 7 respondents

(18.9%) have sufficient knowledge and 1 respondent (2.8%). Who has less knowledge.

SUGGESTION

For Educators:

Efforts made as a teacher by providing learning and information about the benefits of personal hygiene.

For Health Workers:

Providing education as early as possible about personal hygiene care during menstruation can equip him with knowledge and will be very helpful in living a healthier daily life.

For Students: Maintain Personal Hygiene during Menstruation with way

- a. We recommend that you take a shower 2 times a day
- b. Clean the vulva from front to back
- c. Change the dressing if the surface of the bandage has blood clots, because germs and fungi can develop young.
- d. Bandages should be changed every 3-4 hours, or after showering and urinating
- e. Immediately change the clothes inside the blades that have been stained with blood, use dry underwear that is easy to absorb sweat, wearing pants that are too tight should be avoided.
- f. Choose pads with high absorption so that they are still comfortable to use

g. As well as disposing of disposable pads properly.

h. The use of disposable sanitary napkins before throwing them into the trash should be cleaned before wrapping them up and then throwing them in the trash.⁸

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