

**KNOWLEDGE OF TEENAGERS AND PERSONAL HYGIENE BEHAVIOR
IN SMP 036 KOTA BATAM**

Ronny Sutanto¹, Isramilda²

ronysutanto@univbatam.ac.id¹, isramilda@univbatam.ac.id²

Professional Doctor Study Program, Faculty of Medicine, Batam University¹
Medical Education Study Program, Faculty of Medicine, University of Batam²
Jl. Abulyatama No 5 – Kota Batam

ABSTRACT

Background : One of the problems that must be considered by young women is their reproductive health. It is very important to inform young women about the menstrual process knowledge so that they will be able to maintain personal hygiene. Lack of knowledge about personal hygiene can increase the risk of infection. This study aims to determine the relationship between knowledge of young girls and personal hygiene behavior.

Method : The research method used was an analytic survey with a cross sectional approach. Conducted at SMPN 036 Batam City, the study was conducted for 6 months, the population in this study were all 270 students of SMPN 036 class VIII, with a total sample of 162, the sampling technique was carried out by purposive sampling technique with research instruments using a questionnaire. Data analysis using Chi square.

Result :The results of the study were obtained from 162 respondents, the majority of respondents had good knowledge of 110 people (68%), and good personal hygiene behavior as many as 152 people (94%). Chi-square statistical test obtained p-value = 0.008 <0.05,

conclusion : that there is a significant relationship between the knowledge of uterine adolescents with personal hygiene behavior at SMPN 036 Batam City. Advice for teenagers to maintain personal hygiene behavior.

Keywords: Knowledge, behavior, personal hygiene, girl

PRELIMINARY

Reproductive health is defined as a healthy condition related to the reproductive systems, functions and processes that exist in humans. Therefore, education about reproductive health, especially for adolescents, can be an important issue that needs to be considered by adolescents, parents and society. Physical and sexual growth when adolescents begin to experience rapid development so that adolescents need to get to know their body and reproductive organs, both physical and psychological

changes that occur to them in order to protect themselves from risks that threaten the health and safety of the function of the reproductive organs (Bobak, 2015).

To achieve reproductive health for adolescents, the main thing that must be possessed is sufficient knowledge about reproductive health itself. There are some basic knowledge that a teenager must have, namely the definition of reproductive health, anatomical form, function and how to care for reproductive organs (Kathryn & David, 2011)

Various biological changes also occur during adolescence in both boys and girls. Teenage girls experience one important event, namely menstruation (Wijaya, Suryatin, and Salirawati, 2008). At this age, young women begin to have their first menstruation, also known as menarche. Menars or menarche is the first bleeding from the uterus that occurs in a woman (Prawirohardjo, 2010). Menarche is the culmination of a series of changes in a girl who is entering adulthood. A series of interactions between several glands in the body causes a series of changes (Wijaya, Suryatin, and Salirawati, 2008). According to Prawirohardjo, (2010), the age range between 11-13 years is the average age for female adolescents to experience a period of menarche. After getting menstruation, young women need to know how to maintain their reproductive health. One of the efforts that can be made to maintain reproductive health is to apply manual hygiene practices.

Menstrual hygiene is defined by Clement (2012), as a form of sympathetic, emotional, and attention to cleanliness during the menstrual period. Behaviors that are included in menstrual hygiene are genital area care, sanitary napkins, personal hygiene, diet, and exercise (Clement, 2012). This behavior is very important to prevent infection of the reproductive system, local disorders such as itching and odor in the genital area.

If you do not maintain good hygiene during menstruation, you will be at risk for infection of the reproductive organs. This is caused by menstrual events that produce dirty blood. During menstruation, the blood vessels in the uterus are very susceptible to infection because blood and sweat that comes out and sticks to the vulva can cause the genitalia area to become moist. In humid conditions, fungi and bacteria in the genitalia area will thrive, causing itching

and infection in the area. One of the complaints that are felt during menstruation is the itching caused by the candida fungus which will grow fertile during menstruation and can cause vaginal discharge which can be caused by the use of unsustainable pantylinery (Andira, 2010).

According to a study by the World Health Organization (WHO in Purwanto, 2006), the problem of poor women's reproductive health has reached 33% of the total disease burden suffered by women in the world, one of which is vaginal discharge. Approximately 75% of women in the world will experience vaginal discharge at least once in a lifetime and as many as 45% of women experience vaginal discharge twice or more, while for women in Europe the vaginal discharge rate is 25%, where 40-50% will experience a recurrence of the National Center. for Biotechnology Information (NCBI, 2013).

In Indonesia alone 75% of women have experienced vaginal discharge at least once in their life and half of them have experienced vaginal discharge twice or more. Living in tropical areas like Indonesia makes the body more humid and sweaty. To keep the body in a clean condition, personal hygiene must be considered. Personal hygiene is an action to maintain one's hygiene and health, the impact of the lack of personal hygiene is the occurrence of vaginal discharge (Laily and Sulisty, 2012). University of North Sumatra Studies show that *Candida vulvovaginitis* is the most frequently diagnosed among young women, about 15-30% of the symptoms of women who visit a doctor (Monalisa et al, 2012).

Ratna Indriyani in 2012 analyzed the Personal Hygiene Relationship to the incidence of vaginal discharge in MA Al-Hikmah Aengdake Bluto students in 2012. Where all students were taken as respondents, the number of respondents

was 63 students, the data collection technique was using a questionnaire. All 63 respondents (100%) have experienced menarche, most of the 60 respondents (95%) have experienced vaginal discharge, most of the 60 respondents (95%) have had less personal hygiene. There is a significant relationship between Personal Hygiene on the incidence of vaginal discharge in MA Al-Hikmah Aengdake Bluto Students in 2012

Vulva hygiene during menstruation is influenced by the level of knowledge about reproductive health. The low knowledge about reproductive health will allow women not to behave hygiene during menstruation which can endanger their reproductive health (Indriastuti, 2009). Regarding menstrual hygiene among female hospital visitors in Subang and Tangerang (N = 305), it was revealed that the majority of 77.5% in Tangerang and 68.3% in Subang had poor menstrual hygiene status. In terms of individual hygiene, there are still respondents who are wrong in washing their genitals, namely from back to front 20.1% on weekdays and 19.8% during menstruation. Personal hygiene during menstruation can be done by changing sanitary napkins every 4 hours or 4 Up to 5 times a day, wash the sanitary napkin before throwing it away and use a comfortable and safe sanitary pad or herbal dressing, after bathing or defecating, washing the vagina from the front to the back of the anus, drying the vagina with a tissue or towel so that it is not damp. The use of good underwear made of materials that easily absorb sweat (Elmart, 2012)

Based on the pre-survey conducted by researchers on young women at SMP N 036 Batam, through interviews of 10 students, there were 6 students who lacked knowledge of personal hygiene, 4 students who had sufficient personal hygiene knowledge.

Based on the background above, it shows that personal Hygien is still found in adolescents and the author is interested in doing research and takes the title Relationship between female adolescent knowledge and personal hygiene behavior at SMPN 36 Batam City.

RESEARCH PURPOSES

This study aims to determine the relationship between female adolescent knowledge and personal Hygien behavior in students of SMPN 036 Batam City

RESEARCH METHODOLOGY

The research method used was an analytic survey with a cross sectional approach. Conducted at SMPN 036 Batam City, the study was conducted for 6 months, the population in this study were all 270 students of SMPN 036 class VIII, with a total sample of 162, the sampling technique was carried out by purposive sampling technique with research instruments using a questionnaire. Data analysis using Chi square

RESEARCH RESULT

The frequency distribution of personal hygiene genitalia knowledge among young women at SMP N 36 Batam, shows that of the 162 respondents who have less knowledge, 5 people (3%), 47 people (29%) have sufficient knowledge and 110 good knowledge (68%).).

The frequency distribution of personal hygiene behavior among girls at SMPN 36 Batam, shows that out of 162 respondents there are 152 people (94%) who have good personal hygiene behavior and 10 people who have less personal hygiene behavior (6%).

Based on the chi-square statistical test, it was obtained p-value = 0.008 <0.05, which means that there is a significant relationship between the knowledge of

uterine adolescents with personal hygiene behavior at SMPN 036 Batam City.

DISCUSSION

Girls' knowledge about personal hygiene

From the research results, it was found that most of the knowledge of grade VIII girls at SMP N 3 Batam from 162 respondents was obtained by 110 respondents (68%) who had good knowledge and 5 respondents (3%) had less knowledge. This shows that the majority of young women at SMP N 3 Batam have good knowledge.

Based on the results of research, the highest knowledge is good because most adolescents already know the causes and prevention of vaginal discharge, this is because adolescents get sources of information from parents and mass media such as articles.

In accordance with the theory according to Ariani 2014, someone who has more sources of information will also have broader knowledge. One source of information that plays an important role in knowledge is the mass media, for example print, electronic, family, friends and others

With human knowledge, we can answer problems and solve the problems at hand. Someone who has good and high knowledge will be able to think more critically in understanding everything. A person who is well-informed does not guarantee that he will have positive attitudes and behaviors. Because someone in determining complete attitudes and behavior, apart from being determined by knowledge, is also influenced by thoughts, beliefs and emotions that play an important role (Notoadmodjo, 2010). According to Mubarak and Chayatin (2009), there are 7 factors that influence a person's knowledge, including the following: education,

occupation, age, interests, experience, environmental culture and information.

This is in line with research conducted by Rahmawati (2016) regarding the description of the knowledge of young women about personal hygiene during menstruation in 2016 SMA Negeri 1 Sungguminasa students as many as 67 respondents. The results showed that the majority of respondents had a good level of knowledge about the personal hygiene of the reproductive organs during menstruation, as many as 52 respondents (77.6%). Adolescence is a period between the ages of 10-19 years, at which time the reproductive maturation process occurs and is often called puberty. This study shows that the majority of respondents are 14 years old, namely 40 respondents (95.2%). At this age, adolescents usually have a curiosity about everything. Girls tend to receive information from various sources including parents, school, friends and the mass media, both true and false information. At this age adolescents also experience increased cognitive changes so that they have a great curiosity about various things and will find out in their own thoughts and ways (Solehati, Ermiami, Trisyani & Hermayanti, 2017). With increasing age, there will be changes in physical and psychological aspects. As you get older, the wiser someone will be in increasing their knowledge (Maidartati, Hayati & Nurhida, 2016).

The same thing was said by Karnita (2015) in her research entitled describing the knowledge and attitudes of young women about personal hygiene of reproductive organs at Mts. Guppi Samata, Gowa Regency towards 43 respondents. The results showed that there were 26 respondents who had good knowledge about the personal hygiene of the reproductive organs (60.5%).

Based on the results of this study, that young women already have good knowledge about the dangers of not maintaining reproductive organs and how to do personal hygiene during menstruation.

Personal Hygiene Behavior

Based on the research conducted, it showed that out of 162 respondents there were 152 people (94%) who had good personal hygiene behavior and 10 people who had less personal hygiene behavior (6%).

Behavior is an activity or activity of the living being concerned. So it can be concluded that what is meant by (human) behavior is all human activities or activities, both those that can be directly observed, and those that cannot be observed by outsiders (Notoatmodjo, 2010).

This study is in accordance with Puji (2016), this study shows that the average behavior of respondents regarding personal hygiene for reproductive organs in SMP N 3 Kendal is 12 item items and 213 respondents, obtained in good categories with an average percentage of 81%. This means that the respondent's behavior regarding the personal hygiene of the reproductive organs is treated well

good menstrual hygiene behavior, where this behavior is supported by the frequency of changing sanitary napkins, maintaining vaginal cleanliness, and wearing underwear. The results of this study are also in line with the results of research conducted by Gustina (2013) on female adolescents of SMP Muahadiyah 9 Yogyakarta obtained from 79 respondents. , 87.5% had good personal hygiene behavior (Pudiastuti, 2013), while in the research conducted by Rohmah (2013) in class XI MAN Dolopo, Madiun Regency, 50% had good personal hygiene behavior. These behaviors were influenced

by internal factors and external. The internal factors that influence are age and intelligence (level of intelligence). The external factors that influence are information that can lead to awareness and influence behavior (Suryati, 2013).

The first internal factor is age. Age is a factor that is a marker of a person's level of maturity. Age affects the ability to capture information and a person's mindset, so that the more mature a person is, the more information will be obtained and the more things that can be done so as to increase knowledge to make individuals wiser, more mature, and better at thinking and acting.

Personal hygiene behavior in this study was assessed from the way of doing it, the tools and materials used to perform personal hygiene. From the results of this study, it is in line with what is revealed that they have genital hygiene behavior, how to care for, and take care of the genitals is something that must be done because by taking care, caring properly can prevent and prevent disease of female reproductive organs.

According to Laksmana (2010), steps to carry out personal hygiene in the female area include washing the outside of the sexual organs every time you urinate or defecate, washing from front to back, using clean water to wash the reproductive organs, changing your underwear 2 times a day. , wear cotton underwear, to facilitate sweat absorption and change sanitary napkins regularly 3-4 times per day or every 6 hours and get used to shaving hair around the pubic area, to avoid the growth of bacteria that cause itching in the reproductive area

The relationship between knowledge of young girls and personal hygiene behavior

Based on the chi-square statistical test, it was obtained $p\text{-value} = 0.008 < 0.05$, which means that there is a significant relationship between the knowledge of uterine adolescents with personal hygiene behavior at SMPN 036 Batam City.

A person's knowledge related to their behavior is due to correct knowledge of personal hygiene during menstruation, it will change the respondent's attitude and affect behavior during menstruation. Good knowledge encourages good and right behavior while insufficient or wrong knowledge will also result in incorrect behavior. A person's knowledge and behavior can influence how one can do things better

Adolescent knowledge about reproductive organ hygiene is a very important domain in determining personal behavior. If the knowledge about reproductive organ hygiene has been understood, a good behavior will emerge. The higher a person's knowledge of reproductive organ hygiene, the better the level of behavior (Maidartati, 2016).

The results of this study are not in line with the research conducted by Tarigan and Hassan (2012), which states that the proportion of menstrual hygiene among adolescents who are respondents is mostly done by young women who have low knowledge than adolescents who have high knowledge.

However, this research is in line with research conducted by Maidartati (2016), the results of her research show that there is a relationship between knowledge and hygienic vulvar behavior during menstruation in young girls aged 13-15 years at SMPN.

30 Bandung with p values of 0.000.

Good knowledge from respondents directly makes the respondent's behavior good too. In this study, knowledge about

good personal hygiene encourages respondents to behave properly and correctly during menstruation because respondents know the importance of maintaining personal hygiene during menstruation. Researchers assume that the higher the level of knowledge of young women about personal hygiene during menstruation, the higher the level of knowledge of young women with personal hygiene during menstruation and vice versa. According to Notoatmodjo's (2012) theory, it is said that based on experience and research, it turns out that behavior based on knowledge will be more lasting than behavior that is not based on knowledge.

Personal Hygiene is a self-protection measure based on knowledge to maintain health, cleanliness, and to prevent the risk of disease. Personal hygiene during menstruation is very important for women, especially teenagers who have just had menstruation to maintain the cleanliness of the feminine area and prevent infectious diseases that can occur if they do not maintain vaginal cleanliness. The action that every woman, especially teenagers, must take in maintaining the cleanliness of their feminine area is to change the sanitary napkin at least times a day, don't use a dirty toilet, take a shower to keep the body clean, don't use damp and tight underwear, and always clean the female area with soft tissues and by tapping it. Genital organs are very sensitive organs, so they need special attention about health and hygiene in order to avoid disease by applying personal hygiene, especially during menstruation

CONCLUSION

Based on the results of research on the knowledge of personal hygiene genitalia in adolescent girls at SMP N 36 Batam, it can be concluded

1. Out of 162 respondents who had inadequate knowledge, 5 people (3%), 47 people (29%) had sufficient knowledge and 110 people (68%) had good knowledge.
2. Of the 162 respondents, there were 152 people (94%) who had good personal hygiene behavior and 10 people who had less personal hygiene behavior (6%).
3. Based on the chi-square statistical test obtained $p\text{-value} = 0.008 < 0.05$, which means that there is a significant relationship between the knowledge of uterine adolescents with personal hygiene behavior at SMPN 036 Batam City.

SUGGESTION

Based on the research results obtained, the suggestions of the researchers are as follows:

1. Respondents

It is hoped that young women can add insight and knowledge, attitudes and behaviors regarding feminine hygiene so that young women more care and clean the female area to avoid vaginal discharge and unwanted things.

2. For educational institutions SMP N 36 Batam

In order to maintain and increase efforts in providing knowledge about the health and hygiene of reproductive organs to students so as to avoid the incidence of vaginal discharge, and it is advisable to provide education about vaginal discharge to avoid it.

3. For Educational Institutions, Batam University Midwifery Study Program

It is hoped that the results of this study can be a source to increase the interest of health students, especially midwifery, to provide education about Reproductive Health (Kespro).

4. Further researchers

The results of this study are expected to become reading and consideration for future researchers to carry out other similar studies

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