



THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE WITH VULVA HYGIENE BEHAVIOUR ON FEMALE STUDENTS WITH MENSTRUATION AT JUNIOR HIGH SCHOOL 14 SOUTH TANGERANG

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Abstract

Background : Teenagers are individuals with an age range of 10-19 years. The adolescents are going through a transition period from childhood to adulthood. Knowledge about hygiene during menstruation among adolescents tends to be inadequate. Some adolescents know the good and correct way for personal hygiene during menstruation, when to change pads, and how to wash pads. Behavior that lacks hygiene during menstruation will have a negative impact and cause the spread of fungal and bacterial infections. Objective : To determine the relationship between knowledge and attitude with vulva hygiene behavior during menstruation in female adolescents at SMPN 14 South Tangerang City. Methods : The research conducted was quantitative research using an analytic design. This study used a cross sectional method. Total sample needed for this research is 35 people. Results : Of 35 respondents who had good knowledge, the majority had good vulvar hygiene behavior during menstruation, which is 29 respondents (96.7%) while 5 respondents who had poor knowledge mostly had poor vulvar hygiene behavior during menstruation, which is 3 respondents (3.3%). The chi square statistical test results showed a correlation between young women's knowledge and attitudes and their implementation of vulva hygiene. Conclusions and Suggestions: The behavior of adolescent girls during menstruation obtained the results that all adolescent girls at SMPN 14 South Tangerang City have a good behavior category, namely 31 students (88.6%) while adolescent girls who have sufficient behavior are 4 students (11.4%). This research is expected to be a means of information and learning for students to increase understanding of vulva hygiene.

Keywords: Attitude, Knowledge, Vulva Hygiene Behavior During Menstruation

Introduction

The reproductive age range for a woman is 10–19. Mother will transform from a child to a ladies during this period of time. Mothers endure physical and psychological transformations and personal growth. Puberty is an independent developmental phase that is best understood from an external viewpoint. It is characterized by a range of physical, emotional, and psychological changes. Childhood psychological and emotional growth does not align with the fast physiological (organobiological) changes that accompany puberty. After that, they have an extremely good chance of growing up to be robust, healthy, and mentally and physically mature adults; for this reason, their diet needs to be supplemented with vitamins and minerals and kept safe from the elements. Puberty is defined by physical changes, such as the beginning of menarche and associated symptoms. additional first-year sexual experiences, including bigger rectovaginal bleeding, thicker hair, thicker cords, and vaginal and rectovaginal bleeding (Sukawati, 2019).

During menstruation, the female reproductive blood vessels are vulnerable to infection. may increase blood flow in a highly wet environment, especially to the uterus and reproductive organs, by generating dynamic blood vessels. As a result, diseases and infections are brought on by the easy reproduction of bacteria and the disruption of vaginal hormones. Increasing the reproductive organs' functionality is essential to promoting reproductive health. Generally, menstrual cramps are more common in Muslim nations. Numerous studies have determined that non-teratogenic menstruation problems are common in many Asian and African nations. Because of this, every woman needs to be able to take care of her reproductive organs during menstruation, especially in the vaginal area, because failing to do so can lead to the growth of microorganisms like cysts, bacteria, and viruses that can prevent prevents the reproductive organs from functioning normally (Devita, 2020).

Based on surveys conducted by the World Health Organization (WHO) in a number of countries, reproductive health is a concern. Based on statistical data, there has been a significant increase in hygiene among Indonesian children aged 10-14 years (Priyitno in Yasnani, 2016). In some nations, the age of reproductive puberty starts between 10 and 14 years of age, according to the World Health Organization (WHO).

According to statistics, the most common causes of intramuscular infections (IMS) worldwide are male (35-42%) and young boys (27-33%), while candidiasis (25-50%), bacterial vaginosis (20-40%), and trichomoniasis (5-15%).

Was the leading cause of infection in children under 10 years of age in Indonesia in 2012. Because the country has a tropical and subtropical culture, Indonesians are more susceptible to ISR (Infectious Salivary Reflux) (Zulfuziastuti and Satriyandari, 2019).

The issues that come with genetic counseling include the emergence of various vaccine-induced infections, such as vaginal discharge, genital skin irritation, allergies, inflammation, or wound infections. The woman's position is lower and facilitates blood and is healthy from disease, it's just that the navel is lower. Nausea means germs are accumulating in a certain amount. Hence, it is very important to massage the vagina so that the lumps can move to the woman's sperm and egg sacs. The main focus of healthcare is the treatment of genetic disorders. A lot of women feel uncomfortable about having their own genetic makeup analyzed. Health knowledge and information is often perceived as a burden to the individual (Rosdiana, 2019).

If a woman's vulva is not covered with a stubble, menstruation can feel like a sting in the vaginal area. This could be a contributing factor to the growth of bacteria and fungi. One of the important aspects of menstrual healthcare is the management of bleeding, including measuring the presence of adipose tissue on the reproductive organs.

Vitamin A dysfunction can cause a number of infections, including eczema, genital skin irritation, allergies, inflammation, or urinary tract infections. It is related to higher levels of air tension in women, making their libido more harmonious.

With the external world and makes it easier to feel pleasure and desire. The nausea means that the germs are mixed in a certain amount. It is important to massage the vagina so that the lumps can move to the woman's sperm and egg sacs. The main focus of healthcare is the treatment of genetic disorders. A lot of women feel uncomfortable having their own genetic makeup analyzed. When it comes to understanding and comprehending reproductive health, women are clearly the experts.

The knowledge of menstrual hygiene among women is still lacking. Most women still do not know how to properly clean themselves during menstruation, when to use tampons, or how to remove them. Bleeding and the development of bacterial and fungal infections can be caused by menstrual hygiene practices that stray too far from recommended standards..

Based on the results of a preliminary study at SMPN 17 South Tangerang, 10 female teenage respondents were asked questions about knowledge of vulva hygiene behavior during menstruation, the results of which 5 students said that during menstruation they experienced itching around the vagina.

After being asked about vulva hygiene they said they still did not understand good vulva hygiene during menstruation. Based on the background description above, it can be concluded that researchers are interested in to conduct research on the Relationship between Knowledge Level and Attitude with Vulvar Hygiene Behavior during Menstruation in Female Adolescents at SMPN 14 South Tangerang City.

Research Methods

The research carried out was quantitative research using an analytic design. This study used a cross-sectional method

Result

Table 1 Frequency Distribution Based on Menstrual Vulva Hygiene Behavior at SMPN 14 South Tangerang City

Vulva Hygiene Behavior During Menstruation	Frequencies	%
Good	31	88,6
Less	4	11,4
Total	35	100

Based on Table 1 mentioned previously, it was found that all adolescent girls at SMPN 14 South Tangerang City had a good behavior category, 31 students (88.6%) while adolescent girls who had less behavior were 4 students (11.4%).

Table 2 Frequency Distribution Based on Knowledge of Female Teenagers at SMPN 14 South Tangerang City

Knowledge of Teenage Girls	Frequency	%
Good	30	85,7
Less	5	14,3
Total	35	100

Based on Table 2 above, the results show that most of the young girls have a good level of knowledge, namely 30 young women (85.7%). As for sufficient knowledge, 5 teenage girls (14.3%) were obtained.

Table 3 Frequency Distribution Based on the Attitude of Female Teenagers in SMPN 14 South Tangerang City

Attitude of Teenage Girls	Frequency	%
Positive	32	91,4
Negative	3	8,6
Total	35	100

Based on Table 3, it was obtained that the frequency distribution of female teenagers who had a positive attitude was 32 students (91.4%) while female teenagers who had a negative attitude were 3 students (8.6%).

Table 4 Relationship between Knowledge of Adolescent Girls with Vulva Hygiene Behavior during Menstruation at SMPN 14 South Tangerang City

Knowledge of Teenage Girls	Vulva Hygiene Behavior During Menstruation				Total		OR (95% CI)	P Value
	Good		Less		n	%		
	N	%	N	%				
Good	29	96.7	1	60.0	30	100	43,500 (1,094 – 6,451)	0,006
Less	2	40.0	3	3.3	5	100		
Total	31	88.6	4	11.4	35	100		

Based on Table 4 above, it can be observed that out of 30 respondents with good knowledge, most of them have good menstrual vulva hygiene behavior, which is 29 respondents (96.7%) while 5 respondents who have less knowledge mostly have bad menstrual vulva hygiene behavior, namely 3 respondents (3.3%).

The results of the chi square statistical test show that the p-value of 0.006 is less than 0.050, so it can be concluded that there is a significant relationship between knowledge of adolescent girls and menstrual vulvar hygiene behavior. Odds ratio for the relationship between knowledge and Menstrual Vulvar Hygiene Behavior is 43.500 with 95% CI between 1.094 - 6.451. This indicates that adolescent girls with good knowledge have 43,500 times the chance to perform vulvar hygiene during menstruation well compared to adolescent girls with less knowledge.

Table 5 Relationship Between the Attitude of Female Teenagers and Menstrual Vulva Hygiene Behavior at SMPN 14 South Tangerang City

Attitude of Teenage Girls	Vulva Hygiene Behavior During Menstruation				Total		OR (95% CI)	P Value
	Good		Less		n	%		
	N	%	N	%				
Positive	32	93.8	30	66.7	2	100	30,000 (0,606 – 6,196)	0,029
Negative	3	33.3	1	6.3	2	100		
Total	35	88.6	31	11.4	4	100		

Based on Table 5, it was concluded that of the 32 respondents who had a positive attitude, most of the vulva hygiene behavior during menstruation was good as many as 30 respondents (66.7%). Meanwhile, of the 3 respondents who had a negative attitude, most of the vulvar hygiene behavior was less as many as 2 respondents (6.3%).

From the results of the chi square statistical test, it shows that the p-value of 0.029 is less than 0.050, so it can be said that there is a significant relationship between the attitude of adolescent girls and Vulvar Hygiene Behavior During Menstruation. Odds ratio for the relationship between the attitude of adolescent girls with Menstrual Vulvar Hygiene Behavior is 30.000 with 95% CI between 0.606 - 6.196. This shows that young women who have a positive attitude have a 30,000 times chance of performing good menstrual vulva hygiene compared to young women who have a negative attitude.

Discussion

1. Level of Vulva Hygiene Behavior During Menstruation at SMPN 14 South Tangerang City

Based on research conducted on 35 participants, the results showed that 31 students (88.6%) had good behavior and 4 students (11.4%) had poor behavior.

The results of Desvi's research entitled "The relationship between knowledge and attitudes with vulva hygiene behavior during menstruation in adolescent girls at SMPN 01 Beringin Island, South Sumatra in 2019" showed that of the total respondents, 35 people (or 76.1% of the total) performed vulva hygiene more often than 11 (or 23.9%).

These results differ from Sunirah's research (2022) on "The Relationship between Knowledge Level of Personal Hygiene Behavior towards Adolescent Girls During Menstruation." Based on the research findings, out of 113 respondents, the majority experienced heavy bleeding during menstruation; 52.2% of the total cases experienced this condition, and 47.8% of the less severe cases also experienced this condition. This is explained by personal hygiene theory, which states that heavy bleeding during menstruation can also cause post-menstrual symptoms, such as vaginal pruritus. If the vagina is relatively inflamed, this can cause pruritus. Other symptoms include tingling or numbness in the face, neck and extremities. This is why self-care is one of the main aspects related to vaginal itching; women who experience vaginal itching are usually those who are poor self-care (Sulaikha, 2018). Menstrual cramps are more common in women who have been menstruating for a long time. Since most people believe that menstruation is a very private matter and should not be openly discussed or taught, this situation may arise. Knowledge about menstruation and menstrual hygiene is very important for adolescent girls who are menstruating for the first time. The importance of realizing the importance of self-managing menstrual bleeding (Devita & Kardiana, 2020). There is a high probability that the amount of estrogen in your body affects your reproductive health. "Handayani" (2020).

As far as the researchers know, "most girls already know, deep down, how important it is to keep themselves clean." After aspirating or washing the genitals with clean water from front to back, adolescent girls who do not know or do not have good sanitary pads are when there is a blood clot on the surface pads.

2. Knowledge level of Adolescent Girls During Menstruation at SMPN 14 South Tangerang City

The study on the level of understanding of adolescent girls found that out of 35 participants, 30 girls (85.7% of the total) had a high level of understanding. In contrast, 5 schoolgirls (14.3%) got a poor score.

Based on research conducted by Ni Kadek Ayu Risma Dewi which is entitled "The Relationship between Personal Hygiene Knowledge Level and Personal Hygiene Behavior of Adolescents During Menstruation at SMPN Negeri 1 Kintamani in 2022" get the results of the study "the level of knowledge of personal hygiene and personal hygiene behavior of adolescents during menstruation personal hygiene knowledge of 121 respondents who have sufficient categories as much as 63.6% (77 respondents out of 121 respondents), the category lacking in personal hygiene knowledge as much as 30.6% (37 respondents out of 121 respondents) while, the good category is 5.8% (7 respondents out of 121 respondents). by Ulina Gultom (2021) entitled "Level of Knowledge of Adolescents About Personal Hygiene During Menstruation at SMP Swasta Bahagia Jalan Mangan I No.6 Medan Deli District North Sumatra Province", the results showed that "the level of knowledge of adolescents about personal hygiene categories during menstruation the majority of adolescents have good knowledge, namely 19 people (63%). Mabbar, Medan Deli District, North Sumatra Province", the results showed that "the level of knowledge of adolescents about the category of personal hygiene during menstruation, the majority of adolescents have good knowledge, namely 19 people (63%), while the minority adolescents have poor knowledge, namely 4 people (13.3%).

As a result, students' lack of understanding of the subject matter is due to their inability to read books on self-care and obtain sufficient information on self-care or health topics. This is aligned with the theory which states that health promotion at various levels affects various activities or tasks that provide health messages to the general public, groups of people, or individuals. Expanding knowledge about reproductive health will enable individuals to manage menstrual bleeding and assess their own reproductive health. "BKKBN" in 2019.

3. Attitudes of Female Teenagers during Menstruation at SMPN 14 South Tangerang City

The results showed that out of 35 participants, 32 girls (91.4% of the total) had a positive attitude towards the survey, while 3 girls (8.5%) had a negative attitude.

The results of Desvi's research entitled "The relationship between knowledge and attitudes with vulva hygiene behavior during menstruation in adolescent girls at SMPN 01 Beringin Island, South Sumatra in 2019" showed that of the total respondents, 29 (or 63% of the total) had positive saliva, while 17 people (37% of the total) had negative saliva. This is in line with research that has been conducted by researchers.

Based on the research assumptions, the majority of women have a strong understanding of the importance of self-care. If there is saliva bulging on the surface of the egg, then it is considered a good egg. Those young women did not know or practiced hygiene preemptively, such as cleaning the tools, genitals or private parts with clean water from front to back.

4. Relationship Between Knowledge of Teenage Girls and Menstrual Vulva Hygiene Behavior

Based on the results of univariate analysis, it was found that there was a good understanding of the respondents, which was 30 women (85.7%). In contrast, 5 female students (14.3%) received a low score.

Based on the results of bivariate analysis, 30 respondents who had a good understanding of the topic had good menstrual hygiene practices (29 respondents or 96.7% of the total), while 5 respondents with poor understanding had inconsistent menstrual hygiene practices (three respondents or 3.3%).

The chi-square test results showed a p-value slightly higher than 0.006 with a significance level of 0.050. This proves that there is a significant relationship between premenstrual education and vaginal bleeding during menstruation. The 95% confidence interval between 1.094 and 6.451 gives a probability of about 43.500 for understanding vaginal hygiene practices during menstruation. This proves that women with good reproductive knowledge have an advantage over women with poor knowledge because they have 43,500 more time to perform good vaginal hygiene practices during menstruation.

This research is in line with Augustini's (2020) research on the knowledge and practice of menstrual hygiene among female students at SMKN 4 Negara. The fact that there is a significant relationship between knowledge and practice of personal hygiene during menstruation is indicated by this. The calculated rho value for positive and negative correlation is 0.47. The positive correlation indicates that self-care also increases for the knowledge score. An important component of self-care during menstruation is oral hygiene, which helps maintain a woman's overall health and prevent infections of the reproductive system. Having self-care during menstruation is also related to a woman's ability to manage her reproductive health. Improving accurate knowledge and understanding of reproductive health in adolescent health education. The cause is the lack of awareness and self-knowledge of menstrual bleeding. One of the main causes of low public knowledge about self-sufficiency is the emergence of reproductive health problems including eczema and serum sickness (ISR).

5. The Relationship between Female Teenagers Attitudes and Menstrual Vulva Hygiene Behavior at SMPN 14 South Tangerang City

The results of univariate analysis showed that out of 35 respondents, 32 female students had an attitude of positive, while 3 people had negative attitude. This means that 91.4% of the respondents were female students.

The results showed that 32 respondents had positive attitudes based on multivariate analysis. Only 66.7% of those who took the survey reported having good vaginal health during menstruation. The majority of respondents (6.3%) had a negative attitude towards vaginal bleeding, while only 0.3% did not.

A p value of more than 0.029 was found at the 0.05 level, based on the results of the chi-square statistical test. This proves that there is a significant relationship between premenstrual syndrome and vaginal bleeding during menstruation. Approximately 30,000 women experience vaginal bleeding during menstruation, with a 95% confidence interval between 0.606 and 6.196. This indicates that women with a positive menstrual cycle are able to control vaginal bleeding up to 30,000 times during their menstrual cycle, in contrast to women with a negative menstrual cycle.

Compare the results of this study with Yasnani who focused on the relationship between knowledge, menstruation, and vulva hygiene in class II students of SMP Negeri Satap in 2021. There is a significant relationship between menstrual hygiene and self-confidence. against the results of the chi-square test (p value = 0.009).

This is in line with Maulina's (2021) statement that "the attitude of adolescent girls is related to vulva hygiene behavior during menstruation". Near the organs cannot be produced properly, that a person has health that is physically visible.

The results of the study and discussions with researchers showed that participants who maintained menstrual hygiene also had good menstrual hygiene. This is the result of the efforts of class VIII students to start living a healthy and balanced life, especially related to menstruation and have a high level of awareness of their health.

Adolescent girls who have a good attitude in maintaining reproductive organ hygiene will have a sense of responsibility for the health of their reproductive organs by changing pads when they are full and uncomfortable or at least once every 4 hours, using clean and sweat-absorbing clothes, as well as maintaining reproductive organ hygiene, as a kind of bacteria that can cause female organ disease and vaginal discharge.

Conclusion

1. The behavior of female teenagers during menstruation obtained the results that all adolescent girls at SMPN 14 South Tangerang City have a good behavior category, namely 31 students (88.6%) while adolescent girls who have poor behavior are 4 students (11.4%).
2. Respondents with good knowledge category were 30 adolescent girls (85.7%). As for the lack of knowledge, 5 adolescent girls (14.3%) were obtained.
3. The results of bivariate data analysis showed that out of 30 respondents with good knowledge, most of them had good menstrual vulva hygiene behavior, namely 29 respondents (96.7%) while 5 respondents who had less knowledge mostly had poor menstrual vulva hygiene behavior, namely 3 respondents (3.3%). The results of the chi square statistical test show that the p-value of 0.006 is less than 0.050, so it can be said that there is a significant relationship between the knowledge of adolescent girls and menstrual vulvar hygiene behavior. Odds ratio for the relationship between knowledge and Menstrual Vulvar Hygiene Behavior is 43.500 with 95% CI between 1.094 - 6.451.
4. The results of the chi square statistical test show that the p-value of 0.029 is less than 0.050, so it can be said that there is a significant relationship between the attitude of adolescent girls and

Menstrual Vulvar Hygiene Behavior. Odds ratio for the relationship between the attitude of adolescent girls with Menstrual Vulvar Hygiene Behavior is 30.000 with 95% CI between 0.606 - 6.196.

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