

ANALYSIS OF FACTORS AFFECTING YOUNG WOMEN ATTITUDES TOWARD FEMALE HYGIENE AND PERINEAL HYGIENE BEHAVIOR

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ABSTRACT

Adolescence is a transition from childhood to adult life, at this time is the beginning of the development of puberty, where menstruation occurs. Menstruation is considered a natural phenomenon that usually occurs during the teenage stage which starts at the age of 12 years. The problem that is often experienced in this period is teenagers are often reluctant to discuss menstrual problems with their parents, friend or anyone, this causes disregard for clean health practices during menstruation. By getting good knowledge and knowing the practices during menstruation. By getting good knowledge and knowing the practice of maintaining hygiene during menstruation will avoid the risk of reproductive tract infections this study aim to analyze the factors that influence attitudes towards hygiene of the female area and the behavior of performing perineal hygiene during menstruation. This study uses across sectional research design. The number of respondent in this study uses a cross sectional research design. The number of respondents in this study were 100 teenagers who have an age range of 17 -20 years who have experienced menstruation. The results of this study found that maternal work is the factor that most influences adolescent attitudes toward cleanliness of the female area and the behavior of performing perineal hygiene during menstruation. This helps teens prevent infection as early as possible and improve reproductive health in the female reproductive organs.

Keywords: Menstruation, reproductive organ infections, adolescents

INTRODUCTION

Menstruation thus reflects the start of the puberty period in women. Young women who have experienced menstruation experience different changes that occur in it, both physically and psychologically. The problem that is often experienced in this period is that teenagers are often reluctant to discuss menstrual problems with their parents, friends or anyone, this causes disregard for clean health practices during menstruation, by getting good knowledge and knowing practices to maintain cleanliness during menstruation will avoid risk of reproductive tract infections (Logeswari, 2015). According to

UNESCO, (2014) Several factors are needed so that young women who are just menstruating can practice their hygiene properly, namely having accurate knowledge, the availability of health workers or professional teachers, the availability of facilities for environmental hygiene and sanitation such as the availability of sufficient water and trash bins to dispose of sanitary pads, the availability of safe sanitary pads. According to Sharvanan (2016) in his research stated, puberty is a challenge for young women to be able to prepare for changes that occur in the body. In some parts of the world it is found that

adolescents do not know what to do when menarche occurs, this will have a negative impact on physical and emotional development that causes a decrease in self-esteem, while the physical impact caused in research conducted by Kanal et al (2016), adolescents who do not prepare for the changes that occur, do not know how to do perineal hygiene properly so that they experience reproductive tract infections by 2.7%. Therefore. In Turkey, the majority of teens said that the majority of menstruation education should be provided by health professionals (54.4%) compared to families (30.0%) or teachers (5.9%). Most teenagers do not have good knowledge about menstruation (Shah et al. 2013).

Based on a brief description in the background of the problem above, the researcher formulated a research question, namely "What factors most influence the attitudes of young women towards the cleanliness of the female area and the behavior of performing perineal hygiene during menstruation.

METHOD

The target population of this study are all teenagers who are part of the student market, adolescents who have experienced menstruation. Has an age range of 17-20

years. This study uses several questionnaires, namely Questionnaire A containing the characteristics of respondents. Questionnaire B contains adolescent knowledge about healthy menstruation, and questionnaire C about the behavior of adolescents performing perineal hygiene during menstruation. This is in accordance with the objectives in this study to find out the factors that most influence the attitudes and behavior of adolescents in maintaining the cleanliness of the female area during menstruation. The questionnaire has been used in research (Prajayanti 2009). The design in this study is an analytic descriptive design to evaluate the characteristics of respondents and conduct the Kolmogorov-Smirnov test to determine the normality test of the data. Multivariate analysis using linear regression is used to determine the factors that most influence the occurrence of adolescent attitudes and behavior in maintaining the cleanliness of the female area during menstruation.

RESEARCH RESULT

Characteristics of Respondents for Gynecologic Cancer Survivors

Based on table 1 1, this study shows that respondents have the age category of late

adolescents aged from 18 to 20 years (100%), have high knowledge (84%), with menarce age of most early adolescents, 11 to 14 years (98%), most had a regular menstrual history of 2 to 6 days (79%) and obtained sources of information related to

menstruation mostly from mothers or sisters (53%), with most maternal education having a high education level of 78% and work as much as 61% as housewives (78.9%), have higher education (high school - tertiary institutions) by 60%.

Table 1. Distribution of Characteristics of Teenage Respondents who have received Menstruation in the Akademi Keperawatan Pasar Rebo in 2018 (n = 100)

Variabel	Kategori	Frekuensi	Persentase (%)
Age	Middle Age Teenagers (15-17 years)	0	0
	Late teens (18-20 years)	100	100
Education	Higher Education (SMA-PT)	78	22.0
	Low Education	22	78
Employment	Works	61	61.0
	Housewife	39	39.0
Length menstruation	Irregular (> 6 hari)	21	21
	Reguler (< 6 hari)	79	79
menarce	Adolescence (15-7 th)	2	2
	Intermediate Teenager (11-14 th)	98	98
Sources Information	Internal(siblingpr,mother)	47	47
	External(friend,print media, teacher)	53	53
knowledge	High	84	84
	Low	16	16

mother's education and age of menarce and adolescent knowledge.

Based on table 2 above, a bivariate test has been carried out with the results that there is a p-value <0.25, namely occupation and

Table 2 Relationship of Respondent Characteristics with Attitudes towards the cleanliness of femininity in AKPER Pasar Rebo in 2018 (n = 100)

Variabel	Mean	SD	SE	P value	CI 95%
Employment					
Housewife	78.74	5.88	0.94	0.069	-0.14-3.76
Works	76.93	3.95	0.50	0.096	65.94-77.69

Education						
High	77.91	5.09	0.57	0.297	-1.09-3.55	
Low	76.68	3.82	0.81	0.225	-0.78-3.24	
Length Menstruation						
Reguler	77.58	5.02	0.56	0.819	-2.65-2.10	
Irreguler	77.85	4.28	0.93	0.803	-2.48-1.93	
Menarche						
Adolescence	1.50	4.84	0.48	0.225	1.31-1.69	
Intermediate Teenager	1.37	4.94	0.70	0.438	1.23-1.51	
Knowledge						
High	76,29	5,39	1,34	0,07	-2,22-1,63	
Low	75,75	5,47	0,59	0,08	-4,92-0,27 -4,97-0,32	

Based on table 3 after the bivariate test, p-value <0.25 was not found, so the mother's work variable was made one of the variables

that could represent variables for the next stage, namely mother's work, because the p-value was close to 0.25.

Table 3 Relationship of Respondent Characteristics with perineal hygiene behavior during menstruation at the Rebo Market AKPER 2018 (n = 100)

Variabel	Mean	SD	SE	P value	CI 95%
Employment					
Housewife	76.89	6.00	0.96	0.315	-1.08-3.34
Works	75.77	5.04	0.64	0.334	-1.18-3.43
Education					
High	76.19	5.64	0.57	0.603	-2.65-2.10
Low	76.27	4.75	0.81	0.588	-2.48- 1.93
Length Menstruation					
Reguler	77.58	5.02	0.56	0.819	-3.35-1.96
Irreguler	77.85	4.28	0.93	0.803	-3.29-1.89
Menarche					
Early Teens	76.20	5.49	0.55	0.940	-8.04-7.44
Intermediate	76.50	0.70	0.50	0.709	-2.22-1.63
Knowledge					
High	75,75	5,39	1,34	0,71	-3,50-2,41
Low	76,29	5,47	0,59	0,71	-3,61-2,51

Table 4 Results of the Characteristics of Respondents Selection of with Attitudes towards the cleanliness of the female area and the behavior of perineal hygiene during menstruation in AKPER Pasar Rebo (2018).

Variable	attitude	Behaviour
	<i>p- value</i>	<i>p-value</i>
Employment		
Housewife	0.069	0.315
Works	0.096	0.334
Education		
High	0.297	
Low	0.225	
Menarche		
Early Teens	0.225	
Middle	0.438	
Pengetahuan		
Tinggi	0,07	
Rendah	0.08	

In table 4 shows the variables that may be included in multivariate modeling.

Tabel 5.5 Pemodelan Multivariat Sikap Remaja

Model	<i>Coefficients B</i>	<i>P value</i>	<i>(R²)</i>	<i>R</i>
Model 1				
constant	70,59		0.09	0,302
Employment	1,9	0.05		
Age of Menarche	5,3	0.13		
Resources	-1.0	0.25		
Knowledge	2,0	0,13		
Model 2				
constant	70,59		0.078	0,280
Age of Menarche	4,7	0.17		
Mother's Job	1,9	0.05		
Knowledge	1,9	0,14		
Model 3				
constant	75,15		0.06	0,245
Employment	1.69	0.08		
Knowledge	2,16	0,09		
Model 4				
Constant	76,93		0,33	0,183
Employment	1,80	0,06		

DISCUSSION

In this study shows that the average respondent most of them are those who have the age category of late adolescents aged from 18 to 20 years, have high knowledge (84%), with the age of menarce most of the early teens namely 11 to 14 years (98%), most had a regular menstrual history of 2 to 6 days (79%) and obtained sources of information related to menstruation mostly from mothers or sisters (53%), with most maternal education having a high education level of 78% and work as much as 61% as housewives (78.9%), have higher education (high school - tertiary institutions) by 60%.

The results of this study are in line with the results of research conducted by Susanti et al (2015), which is obtained that the frequency distribution of respondents' knowledge which is the most knowledgeable is around 52.9%. The results of research that has been done suryati (2012), namely the characteristics of mother's education have higher education mostly 66.7%, most mothers work not working, most respondents have high knowledge 53.2%. According to Yanti, et al (2014), it was found that there were characteristics of respondents that

most of them had a high level of knowledge about menstruation by 57.1% and the majority of respondents aged 16 years were 47.1%. While based on research conducted by Novitasari, et al (2014). Most have good knowledge about menstruation, while the majority of information sources are obtained from parents.

The three studies are based on the characteristics of young women respondents in the above studies that have a match in the level of knowledge, it is because most of the respondents were high school educated so that the information obtained is the same. Sources of information can stimulate knowledge about menstruation, but in receiving information respondents have different perceptions so that it will affect the level of knowledge that only merely knows, understands or has a wrong perception. So even though information has been freely accessed, but whether or not knowledge depends on each individual in attention, understanding and discovery of information received. (sermon 2014). Based on the above research, respondents are in the category of middle to late adolescents, which means that the increase in respondents' knowledge is also influenced by age, the more age the better the ability to catch and think patterns of a

person so that the knowledge gained is getting better. The biggest source of information is obtained from parents. Communication between parents, especially mothers and children is at risk of providing information that is better understood by children so that it will be able to increase children's knowledge.

Factors that Most Influence adolescent attitudes towards cleanliness of the female area and behavior of perineal hygiene during menstruation.

The results of this study can be found that maternal work is the most influencing factor in adolescent attitudes towards cleanliness of the female area and the behavior of perineal hygiene during menstruation. The results of this study are in line with Purnamasari and Notobroto (2015), that there are 75% of respondents working women who have an impact on the source of information received related to good attitudes and behaviors towards the cleanliness of the female area when menstruation increases. Support information provided to young women includes what is meant by menstruation, how to practice hygiene behavior during menstruation so that the support provided will foster adolescent self-confidence because of the changes that occur and help prevent health problems during

menstruation (Sommer et al., 2015). Other studies that are in line are, according to Mandasari, (2009) found that most respondents in this study are working mothers who have an impact that adolescents have a good role because there is more information about menstruation, because working mothers tend to be easier to get access better for various information including health. According to Sooki et.al (2016), mothers are the most recent source of information about the menstrual process by 60%.

In principle, the role of mothers in preparing teenagers with menstruation and various problems is very important. The role of the mother includes as educators, drivers, role models, supervisors, friends, inspiration, counselors and communicators. The role of the mother is very important in the process of growth and development of children, especially during adolescence, if the mother does not have adequate sources of information about menstruation, it may cause health and welfare problems such as infections in the reproductive tract.

Research Limitations

Respondents' backgrounds that have the same thing are teenagers who are continuing their studies at AKPER Pasar

Rebo so that they do not have different respondent characteristics and this results in research results that are very difficult to generalize elsewhere.

6.3 Implications of Research Results

The results of this study have implications for nursing services, especially maternity nursing, namely the need for training in mothers about preparing teenagers at puberty (especially with regard to menstruation). Puberty in adolescence is the most important period. Puberty causes

physiological, biological and psychological changes and this period is very important to improve reproductive health, so that there is no disruption by planning the training of mothers who have young women by involving groups in the community, religious groups can make the first step in health services for improve adolescent reproductive health (Naghshineh, 2017). This helps teens reduce PMS (premenstrual syndrome) and prevent infections and improve adolescent reproductive health.

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