

The Relationship of Knowledge of Young Women Class VII about Menarche with Attitude Towards Performing Personal Hygiene in SMPN 2 Plosoklaten Kediri District

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ABSTRACT

The lack of knowledge about menarche may cause health problems such as anemia and ISR disease. Besides, the wrong personal hygiene care on reproductive organ promotes germs breeding. This study aims to examine the relationship of knowledge of young women class VII about menarche with attitude towards performing personal hygiene in SMPN 2 Plosoklaten Kediri District. This study uses correlational research design with cross sectional approach. The population comprises all young women class VII. The samples are taken by using total sampling technique which are amounted to 72 respondents. The independent variable of this study is the young women knowledge about menarche and the dependent variable is the young women attitude towards personal hygiene performance. This study in SMPN 2 Plosoklaten Kediri District. The instrument used is questionnaire and the data processing includes editing, coding, scoring, and tabulating. The data then is analyzed by using chi-square test. Results of research from 72 respondents found 40 respondents (55.6%) knowledgeable enough and 43 respondents (59.7%) have negative attitude. Based on the chi-square test, the $p\text{ value}=0.000 < \alpha$ (0.05) and $r = 0.697$ so that H_1 is accepted. It means that there is a relationship of knowledge of young women class VII about menarche with attitude towards performing personal hygiene in SMPN 2 Plosoklaten Kediri District. There are still many young women with enough knowledge to have negative attitude so that reproductive health education is needed from the school side. Therefore, counseling about reproduction health is crucial to perform. Hopefully, the health workers and teachers increase the teenagers' awareness on the importance of reproduction health and the respondents have positive attitude along with knowledge enhancement.

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I. INTRODUCTION

Adolescence is a transitional period from childhood to adulthood at this time the child will experience puberty where in girls or young women characterized by physical changes. Among them are height growth, shrill or melodious voice, enlarged breasts, hair growing in the genitals and armpits, then there menarche, menarche itself is the first menstrual period experienced by young women as a sign of reproductive organ maturity. While experiencing menarche of course young women not too understand how to deal with changes that occur in him especially for personal hygiene (adolescent hygiene) here young women must be active to find information about menarche and how to personal proper hygiene, the role of parents is needed to get information about menarche and personal hygiene.

In the early days of puberty, many young women have not or do not even know the importance of having knowledge of the reproductive system and process of development. When girls experience their first menstruation or often called menarche, the teen will be shocked and panicked when they see red spots on their underwear. Perceptions that often arise in the minds of adolescent

girls who experience it is that these teenagers often think they are exposed to dangerous diseases or not infrequently who think that he was in pregnancy. The incidence of misperceptions in the minds of teenagers is often caused by lack of communication between children with parents, especially the mother. Lack of communication between the two sides causes the child of the woman not to get knowledge from the mother who had experienced menarche. As his daughter had experienced: a 13-year-old girl was surprised to wake up to find red patches on her underwear, the mother of the child explained that the child was starting to get menstruation.

Adolescence or puberty, is a period of liaison between adolescence and adulthood. Growth and development in adolescents is very rapid, both physical and psychological. At the time of puberty began to have a sense of interest towards the opposite sex. The rapid development in puberty is influenced by sexual hormones. Reproductive organs at puberty have begun to function. In women puberty is characterized by the first menstruation (menarche), whereas in men is characterized by wet dreams. Now, known early puberty in adolescence ^[1].

When menarche takes a lot of information about personal hygiene. Personal hygiene is an act of maintaining a person's hygiene and health for physical well-being. he attitude of a person in performing individual hygiene is influenced by a number of factors such as body image, cultural variables, social practices, socioeconomic status, personal choice and knowledge ^[2]. Young women who are less concerned about the hygiene of their reproductive organs, do not maintain appearance and health when menstruation can be affected by cervical cancer, vaginal discharge, and ISR (Reproductive Tract Infection) ^[2].

The low level of adolescent knowledge about the physical changes they experience at puberty sometimes leads to anxiety, fear, embarrassment, other feelings, and confusion. Not infrequently many teenagers who do not understand how the right way in caring for genetic hygiene. Parental ignorance of child development is also a problem for adolescents to get a proper explanation of sex. In fact, parents still feel uncomfortable or reluctant not even understand the proper way to discuss biological, psychological and reproductive health issues with their sons and daughters ^[3].

Overall 89% of women had first menstruation at 12-15 years of age, the findings are similar to studies conducted by the University of Indonesia Demographic Institute which showed that 84% of respondents had their first menstrual period at 12-15 years ^[4]. While in Jurnal Nursing Indonesia, 2016 adolescents who received the first menstruation at age 13 years 58.3%, 14 years 40.8%, 15 years 0.97%. While the results of research in Indonesia in June 2016, found the young women who menarche consists of age 12 as much as 44.9% age 13 as much as 19.1%, and age 14 as much as 2.2% ^[5].

As educational institutions are less than the maximum in delivering material about physical changes, menarche and personal hygiene (especially during menstruation) so that teenagers address health problems inappropriately and carelessly when teenagers who experience menstruation need to maintain health care or personal hygiene. Besides the physical problems that may arise from the lack of knowledge it is the lack of personal hygiene (personal hygiene) that can be at risk for the occurrence of infection in the urinary tract. One reason for the urethra of women is shorter than men, in addition to other difficulties that arise is in the process of self-care that is personal self-fulfillment when menarche. Approximately 50% of girls who have previously experienced UTI will have urinary structural abnormalities ^[1].

As a result many problems faced by adolescents regarding personal hygiene (especially genitalia area), which will arise various diseases if they are less appropriate to deal with reproductive health. As expressed by Kusmiran, that when young women do not maintain cleanliness during menstruation and lack of knowledge in doing personal hygiene during menstruation then the reproductive organs can be exposed to a kind of fungus or lice that can cause itching and make uncomfortable ^[6].

There are several ways that can be used to keep the reproductive system clean during menstruation, ie by cleaning the vagina using clean water from the vaginal area to the anus, change the underwear at least twice a day, change the pads as often as possible or no more than six hours ^[6].

From the preliminary study that has been done in SMPN 2 Plosokaten, there are 10 female students who become respondents. Of the 10 female students (60%) students were less knowledgeable about menarche while 4 (40%) students were knowledgeable enough. And of all respondents did not have the right attitude in doing personal hygiene.

In order to avoid wrong attitudes in personal hygiene and knowledge of menarche, it is advisable to provide information about menarche and counseling on personal hygiene so that they understand what menarche is and be able to behave appropriately in personal hygiene.

Based on the above background, the researchers are interested in conducting research entitled "The Relationship of Knowledge of Young Women Class VII About Menarche With Attitude Toward Performing Personal Hygiene In SMPN 2 Plosoklaten Kediri District".

II. METHOD

This study uses correlational research design with cross sectional approach. The population comprises all young women class VII in SMPN 2 Plosoklaten Kediri district. The samples are taken by using total sampling technique which are amounted to 72 respondents. The independent variable of this study is the young women knowledge about menarche and the dependent variable is the young women attitude towards personal hygiene performance. The instrument used is questionnaire and the data processing includes editing, coding, scoring, and tabulating. The data then is analyzed by using chi-square test.

III. RESULTS AND DISCUSSION

1. The knowledge young women about menarche

No	Knowledge	Frekuensi	Persentase
1.	Good	30	41,7
2.	Enough	40	55,6
3.	Less	2	2,7
	Total	72	100

Based on Table III.1 it can be seen from 72 respondents there are 30 respondents (41,7%) have good knowledge, 40 respondents (55,6%) are knowledgeable enough and 2 respondents (2,7%) have less knowledge. Based on these data shows that the level of young women about menarche most have enough knowledge as many as 40 respondents (55,6%).

The knowledge is the result of a sense of human curiosity to something and a desire to increase the dignity of life so that life becomes better and comfortable that developed as an effort to meet the needs of human beings both in the present and the future. Knowledge is just answering the question what for example nature, what humans, what water and other ^[7].

According to the data above, adolescents have knowledge about menarche enough while knowledge of menarche itself is important for teenagers because for young women who have experienced menarche have less knowledge will also impact on the way adolescents behave. Adolescent ignorance about menarche raises anxiety, fear and confusion. Improper handling will be at risk of illness in the future.

Lestari, T argues that the age of menarche is now more advanced than in ancient times, the age of menarche is determined by psychosocial and biological factors, and good nutrition can accelerate the arrival of menarche. The duration of menstruation is also very varied generally is 4-6 days and when the blood out about 2-8 days it is also quite normal. Because it is very important to increase knowledge in adolescents about menarche so that adolescents can overcome or solve problems experienced at the first time of menstruation or it could be when teenagers have not experienced menarche ^[8].

Of the 72 respondents there are 21 respondents (29.2%) who have never received information about menarche and personal hygiene. Personal hygiene itself is an activity or action to clean all members of the body that aims to maintain cleanliness and health of a person ^[9]. Never or ever get information is a factor that affects the knowledge of young women about reproductive health. While the information can be obtained from sources such as: Parents, Teachers, Friends, Health Personnel, Media Period. The more information is gained, the more the knowledge. A teenager who has never been informed or informed about personal hygiene when menarche is certainly different from

teenagers who have never received such information. A teenager who already understands, his knowledge will be more and will be better able to understand.

For young women, knowledge about menarche can be obtained from parents because it is more internal especially with mothers, because the role of a mother is very important, they will be more knowledgeable in delivering their experience. In addition, because the age of menarche in adolescence, the source of information obtained apart from parents can also be from the school environment of friends and teachers. In addition there are health workers around the area such as midwives from health centers can provide counseling-extension to schools, because the majority of people in general trust more information and input from health workers because of the wider believed in the field. Along with the development of science and technology teens are now more clever in searching for information from existing mass media such as gadgets (internet) or other mass media.

2. Young women attitude about personal hygiene

No	Attitude	Frekuensi	Persentase
1.	Positive	29	40,3
2.	Negative	43	59,7
Total		72	100

Based on table III.2 can be seen from 72 respondents who have positive attitude there are 29 respondents (40.3%) and negative attitude there are 43 respondents (59.7%).

Attitude is the feeling or view of someone who accompanied the tendency to act on an object or stimulus. Attitude is the most important concept in social psychology that addresses the elements of attitude both as individuals and groups. Many studies and research are conducted on the attitude and its relation^[7].

In the right attitude or action in doing personal hygiene during menstruation indicates the person has a positive attitude, where the mastery of the basic principles of personal hygiene has been qualified. If the actions taken in doing personal hygiene is not appropriate then the person can be said to have a negative attitude in doing personal hygiene because of negative attitudes affecting a person and can cause problems.

As from the results of research that has been done and obtained data from table III.2 of 72 respondents who have 43 respondents (57.7%) be negative.

While Yuni argues that Personal hygiene itself is an activity or action to clean all members of the body that aims to maintain cleanliness and health of a person. Yuni argues about Personal hygiene during menstruation, hygiene during menstruation is a component of personal hygiene (personal hygiene) that plays an important role in the status of one's health behavior, including avoiding any disruption to reproductive function^[9]. According to Rohan avoid using soap cleaning area femininity and pantyliner continuously, the use of feminine cleansing soap will damage the vaginal PH^[11].

In this study, there are still many teenagers who behave negatively in doing personal hygiene. Negative attitudes performed such as lazy to bathe when menstruation sweat glands will increase resulting in germs that cause body odor, wearing tight pants that cause discomfort due to damp, using feminine soap that will change the vaginal pH to clean the feminine area, mistakes in washing feminine area. Negative attitudes of young women are partly aroused from a sense of responsibility and awareness that is not implanted in teens themselves.

It seems that such information is less available to teenagers because there is less information provided by parents and teachers or from health workers. This causes teenagers less well-informed, perhaps also because of the influence of their young age to get menarche because the age of menarche is now more progressing from previous years which led to less knowledge so that most young women were negative in doing personal hygiene.

One of the factors affecting menarche is their age at the time getting their first age at the time of first menstruation, such as the results of research in grade VII there are 12 years old as many as 10 respondents 13,9% including young age in getting menarche.

Accept means that people want and pay attention to the stimulus given and responsible for everything that has been chosen with all the risk is to have the highest attitude^[10].

From the above facts show that the age factor is very influential on one's attitude. The young age of a person influences the way a person thinks it is in determining attitudes, and greatly affect a person's maturity in determining attitudes. The young age factor also determines the negative attitudes that a person possesses because the young age most still can not understand the important and the unimportant and the sense of responsibility is lacking.

Researchers argue that less knowledge will greatly affect the attitudes of a person. Sources of information obtained when the source of misinformation will be fatal for reproductive health, if the source of information from peers do not easily be trusted first ask the health workers if the information obtained less convincing in order to avoid the risk to health.

3. Correlation knowledge of menarche with attitude in doing personal hygiene

Attitude	Knowledge						Total	
	Good		Enough		Less		F	%
	F	%	F	%	F	%		
Positive	29	40,3	0	0	0	0	29	40,3
Negative	1	1,4	40	55,6	2	2,8	43	59,7
Total	30	41,7	40	55,6	2	2,8	72	100

pvalue = 0,000 pada α = 0,05 dan r = 0,697

Based on the tabulation results in table III.3 can be seen from 72 respondents are:

- 1) Good knowledge and positive attitude as much as 29 respondents (40,3%), enough knowledge and positive attitude there are 0 respondents (0%), less knowledge and positive attitude there are 0 respondents (0%)
- 2) Good knowledge and negative attitude as much as 1 respondent (1,4%), sufficient knowledge and negative attitude 40 respondents (55,6%), lack knowledge and negative attitude 2 respondents (2,8%)
- 3) Based on the results of chi-square test obtained p value = 0,000 < 0.05 then H_1 accepted means there is a significant relationship between knowledge with the attitude of young women in doing personal hygiene when menarche.

From the result of cross tabulation, it can be concluded that the highest frequency is the respondents who have enough knowledge and negative attitude that is 40 respondents (55,6%), while the lowest frequency is possessed by enough knowledge and positive attitude that is 0 respondents (0%) and less knowledge and positive attitude there are 0 respondents (0%).

Knowledge and attitude is actually related, how individuals get a lot of at least knowledge and individuals can apply it will certainly affect the resulting attitudes that will be shown positive or negative.

From the statistical calculation by using statistical test of chi-square test results obtained p value = 0,000 < 0.05 then H_1 accepted means there is a significant relationship between knowledge with the attitude of young women in doing personal hygiene during menarche, while the value of r = 0.697 means there is a strong relationship between knowledge with the attitude of young women in doing personal hygiene during menarche.

From the above facts it can be concluded that young women have enough knowledge but have a negative attitude, this is due to many factors, including self-awareness factors, discipline factors and

environmental factors, so although good knowledge means not guarantee a positive attitude because the knowledge formed on one's beliefs about what they see on an object.

IV. CONCLUSION

1. Knowledge of young women class VII about menarche from 72 respondents most of 40 respondents (55,6%) have enough knowledge.
2. The attitude of young women of class VII in doing personal hygiene from 72 respondents, got 43 respondents (59,7%) have negative attitude.
3. There is a relationship between the knowledge of young women of class VII about menarche with attitude toward performing personal hygiene in SMPN 2 Plosoklaten Kediri District, based on result of chi-square statistic test obtained p value = $0,000 < \alpha (0,05)$ and $r = 0,697$ hence can be concluded H_1 accepted.

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