

HUBUNGAN PENGETAHUAN REMAJA PUTRI TENTANG MENSTRUASI DENGAN PERILAKU *PERSONAL HYGIENE* SAAT MENSTRUASI DI SMPN 3 TEMPEL SLEMAN

INTISARI

Astuti Wulandari Dewi Rahayu¹, Afi Lutfiyati²

Latar Belakang: Kebutuhan akan kebersihan merupakan hal yang sangat penting dan harus diperhatikan. Salah satu yang bisa dilakukan untuk menjaga kesehatan reproduksi pada perempuan dengan menjaga *hygiene* kewanitaan. Hasil studi pendahuluan didapatkan 10 siswi kurang mengetahui pengertian dari menstruasi, semua siswi (12 siswi) belum mengetahui siklus menstruasi normal dan gangguan-gangguan yang terjadi saat menstruasi. Tujuh siswi menggunakan celana ketat dan setelah BAB atau BAK tidak mengeringkan daerah kemaluan bahkan ada dua siswi yang mengeringkan daerah kewanitaannya dari arah belakang ke depan. Enam siswi juga mengatakan menggunakan pembalut lebih dari empat jam pemakaian.

Tujuan: Mengetahui hubungan pengetahuan remaja putri tentang menstruasi dengan perilaku *personal hygiene* saat menstruasi di SMPN 3 Tempel Sleman.

Metode: Jenis penelitian kuantitatif menggunakan pendekatan *cross sectional*. Populasi penelitian adalah seluruh siswi kelas VIII SMPN 3 Tempel Sleman yang berjumlah 61 siswi, dengan teknik pengambilan sampel *total sampling* yaitu sebanyak 60 siswi. Pengumpulan data menggunakan kuesioner tertutup. Analisis data dengan uji *Kendall Tau*.

Hasil: Sebagian besar pengetahuan remaja putri tentang menstruasi dalam kategori baik sebanyak 40 responden (66,7%), sedangkan perilaku *personal hygiene* saat menstruasi sebagian besar pada kategori cukup sebanyak 40 responden (66,7%).

Kesimpulan: Ada hubungan secara signifikan antara pengetahuan remaja putri tentang menstruasi dengan perilaku *personal hygiene* saat menstruasi di SMPN 3 Tempel Sleman dengan hasil *p-value* 0,036 dan keeratan hubungan rendah ($r=0,287$). Peneliti selanjutnya diharapkan melakukan penelitian dengan menggunakan variabel-variabel lain misalnya pengaruh media massa, tingkat pendidikan atau lingkungan dan budaya.

Kata Kunci: *Menstruasi, Pengetahuan, Perilaku, Personal hygiene*

¹ Mahasiswa S1 Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Pembimbing Universitas Jenderal Achmad Yani Yogyakarta

THE ASSOCIATION BETWEEN FEMALE TEENAGERS' KNOWLEDGE ABOUT MENSTRUATION AND THEIR PERSONAL HYGIENE BEHAVIOR DURING MENSTRUATION IN SMPN 3 TEMPEL SLEMAN

Astuti Wulandari Dewi Rahayu¹, Afi Lutfiyati²

ABSTRACT

Background: The need of hygiene is an important matter and requires special attention. One thing that is possible to be done to preserve female's reproduction health is by maintaining the female's hygiene. The preliminary study shows that there are 10 female students having insufficient knowledge about the meaning of menstruation, the whole 12 female students have not figured out about normal menstrual cycle as well as disturbances during menstruation. 7 female students are found to wear tight pants and after finishing excretion they did not dry up their genital area, there are even 2 female students washing their genital area from back to front. 6 female students state they were wearing sanitary napkin for more than 4 hours usage.

Purpose: To find out the association between female teenagers' knowledge about menstruation and their personal hygiene behavior during menstruation in SMPN 3 Tempel Sleman.

Method: This research was quantitative with cross sectional approach. The population of this research was the whole grade VIII female students of SMPN 3 Tempel Sleman as many as 61 students. The sampling technique used was total sampling, comprising 60 female students. The data gathering technique used was closed questionnaire. The data analysis was conducted through Kendall Tau.

Result: The majority female students' knowledge about menstruation is categorized as good with as many as 40 respondents (66,7%), while the personal hygiene behavior during menstruation is categorized as enough, as many as 40 respondents (66,7%).

Conclusion: There is a positive association between the female teenagers' knowledge about menstruation and their personal hygiene behavior during menstruation in SMPN 3 Tempel Sleman, with p-value 0,036 and low association intimacy ($T=0,287$). Further research is expected to be conducted using other alternative variables, such as the effect of mass media, education level, or environment and culture.

Key Words : Menstruation, Knowledge, Behavior, Personal Hygiene

¹ A Student of the Undergraduate Program of Nursing, Universitas Jenderal Achmad Yani Yogyakarta

² A Thesis Advisor of Universitas Jenderal Achmad Yani Yogyakarta