

**HUBUNGAN PENDIDIKAN ORANG TUA DENGAN TINGKAT
KEMANDIRIAN *PERSONAL HYGIENE* SAAT MENSTRUASI
PADA REMAJA DENGAN *INTELLECTUAL DISABILITY*
DI SLB MARSUDI PUTRA KABUPATEN BANTUL**

Himas Arumti Sudarno¹, Dwi Yati²

INTISARI

Latar Belakang: Remaja dengan *intellectual disability* mempunyai keterlambatan dan keterbatasan dalam area perkembangan terkait perawatan diri termasuk *personal hygiene* saat menstruasi. Remaja dengan *intellectual disability* memerlukan stimulasi yang dilakukan secara terus menerus agar dapat meningkatkan kemandirian dalam melakukan *personal hygiene*. Gaya orang tua dalam mendidik anaknya tidak terlepas dari latar belakang pendidikan orang tua. Pendidikan orang tua yang tinggi diharapkan dapat memandirikan anaknya dalam melakukan *personal hygiene* saat menstruasi.

Tujuan Penelitian: Tujuan penelitian ini untuk mengetahui hubungan pendidikan orang tua dengan tingkat kemandirian *personal hygiene* saat menstruasi pada remaja dengan *intellectual disability* di SLB Marsudi Putra.

Metode Penelitian: Jenis penelitian kuantitatif menggunakan pendekatan *cross sectional*. Populasi penelitian adalah orang tua yang mempunyai anak *intellectual disability* yang sudah menstruasi di SLB Marsudi Putra yang berjumlah 35 responden, dengan teknik pengambilan sampel *total sampling*. Pengumpulan data menggunakan kuesioner tingkat kemandirian *personal hygiene* saat menstruasi. Analisis data meliputi analisis univariat dan bivariat menggunakan uji *spearman*.

Hasil: Sebagian besar responden berpendidikan SMA yaitu sebanyak 11 responden (31,4%), sedangkan tingkat kemandirian *personal hygiene* saat menstruasi pada anak *intellectual disability* sebagian besar pada kategori mandiri sebanyak 17 anak (48,6%).

Kesimpulan: Ada hubungan yang signifikan antara pendidikan orang tua dengan tingkat kemandirian *personal hygiene* saat menstruasi pada remaja dengan *intellectual disability* di SLB Marsudi Putra dengan hasil *p-value* 0,000 ($p < 0,05$) dan keeratan hubungan kuat ($r = 0,776$).

Kata kunci: Pendidikan orang tua, *personal hygiene* menstruasi, remaja *intellectual disability*

¹ Mahasiswa S1 Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

**THE CORRELATION BETWEEN PARENTS' EDUCATION AND
INDEPENDENCE LEVEL OF PERSONAL HYGIENE DURING
MENSTRUATION ON TEENAGERS WITH INTELLECTUAL
DISABILITY IN MARSUDI PUTRA SPECIAL EDUCATION
SCHOOL IN BANTUL DISTRICT**

Himas Arumti Sudarno¹, Dwi Yati²

ABSTRACT

Background: Teenagers with intellectual disability have delays and limitations related to the developmental area in adaptation skills such as self-care including personal hygiene during menstruation. They need continuous stimulation in order to increase their independence in performing personal hygiene. The parents' style in educating their children cannot be separated from their educational background. Higher parents education is expected to be able to set their children in performing their personal hygiene during menstruation

Objective: This research aimed to know the correlation between parents' education and independence of personal hygiene during menstruation among adolescent with intellectual disability in Marsudi Putra Outstanding School Bantul.

Method: This type was quantitative research used cross sectional approach. The study population was parents who have intellectual disability children who have menstruated in Marsudi Putra Outstanding School as many 35 respondents, with a total sampling technique as many 35 respondents. Data collection used closed questionnaire. Data analysis with spearman test.

Result: : The majority of respondents were high school educated as many 11 respondents (31.4%), while the level of independence of personal hygiene during menstruation in intellectual disability children was mostly in independent category as many 17 children (48.6%).

Conclusion: There was a significant correlation between parents' education and independence level of personal hygiene during menstruation among teenagers with intellectual disability in Marsudi Putra Special Education School with p-value of 0,000 ($p < 0,05$) with high proximity of correlation ($r = 0,776$).

Keywords: parents' education, personal hygiene during menstruation, teenagers with intellectual disability

¹ Student of Nursing Study Program in Jenderal Achmad Yani Yogyakarta University

² Lecturer of Nursing Study Program Jenderal Achmad Yani Yogyakarta University