

# HUBUNGAN SIKAP DENGAN PERILAKU *PERSONAL HYGIENE* SAAT MENSTRUASI PADA SANTRIWATI DI PONDOK PESANTREN SUNNI DARUSSALAM

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## INTISARI

**Latar Belakang:** Permasalahan pada santriwati paling sering ditemukan adalah tidak menjaga kebersihan saat menstruasi sehingga menyebabkan timbulnya penyakit yang berulang kali terjadi. *Personal hygiene* yang kurang terjaga dapat menyebabkan gangguan pada integritas kulit, dari segi psikososial dapat memengaruhi kebutuhan terhadap kenyamanan, kasih sayang, harga diri, aktualisasi diri, dan interaksi sosial. Sikap yang dimiliki seseorang menjadi salah satu faktor yang memengaruhi perilaku *personal hygiene* saat menstruasi pada santriwati.

**Tujuan Penelitian:** Mengetahui hubungan sikap dengan perilaku *personal hygiene* saat menstruasi di Pondok Pesantren Sunni Darussalam.

**Metode:** Penelitian ini menggunakan metode penelitian kuantitatif non eksperimen, dengan pendekatan *cross-sectional*. Sampel dalam penelitian ini adalah seluruh santriwati kelas VII, VIII, IX, X, XI, dan XII di Pondok Pesantren Sunni Darussalam. Teknik *sampling* yang digunakan adalah *total sampling* sebanyak 40 orang. Pengumpulan data menggunakan kuesioner sikap dan kuesioner perilaku *personal hygiene* saat menstruasi. Analisis data menggunakan uji *Chi-square*.

**Hasil:** Sebagian besar sikap dalam kategori positif sebanyak 23 responden (57,5%), sedangkan perilaku *personal hygiene* saat menstruasi sebagian besar pada kategori positif sebanyak 22 responden (55,0%).

**Kesimpulan:** Ada hubungan secara signifikan antara sikap dengan perilaku *personal hygiene* saat menstruasi pada santriwati di Pondok Pesantren Sunni Darussalam dengan hasil *p-value* 0,031 dan keeratan hubungan lemah ( $r=0,322$ ).

**Kata Kunci:** *Menstruasi, Sikap, Perilaku, Personal hygiene, Santriwati*

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**THE ASSOCIATION BETWEEN ATTITUDE AND PERSONAL HYGIENE  
BEHAVIOR DURING MENSTRUATION AMONG FEMALE STUDENTS AT  
THE SUNNI DARUSSALAM BOARDING SCHOOL**

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**ABSTRACT**

**Background:** *The most common problem found in female students is not maintaining hygiene during menstruation, causing repeated illnesses. Personal hygiene that is poorly maintained can cause disturbances in skin integrity, from a psychosocial perspective it can affect the need for comfort, affection, self-esteem, self-actualization, and social interaction. A person's attitude is one of the factors that influence personal hygiene behavior during menstruation in female students.*

**Research Objective:** *To find out the association between attitude and personal hygiene behavior during menstruation at the Sunni Darussalam Islamic Boarding School.*

**Method:** *This study used a non-experimental quantitative research method, with a cross-sectional approach. The sample in this study were all female students in grades VII, VIII, IX, X, XI, and XII at the Sunni Darussalam Islamic Boarding School. The sampling technique used was total sampling of 40 people. Data collection used attitude questionnaire and personal hygiene behavior questionnaire during menstruation. Data analysis using Chi-square test.*

**Results:** *Most of the attitudes were in the positive category as many as 23 respondents (57.5%), while personal hygiene behavior during menstruation was mostly in the positive category as many as 22 respondents (55.0%).*

**Keywords:** *Menstruation, Attitude, Behavior, Personal hygiene, Female student*

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