

Health Education and Menstrual Hygiene Demonstration in Junior High School Children on 13 Jember

Kustin^{1*}, Anita Khoirunisa¹, Bayu Krisna Setyawan¹, Cornelia Indika Dinda¹, Desy Ayu Rahmawati¹, Devi Sholfiatur Rahmah¹, Dewi Rahmawati¹, Dewi Restiana Fatima¹, Dhiya Aliya Putri¹, Wike Rosalini¹

¹Program Studi Ilmu Keperawatan, Fakultas Ilmu Kesehatan, Universitas dr. Soebandi

*Email: kustinhariyono@gmail.com

Abstract

Background: Personal hygiene behaviour during menstruation is a very important thing to do in ensuring the organs of young women both physically and mentally. The purpose of knowing the effect of health promotion on menstrual hygiene, knowledge, and attitudes of adolescents menstruating early. The research method uses quantitative using pre-experiment with one group pre-test-posttest design, with the aim of sampling with Wilcoxon test. The results of the study showed that the knowledge and attitudes of adolescent girls after being given health promotion increased and had a good impact on adolescent menstrual hygiene. Conclusion: There is an influence of menstrual health on health and promotion of knowledge and attitudes early in menstruation.

Keywords: health promotion, adolescent menstrual hygiene, adolescent girls

Introduction

Personal Hygiene which means individual and hygiene means health. A person's hygiene is an implementation to maintain personal hygiene and health patterns in the vaginal area during menstruation so that they can avoid reproductive infections (Batubara, 2020). Personal hygiene behavior during menstruation is very important to ensure the health of the organs of adolescent girls both physically and mentally. Therefore, when women are menstruating, they should really be able to maintain the reproductive organs as best as possible, especially in the genitals in order to maintain and maintain personal health and minimize risk of contracting a disease (Susanti & Lutfiyati, 2020).

Health education provided comprehensively is one way that can reduce the incidence of bacterial vaginosis (Nanlessy et al., 2013). In general, the physical changes of adolescent girls are characterized by menstruation where if fertilization does not occur it will flow out through the cervix and vagina so that bleeding occurs due to the decay of the uterine wall and cells. This phase occurs periodically which lasts an average of 3-5 days every month as a sign that the reproductive organs have matured and this occurs naturally in women (Hanisyahputri et al., 2020).

Minimalism of personal hygiene behavior and understanding of personal hygiene in adolescents during menstruation can have a negative impact on health such as pelvic inflammation, chlamydia and urinary tract infections. That is why it is very important to provide health education to adolescents through health promotion (Jubaedah et al., 2020). Low personal hygiene behavior during menstruation can cause several diseases in the form of Reproductive Tract Infections (ISR) such as bacterial vaginosis, vulvovaginal candidiasis (thrush), chlamydia, trichomonas vaginalis, urinary tract infections, and pelvic inflammatory disease (Yusfarani, 2016). Pathological vaginal discharge can also be caused by the lack of care for young women for genetic devices such as washing the vagina with stagnant water in a bucket using excessive rinsing, wearing pants with materials that do not absorb sweat, rarely changing underwear, and not changing pads often during menstruation (Kustin, 2023).

In adolescence, AV Acne Vulgaris, usually caused by an increase in sex hormones, especially androgen hormones that increase during puberty (Pangestu et al., 2021). This is in line with research which shows that there is a relationship between personal hygiene and the incidence of vaginal discharge. The guidelines for parents in the care and care of adolescents. Let teens learn things by doing, regardless of whether decisions and techniques differ from adult decisions and techniques, Give children clear and reasonable boundaries (Ramayanti, A., & Sulistyoningtyas, 2017). Poor menstrual hygiene can pose serious health risks, such as reproductive and urinary tract infections that can lead to infertility and birth complications later in life. Remove house rules for transgressions and use family social events to set house rules. Always accessible but avoid putting a lot of emphasis on teenagers. Try to share your feelings of euphoria and pity. Listen and try to be available to children's perspectives, in any case, when they disagree with the perspectives of more experienced individuals.

Assist adolescents in choosing appropriate professional goals and planning jobs for adults (Indonesia & Psikologi, 2016). Attitudes cannot be observed directly, but can only be interpreted first from closed behavior. Attitude clearly shows the connotation of the appropriateness of reactions to certain stimuli which in everyday life are reactions of an emotional nature to social stimuli. Another study conducted by suggests that there is an influence of health education with audiovisual methods, because the message conveyed can be received well. This means that the success of counseling is influenced by the media because the media can influence knowledge, attitudes and emotions (Kustin, 2023). The

knowledge and attitudes possessed by teenagers will be able to change the behavior of young women, especially menstrual hygiene.

Identification of Problems

In adolescents who experience menstruation, bacteria easily enter the genital organs so that they can cause diseases of the reproductive tract. This is because the cervix is open during menstruation which aims to allow menstrual blood to come out so that the situation becomes a pathway for bacteria to enter the uterus and pelvic cavity. The decreased PH acidity level in the vagina during menstruation can also allow other infections such as yeast. The practice of menstrual hygiene, especially in school-age adolescent girls, needs more attention. Lack of appropriate menstrual hygiene knowledge and there are still many restrictions related to menstruation can result in health, education, and psychosocial problems of a person. The results of previous research conducted by the team on students at SMP 13 Jember showed that menstrual hygiene behavior among young women is still very low, therefore the community service team should continue activities to improve menstrual hygiene behavior adolescent girls at SMP 13 Jember.

Implementation Methodology

This activity uses the method of distributing questionnaires by means of pre-test post-test. And they were gathered in one room and explained by displaying power points and distributing posters about Menstrual Hygiene, after that distributing questionnaires to students of SMPN 13 Jember, Patrang District. The target of this activity was class in VII SMPN 13 Jember Patrang District which amounted to 41 female students who participated in this community service activity. Sampling was carried out using the purposive sampling method.

Results and Discussion

The results of community service activities about knowledge before and after counseling or health promotion , showed that the results of understanding increased when after being given health promotion about menstrual hygiene understanding . Therefore , with the promotion of health on menstrual hygiene knowledge so that adolescents understand more about personal hygiene knowledge during menstruation. Researchers also saw that at the time of giving material there were several female students who asked questions about menstrual hygiene attitudes during menstruation.

Table 1 pre test and post test

Health Educatioan and Menstrual Hyiene Demonstration	Pre-test		Post-test	
	f	%	f	%
Good	9	22	34	83
Bad	32	78	7	17
Total	41	100	41	100

Source : processed primary data, 2024

Health educatioan and menstrual hygiene demonstration activities on menstrual hygiene began with the preparation of materials, educational media, and the distribution of invitations through story features on social media. The allocation of time available is 45 minutes, with details such as introduction, explanation of the purpose of the activity, pretest implementation by asking questions about what participants know about personal hygiene during menstruation, Socialization of menstrual hygiene through conducted directly to eighth grade junior high school students, questions and answers with participants, discussion, delivery of conclusions, implementation of posttest by giving questions in the form of cases, and closing. Health education and menstrual hygiene demonstrations are carried out using leaflets, videos and also demonstrations using teaching aids on how to care for and clean reproductive organs properly and correctly



Figure 1 Filling out the pre-test questionnaire

For presentations, it is very widely used by offices, educators, students, or health workers. Another media is using e-poster media which is a simple form, aiming to make it easier and faster for the audience to capture the message presented, this is in accordance with image 1 above and image 2 below.



Figure 2. Presentation session



Figure 3. The activity above is a question and answer session after the presentation of the material



Figure 4. Group photo after community service activities

Observation of the course of activities shows the active participation of adolescent girls. At the time of the discussion and question and answer session, it showed enthusiasm for asking questions. E-poster media was also distributed to make it easier for participants if they want to reread the material from counseling in the future. The profile of menstrual hygiene knowledge before the counseling illustrates that many young women have received education about personal hygiene, but the education has not been comprehensive covering all messages in menstrual hygiene guidelines. Evaluation of the results of this counseling shows that colorful power point media suitable in a happy atmosphere can increase interest in absorbing information about menstrual hygiene well (Sabaruddin et al., 2021).

In previous research, it was mentioned that power points as learning media have technical advantages, such as including practical media, attractive presentation designs, can display images, video, sound, or even animation that can make it is more interesting to observe it (Hikmah, 2020). It can be seen from the posttest results, where they seem to answer questions correctly and quickly. And show that knowledge related to menstrual hygiene can

be adjusted between educational media with the characteristics of the target audience , as well as through educational activities with various innovations and methods Learning.

Efforts to improve menstrual hygiene are carried out through health education. in adolescent girls need to be carried out continuously to increase the retention of hygiene knowledge for adolescent girls. It is evident from the post-test results that most teenagers answer 5 questions correctly compared to the pre-test, there is no correct answer from 5 questions the same with the post test. So it can be said that there is an average increase of 4 points (during the post test) from 0 points (during the pre test). Positive changes in behavior as a result of hygiene education can ultimately be used as a strategy to prevent reproductive health problems in adolescents. Teenage girls also have poor menstrual hygiene behavior.

This is because there are many teenagers daughter who experienced menarche on 10-12 years old while theory said that the older the teenager the princess had been through it for a long time menstruation then menstrual behavior hygiene is also good. Teenage girls too get theoretical information about menstruation from teachers at school but only for information about physiological reproduction, definition of menstruation, duration of menstruation so that the young woman did not Get examples directly how to behave personally proper hygiene by teaching teachers they but young women get examples of current menstrual hygiene behavior menstruation from the traditions of parents that they just look at habits and didn't get an explanation directly from the mother because of the parents consider current menstrual hygiene menstruation is a thing privacy. This is in accordance with the theory that which influences the most menstrual hygiene behavior at the time is a parent, especially a mother because a princess will learn and adhere to existing habits previously from the family.

Besides that young women who have behavior. Mestrual hygiene is also lacking proven by not doing it proper facial skin care, not doing skin care and hair, especially pubic hair correctly so that it doesn't happen Mushrooms, don't use any type of pants correct inside during menstruation, not changing sanitary napkins every 4 hours once and use that sanitary napkin herbal based (Dahlan, 2021). This educational effort faces obstacles in the form of lack of enthusiasm for adolescents to participate in counseling, and limited facilities to support the provision of offline counseling. Things that can be done to overcome these obstacles are, involving partners for menstrual hygiene education efforts , and inserting menstrual hygiene education in village activities or youth activities. The change in aspects of

menstrual hygiene practices in adolescents requires active participation from adolescent parents . So that teenagers are more monitored in their personal hygiene practices. Knowledge or cognitive is a very important domain for the formation of one's actions (Rofi'ah et al., 2017).

Conclusion

From this community service activity, it can be concluded that there is an increase in knowledge about menstrual hygiene in young women after they participate in this activity. This also proves that proper menstrual hygiene behavior is influenced by the level of knowledge of adolescents about personal hygiene, which is a guideline for adolescents in playing a healthy and clean role and behavior. Hopefully, in the future, it is recommended to expand the promotion of counseling activities through face-to-face activities and increase the target audience, namely parents of teenagers. This is done because behavior improvement requires the role of parents to support healthy behavior of adolescents, so that the provision of education can be understood by young women to the maximum.

References

- Batubara, S. K. (2020). Pengaruh Pendidikan Kesehatan Reproduksi Remaja Terhadap Perilaku Personal Hygiene Saat Menstruasi Di SMP Negeri 2 Batang Angkola Tapanuli Selatan Tahun 2017. *Jurnal Ilmiah Maksitek*, 5(3), 167–187.
- Dahlan, D. (2021). Prilaku Personal Hygiene Remaja Putri Pada Saat Menstruasi. *Journal of Health Quality Development*, 1(2), 109–115. <https://doi.org/10.51577/jhqd.v1i2.362>
- Hanisyahputri et al. (2020). No TiPengaruh Penerapan Interprofessional Education Terhadap Pengetahuan, Sikap Dan Perilaku Remaja Tentang Menstrual Hygiene Managementtle. *Oksitosin : Jurnal Ilmiah Kebidanan*, 7(2), 154–171.
- Hikmah. (2020). Pemanfaatan Powerpoint Interaktif Sebagai Media Pembelajaran Dalam Hybrid Learning. *Jurnal Pendidikan Dan Ilmu Sosial*, 1(2), 26–32.
- Indonesia, J. P., & Psikologi, F. (2016). *Konsep Diri, Adversity Quotient dan Penyesuaian Diri pada Remaja Khoirul Bariyyah Hidayati*. 5(02), 137–144.
- Jubaedah, E., Yuhandini, D. S., & -, S. (2020). Pendidikan Kesehatan Melalui Media Video Dan Leaflet Terhadap Pengetahuan Personal Hygiene Menstruasi Remaja Putri Kelas Vii Tahun 2019. *Jurnal Ilmiah PANNMED (Pharmacist, Analyst, Nurse, Nutrition, Midwivery, Environment, Dentist)*, 15(1), 30–35. <https://doi.org/10.36911/pannmed.v15i1.645>

- Kustin, K. (2023). Information Literation about Reproductive Health in Junior High School Teenagers. *Jurnal MID-Z (Midwivery Zigot) Jurnal Ilmiah Kebidanan*, 6(1), 49–55. <https://doi.org/10.56013/jurnalmidz.v6i1.2132>
- Nanlessy, D. M., Hutagaol, E., & Wongkar, D. (2013). Hubungan Antara Pengetahuan Dan Perilaku Remaja Putri Dalam Menjaga Kebersihan Alat Genitalia Dengan Kejadian Keputihan Di SMA Negeri 2 Pineleng. *Jurnal Keperawatan*, 1(1), 1–5. <https://ejournal.unsrat.ac.id/index.php/jkp/article/view/2175/0>
- Pangestu, R., Sani, N., Febriyani, A., & Panonsih, R. N. (2021). Pola Menstruasi Dengan Kejadian Akne Vulgaris Pada Siswi SMKN Tanjungsari Lampung Selatan Tahun 2020. *Jurnal Ilmiah Kesehatan Sandi Husada*, 10(2), 664–670. <https://doi.org/10.35816/jiskh.v10i2.675>
- Ramayanti, A., & Sulistyoningtyas, S. (2017). *Hubungan personal hygiene dengan kejadian keputihan pada remaja putri di SMA Muhammadiyah 5 Yogyakarta. Universitas' Aisyiyah Yogyakarta*. Universitas' Aisyiyah Yogyakarta.
- Rofi'ah, S., Widatiningsih, S., & Vitaningrum, D. (2017). Kesehatan Metode Peer Group Dan Sikap Personal Hygiene Saat. *Jurnal Ilmiah Bidan*, 2(2), 31–36.
- Sabaruddin, E. E., Kubillawati, S., & Rohmawati, A. (2021). Perilaku Personal Hygiene Saat Menstruasi Pada Siswi SMP Bangsa Mandiri 2 Bogor. *Kesehatan Dan Kebidanan*, 10(2), 33–42. <https://smrh.e-journal.id/Jkk/article/download/139/99>
- Susanti, D., & Lutfiyati, A. (2020). the Relationship of Adolescent Knowledge With Personal Hygiene Behavior When Menstruation. *Jurnal Kesehatan Samodra Ilmu*, 11(02), 166–172.
- Yusfarani, R. (2016). *Rancangan Video Animasi Manajemen Kebersihan Menstruasi untuk Siswi Madrasah Tsanawiyah Negeri (MTsN) 1 Kota Tangerang Selatan Tahun 2016*.