

Overview Of Personal Hygiene During Menstruation In Kesuma Indah High School Padangsidimpuan In 2021

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ABSTRACT

During menstruation, which last for several days, women must maintain personal hygiene. Menstrual personal hygiene is a woman's personal hygiene during menstruation which aims to prevent disease and increase feelings of well-being. While menstruating, the cleanliness of the reproductive organs is very important to maintain and pay attention to cleanliness in order to avoid reproductive health problems. The method used in this study is a quantitative method. The result showed as many as 51 people (53.1%) with sufficient result in performing personal hygiene during menstruation in children of SMA Kesuma Indah Padangsidimpuan. Respondents are expected to be able to improve personal hygiene during menstruation so as to avoid problems in reproductive health. Then it was concluded that personal hygiene during menstruation in Kesuma Indah High School children still had to be improved so that they were better in personal hygiene behavior during menstruation.

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1. INTRODUCTION

Adolescence is a time when it changes from childhood to adulthood. At this time there is physical, cognitive, social, and emotional maturity to prepare themselves to become adults (Solehati et al., 2019). In early adolescence, most girls experience their first menstruation or *menarche* and usually each child's menstruation must be different, both the duration of menstruation, the amount of blood that comes out during menstruation and also the menstrual cycle (Sinaga et al., 2017).

During menstruation that lasts for several days, women must maintain personal *hygiene* (Yusiana & Silviana, 2016). *Personal hygiene* during menstruation is a woman's personal hygiene when menstruating which aims to prevent disease and increase feelings of well-being (Sinaga et al., 2017). Many adolescents do not pay attention to the problem of genetic hygiene or commonly called perineal hygiene (Agra, 2016).

Personal hygiene problems during menstruation in adolescents are determinants of adolescent health status that will affect old age. Poor *personal hygiene* during menstruation has a major effect on morbidity and complications. Therefore, reamja must be prepared both knowledge, attitudes and actions to achieve healthy reproduction (Bujowati & Raodah, 2016).

Research by Pramudianti et al. (2019), states that more adolescents with a high risk of reproductive health problems, there are 10% of adolescents who often use feminine cleaning products, around 17.5% of adolescents who do not dry the genitalia after urinating or defecating using tissue or dry towels. Furthermore, there were 25.76% of reamaja who cleaned the genitalia in a direction from back to front, 17% often wore underwear with non-cotton material and 2.5% of adolescents who often wore together underwear and towels with others.

Lack of hygiene skills during menstruation resulted in 88.1% of adolescent girls experiencing vaginal discharge with a frequency of 61% "often". As many as 42.9% of adolescent girls practice *poor personal hygiene* during menstruation. This is caused by the lack of information about hygiene during the first menstruation during menstruation, about how to clean pads and overcome symptoms such as pain or odor (Hanissa et al., 2017) *Poor personal hygiene*, especially the genital area, is also a factor that is a risk for cervical cancer (Pemiliana et al., 2019).

To reduce the risk of developing the disease, it is necessary to pay attention to several indicators of *personal hygiene* during menstruation. Some things that must be considered are such as the use of

underwear, the selection of pads and the cleanliness of the face, skin and hair. Cleanliness of face, skin and hair is also something that needs to be considered by someone when menstruating, because during menstruation a person will sweat more easily and oil production on the face and head increases so it is necessary to pay attention to cleanliness (Kusmiran in Nugraheni, 2019).

Through an initial survey conducted on 10 Kesuma Indah High School students regarding personal hygiene during menstruation, it was found that *the personal hygiene* carried out was still in the category of not good both in terms of the use of sanitary pads which on average only 2-3 times a day which should be changed every 4 hours, with a percentage of 20% who changed pads less than 4 times a day. And for the use of underwear with a percentage of 90% who use tight underwear and made of spandex instead of cotton which is more absorbent and more comfortable when worn. For self-hygiene such as hair care that is done is still in less categories because as many as 80% still do not shampoo during their menstrual period, and will shampoo after finishing menstruation or even shampoo according to the state of their hair. These things are behaviors that are usually done by Kesuma Indah High School students during their menstrual period and have become a habit. Based on this background, the author wants to know how the picture of *personal hygiene* during menstruation in Kesuma Indah Padangsidimpuan's high school students. By providing appropriate and clear information, it is expected to increase their knowledge and awareness of the importance of maintaining the cleanliness of vital organs, namely genitalia.

2. METHODS

This study used quantitative methods and used descriptive research design. Descriptive research is the study of observing, describing, and documenting aspects of a situation as it occurs and is sometimes used as a starting point for generational hypotheses or theories of research development. This research was conducted on Kesuma Indah Padangsidimpuan High School students in April 2021. The technique used is *total sampling*. *Total sampling* is the total number of members of the population that the sample represents. This method is done if the study population is small, then all populations are sampled (Nursalam, 2020). So the number of samples used was all women in class X and XI totaling 96 people at SMA Kesuma Indah Padangsidimpuan. The instrument used in this study used a questionnaire distributed via *google form*, and the questionnaire was taken from a previous study, namely Nugrahaeni, 2019.

3. RESULTS AND DISCUSSION

Research results

The results of the study were divided into 3 indicators, namely the use of underwear, the use of sanitary pads and the cleanliness of the skin, face and hair.

Table 1 Frequency Distribution of Underwear Use during Menstruation in Kesuma Indah Padangsidimpuan High School Children in 2021

Use of underwear	(f)	(%)
Good	45	46,9
Enough	51	53,1
Total	96	100

Based on table 1, it was obtained that the use of underwear during menstruation in Kesuma Indah Padangsidimpuan High School students in 2021 was 51 people (53.1%) with sufficient results and as many as 45 people (46.9%) with good results.

Table 2 Frequency Distribution of Sanitary Pads during Menstruation in Kesuma Indah High School Students in Padangsidimpuan in 2021

The use of dressings	(f)	(%)
Good	33	34,4
Enough	63	65,6
Total	96	100

Based on table 2, it was found that the use of sanitary pads during menstruation in Kesuma Indah Padangsidimpuan High School students in 2021 was 63 people (65.6%) with sufficient results and as many as 33 people (34.4%) with good results.

Table 3 Frequency Distribution of Skin, Face, and Hair Hygiene during Menstruation in Kesuma Indah Padangsidimpuan High School Students in 2021

Skin, face, and hair hygiene	(f)	(%)
Good	19	19,8
Enough	77	80,2
Less	-	-
Total	96	100

Based on table 3, it was found that the cleanliness of skin, face, and hair during menstruation in Kesuma Indah Padangsidimpuan High School students in 2021 was 77 people (80.2%) with sufficient results and as many as 19 people (19.8%) with good results.

Table 4 Frequency Distribution of *Personal Hygiene* Images during Menstruation in Kesuma Indah High School Students in Padangsidimpuan in 2021

<i>Personal hygiene during menstruation</i>	(f)	(%)
Good	45	46,9
Enough	51	53,1
Total	96	100

Based on table 4, it is found that *personal hygiene* during menstruation in Kesuma Indah Padangsidimpuan High School students in 2021 was 51 people (53.1%) with sufficient results and as many as 45 people (46.9%) with good results.

Discussion

From the data obtained by researchers regarding the use of underwear, it was obtained that the use of underwear during menstruation in Kesuma Indah Padangsidimpuan High School students in 2021 was 45 people (46.9%) with good results. This is because there are still many respondents who use tight underwear and materials that do not absorb menstrual underarm sweat. By wearing underwear regularly at least 2 times a day or immediately changing the inner celama when exposed to blood. This is done to prevent the vagina and using underwear that is not clean will cause infection in the vaginal area.

When menstruating, not infrequently our underwear is dirtier than usual because there are blood spots attached and sometimes the blood stains are difficult to remove. One important thing to remember to do is to better maintain the cleanliness and dryness of the pubic area by changing underwear frequently when sweaty or damp. Avoid using tights made of materials that do not absorb sweat (Sinaga et al., 2017).

Personal hygiene menstrual behavior to maintain the cleanliness of the genitalia, such as washing using clean water, using sweat-absorbing pants, changing underwear, changing pads, bathing twice a day or immediately when underwear is exposed to blood can prevent vagian from excessive moisture. In addition, infections often occur due to unclean underwear (Sulaikha, 2018). Therefore, it is recommended that during menstruation it is good to wear clothes that are not too tight and absorbent materials in order to provide a sense of comfort during activities.

From the research conducted previously, it was found that the use of sanitary pads during menstruation in Kesuma Indah Padangsidimpuan High School students in 2021 was 63 people (65.6%) with sufficient results and as many as 33 people (34.4%) with good results. This is caused by many Kesuma Indah High School students who change pads not every 4 hours and lack of hygiene when changing pads when a person menstruates.

Poor behavior in the selection of pads that they usually buy and use so far, only thinking about the low price and comfortable enough to use without knowing the health risks of using pads. This

condition makes pads a source of nests for harmful bacterial growth, even though ordinary pads are only used for 2 hours. So the high risk of reproductive health problems due to the large number of bacteria on the surface of the pads if the pads are used for more than 2 hours (Annisa Bahrudin et al., 2019).

In the research of Wijayanti et al., (2017) it is said that the factors that influence a person to choose to use the type of sanitary napkin during menstruation are due to the existence of information media and most importantly economic factors, so most women prefer the type of sanitary napkin at an affordable price. So it can be concluded, that it is good if the use of this pad is paid more attention to by a teenager who has experienced menstruation so that it can be better and an effort is still needed to further improve *personal hygiene* because it is very important to avoid the occurrence of vaginal discharge. These efforts can be done in collaboration or through UKS which can provide counseling about the importance of *personal hygiene* in adolescents.

The results of research conducted by researchers found that skin, face and hair hygiene obtained during menstruation during menstruation in Kesuma Indah Padangsidempuan High School students in 2021 was 77 people (80.2%) with sufficient results and as many as 19 (19.8) with good results. The reason that causes this enough result is because there is still a lot of menstrual period and will shampoo when menstruation is finished. Even though it's good that during menstruation a person must keep shampooing because oil production in the scalp increases during menstruation.

From research conducted by Silalahi & Putri (2017) on hair hygiene, it was found that as many as 118 people (60.5%) had clean hair and fleas, as many as 123 people (63%) had hair that was not dandruff and lice, and as many as 115 people (59%) did not smell of their hair and head.

Washing hair during menstruation must still be done, the prohibition of washing hair for menstruating women is a myth that is still believed by some Indonesian people. Precisely during menstruation a woman must maintain the cleanliness of the scalp due to hormonal changes (Sinaga et al., 2017).

If young women do *personal hygiene* during menstruation, they will avoid uterine cancer, feel comfortable in daily activities, confident, excited and not lazy anymore, not shunned by their friends because of the fishy smell. *Personal hygiene* behavior is an important thing that needs to be studied in depth. *Personal hygiene* behavior is not carried out by adolescent girls who do not care about the cleanliness of their reproductive organs, adolescent girls do not maintain appearance and health during menstruation, can get uterine cancer, vaginal discharge, reduce daily activities during menstruation due to laziness. However, *hygiene* behavior during menstruation will not just happen, but is a process that is learned because individuals understand the positive or negative impact of a behavior related to menstruation (Yusiana & Silvanita, 2016).

So it can be concluded that young women do enough personal hygiene or have not been included in the good category because of some habits that are still often done by these teenagers, for example by using tight and not absorbent underwear that makes air circulation not good, replacing pads that are less effective and less *personal hygiene* so that it can cause the growth of fungi in the vaginal area and can cause someone to experience Whitish. On the basis of some of these reasons, it is good if a teenager has menstruated, he gets enough education about *personal hygiene* during menstruation to maintain the cleanliness and comfort of a teenager.

4. CONCLUSION

The description of *personal hygiene* during menstruation in Kesuma Indah Padangsidempuan High School students in 2021 is included in the sufficient category with 51 people (53.1%). The description of the use of underwear during menstruation is included in the sufficient category with a total of 51 people (53.1%). The description of the use of sanitary pads during menstruation is included in the sufficient category with a total of 63 people (65.6%). The description of the cleanliness of the skin, face and hair during menstruation is included in the sufficient category with a total of 77 people (80.2%).

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