

PERSONAL HYGIENE DURING MENSTRUATION IN FEMALE TEENEGERS AT JUNIOR HIGH SCHOOLS 34 PADANG WEST OF SUMATERA INDONESIA

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ABSTRACT

Menstruation is the natural monthly occurrence in healthy adolescent girls with the onset occurring anytime between the ages of 8 to 16 years old until pre-menopausal adult women, resulting in about 3000 days of a menstruation in an average woman's lifetime. The neglect of menstruation and its implications for the dignity, health and safety of women is increasingly well documented. The current understanding is that menstruation causes girls to be absent from school, and that continued absence leads to dropout and attrition. The main objective of this study was therefore to focus on describe the reproductive personal hygiene upon menstrual period in female teenagers. The research design is descriptive with population female teenagers who has menstrual periods from class VII and VIII of Junior High School 34 Padang. The sample size was aimed at 175 respondents. Questionnaire was given all respondents and then analyze with distribution frequencies. The results shown that 93% respondents using sanitary pads. 69,1% respondents buy pad and 78,9% respondents dispose of pads. 77,1 % respondents using pads more than six hours. 57,1% respondents not have good vulva hygiene during menstruation. As a result of this study, we propose additional recommendations, including increasing facility for female students to get information about menstrual hygiene management. Menstruation should be taught and discussed with girls at an earlier age, prior to reaching menarche.

Keyword: *Menstrual Hygiene, Menstruation, Reproductive Health*

BACKGROUND

Globally, approximately 52 % of the female population (26% of the total population) is of reproductive age (UN, 2010). In Indonesia, the number of teenagers increasing rapidly each years from 1970 until 2000 from 18% become 21% of the total population (Eny Kusmiran, 2009:3).

Menstruation is the natural monthly occurrence in healthy adolescent girls with the onset occurring anytime between the ages of 8 to 16 years old until pre-menopausal adult women, resulting in about 3000 days of a menstruation in an average woman's lifetime. The neglect of menstruation and its implications for the dignity, health and safety of women is increasingly well documented. Research exist on the challenges girls face while menstruating, their knowledge source and cultural traditions regarding menstruation. The current understanding is that menstruation causes girls to be absent from school, and that continued absence leads to dropout and attrition (Unicef, 2012).

from the bellowing data shows an overview of the phenomenon of knowledge and action of adolescents on reproductive health it's

Adolescent Reproductive Health Indonesias survey (IYARHS, 2002/2003) Showing that teens who know sign legally baligh, boys 55% -65%, women 36% - 69%. The person who spoke by teenagers about Reproductive Health, friends 68%, 14.4% parents, 14% of teachers, relative 30% (Marwanti, 2004).

Adolescence begins with the very rapid growth and are usually referred to puberty. As proposed by Santrock (1993) puberty is a rapid change to the physical maturation involving hormonal and bodily changes that occur primarily during early adolescence. With the rapid changes that pass the physical changes that can be observed such as height and weight in adolescents or so-called growth and sexual maturation as a result of hormonal changes.

Adolescence is a period of transition marked by physical, emotional and psychological changes. Adolescence, between the age of 10-19 years, is a period of maturation of the human reproductive organs, and usually called puberty. Adolescence is a transition period from childhood to adulthood. (Yani Widayastuti, 2009: 11).

From several research since the last 100 years shows that there is a tendency accelerated

adolescents experience menarche. In 1860 the average age of adolescents experience menarche is 16 years 8 months and 12 years 3 months in 1975. There is decrease of menarche age is caused by the improvement of nutrition, improvement of health services, and community environments. If person sooner experienced menarche of course she will be sooner enter the reproductive period too. (Notoatmojo, 2011)

Now Days in Indonesia the adolescent problems is very complex and worrying, this occurs because the teenager's knowledge about reproductive health is still lacking, only 17.1% of young women know properly about the treatment of their reproductive organs.

To anticipate that problems, teens should have been equipped with a wide range of knowledge from their parents about how to reproductive health care (Marwanti, 2004).

According to a research , 75% of deaths in adolescence occurs due to behavioral factors. Diseases due to behavioral problems such as injuries or accidents, sexually transmitted diseases, food disorders, reproductive health problems, smoking, drugs abuse, emotional problems and so on, which will affect your personal life, family, nation and country in the future (Tumbuh Kembang Anak dan Remaja, 2002).

The impact of otherwise maintain reproductive organs during menstruation, reproductive organs can be affected by fungus or mites that can cause itching or discomfort, abnormal vaginal discharge and other sexually transmitted diseases (Eny Kusmiran, 2011: 24).

According to Becker (1979), quoted from Notoadmojo (2003: 124) health behavior (Health Behavior), things that include with one's actions or activities to maintain and improve their health. Including measures to prevent disease, maintain personal hygiene and reproductive health.

One of way to take care of reproductive organs is by doing treatment during menstruation. Treatment during menstruation is also needed because the vessels in the uterus during menstruation is very susceptible to infection.

Cleanliness should be very guarded because germs can easily enter and cause disease of the reproductive tract.

Treatment during menstruation can be done by the pads should not be used for more than six hours, the pads should be replaced as often as possible when it is full by menstrual blood, note pads nature, sterile or non-sterile, do not use pants that are too tight, do vulva hygiene (Eny Kusmiran, 2011: 24).

Researchers also conducted a preliminary study in SMPN 34 Padang, by doing interviews in SMP 34 Padang on January 4, 2014 were carried out on 10 female students, there are four female students, changing pads, two times a day during menstruation, 2 students say frequent use tight pants at the time of menstruation in order to feel comfortable, 2 students say changing pads, 3 times a day at first and second day during menstruation, and 2 students say often experience vaginal discharge before and after menstruation without knowing the cause and smelling.

This research aims to describe the behavior of young women of reproductive organ preservation during menstruation in SMP Negeri 34 Padang.

Methodology

This is a descriptive study aimed to describe the behavior of young women of reproductive organ preservation during menstruation in junior high School 34 Padang 2014. The variables in this study are: the length of time the use of pads, pants usage, perform vulva hygiene (how to cleans vulva).

The population in this study are all students of class VII consists of 7 classes with the number 108 person, and the class VIII which consists of 7 classes with the number of 115 person, bringing the total population of 223 people. The samples in this study using total sampling technique where the sample in this study all of population in SMPN 34 Padang who ever menstruate, the number of girls who ever menstruate are 175 person out of 223 students, while 48 other students had never experienced menstruation.

Results & Discussion

1. Long time use of pads

Most (77.1%) female students have less healthy habits in the use of sanitary napkins during menstruation in SMPN 34 Padang 2014. This study is same with research Suryanti B (2012), which examines the Adolescent Health Behavior When Menstruation is known that changing pads during menstruation slightly by 64%. Treatment during menstruation is also needed because the vessels in the uterus during menstruation is very susceptible to infection.

Cleanliness should be very guarded because germs can easily enter and cause disease in the reproductive tract. One of the ways the treatment of reproductive organs is pads should not be used for more than six hours. (Kusmiran, 2011).

In this study, the majority (77.1%) students who have unhealthy habits when use of pads during menstruation, this is due to lack of students know about the long time use of sanitary napkins during menstruation, in accordance with the opinion of Suryati (2012) that factors related to behavior of adolescent hygiene during menstruation is parental education, knowledge, attitude, availability of facilities cleaning tools and peer support.

2. Use of type / material pants

The majority (57.1%) students have healthy habits in the use of materials / types of pants at the time of menstruation in SMPN 34 Padang 2014. One of the reproductive organs care during menstruation, it's use materials / types of pants that can absorb sweat and wear pants that are not too tight , sometimes people prefer to wear pants that are too tight during menstruation their reason is more comfortable when wearing tight pants, because the pads are worn when menstruation is not loose when wearing tight pants.

Use of pants that are too tight can lead to sexually transmitted diseases such as fungal infection, or experience other symptoms such as menstrual cramps, rashes and indigestion. Use of pants that can absorb perspiration can use underwear made from cotton, especially when active outdoor activities. Cotton easily absorb

sweat and moisture, as well as good for air circulation.

In this study in the UKS of SMPN 34 Padang has been no organized activities for reproductive health problems, especially for the use of materials / types of pants that are healthy for the reproductive organs during menstruation, but the attendant health center has been giving counseling to the students of SMPN 34 Padang on reproductive health issues, so most great students already understand how to care for their reproductive organs, including the use of pants at the time of menstruation.

This is accordance with the opinion of Wulandari, Nirvana, and Nurfarhanah (2012) who studied the picture of Understanding Students Regarding Adolescent Reproductive Health Through Information Services, understanding student at SMAN 1 Padang on adolescent reproductive health as much as 51% of students already have an understanding of adolescent reproductive health, and there are adolescent still don't understand about the adolescent reproductive health (49%).

3. Measures vulva hygiene (how to clean vulva)

The majority (55.4%) students have healthy habits in the act of vulva hygiene (how to clean vulva) when menstruation in SMPN 34 Padang 2014. This is done by majority of syudents have know about how to care for their reproductive organs, most students get information from parents and officials Lubuk Buaya health centers that have provided counseling on reproductive health in SMPN 34 Padang.

When compared to the results of research Mulyanti (2001) in Purwakarta found that the maintenance of good hygiene practices by 25% and 75% of poor hygiene maintenance practices means is still low.

According to Becker (1979), quoted from Notoadmojo (2003: 124) healthy behaviors (Healt Behavior), ie, things that connected with one's actions or activities to maintain and improve their health. Including measures to prevent disease, maintain personal hygiene and reproductive health.

Vulva hygiene action is action to clean the female organ, one of them with clean water. The correct way is to wipe clean the

vulva from front to back. The purpose of do vulva hygiene during menstruation is to prevent infection of the female organs, maintaining the cleanliness of the vulva. Treatment of reproductive organs is extremely important. If not treated properly, it can cause various adverse effects, such as infection. How to care and maintenance can be carried out according to the demands of the religious, cultural and medical (Yani, 2009: 3).

Conclusion

Description the behavior of young women on the maintenance of the reproductive organs during menstruation in SMPN 34 Padang 2014 as follows:

1. It can be seen more than most (77.1%) female students have less healthy habits in the use of sanitary napkins during menstruation in SMPN 34 Padang 2014.
2. It can be seen more than most (57.1%) students have healthy habits in the use of materials / types of pants at the time of menstruation in SMPN 34 Padang 2014.
3. It can be seen more than most (55.4%) students have healthy habits in the act of vulvar hygiene (how cebok) at the time of menstruation in SMPN 34 Padang 2014.

Suggestion

Based on the research results and conclusions presented above, there are some things you want authors suggest that further improve student behavior on the maintenance of the reproductive organs during menstruation in SMPN 34 Padang 2014, among others, are as follows:

1. For SMPN 34 Padang
Expected to SMPN 34 Padang in order to increase the interest to find

resources related to reproductive health care during menstruation. With the information students can understand and appreciate that reproductive health care is very important for their future lives and future.

2. For institutions
Expected in educational institutions mainly aimed at school teachers to provide clear information about reproductive health care during menstruation, and increase reading materials in the library, especially books related to reproductive health maintenance. The teacher education and school facilities that support reading, so that the students themselves will have a wider knowledge and a better understanding of and understand the function and benefits of reproductive health care for the students, especially during menstruation.
3. For Puskesmas Padang Lubuk Buaya
Support health care workers is very influential on attitudes and behaviors to maintain hygiene during menstruation so it needs to be improved health education in schools so as to increase knowledge about the importance of clean and healthy behavior through counseling.
4. For Methodology is expected to further research to be able to do further research on other variables, the design and the different ways of measuring research relating to the behavior of young women on the maintenance of the reproductive organs during menstruation.