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Knowledge of Youth Women About Personal Hygiene During Menstruation in RW 007 Gaga Village, Pakuhaji District

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Abstract

The purpose of this study was to determine the level of knowledge of young women about personal hygiene during menstruation in young women in RW 007 Desa Gaga Pakuhaji District. This type of research used descriptive research. Descriptive research is a method used to describe or analyze a research result but is not used to make broader conclusions, with a cross-sectional approach, namely data collection for independent variables and dependent variables at one time. The population of this study were 121 young women in RW 007, Desa Gaga, Pakuhaji District. The total sample used was 44 people. The sample in this study were young women in RW 007, Gaga Village, Pakuhaji District. The sampling technique uses the accidental sampling method, which is a sampling technique based on coincidence, that is, anyone who happens to meet the researcher can be used as a sample, if it is deemed that the person who happened to be met is suitable as a data source. The results of this study concluded that The majority of young female respondents in RW 007 Desa Gaga, Pakuhaji District, have good knowledge, namely 24 people (54.5%). The majority of respondents were young women in RW 007 Gaga Village, Pakuhaji District, the frequency of age, education and sources of information, namely 11-14 years old, was 22 people (50%), low education was 25 people (56.8%), information sources were 20 people (45.5%). The majority of female respondents in RW 007 Gaga Village, Pakuhaji District, based on age, the majority of female adolescents who have good knowledge are 90%, namely adolescents aged 18-21 years. The majority of female respondents in RW 007 Desa Gaga, Pakuhaji District, based on education, the majority of female adolescents who have good knowledge, 63.2%, are adolescents with secondary education. The majority of female respondents in RW 007 Desa Gaga, Pakuhaji District, based on sources of information, the majority of young women who have good knowledge 100% are young women who get information from the print media.

Keywords: Knowledge, Youth Women, Personal Hygiene, Menstruation

Introduction

Reproductive health is a topic that has been widely discussed in Indonesia since

around the early 2000s, partly as a result of the incessant holding of regional and international meetings which discussed population and development issues more

thoroughly. Reproductive issues present facts about reproductive health, both positive and negative, encouraging various parties, including the government, individuals, the private sector and non-governmental organizations to take an active role in socializing as well as providing appropriate solutions to reproductive health problems that occur.

Adolescence is also called adolescence (growing into adulthood). Adolescence is marked by puberty, which is when a girl is able to experience conception, namely her first menstruation/menstruation, and the presence of wet dreams in boys. During this period adolescents experience sexual development, including maturity of the sexual organs starting to function, both for reproduction (producing offspring) and recreation (getting pleasure). At this time it is hoped that adolescents will begin to pay attention to personal hygiene, especially health.

According to WHO personal hygiene. Personal hygiene genitalia is the maintenance of individual hygiene and health which is carried out in daily life so as to avoid reproductive disorders and obtain physical and psychological well-being as well as increase the degree of reproductive health.

Personal hygiene during menstruation can be done by changing pads every 4 hours once a day. After bathing or defecating, the vagina is dried with a tissue or towel so that it is not damp. Use of good underwear made of materials that absorb sweat.

Based on the results of previous research, it showed that the majority of respondents had a good level of knowledge about personal hygiene during menstruation, namely 43 respondents (64.2%).

From the results of a survey conducted at RW 007 Desa Gaga, Pakuhaji District by direct interviews with 10 young women with the results 2 young women

who knew about personal hygiene during menstruation and 8 who did not know about personal hygiene during menstruation. This is due to various factors, namely the lack of knowledge about personal hygiene, especially during menstruation.

The purpose of this study was to determine the level of knowledge of young women about personal hygiene during menstruation in young women in RW 007 Desa Gaga Pakuhaji District.

Method

This type of research used descriptive research. Descriptive research is a method used to describe or analyze a research result but is not used to make broader conclusions, with a cross-sectional approach, namely data collection for independent variables and dependent variables at one time.

The population of this study were 121 young women in RW 007, Desa Gaga, Pakuhaji District. The total sample used was 44 people. The sample in this study were young women in RW 007, Gaga Village, Pakuhaji District. The sampling technique uses the accidental sampling method, which is a sampling technique based on coincidence, that is, anyone who happens to meet the researcher can be used as a sample, if it is deemed that the person who happened to be met is suitable as a data source.

The variables in this study were age status, education and information sources for young women in RW 007 Gaga Village, Pakuhaji District. In this study, the authors conducted a validity test on 30 respondents at Kp Kebon Rampog, Gaga Village, Pakuhaji District. Data analysis used in this research is univariate analysis.

Result

1. Distribution of Knowledge Frequency of Young Women

Table 1 Frequency Distribution of Knowledge Levels About Personal Hygiene During Menstruation in Young Women in RW 007 Gaga Village, Pakuhaji District

Knowledge	Frequency	(%)
Good	24	54,5
Enough	19	43,2
Not enough	1	2,3
Total	44	100

Based on the results of the research in the table above, it can be concluded that the majority of 54.5% of young women in RW 007 Gaga Village, Pakuhaji District, have good knowledge.

2. Frequency Distribution of Age, Education, Information

Table 2 Frequency Distribution of Age, Education, Information Sources in RW 007 Gaga Village, Pakuhaji District

Variable	Frequency	(%)
Age		
11-14 years	22	50
15-17 years	12	27,3
18-21 years	10	22,7

Total	44	100
Education		
Low	25	56,8
Intermediate	19	43,2
Tall	0	0
Total	44	100
Information Source		
Ads on Tv	8	18,2
Father	0	0
Mother	20	45,5
Older brother	4	9,1
Teacher	8	18,2
Print media	1	2,3
Friend	3	6,8
Total	44	100

Based on the research results in table 4.2 above, it can be concluded that the majority of young women in RW 007 Desa Gaga Pakuhaji District are 11-14 years old by 50% of respondents; the majority have low education of 56.8% of respondents; the majority of information sources were 45.5% mothers.

3. Distribution of Knowledge Frequency of Young Women by Age

Table 3 Frequency Distribution of Knowledge Levels About Personal Hygiene During Menstruation in Young Women Based on Age in RW 007 Desa Gaga Pakuhaji District

Variable	Knowledge						Total	
	Not Enough		Enough		Good			
Age	F	%	F	%	F	%	F	%
11-14 years	1	4,5	11	50	10	45,5	22	100
15-17 years	0	0	7	58,3	5	41,7	12	100
18-21 years	0	0	1	10	9	90	10	100
Total	1	2,3	19	43,2	24	54,5	44	100

Based on the research results in table 4.3 above, it can be concluded that in RW 007 Desa Gaga, Pakuhaji District, the majority of young women who have good knowledge are 90%, namely teenagers aged 18-21 years.

4. Distribution of Knowledge Frequency of Young Women Based on Education

Table 4 Frequency Distribution of Knowledge Levels About Personal Hygiene During Menstruation in Young Women Based on Age in RW 007 Desa Gaga Pakuhaji District

Variable	Knowledge						Total	
	Not Enough		Enough		Good			
Education	F	%	F	%	F	%	F	%

Variable	Knowledge						Total	
	Not Enough		Enough		Good			
Low	1	4	12	48	12	48	25	100
Intermediate	0	0	7	36,8	12	63,2	19	100
Total	1	2,3	19	43,2	24	54,5	44	100

Based on the research results in table 4.4 above, it can be concluded that in RW 007 Desa Gaga, Pakuhaji District, the majority of those with good knowledge, 63.2%, are teenagers with secondary education.

5. Knowledge Frequency Distribution of Young Women Based on Information

Table 5 Frequency Distribution of Knowledge Levels About Personal Hygiene During Menstruation in Young Women Based on Information Sources in RW 007 Desa Gaga Pakuhaji District

Variable	Knowledge						Total	
	Not Enough		Enough		Good			
Information Source	F	%	F	%	F	%	F	%
Ads on Tv	0	0	5	62,5	3	37,5	8	100
Father	1	5	6	30	13	65	20	100
Mother	0	0	2	50	2	50	4	100
Older brother	0	0	4	50	4	50	8	100
Teacher	0	0	0	0	1	100	1	100
Print media	0	0	2	66,7	1	33,3	3	100
Total	1	2,3	19	43,2	25	54,5	44	100

Based on the research results in table 4.5 above, it can be concluded that in RW 007 Desa Gaga, Pakuhaji District, the majority of young women who have good knowledge are 100%, namely teenagers who get information from print media.

Discussion

1. Knowledge of young women in RW 001, Gaga Village, Pakuhaji District

Based on the results of the research conducted, the results obtained from 44 young women with good knowledge were 24 respondents (54.5%). The majority of respondents have good knowledge.

According to the results of research conducted by Nur Rahmawaty Agra (2016) a good level of knowledge about personal hygiene during menstruation was 43 respondents (64.2%).

Meanwhile, according to Lis Lianawati (2012), the results of the

research on the level of personal hygiene knowledge during menstruation were 7 respondents (23.33%), sufficient knowledge about personal hygiene during menstruation was 25 respondents (66.67%), and knowledge was insufficient about personal hygiene during menstruation. menstruation as many as 3 respondents (10%).

According to Notoatmodjo 2010, knowledge is the result of "knowing" and this occurs after people perceive a particular object. Sensing of objects occurs through the five human senses, namely sight, hearing, smell, taste and touch alone. At the time of sensing to produce knowledge is strongly influenced by the intensity of perceptual attention to the object.

Most of human knowledge is obtained through the eyes and ears. (A. Wawan, 2019) Personal hygiene is knowledge, attitudes and proactive actions to maintain and prevent the risk of disease,

protect yourself from the threat of disease. Knowledge of feminine personal hygiene is very important for most women to know, because all women need to take good care of their genitals. This is because the knowledge of young women about menstrual hygiene tends to be inadequate, especially related to genetics.

2 Age

Based on the results of the research conducted, the results obtained from 44 respondents were mostly young women who had 90% knowledge, namely teenagers aged 18-21 years. And less knowledgeable is at the age of 11-14 years (4.5%).

According to Notoatmodjo (2010) that age affects the level of information acceptance, that is, the older a person's memory, the less memory, conversely, the younger the age, the easier it is to receive the information obtained and the more interested in knowing something.

According to the results of research conducted by Indida Leli Indah (2012), the results with the low knowledge category were found at the age of 13 (35.19%) of 19 respondents. This can be caused by the age factor that plays a role in someone acquiring knowledge. The cognitive maturity factor is still lacking compared to late adolescents.

3 Education

Based on the results of the research conducted, the results were obtained from 44 respondents, the majority of whom were well-informed, 63.2%, namely teenagers with secondary education.

The education provided by these experts, although editorially different, is essentially a unity of elements or factors contained in it, namely that the notion of education shows a process of guidance, guidance or leadership which contains

elements such as educators, students, goals and so on.

Education according to the poedagogic dictionary means the making of educating. Educating means guiding the development of children, physically and spiritually on purpose. In MPR Decree No. 11/MPR/1988, regarding GBHN, it is stated that education lasts a lifetime and is carried out in the household, school and community environment.

4. Information

Based on the results of the research conducted, the results obtained from 44 respondents, the majority of young women who had good knowledge of 100% were teenagers who got information from Print Media.

According to the results of research conducted by Indida Leli Indah (2012), results were obtained with a low knowledge category that respondents received from the first information, namely from parents, 12 respondents (38.7%). High knowledge was also received by respondents from their parents, 6 respondents (19.4%). The second information on personal hygiene knowledge was obtained from friends with sufficient knowledge, namely a number of 3 respondents (30%). High knowledge also comes from information obtained from friends by (20%).

Summary

The majority of young female respondents in RW 007 Desa Gaga, Pakuhaji District, have good knowledge, namely 24 people (54.5%). The majority of respondents were young women in RW 007 Gaga Village, Pakuhaji District, the frequency of age, education and sources of information, namely 11-14 years old, was 22 people (50%), low education was 25 people (56.8%), information sources

were 20 people (45.5%). The majority of female respondents in RW 007 Gaga Village, Pakuhaji District, based on age, the majority of female adolescents who have good knowledge are 90%, namely adolescents aged 18-21 years. The majority of female respondents in RW 007 Desa Gaga, Pakuhaji District, based on education, the majority of female adolescents who have good knowledge, 63.2%, are adolescents with secondary education. The majority of female respondents in RW 007 Desa Gaga, Pakuhaji District, based on sources of information, the majority of young women who have good knowledge 100% are young women who get information from the print media.

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