

Journal Educational of Nursing (JEN)

Vol. 5 No. 2 – July – December 2022; page 70-81

p-ISSN: 2655-2418; e-ISSN: 2655-7630

journal homepage: <https://ejournal.akperrspadjakarta.ac.id>

DOI : [10.37430/jen.v5i2.146](https://doi.org/10.37430/jen.v5i2.146)

Article history:

Received: May 27th, 2022

Revised: June 22th, 2022

Accepted: July 29th, 2022

**Education for Young Women about Vulva Hygiene Behavior
During Menstruation at 3 Middle Schools in Cilincing District, North Jakarta**

Ella Nurlelawati¹, Ragil Supriyono², Partono Siswosuharjo³

Public Health Study Program STIKes Bhakti Pertiwi Indonesia, Jakarta-Indonesia¹

Harum Nursing Academy Jakarta-Indonesia²

Information System Study Program- Muhammadiyah University of Banten–Indonesia³

e-mail: ellanurlelawati55@gmail.com², rmaspriyono@gmail.com²,
partonosiswosuharjo@stmikmbanten.ac.id³

Abstract

The community considers that reproductive health is still taboo to be discussed by teenagers, in Jakarta there are still many children who have low knowledge. This study aims to determine the relationship to vulva hygiene behavior in adolescents during menstruation in young women. This study used a cross-sectional design with a total of 275 female students who had experienced menstruation using a stratified random sampling technique. Results Data analysis used univariate, bivariate analysis using the chi square test and multivariate with multiple logistic regression tests to determine the dominant factor associated with vulva hygiene behavior during menstruation. The results showed that female adolescents performed vulva hygiene incorrectly as much as 62.%, and the dominant variable on vulva hygiene behavior in female adolescents during menstruation was attitudes towards vulva hygiene with an OR = 2,820 meaning that female adolescents with a positive attitude were 3 times more likely to perform vulva hygiene in comparison with young women who have a negative attitude. After being controlled by the variable exposed to media information about vulva hygiene. Efforts to further improve the attitude of adolescents towards vulva hygiene behavior during menstruation through increased knowledge about proper reproductive health. By inviting health practitioners from the local health center in order to increase knowledge and provide awareness of the students in terms of vulva hygiene behavior.

Keywords: vulva hygiene behavior, teenage girls who are menstruating

Introduction

Adolescence is a transitional period marked by physical, emotional and psychological changes. Adolescence, namely between the ages of 10-19 years, is a period of maturation of the human reproductive organs and is often called puberty. Adolescence is a period of transition from childhood to adulthood. During adolescence, there is a rapid change in the physical organs (organobiological), and these changes are

not balanced with changes in the mental (mental-emotional). The occurrence of sexual maturity or reproductive organs related to the reproductive system is an important part of adolescent life so that special attention is needed¹.

For young women, puberty is defined as starting when they get their first menstruation (menarche), which is around 11-15 years old. After the first menstruation, biological maturation occurs in the function of the sexual

organs, so that on average at the age of 13 a girl's sexual organs are mature².

Maintaining health starts with maintaining cleanliness. This also applies to the health of the sexual organs. How to maintain sex organs without germs is done every day starting from waking up and taking a shower in the morning. The reproductive organs can be exposed to a type of fungus or lice which can cause itching or discomfort if they are not kept clean.

Personal hygiene during menstruation is important to determine the health of the reproductive organs in young women to avoid infection. During menstruation, you should really be able to maintain the cleanliness of the reproductive organs, especially the vaginal area. If it is not kept clean, microorganisms such as bacteria and fungi will emerge. Problems that arise due to lack of personal hygiene during menstruation are venereal diseases, one of which is cervical cancer³.

Based on data from the 2018 Global Cancer Observatory, the prevalence of cervical cancer in the world is 6.6% or 569,847 of the total cases⁴. In Indonesia cervical cancer is the second most common cancer in women, with a prevalence of 32,469 cases or 9.3% of the total number of cases⁵. This problem occurs because there are still many teenagers who pay less attention to personal hygiene during menstruation⁶.

Vulva hygiene during menstruation is most likely influenced by the level of knowledge about reproductive health⁷. Low knowledge about reproductive health will enable women not to behave hygienically during menstruation which can endanger their own reproductive health⁸. Menstrual hygiene is a component of personal hygiene which plays an important role in determining health status, especially avoiding infection of the reproductive organs, therefore during menstruation women

must really maintain extra cleanliness of the reproductive organs, especially in the vaginal area, if not maintained it will cause microorganisms such as excessive fungi, bacteria and viruses that interfere with the function of the reproductive organs⁹.

Personal hygiene during menstruation can be done by changing pads every 4 hours or 3 to 4 times a day. After bathing or defecating, wash the vagina with the front to the back of the anus, dry the vagina with a tissue or towel so that it is not damp. Use of good underwear made of materials that easily absorb sweat¹⁰.

Factors that influence personal hygiene are: 1) body image, 2) social practices, 3) socioeconomic status, 4) knowledge, 5) cultural variables, 6) personal habits or choices, and 7) one's physical condition. Knowledge is the result of knowing and this becomes after people sense a certain object, sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears. Community understanding of knowledge in the context of health is very diverse and knowledge is part of health behavior¹¹.

The purpose of this study was to study and explain vulva hygiene behavior in female adolescents during menstruation at 3 junior high schools in Cilincing District, North Jakarta in 2016 and the factors related.

Method

This study uses a quantitative approach (non-experimental) with a cross sectional design. The population in this study were female students in 3 junior high schools in Cilincing District, North Jakarta, totaling 654 people.

The sample of this study was based on the inclusion criteria, namely young

women aged 12 to 15 years who had experienced menstruation and were willing to become respondents. While the exclusion criteria were young women aged less than 12 years, had not menstruated and were not willing to be respondents. The sample in this study used a stratified random sampling technique in which the sampling was carried out based on a balance between the number of members of the population based on each stratum/class.

Result

Female adolescent vulva hygiene behavior during menstruation

Table-1 Frequency distribution of vulva hygiene behavior in female adolescents during menstruation in 3 junior high schools in the Cilincing District, North Jakarta, in 2021

Vulvar Hygiene Behavior	Frequency (n)	Percentage (%)
Correct	104	37.8
Not true	171	62.2
Total	275	100,0

The table above describes the distribution of vulva hygiene behavior in female adolescents during menstruation in 3 junior high schools in the working area of Cilincing District, North Jakarta. The results showed that out of 275 adolescents, 37.8% performed vulva hygiene correctly compared to female students who performed vulva hygiene incorrectly, namely 62.2%.

Teen age

Table-2 Distribution of the frequency of young girls based on their age in 3 junior high schools in the Cilincing District, North Jakarta, in 2021

Teenage	Frequency (n)	Percentage (%)
12-13 years	149	54.2
14-15 years	126	45.8
Total	275	100,0

The results of the questionnaire about the age of adolescents showed that there were 54.2% of young women aged 12-13 years and 45.8% of young women aged 14-15 years, meaning that in this study, teenagers aged 12-13 years were dominated.

Based on the results of the study, it was found that 35.6% of young women aged 12-13 years did vulva hygiene correctly, while 40.5% of young women aged 14-15 did vulva hygiene correctly. The results of the chi square statistical test turned out to be no significant difference, with a pvalue = $0.477 > \alpha$ (0.05), meaning that there is no relationship between teenage age and vulva hygiene behavior in female adolescents during menstruation

Knowledge

Table-3 Distribution of the frequency of young girls based on knowledge in 3 junior high schools in the Cilincing District, North Jakarta, in 2021

Knowledge	Frequency (n)	Percentage (%)
Tall	134	48.7
Low	141	51.3
Total	275	100,0

In the knowledge variable, respondents who had high knowledge about vulva hygiene were 48.7%, while respondents who had low knowledge were 51.3%. Based on the table above, it is known that the difference between respondents who have high and low knowledge is only 2.5%.

Based on the results of the study, it was found that female adolescents who had high knowledge and performed vulva hygiene during menstruation correctly were 39.6%, while female adolescents who had low knowledge and performed vulva hygiene during menstruation correctly were 30.2%. The results of the chi square statistical test showed no significant difference with a pvalue = $0.650 > \alpha$ (0.05), meaning that there is no

relationship between knowledge about vulva hygiene and vulva hygiene behavior in young women during menstruation

Attitude

Table-4 Distribution of the frequency of young girls based on attitudes in 3 junior high schools in the Cilincing District, North Jakarta, in 2021

Attitude	Frequency (n)	Percentage (%)
Positive	93	33.8
Negative	182	66.2
Total	275	100,0

The results of the questionnaire about attitudes towards vulva hygiene, female adolescents who had a positive attitude were 33.8% and female adolescents who had a negative attitude were 66.2%, meaning that in this study teenagers were dominated by negative attitudes.

Based on the results of the study, it was found that as many as 53.8% of female adolescents had a positive attitude and performed vulva hygiene during menstruation correctly, while female adolescents had a negative attitude and performed vulva hygiene during menstruation correctly, there were 54–29.7%. The results of the chi square statistical test showed a significant difference with a pvalue = $0.000 < \alpha$ (0.05), meaning that there is a relationship between attitudes and vulva hygiene behavior in female adolescents during menstruation. From the results of the analysis, the value of $OR=2.756$ was also obtained, meaning that young women with a positive attitude had 3 times more chances to perform vulva hygiene properly during menstruation than young women with a negative attitude.

Availability of facilities for vulva hygiene

Table-5 Distribution of the frequency of female adolescents based on the availability of facilities

for vulva hygiene in 3 junior high schools in the Cilincing District, North Jakarta, in 2021

Availability of facilities for vulva hygiene	Frequency (n)	Percentage (%)
Available	208	75.6
Not available	67	24.4
Total	275	100,0

The availability of facilities for vulva hygiene, many young women stated that they were available, namely 75.6% and those who answered not available were both 24.4%, the availability of these facilities could be in the form of pads, clean water and underwear for young women during menstruation both at home and at school.

Based on the results of the study, it was found that 38.9% of female adolescents stated that there were availability of facilities for vulva hygiene and correctly performed vulva hygiene during menstruation, while female adolescents stated that there were availability of facilities for vulva hygiene and performed vulva hygiene during menstruation correctly. 34.3%. The results of the chi square statistical test turned out to be no significant difference with a pvalue = $0.594 > \alpha$ (0.05), meaning that there is no relationship between the availability of facilities for vulva hygiene and vulva hygiene behavior in female adolescents during menstruation.

Exposure to media information

Table-6 Frequency distribution of young girls based on exposure to information media in 3 junior high schools in the Cilincing District, North Jakarta, in 2021

Exposure to media information	Frequency (n)	Percentage (%)
Exposed	25	9.1
Not exposed	250	90.9
Total	275	100,0

Exposure to information media is one of the triggers for young women's

behavior in performing vulva hygiene. Based on the results of the research, young women who were exposed to information media were as much as 9.1%, and those who answered were not exposed to information media were 90.9%.

Based on the results of the study, it was found that there were 56.0% of female adolescents who were exposed to media information and performed vulva hygiene properly during menstruation, while female adolescents who were not exposed to media information and performed vulva hygiene properly during menstruation were 36.0%. The results of the chi square statistical test turned out to be no significant difference with a $p\text{-value} = 0.080 > \alpha (0.05)$, meaning that there is no relationship between exposure to information media and vulva hygiene behavior in female adolescents during menstruation

Parent Support

Table-7 Frequency distribution of female adolescents based on parental support in 3 junior high schools in the Cilincing District, North Jakarta, in 2021

Parent support	Frequency (n)	Percentage (%)
There is	269	97.8
There isn't any	6	2.2
Total	275	100,0

Based on parental support, it is known that most young women receive parental support as much as 97.8%. Based on the results of the study, it was found that as many as 37.9% of female adolescents had parental support and performed vulva hygiene properly during menstruation, while female adolescents who did not have parental support and performed vulva hygiene properly during menstruation, there were 33.3%. The results of the chi square statistical test turned out to be no significant difference

with a $p\text{-value} = 1.000 > \alpha (0.05)$, meaning that there is no relationship between parental support and vulva hygiene behavior in female adolescents during menstruation

Discussion

Vulva hygiene behavior during menstruation in young women

Health behavior is all activities or activities of a person, both observable and unobservable, related to maintaining and improving health.

Based on the results of the research conducted, it was found that adolescents who performed vulva hygiene correctly were 37.8%, while female students did incorrect vulva hygiene, namely 62.2%. This is different from previous research which stated that 61.9% had good reproductive hygiene behavior at SMA Negeri 9 Kebon Pala, East Jakarta.

This is because the respondents did not get enough information either from health workers, parents, in this case mothers, the media or even teachers. But in this study there were also young women who did vulva hygiene correctly 37.8%, this was because they were influenced by the habit of maintaining cleanliness, knowledge of the experiences of people around where they washed their hands before and after doing vulva hygiene, had cleaned the genitals from front to back, immediately change underwear that is stained with blood during menstruation, and wear underwear that absorbs sweat¹².

Self-hygiene efforts related to the reproductive organs are vulva hygiene. Vulva hygiene itself consists of two words, namely the vulva or external genitalia, and hygiene which means cleanliness. So vulva hygiene includes how to maintain and care for the cleanliness of the external genital organs. Here are some things that must be

considered regarding the cleanliness of women's external organs¹⁰. A person with good knowledge does not guarantee that he will have a positive attitude and behavior. because a person in determining complete attitudes and behavior besides being determined by knowledge, is also influenced by thoughts, beliefs and emotions which play an important role¹³.

Relationship between age and vulva hygiene behavior during menstruation

The results of the research conducted showed that as many as (35.6%) young women aged 12-13 years did vulva hygiene correctly, while young women aged 14-15 years did vulva hygiene correctly (40.5%). While the results of the chi square statistical test turned out to be no significant difference, with a pvalue = $0.477 > \alpha (0.05)$, this means that there is no relationship between adolescent age and vulva hygiene behavior in female adolescents during menstruation.

This is in accordance with previous research which stated that the results of statistical tests with a p value = 0.457 ($p > 0.05$) meant that there was no statistically significant relationship between age and reproductive hygiene care behavior in female students at SMAN 9 Kebon Pala Jakarta East.

This is not in accordance with the theory which says that age is an important variable in studying health problems because it has something to do with living habits.

Adolescence consists of three distinct subphases, namely early adolescence (11-14 years), mid-adolescence (15-17 years), and late adolescence (18-20 years). This study shows that the age range of the respondents is included in the early adolescent stage and the middle adolescent stage.

Age is a factor that represents the maturity level of a student. Children at this time optimize the potential aspects of knowledge, emotional and physical, so that the child's thinking has developed towards concrete and rational thinking. As Piaget called it the concrete operational period where the end of imaginary thinking and beginning to think concretely related to the real world, and at the end of this period the child already has the ability to solve simple problems, this cognitive aspect is the most productive stage which allows knowledge and information formed into positive behavior and the more mature a person's age, the level of one's knowledge will be more mature and better in thinking and acting¹⁴.

Age is the length of time lived or from birth to the last birthday. Age affects one's comprehension and mindset. The older you are, the more your comprehension and mindset will develop, so that the knowledge you gain will improve.

At a young age, individuals will play an active role in society and social life and make more preparations for the success of efforts to adapt to old age. In addition, young people will spend more time reading. Intellectual abilities, problem-solving, and verbal abilities were reported to show almost no decline at this age¹⁵.

The author assumes that the age of adolescents in this study did not experience much difference, only a slight difference in age so that the level of knowledge of adolescents about vulva hygiene behavior during menstruation is not much different and the opportunity to share knowledge is limited.

Relationship between knowledge and vulva hygiene behavior in female adolescents during menstruation

The results of the research on knowledge of vulva hygiene behavior in female adolescents during menstruation were found to have high knowledge about vulva hygiene as much as 48.7%, while respondents who had low knowledge were 51.3%

Based on the results of the study, it was found that 35.6% of female adolescents aged 12-13 years performed vulva hygiene correctly, while female adolescents aged 14-15 years performed vulva hygiene correctly, namely 40.5% with the chi square statistical test, there was no difference significant with a $p\text{-value} = 0.650 > \alpha (0.05)$, then the p is more than alpha so there is no relationship between knowledge about vulva hygiene and vulva hygiene behavior in young women during menstruation.

Knowledge about personal hygiene during menstruation is very important to know because young women need to take good care of the genital area¹⁶

These results are inconsistent with the theory which suggests that a person's behavior is influenced by predisposing factors, one of which is knowledge. Knowledge of a person, both individual and community, will behave according to the knowledge he has¹³.

This is in line with Nita's research which shows that there is a relationship between female students' knowledge and personal hygiene behavior¹⁷. And Ratnasari's research that there is a relationship between knowledge and personal hygiene behavior during menstruation³

The results of the research conducted are different from the results of previous studies which stated that knowledge has a significant relationship with hygiene behavior during menstruation with an OR value of 3.482 meaning that students with good knowledge will have a 3.482 times greater likelihood of practicing hygiene

during menstruation with better than respondents who are less knowledgeable.

The results of the study are not in accordance with previous studies which stated that knowledge about perineal hygiene (87.50%) had good respondents and (12.50%) had poor respondents. The results of the hypothesis test obtained a value of $p = 0.035$ where H_1 was accepted, meaning that there was a significant influence between knowledge on perineal hygiene behavior.

The results of other studies stated that knowledge about personal hygiene during menstruation in this study was still in the less category as many as 2 respondents (3.3%). Lack of knowledge due to incorrect information obtained by respondents. In addition, respondents who are less knowledgeable follow the harmful culture in society regarding personal hygiene during menstruation. with a $p\text{-value}$ of 0.002. The value of τ was 0.397 which means that the direction of the correlation is positive where the better the knowledge the better the behavior.

Knowledge is the result of knowing and this occurs after people sense a certain object. The level of one's knowledge is influenced by the learning process, this is intended to provide knowledge to young female students about vulva hygiene behavior. So that the knowledge gained from both formal and informal sources can make it easier for young women to live a healthy life, especially vulva hygiene behavior, which can be realized in everyday life.

Seeing from some of the results of the research above, the authors argue that young women who behave incorrectly are higher than correct vulva hygiene behavior where actions based on knowledge will be better than those without knowledge.

Therefore, adolescents who have good knowledge about vulva hygiene behavior

during menstruation and understand the benefits they will get have the possibility to behave correctly in vulva hygiene. However, in this study there were still many who had low knowledge, possibly because they only understood it without applying vulva hygiene behavior during menstruation.

The relationship between attitudes towards vulva hygiene behavior in female adolescents during menstruation.

The results of the attitude study at 3 junior high schools in the Cengkareng sub-district found that 53.8% had a positive attitude in carrying out vulva hygiene during menstruation, but there were 29.7% of respondents with a negative attitude. The results of the chi square statistical test showed a significant difference with a $p\text{-value} = 0.000 < \alpha$ (0.05), meaning that there is a relationship between attitudes and vulva hygiene behavior in female adolescents during menstruation. From the results of the analysis, the value of $OR=2.756$ was also obtained, meaning that young women with a positive attitude had 3 times more chances to perform vulva hygiene properly during menstruation than young women with a negative attitude.

Attitude is a reaction or response that is still closed from someone to a stimulus or object¹⁸. A person's attitude towards an object is a feeling of support (favorable) or not supporting (unfavorable) towards the object¹⁹.

The results of this study are in accordance with the theory which states that there are various factors in the formation of attitudes; personal experience, the influence of other people who are considered important, culture, mass media, educational and religious institutions, the influence of emotional

factors. Other people around us are one of the components that influence attitudes. In general, attitudes tend to have a conformist attitude or in the same direction as the attitude of people who are considered important. This tendency is partly motivated by the desire to avoid conflict with people who are considered important.

The results of the previous research which stated that the results of the chi square test, with bivariate analysis obtained a value of $p = 0.002$ and $\alpha = 0.005$ so that it can be concluded that the attitude of respondents has a significant relationship to hygiene behavior during menstruation, with an OR value of 3.491 means that female students with a supportive attitude will have a 3.491 times greater likelihood of carrying out good hygiene behavior during menstruation compared to a less supportive attitude.

Attitudes towards perineal hygiene behavior at SMPN 45 Surabaya, the results of the hypothesis test were obtained using multiple linear regression showing a value of $p = 0.0021$ where H_1 is accepted, meaning that there is a significant influence between attitudes towards perineal hygiene behavior.

Creating a positive attitude in young women in vulva hygiene behavior requires the role of people who are considered important for them, for example parents, health workers or a teacher in providing accurate information and giving direct examples to young women how to do proper vulva hygiene and the impact if not doing vulva hygiene properly. In this way, it is hoped that students can change negative thoughts into positive ones about vulva hygiene behavior during menstruation.

From the results of the study, the authors assume that the negative attitude of the respondents is influenced by a lack of motivation or awareness in themselves

to perform vulva hygiene due to lack of knowledge, or never being given counseling about vulva hygiene during menstruation.

The attitude shown by the young women in this study was not something that had already been done, but rather an image or reflection that the young women would make. The results of this study predict that a positive respondent's attitude does not necessarily result in positive behavior as well, this is due to the awareness to act, the good knowledge of vulva hygiene they have, the availability of good facilities and support from influential people for young women who are more influential in good vulva hygiene behavior.

Relationship Availability of facilities for vulva hygiene with vulva hygiene behavior during menstruation

The results showed that there were 38.9% of female adolescents who stated that there were facilities available for vulva hygiene and correctly performed vulva hygiene during menstruation, while female adolescents stated that there were no facilities available for vulva hygiene and performed vulva hygiene during menstruation correctly. 34.3%. the chi square statistical test showed that there was no significant difference with a $p\text{-value} = 0.594 > \alpha (0.05)$, meaning that there was no relationship between the availability of facilities for vulva hygiene and vulva hygiene behavior in female adolescents during menstruation.

The results of the research above show that it does not affect the availability of facilities for vulva hygiene with vulva hygiene behavior in young women during menstruation.

This is not in accordance with the theory which suggests that there are several supporting factors that exist in individuals, family groups, or society that

make it easier for individuals to behave healthily, one of which is the availability of facilities and infrastructure.

This is in accordance with previous studies which stated that the statistical test results had a $p\text{-value} = 0.558 (p > 0.05)$, so there was no significant relationship between the availability of pads and the behavior of reproductive hygiene care in female students at SMAN 9 Kebon Pala, East Jakarta. This may be due to the laziness of the respondents themselves, even though their parents have provided both at home and at school.

The results of previous studies were different from the results that the authors did, this was proven that from the results of univariate analysis of 61.8%, the results obtained were $p = 0.004$, meaning that there was a significant relationship between the availability of cleaning equipment facilities and hygiene behavior during menstruation, as well as the results of research conducted previously stated that most of them got easy facilities for good perineal hygiene (51.79%) but the other 8.93 still got less facilities. The results of the hypothesis test showed that the value of $p = 0.025$ means that there is a significant influence between the availability of facilities and infrastructure on perineal hygiene behavior.

Young women spend their daily time not only at home but most of it is used in the school environment and its surroundings so that sufficient facilities for vulva hygiene do not only rely on the availability of facilities or pre-facilities at home but also at school or its surroundings.

From the results of the study, the authors assume that the availability of facilities for carrying out vulva hygiene for adolescents has received support, meaning that it is available, but there are still many students who perform vulva hygiene behavior incorrectly. This can be

seen from schools, especially in every school in the UKS organization, providing pads for students who experience menstrual events while at school.

The relationship between exposure to information about vulva hygiene and vulva hygiene behavior during menstruation

The results of the study on female adolescents who were exposed to information media and performed vulva hygiene correctly during menstruation were 56.0%, while female adolescents who were not exposed to information media and performed vulva hygiene properly during menstruation were 36.0%. With the results of the chi square statistical test, it turned out that there was no significant difference with a $p\text{-value} = 0.080 > \alpha (0.05)$, meaning that there was no relationship between exposure to information media and vulva hygiene behavior in female adolescents during menstruation.

Behavior change as the ultimate goal of the acceptance process, one of the factors that can affect a person's acceptance process is access to or exposure to information media

This research agrees or is in line with the research results according to Suryati. Based on the results of the Chi square test for bivariate analysis, the result was $p = 0.0121$ with an alpha value = 0.005, the p value is greater than the alpha value, meaning that there is no significant relationship between information exposure and hygiene behavior during menstruation.

One of the risk factors for reproductive tract infections is poor menstrual hygiene. Hygiene needs to be socialized to adolescents as early as possible so that young women avoid infectious diseases

due to improper hygiene during menstruation.

Mothers are the closest and first source of information when adolescents experience menstruation, although there are still parents who think that reproductive health is taboo to talk about.

From the results of this study, the authors assume that most female students get information only from their parents or mothers. This is likely because information about vulva hygiene behavior is lacking in terms of quality or quantity. The quantity of information conveyed is not informed continuously, or the information provided is only fleeting so that it is less accepted by young women. In addition, it is not supported by the provision of information by competent officers, in this case officers from the local health center, whether doctors, nurses or midwives so that the information received by young women does not reach the level of influencing the behavior of young women.

Relationship between parental support and vulva hygiene behavior in female adolescents during menstruation

The results showed that 37.9% of female adolescents had parental support and performed vulva hygiene properly during menstruation, while female adolescents who did not have parental support and performed vulva hygiene correctly during menstruation were 33.3%. The results of the chi square statistical test turned out to be no significant difference with a $p\text{-value} = 1.000 > \alpha (0.05)$, meaning that there is no relationship between parental support and vulva hygiene behavior in female adolescents during menstruation.

This is not in line with the statement that the mother in a family functions as a collector and disseminator of information, the emergence of a stressor because the information provided can contribute

specific suggestive actions to individuals. Aspects of this support are advice, suggestions, instructions and provision of information. The hope is that the benefits of this support are that it can suppress the emergence of a stressor because the information provided can contribute specific suggestive actions to individuals.

In contrast to previous research which stated that the results of the hypothesis test obtained $p = 0.012$ where H_1 was accepted, meaning that there was a significant influence between family support on perineal hygiene behavior.

The amount of support from the family received by young women has an influence on maintaining vulva hygiene behavior, this is because the family is one of the reinforcing factors for young women in health behavior.

The results of this study the authors assume in contrast that the realization of vulva hygiene behavior cannot be separated from parental support. Parents have very strong support for vulva hygiene behavior in young women. The need for facilities in vulva hygiene should be provided by parents such as pads, underwear made of cotton or that absorb sweat so that they help and support adolescents in carrying out vulva hygiene behavior.

Conclusion

Students who did vulva hygiene correctly were 37.8% and 62.2% did not do vulva hygiene correctly. The variable that is significantly related to vulva hygiene behavior in adolescents during menstruation at 3 junior high schools in the Cilincing District is attitude towards vulva hygiene. The dominant variable related to vulva hygiene behavior during menstruation is the variable attitude towards vulva hygiene with an OR value of 2.820 meaning that young women with positive attitudes are 3 times more likely to do vulva hygiene correctly compared

to young women with negative attitudes. After being controlled by the variable exposed to media information about vulva hygiene.

References

1. Widiyastuti Y. (2009). Kesehatan reproduksi. Yogyakarta: Fitramaya
2. Departemen Kesehatan RI. (2003). Asuhan kesehatan reproduksi pada remaja. Jakarta: Buletin Departemen Kesehatan R.
3. Ratnasari C. Faktor-Faktor Yang Berhubungan Dengan Perilaku Personal Hygiene Saat Menstruasi Pada Remaja Putri di SMPN 52 Bandung Provinsi Jawa Barat Tahun 2017. 2017.
4. Novianti, Yasnani, Putu Eka Meiyana E. Hubungan Pengetahuan, Sikap, dan Tindakan Dengan Personal Hygiene Menstruasi Pada Remaja Putri Di SMP Negeri Satap Bukit Asri Kabupaten Buton. 2016;1–10
5. Global Cancer Observatory. World. 2018, Available from: <https://gco.iarc.fr/today/data/factsheets/populations/900-world-factsheets.pdf>
6. Global Cancer Observatory. Indonesia. 2018. Available from: <https://gco.iarc.fr/today/data/factsheets/populations/360-indonesia-factsheets.pdf>
7. Agra NR. Gambaran Pengetahuan Remaja Putri Tentang Personal Hygiene Saat Menstruasi Pada Siswi SMA Negeri 1 Sungguminasa. Universitas Islam Negeri Alauddin Makassar; 2016
8. Indriastuti. (2009). Hubungan Antara Pengetahuan Kesehatan Reproduksi dengan Perilaku Higienis Remaja Putri Pada Saat Menstruasi. Skripsi Universitas Muhammadiyah Surakarta

9. BKKBN, (2011). Survei Perilaku Beresiko Yang Berdampak Pada Kesehatan Reproduksi Remaja, [http://www. Scholar. Google. bkkbn.co.id](http://www.Scholar.Google.bkkbn.co.id)
10. Elmart, (2012). Gambaran pengetahuan remaja putri tentang vulva hygiene pada saat menstruasi di madrasah aliyah negeri 1 surakarta.
11. Susanti, Dwi, and Afi Lutfiyati. 2020. "Hubungan Pengetahuan Remaja Putri Dengan Perilaku Personal Hygiene Saat Menstruasi." *Jurnal Kesehatan Samodra Ilmu* 11(2): 166–72
12. Kusumawati Ambar , 2012. *Gambaran Pengetahuan Remaja dalam penanganan Dismenore*, Medicastore.com
13. Notoatmodjo, Soekidjo. (2010). Pendidikan dan Perilaku Kesehatan. Jakarta : PT. Rineka Cipta
14. Notoatmodjo, Soekidjo. (2007). Kesehatan Masyarakat: Ilmu dan Seni. Jakarta: Rineka Cipta
15. Kusmiran, Eny. *Kesehatan Reproduksi Remaja dan Wanita*, Jakarta. Salemba Medika 2012
16. Aryani, 2010. Kesehatan Remaja Problem dan Solusinya. Jakarta: Salemba Medika.
17. Rahman N. Faktor-Faktor Yang Berhubungan Dengan Perilaku Personal Hygiene Pada Saat Menstruasi Di SMP Muhammadiyah 5 Yogyakarta Tahun 2014. 2014
18. Notoatmodjo S. Promosi Kesehatan dan Perilaku Kesehatan. Jakarta: Rineka Cipta; 2012
19. Sunaryo. Psikologi untuk Keperawatan. Edisi 2. Jakarta: EGC; 2013. 200–204 p.