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The Relationship between Knowledge and Attitudes of Students on Menstrual Personal Hygiene in Private Vocational High School Students Napsi'ah Stabat Kab. Langkat 2022

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Adolescence is a period of life where there is psychological exploration to determine self-identity. In the transition period from childhood to adolescence, individuals begin to develop abstract characteristics and self-concepts with personal judgments and standards, but lack the interpretation of social comparisons. Objectives The purpose of this study was to determine the relationship between knowledge and attitudes of adolescent girls on menstrual personal hygiene in private vocational school students Napsi'ah Stabat kab. Langkat in 2022. Factors that cause cataracts are age, physical, chemical, predisposing diseases, genetics, and viral infections during fetal growth. There are various factors that cause cataracts, including: The results of this study are the knowledge of adolescent girls on menstrual personal hygiene in private vocational school students Napsi'ah Stabat kab.

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1. Introduction

Adolescence is a period of life where there is psychological exploration to determine self-identity. During the transition from childhood to adolescence, individuals begin to develop abstract characteristics and self-concepts with personal judgments and standards, but lack the interpretation of social comparisons (Desta, 2019).

Adolescents who have experienced menstruation need to know the body and reproductive organs, physical and psychological changes, in order to protect themselves from risks that threaten the health and safety of reproductive organ functions. Neglect of reproductive health can lead to infection of the reproductive organs and affect infertility or infertility. One of the risk factors for reproductive tract infection is poor menstrual hygiene. Adolescent girls are susceptible to infection of reproductive organs. this happens because of the lack of behavior in maintaining personal hygiene, especially during menstruation. Adolescent girls have a low level of concern regarding reproductive health (Katerina, 2017)

According to the World Health Organization (WHO) worldwide, cervical cancer is the most common cancer in women after breast cancer with an estimated 530 000 new cases in 2012 and accounts for 7.5% of all cancer deaths in women. It is estimated that more than 270 000 deaths from cervical cancer each year, more than 85% of these occur in less developed areas. In Southeast Asia, there were 188,000 new cases of cervical cancer with around 102,000 deaths (WHO, 2018)

Lack of awareness of menstrual hygiene and care during menstruation caused by lack of knowledge, attitudes and behaviors related to menstruation and menstrual hygiene can cause problems for adolescents. A study conducted in Nagpur reported that only 36.95% of the girls were aware of menstruation before menarche. More than three out of 10 girls are not aware about the cause and source of bleeding while the majority of them even know about the use of sanitary napkins. (Anusree et al., 2014), in his research also illustrates that there is inappropriate and inadequate care in hygienic practices during menstruation among adolescent girls.

One of the efforts that can be done in preventing the occurrence of these problems is important for a woman in maintaining the cleanliness of the reproductive organs, especially during adolescence where the physical and hormonal changes are very rapid in adolescents, as well as the anatomical

position of the external genitalia that are close to each other in women, causing adolescents to need to do good personal hygiene, for the maintenance of individual hygiene and health carried out during the menstrual period so as to obtain physical and psychological well-being and can improve health status

Reproductive organs are tools in the body that function for a process of human life in producing offspring for the sake of survival or reproduction. In general, the female reproductive organs or organs are divided into two parts, namely the external genitalia and the internal genitalia. The external genitalia consist of the vulva, mons pubis, labia majora, labia minora, clitoris, vestibule, bulbus vestibuli, vaginal introitus and perineum. While the genital organs are inside the vagina or pubic canal, uterus, fallopian tubes and uterus. evaluation of the function of the female reproductive organs is more complicated than that of men (Dursiah, 2016)

Efforts to improve health by increasing knowledge of adolescents are very important, because if adolescents do not know the correct personal hygiene methods, various problems will arise such as discharge of vaginal discharge flour albus, irritation, problems with urinary tract infections, unpleasant odors, and infection of the vaginal area (vaginitis). Vaginitis occurs when the vaginal flora has been disturbed by the presence of pathogenic microorganisms or changes in the vaginal environment that allow pathogenic microorganisms to proliferate. Nonspecific perineal irritation (vulvovaginitis) in adolescents is generally caused by inadequate perineal hygiene (Dursiah, 2016)

Based on the results of a survey conducted by researchers while conducting research at the Napsiah Stabat private vocational school, 6 of them, often felt itchy and sometimes smelled bad, from the 6 people it was also known that they did not clean their reproductive organs properly, such as when washing their reproductive organs after defecating. urination is usually done from the anus to the vagina, there are also those who say they don't wipe dry after washing them and some even say that during menstruation they rarely change their pads unless they feel uncomfortable.

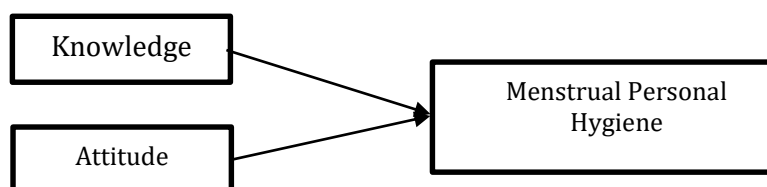
From the results of the interview, it was also known that the female students said they did not understand how to clean their reproductive organs, especially during menstruation, how many times they had to change sanitary napkins and how to wash their reproductive organs properly and correctly.

Based on the description above, the researcher is interested and willing to conduct research on "The relationship between knowledge and attitudes of young women on menstrual personal hygiene in private vocational school students Napsi'ah Stabat kab. Go in 2022.

2. Research methods

2.1 Conceptual framework

The conceptual framework of this study entitled "the relationship between knowledge and attitudes of adolescents on menstrual personal hygiene in students of SMK Swasta Napsi'ah Stabat Kab. Go in 2022". As for the research variables to be studied, namely the independent variable and the dependent variable. The independent variables are knowledge and attitudes, while the dependent variable is menstrual personal hygiene. The conceptual framework of this research is as follows:



2.2 Research Hypothesis

- a. Ha : There is a relationship between adolescent knowledge of menstrual personal hygiene in private vocational school students Napsi'ah Stabat kab. Leap Year 2022.
- b. Ho : There is no relationship between adolescent knowledge of menstrual personal hygiene in female students of SMK Private Napsi'ah Stabat kab. Langkat Year 2022
- c. Ha : There is a relationship between adolescent attitudes towards menstrual personal hygiene among female students of SMK Private Napsi'ah Stabat kab. Leap Year 2022.

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- d Ha : There is no relationship between adolescent attitudes towards menstrual personal hygiene among female students of Napsi'ah Private Vocational High School, Stabat kab. Leap Year 2022.

2.3 Types of research

The type of research used is a research with a cross-sectional study design. The purpose of the research is to determine the relationship between knowledge and attitudes of adolescents on menstrual personal hygiene in female students of SMK Swasta Napsi'ah Stabat kab. Leap Year 2022.

2.4 Place and time of research

The research will be carried out at the Napsi'ah Private Vocational School, Stabat kab. Langkat in 2022 and the time of the research carried out in January – May 2022

2.5 Population and Sample

The population is a generalization area consisting of objects or subjects that have certain qualities and characteristics set by researchers to be studied and then drawn conclusions (Sugiyono, 2017). The population in this study were 30 students of the Napsiah Private Vocational School in class X and XI who attended the Napsiah Stabat Private Vocational School, Langkat Regency. The sample is part of the number and characteristics possessed by the population (Sugiyono, 2017). The sampling technique used was total sampling, namely the sampling technique based on the entire population. So the number of samples in this study were 30 people.

2.6 Method of collecting data

Data collection is a process of approaching the subject and the process of collecting the characteristics of the subject needed in a study (Nursalam, 2016). The data collection method used in this study is to use a questionnaire or questionnaire. Arikunto (2016) states that questionnaires are a number of written statements and questions that are used to obtain information from responses in the sense of reports about his personality, or things he knows. The questionnaire used to refer to the method or instrument used is a questionnaire or questionnaire.

How to collect data using a questionnaire distributed to respondents, then wait for approximately 30 minutes in it, including distributing a questionnaire sheet, explaining the purpose and how to fill out and filling out the questionnaire from the respondent, after the time runs out the researcher is then taken and corrected whether all the questions on the sheet all of the respondents have filled in.

3. Results And Discussion

3.1 Univariate Analysis

Univariate analysis is an analysis carried out to analyze each variable from the research results. Univariate analysis serves to summarize the data set of measurement results so that the data set turns into useful information. Based on the results of the research conducted, the aim was to determine the relationship between knowledge and attitudes of young women towards menstrual personal hygiene in private vocational school students Napsi'ah Stabat kab. Langkat in 2022 with a total of 30 respondents.

3.2 Knowledge

Based on the research, the frequency distribution of female adolescent knowledge on menstrual personal hygiene is as follows:

TABLE 1
Frequency Distribution of Young Women's Knowledge of Personal Hygiene
Menstruation in Napsi'ah Stabat Private Vocational School Students
Regency. Langkat Year 2022

| No | Knowledge | Frequency (f) | Percentage(%) |
|-------|-----------|---------------|---------------|
| 1 | Well | 17 | 56.7 |
| 2 | Not good | 13 | 43.3 |
| Total | | 30 | 100.0 |

Based on table 4.1, it is known that from the 30 respondents the majority of good knowledge amounted to 17 people (56.7%) and the minority of bad knowledge amounted to 13 people (43.3%).

3.3 Attitude

Based on the research, the frequency distribution of adolescent girls' attitudes towards menstrual personal hygiene is as follows:

TABLE 2
Frequency Distribution of Young Women's Attitudes to Menstrual Personal Hygiene
At the Napsi'ah Private Vocational School Students Stabat Kab. Langkat Year 2022

| No | Attitude | Frequency (f) | Percentage(%) |
|----|----------|---------------|---------------|
| 1 | Positive | 18 | 60.0 |
| 2 | Negative | 12 | 40.0 |
| | Total | 30 | 100.0 |

Based on table 4.2, it is known that of the 30 respondents the majority of positive attitudes were 18 people (60.0%) and the minority of negative attitudes were 12 people (40.0%).

3.4 Menstrual Personal Hygiene

Based on the research, the frequency distribution of menstrual personal hygiene is as follows

TABLE 3
Frequency Distribution of Menstrual Hygiene Personal Hygiene in Students
Napsi'ah Private Vocational School Stabat Kab. Langkat Year 2022

| No | Menstrual Personal Hygiene | Frequency (f) | Percentage(%) |
|----|----------------------------|---------------|---------------|
| 1 | Well | 19 | 63.3 |
| 2 | Not good | 11 | 36.7 |
| | Total | 30 | 100.0 |

Based on table 4.3, it is known that from the 30 respondents the majority of good menstrual personal hygiene was 19 people (63.3%) and the minority of menstrual personal hygiene was not good amounted to 11 people (36.7%).

3.5 Bivariate Analysis

Bivariate analysis was conducted to determine the relationship between the independent variable and the dependent variable. The analysis was carried out using the Chi-Square test at a 95% confidence level, so that if the statistical analysis results found $p\text{-value} < 0.05$, the variable was declared to be significantly related.

a. The Relationship of Young Women's Knowledge of Menstrual Personal Hygiene

Based on the results of the study, it was found that there was a relationship between knowledge of young women and personal hygiene of menstruating in private vocational high school students Napsi'ah Stabat Kab. Langkat Year 2022 in the following table

| No | Knowledge | Menstrual Personal Hygiene | | | | Total | | df | P value |
|----|-----------|----------------------------|------|----------|------|-------|------|----|---------|
| | | Well | | Not good | | n | % | | |
| | | n | % | N | % | | | | |
| 1. | Well | 15 | 50.0 | 2 | 6.7 | 17 | 56.7 | 1 | 0.002 |
| 2. | Not good | 4 | 13.3 | 9 | 30.0 | 13 | 43.3 | | |
| | Amount | 19 | 63.3 | 11 | 36.7 | 30 | 100 | | |

Based on the table above, it is known that of the 30 respondents with good knowledge, the majority. people (13.3%). Based on the results of the chi square test, the relationship between student knowledge and awareness with a significance degree (α) 5% = 0.05 and $df = 1$ was obtained by calculating the statistical test that the value of $p\text{-value} = 0.002 < (\alpha) = 0.05$, then the hypothesis H_0 was rejected and H_a was accepted. . This means that there is a significant relationship between the knowledge of adolescent girls on menstrual personal hygiene in Napsi'ah Stabat private vocational school students in 2022.

b. Relationship of Young Women's Attitudes to Menstrual Personal Hygiene

Based on the results of the study, it was found that the relationship between adolescent girls' attitudes towards menstrual personal hygiene in private vocational high school students Napsi'ah Stabat Kab. Langkat Year 2022 in the following table:

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TABLE 5
Distribution of the Relationship of Young Women's Attitudes to Menstrual Personal Hygiene
At the Napsi'ah Private Vocational School Students Stabat Kab. Langkat Year 2022

| No | Attitude | Menstrual Personal Hygiene | | Total | | df | P value |
|--------|----------|----------------------------|----------|-------|------|----|---------|
| | | Well | Not good | | | | |
| | | n | % | n | % | | |
| 1. | Positive | 16 | 53.3 | 2 | 6.7 | 1 | 0.001 |
| 2. | Negative | 3 | 10.0 | 9 | 33.3 | | |
| Amount | | 19 | 63.3 | 11 | 36.7 | 30 | 100 |

Based on table 4.2.2, it is known that of the 30 respondents who had a positive attitude and had good menstrual personal hygiene, the majority were 16 people (53.3%) and the minority had negative attitudes and 3 people (10.0%) had poor menstrual personal hygiene.

Based on the results of the chi square test, the relationship between student knowledge and awareness with a significance degree (α) 5% = 0.05 and df = 1 was obtained by calculating the statistical test that the p.value = 0.001 < (α) = 0.05, then the hypothesis H_0 was rejected and H_a was accepted. . This means that there is a significant relationship between the attitudes of young women towards menstrual personal hygiene in Napsi'ah Stabat private vocational school students in 2022.

3.6 Discussion

a. Young Women's Knowledge of Menstrual Personal Hygiene

Based on the results of the study, it was found that of the 30 respondents the majority of good knowledge were 17 people (56.7%) and the minority of poor knowledge was 13 people (43.3%). According to Notoadmojo (2017) knowledge of human sensing results or the results of someone's knowledge of objects through their senses (eyes, nose, ears, and so on). A person's knowledge is usually obtained from experience that comes from various sources such as mass media, electronic media, health workers, poster media, close relatives, and so on. This knowledge can form certain beliefs so that a person behaves in accordance with these beliefs (Notoadmojo, 2017).

The higher a person's knowledge, the easier it is to accept new things, on the other hand, if there is less knowledge, it will be more difficult to act and act and knowledge is the result of knowing obtained from the five individual senses such as the senses of sight, hearing, smell, touch, and taste for something specific object. (Donsu, 2019) In this study, it was found that the majority of young women's knowledge of menstrual personal hygiene. Knowledge of adolescent girls is considered good because they have received information about menstrual personal hygiene.

b. Attitudes of Young Women to Menstrual Personal Hygiene

Based on the results of the study, it is known that from the 30 respondents the majority of positive attitudes were 18 people (60.0%) and the minority of negative attitudes were 12 people (40.0%). Attitude is a process of assessment by a person towards an object or situation accompanied by certain feelings and provides the basis for the person to make a response or behave in a certain way that he chooses. (Lestari, 2015).

Human attitudes and behavior are closely related. Behavior is formed from the attitude. However, behavior has no effect on attitudes. In general, human attitudes are in the form of two positive attitudes and negative attitudes. A negative attitude will affect behavior to be negative. Vice versa, when our attitude is positive, our behavior will be positive (Donsu, 2019).

Attitudes that are formed from within the individual can occur due to several things. One of these things is the existence of information that can increase intuition so that the knowledge gained is also increased. The frequency of information obtained by respondents comes from parents of students, teachers who teach at schools, playmates, electronic media such as television and print media such as magazines.

c. Menstrual Personal Hygiene

Based on the results of the study, it was found that of the 30 respondents the majority of good menstrual personal hygiene were 19 people (63.3%) and the minority of menstruating personal hygiene was not good amounted to 11 people (36.7%). In the opinion of Husni (2016), the act of

not maintaining cleanliness in the genital area during menstruation is still quite high, this is due to lack of access to information on how it is important to keep the genitals clean, change sanitary napkins in a day, and the lack of information obtained by students about menstruation. Menstruation that comes very early will cause the emergence of several pathological behaviors, in general they are filled with anxiety in the form of phobias.

d. The Relationship of Young Women's Knowledge of Menstrual Personal Hygiene

Based on the results of the study, it can be seen that of the 30 respondents who had good knowledge and performed menstrual personal hygiene, the majority were 15 people (50.0%) and the minority had poor knowledge and performed menstrual personal hygiene as many as 4 people (13.3%). Based on the results of the chi square test, the relationship between student knowledge and awareness with a significance degree (α) 5% = 0.05 and $df = 1$ was obtained by calculating the statistical test that the value of $p.value = 0.002 < (\alpha) = 0.05$, then the hypothesis H_0 was rejected and H_a was accepted. This means that there is a significant relationship between the knowledge of adolescent girls on menstrual personal hygiene in Napsi'ah Stabat private vocational school students in 2022.

In this study, the results obtained from the cross tabulation showed that there was a good knowledge between young women's knowledge of personal hygiene. This can be influenced by factors, namely education, experience. The age factor is the dominant one where the more mature, the level of maturity and strength of a person will be more mature in thinking and working. Education, in general, the higher the education, the better the level of knowledge. (Notoatmodjo, 2017).

According to Dursiah, (2016) that less knowledge of reproductive health will be able to affect attitudes and behavior in one's life. If knowledge is good, it will affect good attitudes and behavior as well on the contrary. If knowledge of reproductive health is lacking, the impact that will occur is always ignored. This is because based on existing theoretical studies, one of the efforts to reduce disturbances during menstruation is to get used to personal hygiene behavior. However, personal 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 the state of menstruation.

This study is in line with the research of Urmaliza et al. (2019) that there is a relationship between the level of knowledge of young women on personal hygiene during menstruation at SMA Negeri 3 Pekanbaru. Pekanbaru. Respondents have good knowledge because they have experienced menarche or the age of first menstruation is earlier and has received adequate information regarding personal hygiene during menstruation. With the experience and receipt of effective and comprehensive information, it will automatically increase the respondents' knowledge about menstrual personal hygiene.

According to the researcher's assumption, respondents have good knowledge and good menstrual personal hygiene because they have experience. Experience is an activity that can be used to form one's knowledge and carried out repeatedly will bring up a behavior. So, the earlier a teenager experiences his first menstruation, the more events the individual gets. This good experience can also be constructed with an increase in a science related to knowledge. It can be underlined that experience has a significant contribution in increasing one's knowledge.

4. Conclusion

Based on the results of the research and discussion that have been described previously, the following conclusions are obtained: 1. Knowledge of adolescent girls on menstrual personal hygiene in private vocational school students Napsi'ah Stabat kab. Leap in 2022 from 30 respondents the majority of knowledge good amounted to 17 people (56.7%). The attitude of adolescent girls towards menstrual personal hygiene in private vocational school students Napsi'ah Stabat kab. In 2022, out of 30 respondents, the majority of positive attitudes were 18 people (60.0%). There is a relationship between the knowledge of young women on personal hygiene in private vocational school students Napsi'ah Stabat kab. Langkat in 2022 is obtained by calculating the statistical test that the value of $p.value = 0.002 < 0.05$. There is a relationship between the attitude of young women towards personal hygiene in private vocational school students Napsi'ah Stabat kab. Langkat in 2022 is obtained by calculating the statistical test that the value of $p.value = 0.001 < 0.05$.

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