

ABSTRACT

Background :

According to Indonesian Health Demographic Survey, adolescent girls' hygiene practices during menstruation are still poor, at 66.6%. Observations at SMPN 12 Jambi showed that eight interviewed students were unaware of menstrual personal hygiene and its daily application. This study aimed to identify determinants of personal hygiene behavior among adolescent girls during menstruation at SMPN 12 Jambi.

Methods :

This quantitative study used a descriptive design with a cross-sectional approach. The population was 402 students and the sample was 80 respondents selected through convenience sampling. Data were collected using a questionnaire and analyzed univariately and bivariately using chi-square analysis.

Results :

Knowledge was categorized as good (53.8%), positive attitude (53,8%), good teacher role (56.3%), good parental role (57.5%). There was a relationship between knowledge and personal hygiene behavior among adolescent girls during menstruation (p value = 0.002 and $PR = 2.32$), attitude and personal hygiene during menstruation (p value = 0.000 and $PR = 3.09$), and parental role and personal hygiene during menstruation (p value = 0.001 and $PR = 2.36$). However, there was no relationship between teacher role and personal hygiene behavior of adolescent girls during menstruation (p value = 0.474 and $PR = 1.21$).

Conclusion :

Personal hygiene behavior of SMPN 12 Jambi students during menstruation was in the good category, with 58.8% practicing appropriate hygiene. SMPN 12 Jambi can empower female students as peer educators and PIK-R, also use social media as a platform for menstrual hygiene education.

Keywords : *Behavior, Menstruation, Personal Hygiene*

ABSTRAK

Latar Belakang :

Menurut Survei Demografi Kesehatan Indonesia, perilaku remaja putri menjaga *hygiene* saat menstruasi masih dikategorikan kurang yaitu sebesar 66,6%. Observasi di SMPN 12 Kota Jambi menunjukkan 8 siswi yang diwawancarai tidak mengetahui *personal hygiene* saat menstruasi dan penerapannya sehari-hari. Penelitian ini bertujuan untuk mengetahui determinan perilaku *personal hygiene* remaja putri saat menstruasi di SMPN 12 Kota Jambi.

Metode :

Penelitian kuantitatif menggunakan rancangan analisis deskriptif dan pendekatan *cross-sectional*. Populasi berjumlah 402 siswi dengan sampel 80 responden yang ditentukan menggunakan teknik *convenience sampling*. Data dikumpulkan melalui kuesioner dan dianalisis secara univariat dan bivariat menggunakan analisis *chi square*.

Hasil :

Pengetahuan berada dalam kategori baik (53,8%), sikap positif (53,8%), peran guru baik (56,3%), dan peran orang tua baik (57,5%). Terdapat hubungan pengetahuan dengan perilaku *personal hygiene* remaja putri saat menstruasi ($p\text{ value} = 0,002$ dan $PR = 2,32$), sikap dengan perilaku *personal hygiene* saat menstruasi ($p\text{ value} = 0,000$ dan $PR = 3,09$), dan peran orang tua dengan perilaku *personal hygiene* saat menstruasi ($p\text{ value} = 0,001$ dan $PR = 2,36$). Namun tidak terdapat hubungan antara peran guru dengan perilaku *personal hygiene* remaja putri saat menstruasi ($p\text{ value} = 0,474$ dan $PR = 1,21$).

Kesimpulan :

Perilaku *personal hygiene* siswi SMPN 12 Kota Jambi saat menstruasi tergolong baik, sebanyak 58,8% siswi melaksanakan perilaku *personal hygiene* yang baik saat menstruasi. SMPN 12 Kota Jambi dapat memberdayakan siswi sebagai *peer educator* serta PIK-R, dan memanfaatkan media sosial sebagai wadah edukasi *personal hygiene* saat menstruasi.

Kata Kunci : *Menstruasi, Perilaku, Personal Hygiene*