

**Factors that Influence Behavior in Maintaining Cleanliness Reproductive Organs When Menstruation at SMP PGRI 58 Tanjung Morawa, Deli Serdang**

**Mey Elisa Safitri<sup>1</sup>**

**<sup>1</sup> Lecturer Akademi Kebidanan Helvetia Medan**

**Email : mey\_lisa@yahoo.com**

**ABSTRACT**

*The habit of keeping cleanliness during menstruation, including the cleanliness of reproduction organ, plays an important role in the status of health behavior in order to avoid the problem of the function of the reproduction organ in a woman. The purpose is to avoid infection in the reproduction organ which eventually will lower the quality of her life. The objective of the research was to analyze the influence of knowledge, attitude, availability of facilities, mother's role, teacher's role, and peer's role on behavior of keeping the cleanliness of reproduction organ during menstruation in the female students of SMP PGRI 58 Tanjung Morawa, Deli Serdang District, in 2013.*

*The type of the research was descriptive analytic with cross sectional approach. The population was all 391 female students of SMP PGRI 58 Tanjung Morawa, and 194 were used as the samples. The data were analyzed by using Chi Square test and multiple logistic regression tests.*

*The result of the research showed that female students who kept their cleanliness of their reproduction organs during menstruation were 49%. There was the influence of the variable of knowledge in cleanliness of reproduction organ during menstruation ( $p=0.005$ ), the correlation of mother's role with menstruation ( $p=0.010$ ), and peer's role in sharing experiences about menstruation ( $p=0.007$ ) on behavior of keeping cleanliness of reproduction organ during menstruation. On the other hand, attitude, availability of facilities, and teacher's role did not have any correlation and influence on behavior of keeping cleanliness of reproduction organ during menstruation.*

*It is recommended that parents and the management of the school increase the behavior of their female students about cleanliness of reproduction organs by improving health socialization of teenager reproduction about cleanliness during menstruation. The socialization is conducted through health education, peer education program, and extracurricular activities.*

**Keywords: Knowledge, Mother's Role, Peer's Role, Cleanliness during Menstruation**

## Introduction

Teens comes from the word that means growing or adolescence into adulthood. The period of transition from childhood - children with adult life called adolescence. According to the World Health Organization (WHO) adolescence begins at the age between 12 to 24 years. In Indonesia called juvenile according to the Ministry of Health are those aged 10 to 19 years and at the time of the maturation process occurs on the physical and psychological (Novita, and Franciska, 2011).

Adolescent Reproductive Health Survey Indonesia (IYARHS) between 2002 and 2003 showed that 21% of women and 28% of men do not know the signs of physical changes at puberty. Lack of knowledge about the basic biology of the teenagers reflect a lack of knowledge about the risks associated with their bodies and how menghindarinya. Wisnuwardhani (1997) reported the results of research done on menstrual hygiene study in Tangerang and Subang to 305 respondents aged 16-19 years, 8.8% of respondents found from Tangerang and 14.5% of Subang who have good knowledge about the reproductive organs. Only 52.25% of respondents from Tangerang and 61.4% of Subang that have a good knowledge about menstruation. In his research in Depok city, also reported that 45.5% of respondents correctly clean the genitalia and 82.6% had menstrual hygiene behaviors that are less good, because of the lack of correct information about menstrual hygiene were the respondents.

Based on an initial interview conducted by researchers at the SMP PGRI 58 in the district of Tanjung Morawa, Deli Serdang District on February 9, 2013 against 53 students who met 36 students said do not understand and do not know how to perform hygiene and maintain cleanliness sexual or reproductive organs. 25 young women during menstruation, changing pads just as much as 2 times a day, 11 people

use cloth napkins and replacing 2 meals a day and 5 female students said that they had experienced vaginal discharge with itching. Based on this background and have done research on the behavior of maintaining hygiene during menstruation so that researchers interested in knowing deeper factors - factors that affect the behavior to keep their reproductive organs when menstruation in female students of SMP PGRI 58 in the district of Tanjung Morawa, Deli Serdang District 2013.

By looking at the existing background, the authors are interested in conducting research on the behavior of maintaining cleanliness at the junior high school students to find out the factors - factors that affect the behavior to keep their reproductive organs during menstruation in female students of SMP PGRI 58 Tanjung Morawa. Determine the effect of knowledge, attitude, availability of facilities, the role of the mother, the teacher's role, the role of peers and the factors that most influence the behavior of maintaining the cleanliness of the reproductive organs when menstruation in female students of SMP PGRI 58 Tanjung Morawa, Deli Serdang District in 2013.

## Methods

Analytic descriptive research using cross sectional study design. Research was conducted in SMP PGRI 58 in the district of Tanjung Morawa, Deli Serdang District in 2013 with a sample of 194 students. The research data in the form of independent variables consist of knowledge, attitude, availability of facilities, the role of the mother, the Teacher's role, the role of peers and the dependent variable is the behavior in keeping the reproductive organs during menstruation were tested with multiple logistic regression to determine the most dominant variable in influencing behavior in keeping the reproductive organs during menstruation.

## Results and Discussion

### 1. Characteristics of Respondents

Respondents in this study amounted to 194 people, according to the research plan. Identity of the respondents in this study included age, parental education, and age of menstruation. The majority of respondents 14 years of age is 35.6%, the majority of education of parents graduated from high school is 75.2%, and the age of majority menstruation at age 12 that is equal to 69.6%.

**Table 1. Frequency Distribution Characteristics of SMP PGRI 58 Tanjung Morawa**

Respondent Identity	N	Percentage
<b>Age (year)</b>		
11	1	0,5
12	2	1,0
13	64	33,0
14	69	35,6
15	51	26,3
16	7	3,6
<b>Total</b>	<b>194</b>	<b>100</b>
<b>Parents Education</b>		
Primary School	18	9,3
Junior High	18	9,3

<b>School</b>		
Senior High School	146	75,2
Bachelor	12	6,2
<b>Total</b>	<b>194</b>	<b>100</b>
<b>Menstruation Period</b>		
10	2	1,0
11	12	6,2
12	135	69,6
13	35	18,0
14	10	5,2
<b>Total</b>	<b>194</b>	<b>100</b>

### The Relationship of Knowledge, Attitude, availability of facilities, Role Mother, Teacher Role, Role of Peer to Maintain Cleanliness Behavior Reproductive Organs When menstruation at SMP PGRI 58 Tanjung Morawa

Of the six variables studied such as 3 variables significantly associated behaviors maintain the cleanliness of the reproductive organs when menstruation is knowledge, the role of mother and the role of peers with  $p < \alpha = 0.05$ , while the attitude, the availability of facilities and the teacher's role is not significantly associated with the hem  $p > \alpha = 0.05$ .

**Table 2 Relationship of Knowledge, Attitude, availability of facilities, Role Mother, The role of teacher, the role of Peer to Maintain Behavior Cleanliness Reproductive Organs when menstruation at SMP PGRI 58 Tanjung Morawa**

Variable	Keeping Behavior During Menstruation Cleanliness Reproductive Organs				Total		p
	Good		Less		n	%	
	n	%	n	%			
<b>Knowledge</b>							
Good	57	59,4	39	40,6	96	100,0	0,006
Less	39	39,8	59	60,2	98	100,0	
<b>Behaviour</b>							
Positive	88	50,0	88	50,0	176	100,0	0,653
Negative	8	44,4	10	55,6	18	100,0	
<b>Availability of facilities</b>							
Complete	75	47,8	82	52,2	157	100,0	0,325

Incomplete	21	56,8	16	43,2	37	100,0	
<b>Role of Mother</b>							
Contribute	58	60,4	38	39,6	96	100,0	0,003
Less instrumental	38	38,8	60	61,2	98	100,0	
<b>Role of Teacher</b>							
Contribute	78	53,1	69	46,9	147	100,0	0,078
Less instrumental	18	38,3	29	61,7	47	100,0	
<b>Friends of the same age</b>							
Contribute	56	59,6	38	40,4	94	100,0	0,006
Less instrumental	40	40,0	60	60,0	100	100,0	

**The Effect of Knowledge, Attitude, Availability of Facilities, Role Mother, Teacher Role and Role of Peer to Conduct Maintaining Cleanliness Reproductive Organs Menstrual currently at SMP PGRI 58 Tanjung Morawa**

Based on Chi-Square test results obtained knowledge variable, the role of the mother, the teacher's role, and the role of peers has a p-value less than 0.25. Furthermore, all of the variables included in the model, then analyzed using multiple logistic regression with backward method. Variables that can be included in the logistic regression model is a variable that has a value of  $p < 0.05$  is variable knowledge, the role of mother and the role of peers. Logistic regression analysis results also showed that knowledge variables with  $p = 0.005 < \alpha = 0.05$ ,  $p = 0.010$  maternal role  $< \alpha = 0.05$ , and the role of peers with  $p = 0.007 < \alpha = 0.05$  influence on behavior maintaining the cleanliness of the reproductive organs during menstruation. The results of the analysis of multiple logistic regression test showed that the most dominant variable influencing the behavior of maintaining the cleanliness of the reproductive organs during

menstruation is variable knowledge that with  $p = 0.005$ .

Variable values obtained knowledge Exp (B) of 2.383 can be concluded that the respondents who have less knowledge of the possibility of 2.383 times would behave less maintain the cleanliness of the reproductive organs during menstruation than respondents whose knowledge is good. Variable role of mother obtained value Exp (B) of 2.201, which means that the respondents whose mothers did not play a role are possibly 2,201 times will behave less maintain the cleanliness of the reproductive organs during menstruation than respondents whose mother role and variable role of peers obtained value Exp (B) of 2.309 it can be concluded that the respondents do not play a role peers are possibly 2,309 times will behave less maintain the cleanliness of the reproductive organs during menstruation compared to respondents who peers play a role.

**Table 3. The Factors Influencing Behavior in Maintaining Cleanliness Reproductive Organs When Menstruation**

Independent Variable	Score B	Score p	Exp (B)
Knowledge	0,868	0,005	2,383
Role of Mother	0,789	0,010	2,201
Role of Peer	0,837	0,007	2,309
Constant	-3,739		

Based on the results of the multiple logistic regression analysis can be defined multiple logistic regression model that can interpret the variables of knowledge, the role of the mother, and the role of peers, which affect the behavior of the dependent variable to maintain the cleanliness of the reproductive organs during menstruation are as follows:

$$P = \frac{1}{1 + e^{-(3,739) + 0,868(X1) + 0,789(X2) + 0,837(X3)}}$$

The above equation is known that girls who have pengetahuan less, less mother plays a lesser role and peers will have a probability of 77.7% misbehave maintain the cleanliness of the reproductive organs during menstruation.

### **Conduct Maintaining the current Reproductive Organs Menstrual Hygiene**

The result showed that the behavior of maintaining the cleanliness of the reproductive organs during menstruation in female students of SMP PGRI 58 Tanjung Morawa majority less is 98 people (50.5%) while the students were well

behaved maintain the cleanliness of the reproductive organs during menstruation as many as 96 people (49.5%). From the results obtained it can be concluded that the behavior of the reproductive organs to maintain hygiene during menstruation in female students of SMP PGRI 58 Tanjung Morawa still low. This may be due to lack of knowledge of students about aspects related to hygiene behavior during menstruation. Lack of knowledge of students seen from the behavior of the student who is still one in the wash genitals namely from the back to the front.

Poor student behavior to keep their reproductive organs during menstruation looks dominant in the replacement of the pads. There are still many students who are still changing pads twice a day, change pads every > 6 hours each day, and also a lot of girls who behave not washing hands before and after changing the bandage.

The low respondents who keep the reproductive organs during menstruation is a reality that concern. This indicates more respondents paid little attention to the importance of maintaining the cleanliness of the reproductive organs, especially during menstruation. And we all know that, when handling the reproductive organs during menstruation is not correct or clean, it can lead to excessive growth of microorganisms and disrupt the reproductive function. If you see this, it is necessary to encourage improvements in hygiene maintenance practices reproductive organs so that the respondent can improve their health status, especially in maintaining the

cleanliness, organize, function and reproductive processes.

### **The Effect of Behavior Knowledge in Maintaining Cleanliness Reproductive Organ When Menstruation**

Knowledge SMP PGRI 58 Tanjung Morawa in this study the majority of which is less by 50.5% and female students who are knowledgeable good at 49.5%. Knowledge is referred to in this research is the ability of respondents to be able to answer correctly all statements cleanliness of the reproductive organs during menstruation.

All respondents have heard the term menstruation. In this research to the understanding of menstruation only 63 (32.5%) who answered correctly, and siasanya that 131 people (67.5%) answered incorrectly. On the question of how to clean the genitals majority of respondents answered from the back to the front, but to prevent infection of the reproductive wash reproductive organs should have been from the front backwards or from the vagina to the anus, if the upside there is the possibility of bacteria from the mouth of the intestine (rectum) that goes into the vagina will lead to infection and itching. Lack of knowledge about the cleanliness of the reproductive organs during menstruation due to the lack of information obtained by students on reproductive health, reproductive organs terkhususnya about hygiene during menstruation. Besides the characteristics of respondents aged teenagers, they still menganggap maintain the cleanliness of the reproductive organs during menstruation is not so important.

Septiana research results (2006) obtained significant results and stated that a knowledge can reflect a person's behavior. Knowledge of respondents about maintaining the cleanliness of the reproductive organs during menstruation can affect respondents to keep their reproductive organs. The better knowledge about maintaining the cleanliness of the reproductive organs during menstruation, then the respondent will maintain the cleanliness of their reproductive organs. Vice versa, the lower the respondents' awareness of maintaining the cleanliness of the reproductive organs during menstruation, the less chance of respondents maintain the cleanliness of their reproductive organs. Multiple logistic regression test showed knowledge variables showed no effect of student knowledge on the behavior of the reproductive organs to maintain hygiene during menstruation, with  $p = (0.005) < \alpha (0.05)$ .

The results showed that the respondents who have a good level of knowledge about maintaining the cleanliness of the reproductive organs during menstruation mostly behaved well in keeping their reproductive organs during menstruation as many as 57 people (59.4%). Respondents who have less knowledge about maintaining the cleanliness of the reproductive organs during menstruation only 39 (39.8%) behaved well in keeping their reproductive organs during menstruation.

Notoatmodjo (2003) which states that knowledge of health will affect the long-term behavior as a result of health education. Notoatmodjo also expressed

knowledge or cognitive domain is very important for the formation of a person's actions and behavior based experience with lasting knowledge will be done than the behavior is not based on knowledge. If the student has sufficient knowledge about menstruation then the students will tend to pay attention to hygiene during menstruation reproductive organs, such as the use of sanitary napkins to absorb blood out through the vagina, changing pads, at least four times a day, and keep the body in a bath at least twice a day.

Theories Bloom in Notoadmodjo (2003) states that behavior is divided into three domains, namely cognitive, affective and psychomotor. Knowledge is a cognitive factors. knowledge can be gained through his own experience or the experience of others, the factors of knowledge (cognitive) domain is very important for the formation of a person's actions. Knowledge of positive and negative attitudes and actions will influence the positive and negative anyway.

### **The Effect of Behavior Role of Mothers in keeping the Current Reproductive Organs Menstrual Hygiene**

The role of mothers SMP PGRI 58 Tanjung Morawa in this study the majority did not play a role in the amount of 50.5% and a mother who played at 49.5%. The role of mothers in this research is the involvement of the mother in providing information associated with menstruation at her daughter as giving information about menstruation, help children prepare for the physical, psychological premenstrual and maintaining personal hygiene.

This result shows that only 78 people (40.2%) stated that their mother explained about menstrual periods when they experienced the first time. The majority of respondents stated that their mother did not tell how clean the vagina that is equal to 59.8%. Bagitu also on the benefits of personal hygiene by 60.8% of respondents said they never received information about it from their mother. Low maternal role due regard reproductive health is still taboo by teenagers to their parents especially those in the mother. It can restrict communication between mothers and adolescents on reproductive health in this study, especially communication about maintaining the cleanliness of the reproductive organs during menstruation. As a result, teens do not understand, lack of understanding about reproductive health and sometimes make poor decisions about their reproductive health.

Another thing that affects adolescent knowledge is the source of information obtained from family. In this case the girls are gaining resources from the mother, because the people closest to the young woman is a mother, especially about genital hygiene during menstruation, so that efforts to have a life of healthy reproduction means an effort to improve the quality of family, and the habit of maintaining cleanliness, including the cleanliness of the sexual organs or reproductive, is the beginning of efforts to maintain health in general. Multiple logistic regression test showed variable mother's role is no effect on the behavior of the reproductive organs to maintain hygiene during

menstruation, with  $p = (0.010) < \alpha (0.05)$ .

Hygiene during menstruation is an overall behavior in maintaining hygiene during menstruation. Information on menstrual hygiene is very important because if it is not applied will have a negative impact, which will cause an infection of the reproductive organs, and if not treated immediately will cause sterility, thus lowering the quality of life of the individual concerned (Sian, 2000). The information they can obtain one from their mother.

### **The Role of Peer Influence on Behavior in keeping the current Reproductive Organs Menstrual Hygiene**

The role of peer SMP PGRI 58 Tanjung Morawa in this study the majority does not play a role in the amount of 51.5% and a peer that acts of 48.5%. This result shows that only 88 (45.4%) stating they never tell your friends about the benefits of maintaining hygiene during menstruation majority of respondents stated that they do not tell your friends how to clean the vagina, Also so about diseases that could result from not keeping cleanliness during menstruation respondents also said that they never received information about it from their friends.

Low role regarding the behavior of peers to keep their reproductive organs during menstruation due in adolescence considers talks on reproductive health is not so important to talk about them more contemporary trend or style, so the teens will always feel welcome in their social environment. Therefore the behavior to keep their reproductive organs during menstruation should be developed

into a trend among teenage girls so that these behaviors can be easily accepted and performed by teenagers. The trend of development in the school can be done in a way to enable peer education on reproductive health.

Results showed that respondents who peers play a role in providing information about menstruation including maintaining the cleanliness of the reproductive organs during menstruation mostly behaved well in keeping their reproductive organs during menstruation as many as 68 people (59.6%). Respondents who were peers have a role in providing information about menstruation including maintaining the cleanliness of the reproductive organs during menstruation only 40 (40.0%) behaved well in keeping their reproductive organs during menstruation.

### **Conclusions**

SMP PGRI 58 Tanjung Morawa, Deli Serdang District in 2013 the majority behave less to keep their reproductive organs during menstruation. Student behavior that is less dominant in the replacement pads and many students are still changing pads twice a day.

The majority of knowledge SMP PGRI 58 Tanjung Morawa still less about the cleanliness of the reproductive organs, parents and peers lesser role in supporting reproductive organs hygiene during menstruation.

There is the influence of knowledge about the cleanliness of the reproductive organs during menstruation, mother's role as a conduit of information in support of maintaining the cleanliness of the reproductive organs during menstruation at his daughter and the

role of peers in sharing the experience of menstruation on the behavior to keep their reproductive organs during menstruation.

Knowledge is the most dominant factor affects the behavior to keep their reproductive organs during menstruation. Generally, students do not understand how to clean and what was done before cleaning the genitals during menstruation.

### **Suggestion**

For parents of students expected to improve knowledge on adolescent reproductive health and relationship-building communication early with children (students) in addressing adolescent reproductive health so that children have the right information and the right.

It is expected that schools improve student behavior on hygiene, especially hygiene reproductive organs during menstruation by activating the PIK-KRR program and peer educators in cooperation with the BKKBN and the local health center

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