

The Relationship Between Knowledge About Reproductive Health And Personal Hygiene During Menstrual in Adolescents

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ABSTRACT

Personal hygiene is an effort made to maintain a person's cleanliness and health, both physically and mentally. Common physical problems include poor personal hygiene, which can increase the risk of urinary tract infections (UTIs). During menstruation, blood and sweat from the body can stick to the vulva, making it wet. If a woman does not pay attention to hygiene at this time, humid conditions can occur. Fungi and bacteria grow in the genital area, causing itching and infection. This literature review was conducted to determine the description of adolescent personal hygiene during menstruation. The method used in making this literature review is the reference search method through Google Scholar, Pubmed, and Sinta with the keywords personal hygiene, adolescents, and menstruation and menstrual health management. Articles that provide information about Personal Hygiene. Articles selected based on full text, open access, in English and Indonesian published in the last 5 years (2021 - 2025). The results of the literature review show that there is a significant correlation between knowledge about reproductive health and adolescent personal hygiene behavior during menstruation. The study found that many adolescent girls do not know much about their reproductive health, which potentially increases the risk of infection and other health problems. Conclusion: Menstrual hygiene or personal hygiene in adolescents is still poor, so correct information is needed so that adolescents can practice good personal hygiene during menstruation

Keywords: Personal hygiene, adolescents, menstruation

INTRODUCTION

According to the WHO, people between the ages of 10 and 19 are considered adolescents. Adolescence is a transitional period between childhood and adulthood, characterized by growth and development. During this period, a child's physical,

psychological, and biological development occurs. It is considered a special stage in a girl's life cycle that requires special attention.(Kaur et al., 2018)Adolescence or adulthood is a period of growth and development that occurs in a person's life. Adolescence is a transitional period from childhood to adulthood. This transition is marked by accelerated physical, emotional, psychological, and social development. Menstruation in women, better known as menstruation, is the discharge of fluid from the uterine wall, consisting of blood and body tissue. Personal hygiene is the effort made to maintain a person's cleanliness and health, both physically and mentally. Common physical problems include poor personal hygiene, which can increase the risk of urinary tract infections (UTIs). During menstruation, blood and sweat from the body can stick to the vulva, making it wet. If a woman does not pay attention to hygiene at this time, moist conditions can occur. Fungi and bacteria can grow in the genital area, causing itching and infection.(Rahayu & Lutfiyati, 2022). Adolescent reproductive health is a healthy condition that concerns the reproductive system (functions, components, and processes) possessed by adolescents both physically, mentally, emotionally and spiritually. The vagina is a female reproductive organ that is very susceptible to infection, because the boundary between the urethra and the anus is very close, so that germs such as fungi, bacteria, parasites, and viruses easily enter the vaginal canal (Silitonga, 2019). From the results of the study, of the 44 respondents who had insufficient knowledge and 27 respondents who had sufficient knowledge, 38 (86.4%) respondents were categorized as having negative menstrual behavior. In terms of knowledge, there were 13 (48.1%) respondents with the menstrual behavior category. A total of 4,444 people had negative views about hygiene, and of the 9 respondents, 4,444 people had a level of knowledge of good to 6 about menstrual hygiene (66.7%). There were 4,444 categories of positive behavior related to menstrual hygiene.

Menstruation refers to the regular release of cells and blood in the body from the vagina and from the lining of a woman's uterus.(Amallya Faj'ri et al., 2022)Menstrual health is also not supported by the physical and social environment of schools. Several reports highlight the challenges girls face in attending school and conflicts over resources for bathing, washing, and drinking water. Lack of basic menstrual health and hygiene needs, as well as knowledge about pubertal changes,

will interfere with girls' ability to access education, thus impacting their health and socioeconomic development in the long term.(Njee et al., 2024)Menstrual hygiene is an important component of personal hygiene and plays a crucial role in a person's health behavior, including preventing reproductive organ dysfunction. During menstruation, the uterine blood vessels are highly susceptible to infection. Therefore, genital hygiene needs to be maintained more closely because bacteria can easily enter and cause reproductive tract infections (RTIs). The goal of menstrual care is to maintain personal hygiene and health. It is performed during menstruation to achieve physical and mental well-being and improve a person's health status.(Amanda, 2022).

In Indonesia, the prevalence of reproductive tract infections due to poor genital hygiene remains quite high, with 90-100 cases per 100,000 people per year. Personal hygiene is a measure of maintaining cleanliness and health to maintain physical and mental well-being. One negative impact of maintaining personal hygiene is the appearance of vaginal discharge. Research shows that urinary tract infections (UTIs) and human papillomavirus (HPV) are caused by women's lack of knowledge about maintaining hygiene, especially during menstruation, which allows the virus to multiply in the genital tract. The organs of 4,444 women are in moist conditions. Physical problems caused by this lack of knowledge include poor personal hygiene, which increases the risk of urinary tract infections (UTIs).(Gultom et al., 2021).

METHOD

The method used in making this literature review is the narrative literature review method. Searching for journal references and articles related to menstrual personal hygiene, by searching and reviewing journals that have been found through databases in the form of Google Scholar and PubMed with the criteria of publication time limits, namely 2018-2024, the inclusion criteria used are articles in Indonesian, English, open access and available full text and by using keywords personal hygiene, adolescents, "adolescent" and menstruation, "menstruation" and menstrual health management (MKM) "menstrual hygiene management.

RESULTS AND DISCUSSION

Table 1. Table Review

| No | Author's name, year | Title | Country | Method | Sample | Results/evidence |
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| 1 | Robert M. Njee, et al. 2024 | <i>Menstrual health and hygiene knowledge among postmenarche adolescent school girls in urban and rural Tanzania</i> | Tanzania | cross-sectional study using a mix of qualitative and quantitative methods for data collection in order to comprehensively compile schoolgirls' views on Menstrual Health and Hygiene (MHH). | postmenarche girls at school | Across 19 districts in mainland Tanzania and Zanzibar, 294 schools (92% of the target) were enrolled in the study. Approximately two-thirds of the schools, or 60.5% (n = 178), were in rural areas. Most schools were government-owned (86.4%; n = 254). The independently conducted survey |

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| | | | | | | <p>identified 8,012 girls, representing 91% of the target population. One of the main factors contributing to the under-response from girls was the limited number of postmenarcheal girls in schools. 60.5% (n = 178) of the girls lived in rural areas, with a mean age at menarche of 12.9 years (SD = 0.02). 2.5% of the girls had physical disabilities. Compared with private</p> |
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| | | | | | | primary schools, rural schools, respectively, more students from urban schools (61.3%), public schools (86.0%), and secondary schools (58%) were enrolled in the study. |
| 2 | Marini Amaliy a Musli m, et al. 2023 | The Effectiveness of Personal Hygiene Health Education (Pkph) Using Video and Leaflet Media on Adolescent Girls' Knowledge of | Jambi, Indone sia | <i>pre-experimentus</i> ing a one-group posttest approach. This research was conducted at SMA Negeri 2 Jambi City in February 2023. The proportional stratified random | all 220 female students of class 10 of SMA Negeri 2 Kota Jambi with a sample of 76 respondent s | Based on the distribution of the average value of knowledge of young women before, namely 7.50 and after 9.66. Based on the statistical test, the p-value is 0.000, which means there is effectiveness of Personal |

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| | | <p>Physiological Vaginal Discharge at Sman 2, Jambi City</p> | | <p>sampling technique was used.</p> | | <p>Hygiene Health Education (PKPH) using video and leaflet media on young women's knowledge about physiological vaginal discharge. Conclusion: Health education using video and leaflet media is effective in increasing young women's knowledge about physiological vaginal discharge and it is hoped that with this increase in knowledge</p> |
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| | | | | | | they can handle vaginal discharge correctly. |
| 3 | Zahwa Alip Fiah & Elfira Sri Futriani, 2023 | The Relationship Between the Level of Knowledge About Menstruation and Readiness to Face the First Menstruation in Grade VI Students of Sdn Jakamulya V Bekasi Selatan | South Bekasi | <i>cross-sectional</i> to design an analytical survey that only prioritizes the time needed to measure the data on independent and dependent variables | Sixth grade elementary school students | The results of the study from 40 respondents showed that knowledge was lacking (50%), and readiness to face the first menstruation was mostly categorized as not ready (85%). Therefore, the P-Value value was obtained = 0.018 < a = 0.05, so Ho was rejected and Ha was accepted. There is a significant relationship between the |

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| | | | | | | level of knowledge and readiness to face the first menstruation in sixth-grade female students at SDN Jakamulya V, South Bekasi. |
| 4 | Andi Mariani, et al. 2021 | <i>The relationship between knowledge and personal hygiene and the occurrence of sexually transmitted diseases at the Community Health Center Talise, Palu</i> | Palu, Indonesia | case-control study to assess the relationship between knowledge and personal hygiene with the incidence of sexually transmitted diseases | Teenagers who come for health checks, including STD sufferers and non-STD sufferers | At the Talise Community Health Center in Palu, the study focused on variables related to knowledge of personal hygiene and sexual behavior related to sexually transmitted infections. Chi-square statistical test results showed that |

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| | | | | | | <p>the percentage of adolescents with sufficient knowledge was higher in the case group (case group) compared to the control group (control group), at 38.1% and 11.9%, respectively. Furthermore, the percentage of adolescents with sufficient knowledge was higher in the control group compared to the case group, at 88.1% and 61.9%,</p> |
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| | | | | | | <p>respectively. These results indicate that knowledge has a significant correlation with the incidence of STDs in adolescents.</p> |
| 5 | <p>Raissy Amally a Faj'ri, et al. 2022</p> | <p>The Relationship Between the Level of Personal Hygiene Knowledge and the Behavior of Adolescent Girls During Menstruation</p> | <p>Indonesia</p> | <p>The descriptive correlation method used in this study is included in quantitative research. The design in this study uses a cross-sectional approach.</p> | <p>Students at Assu'adaa IT Middle School</p> | <p>The results obtained from this study indicate that the majority of respondents, namely 65 respondents (57.5%) have poor personal hygiene knowledge, while the majority of respondents, namely 59 respondents (52.2%) have poor personal</p> |

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| | | | | | | <p>hygiene behavior. There is a significant relationship between personal hygiene knowledge and hygiene behavior of adolescent girls during menstruation (p value = 0.002).</p> |
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Personal hygiene is the effort made to maintain a person's cleanliness and health, both physically and mentally. Common physical problems include poor personal hygiene, which can increase the risk of urinary tract infections (UTIs). During menstruation, blood and sweat from the body can stick to the vulva, making it wet. If a woman doesn't pay attention to hygiene during this time, moist conditions can occur. Fungus and bacteria can grow in the genital area, causing itching and infection.(Rahayu & Lutfiyati, 2022)

The study results show that adolescent girls' knowledge of menstrual health and hygiene (MHH) is limited. Many adolescent girls do not fully understand MHH, which can negatively impact their physical and mental health. This is in line with research(Njee et al., 2024)Adolescents in low- and middle-income countries have a particularly difficult time approaching menarche because most of them lack information. This gap suggests that more effective educational interventions are needed to improve female students' knowledge. This study emphasizes the importance of knowledge and personal hygiene in preventing STIs among

adolescents. Findings indicate that adolescents with insufficient knowledge have a 4.6-fold higher risk of developing STIs, while those with poor personal hygiene have a 3.4-fold higher risk. The results suggest that strong knowledge about reproductive health can encourage adolescents to take appropriate preventive measures, such as maintaining good personal hygiene. (Mariani et al., 2021)

A study conducted by Robert M. Njee et al. (2024) evaluated adolescent girls' knowledge regarding menstrual health and hygiene (MHH) in Tanzania, focusing on the factors influencing their understanding and the impact of this lack of knowledge. The study showed that the majority of adolescent girls in schools had inadequate understanding of MHH, which could potentially harm their physical and mental health. Demographic factors such as age, the presence of a female guardian, and parental employment status positively contributed to knowledge about MHH. Furthermore, it was found that only a small number of schools had teachers trained in teaching MHH, making education in this context less effective. This article highlights the importance of better education and support from school and family environments, as well as the need to develop supportive policies to improve menstrual hygiene awareness and practices. This is crucial to ensure the health and well-being of adolescent girls as they navigate the transition to puberty and their broader reproductive lives. (Njee et al., 2024)

In a study by Andi Mariani et al. (2021), this study focused on a significant relationship between knowledge and personal hygiene and the incidence of sexually transmitted infections (STIs) among adolescents. The study showed that adolescents with insufficient knowledge had a 4.6-fold higher risk of developing STIs, while those with poor personal hygiene had a 3.4-fold higher risk. These findings highlight the importance of health education that educates adolescents about reproductive health and good hygiene practices. By increasing knowledge and awareness of the importance of personal hygiene, it is hoped that the risk of STIs can be minimized. Good habits in maintaining personal hygiene and sexual health are crucial for preventing infections and improving the overall well-being of adolescents. (Mariani et al., 2021)

In a study conducted by Raissy Amallya Faj'ri et al. (2022), the study used quantitative methods and a descriptive correlation approach with purposive

sampling, involving 113 female students at SMP IT Assu'adaa from May to October 2021. The results showed that the majority of respondents had poor hygiene knowledge and practices. Approximately 57.5% of respondents had low knowledge, and 52.2% demonstrated inadequate hygiene practices. These findings indicate a significant relationship between knowledge and hygiene practices, with a p-value of 0.002, indicating that adolescents with better knowledge tend to practice good hygiene practices. The authors recommend that adolescent girls be more active in seeking information about personal hygiene and seeking support from parents and health workers to improve their knowledge and hygiene practices during menstruation. Higher knowledge is expected to reduce the risk of infection and improve their overall reproductive health.(Amallya Faj'ri et al., 2022)

CONCLUSION AND SUGGESTIONS

Menstrual hygiene among adolescents is still poor, so accurate information is needed to ensure proper personal hygiene practices during menstruation. Adolescent girls still lack understanding of menstrual hygiene and health issues, which can compromise their health. It is crucial for adolescents to gain knowledge and awareness about their reproductive health. This will help them pay more attention to menstrual hygiene. Families, teachers, and health workers are reliable resources that can help adolescents understand the importance of maintaining hygiene during menstruation. This suggests that increasing access to information and investing in health education can improve adolescent hygiene practices, as well as their overall quality of life and health.

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