

Factors Affecting Health Behavior In Female Students During Menstruation At The Ruhul Islam Anak Bangsa (RIAB) Islamic Boarding School In le Eye, Aceh Besar Regency In 2023**Darmiati**

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ABSTRACT

Menstrual Hygiene needs to be done early as an effort to prevent health problems such as Reproductive Tract Infections (ISR). Adolescent girls who behave in poor menstrual hygiene have a 1.4-25.07 times greater risk of developing Reproductive Tract Infections (ISR) and women who have a history of ISR have a greater risk of infertility and cervical cancer. This study aims to determine the factors that influence health behavior in female students during menstruation at the Ruhul Islam Anak Bangsa (RIAB) Mata le Islamic Boarding School, Aceh Besar Regency in 2023. The factors studied include knowledge, attitudes, actions, beliefs in myths, and sanitation facilities. This study used a cross-sectional study design with a total of 218 students. The results of this study showed that most respondents did not believe in the myth of menstrual hygiene (95.0%). Based on the results of the study, there is 1 variable related to menstrual hygiene in Pesantren Ruhul Islam Anak Bangsa (RIAB), namely sanitation facilities (P-Value = 0.000). Based on the results of data processing, it is known that santiwati changes pads less than 3-4 times a day, does not wash female organs properly, does not dry the genitals after washing them, and does not wash her hands before and after changing pads. Efforts that can be made in this case are to collaborate with Pukesmas, Health Offices, Public Health Extension in providing counseling so that the knowledge obtained by students is not wrong and can be converted into a positive attitude and good behavior.

Keywords: Behavior; Personal Hygiene; Menstruation.

ABSTRAK

*Menstrual Hygiene perlu dilakukan sejak dini sebagai upaya pencegahan terjadinya gangguan kesehatan seperti Infeksi Saluran Reproduksi (ISR). Remaja perempuan yang berperilaku *menstrual hygiene* kurang baik memiliki resiko 1,4 – 25,07 kali lebih besar untuk terkena Infeksi Saluran Reproduksi (ISR) dan perempuan yang memiliki riwayat ISR memiliki resiko lebih besar untuk mengalami kemandulan dan kanker serviks. Penelitian ini bertujuan untuk mengetahui faktor-faktor yang mempengaruhi perilaku kesehatan pada santriwati saat menstruasi di Pesantren Ruhul Islam Anak Bangsa (RIAB) Mata le Kabupaten Aceh Besar Years 2023. Faktor-faktor yang diteliti meliputi pengetahuan, sikap, tindakan, kepercayaan terhadap mitos, dan sarana sanitasi. Penelitian ini menggunakan desain studi *cross sectional* dengan jumlah responden sebanyak 218 santriwati. Menggunakan uji *chi-square*. Hasil penelitian ini menunjukkan bahwa sebagian besar responden tidak percaya terhadap mitos *menstrual hygiene* (95,0%). Berdasarkan hasil penelitian terdapat 1 variabel yang berhubungan dengan *menstrual hygiene* di Pesantren Ruhul Islam Anak Bangsa (RIAB) yaitu sarana sanitasi (P-Value= 0,000). Berdasarkan hasil olah data diketahui bahwa santiwati mengganti pembalut kurang dari 3-4 kali dalam sehari, tidak membasuh organ kewanitaan dengan tepat, tidak mengeringkan kelamin setelah membasuhnya, serta tidak cuci tangan sebelum dan sesudah mengganti pembalut. Upaya yang dapat dilakukan dalam hal ini adalah bekerjasama dengan Pukesmas, Dinas Kesehatan, Penyuluh Kesehatan Masyarakat dalam memberika penyuluhan sehingga pengetahuan yang didapatkan santriwati tidak keliru dan dapat dikonversikan menjadi sikap yang positif dan perilaku yang baik.*

Kata kunci: Perilaku; Personal Hygiene; Menstruasi.

INTRODUCTION

Reproductive health is the most important issue that must be considered by adolescents. Reproductive health includes physical, biological, psychological, mental, spiritual, economic health and is not only free from disease but all things related to its function, so that a person can have a safe and satisfying sexual life before marriage or after marriage.⁽¹⁾ Adolescence is a transitional period from childhood to adulthood which includes physical, psychological, biological and social changes. According to the Indonesian Ministry of Health in 2019, adolescence is where the population is in the age range of 10-18 years. Adolescence for a woman is both a physical and mental change. The arrival of menstruation is one of the signs of women entering puberty.⁽²⁾

The practice of menstrual hygiene in school-age adolescents needs more attention. Lack of knowledge of appropriate menstrual hygiene and many restrictions related to menstruation can have an impact on one's health, education, and psychosocial well-being.⁽³⁾ Poor menstrual hygiene causes adolescents to have a 1.4 to 25.07 times greater risk of developing Reproductive Tract Infections (RTIs).⁽⁴⁾

Seeing the dangers caused by poor menstrual hygiene practices, adolescent girls are required to be able to maintain, maintain, and care for their reproductive health.⁽⁵⁾ Menstrual hygiene practices in adolescents are driven by several factors including adolescents' knowledge about menstruation, parental support, teacher support at school, sources of information obtained by adolescents, peer support, and facilities at school, namely WASH (Water Sanitation, and Hygiene).⁽⁶⁾ Basic school sanitation is the minimum environmental health requirements that every school must have to meet the needs of students and students. The scope of basic sanitation is clean water supply facilities, latrine facilities, garbage disposal facilities, and waste water disposal facilities. Water is a facility that contains clean water in schools, cleanliness of toilets in schools, and physical facilities in school toilets such as tissue, soap, and garbage disposal which are often associated with adolescent menstrual hygiene practices during school activities.⁽⁷⁾

Beliefs and beliefs that menstruation is dirty or unclean have an impact on personal hygiene practices during menstruation which are not supported by water, sanitation, and hygiene facilities at school. Almost all adolescent girls said they had to wash sanitary napkin waste before disposing of it, but most schools did not provide sufficient water or a separate place to practice personal hygiene during menstruation. Furthermore, few schools provided waste bins for disposing sanitary napkins in the toilet, and adolescent girls felt embarrassed when disposing of sanitary napkin waste. The belief of the danger of burning sanitary napkin waste makes adolescent girls reluctant to change or dispose of sanitary napkin waste at school. Among adolescent girls in urban areas, disposable sanitary napkins are commonly disposed of in the trash or landfill (78%). However, only around a quarter of adolescent girls in rural areas disposed of sanitary napkins in the most common way of burying them (38%). More than a quarter of adolescent girls in rural areas dispose of sanitary napkins in flush toilets (21%) or pit latrines (6%). Very few urban and rural adolescent girls disposed of sanitary napkin waste by burning. However, in NTT, South Sulawesi and East Java adolescent girls believe that burning them can cause harm and health consequences such as cancer and pain.⁽⁸⁾

Utilization of facilities and infrastructure in schools, especially those that support students' menstrual hygiene behavior because women need to change sanitary napkins at least once every 4 hours, wash their hands with soap before washing their genital organs, and wash their genital organs with clean water. According to the school sanitation profile in Indonesia, it is known that 12.09% of schools in Indonesia do not have latrines, 35.19% of schools do not have hand washing facilities, and 1 in 2 schools do not have separate latrines for boys and girls. In West Java Province, 24.70% of schools use inadequate water or have no water source, 42.28% of schools do not have handwashing facilities, and 48.40% of schools have gender-segregated toilets.⁽⁹⁾

Based on preliminary studies conducted on 30 female students at Pondok Pesantren Ruhul Islam Anak Bangsa who have experienced menarche (first menstruation), it is known that 30 female students have poor menstrual hygiene behavior. 7 santri do not cut their nails during menstruation even though the nails are already elongated, 8 santri do not wash their hands with soap before changing pads, 6 santri do not wash their hands with soap after changing pads, 5 santri do not wash their hair during menstruation, and 4 santri use tight underwear during menstruation. Information obtained by female students also does not affect the attitude of female students in menstrual hygiene behavior because student services such as the School Health Unit (UKS) are not available so that the lack of role of the UKS in providing information related to good and correct menstrual hygiene.

Based on the results of interviews with the manager of facilities and infrastructure at Pondok Pesantren Ruhul Islam Anak Bangsa (RIAB) obtained data on 71 female bathrooms, 51 male bathrooms, 5 teacher bathrooms, 19 active sinks, 10 damaged sinks, 6 penguin water torrent water reservoirs, 2 active water control tubs 1 not functioning, 6 drilled wells, PDAM, 1 large trash can 38, and 3 small trash cans. However, from the observation of the santriwati, the condition of PDAM water is insufficient because it often turns off, lack of facilities (WC), unavailability of sinks. Based on this background, the researcher wants to know the factors associated with the practice of personal hygiene during menstruation among female students at the Ruhul Islam Anak Bangsa (RIAB) Islamic Boarding School in Mata Ie, Aceh Besar Regency.

The results of the study are expected to be able to provide an overview of the Islamic Boarding School about the knowledge and attitudes of personal hygiene during menstruation, especially for female students to improve menstrual hygiene behavior from various other aspects.

METODE

This research is descriptive analytic using a cross sectional study. Cross sectional research uses measurements and observations made at one time. The research location was at the Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata Ie, Aceh Besar Regency. The research time was conducted on January 11 to January 13, 2023. The population in this study were 480 female students at the Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata Ie, Aceh Besar Regency. The sample of this study was 218 samples of female students at the Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata Ie, Aceh Besar Regency. The sample measurement technique in this study uses the sampling basis of the slovin formula, namely:

Data is obtained from observation or filling out questionnaires to the location using questionnaire sheets directly to female students at the Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB). Data processing techniques carried out in this study are Editing data (checking) which is done after all the data is collected through the data entry list. Coding data (giving code), namely giving code marks to questionnaires that have been filled in with the aim of transferring data, namely the stage for moving data in data processing tables. Tabulating the data is to clarify the data, namely grouping the data of each variable based on the questionnaire to be entered into the table.

HASIL

Overview

Sanitary facilities to support the personal hygiene behavior of adolescent girls during menstruation at MA Pondok Pesantren Ruhul Islam Anak Bangsa are adequate, such as the availability of bathrooms and good clean water.

1. Student Distribution

The total distribution of students, classes, and gender of respondents obtained data that has been listed in table 1.

Table 1. Distribution of students at Pondok Pesantren Ruhul Islam Anak Bangsa (RIAB)

No.	Class	Male	Female	amount
1.	I MA	166	219	385
2.	II MA	107	164	271
3.	III MA	90	97	187
	Total	363	480	843

Based on table 1. it is known that the number of male (I MA) classes is 166 respondents and 219 female respondents, male (II MA) classes are 107 respondents and 164 female respondents. And class (III MA) male as many as 90 respondents and female 97 respondents.

2. Santriwati Sanitation Facilities

The number of sanitation facilities for female students obtained data listed in table 2.

Table 2. Sanitation Facilities for Female Students of Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB)

No.	Sanitation Facilities	Amount
1.	Bathroom	71
2.	Wc	13
3.	Sink	19
4.	Trash Can	41
	Total	144

Based on table 2. it is known that the number of bathrooms is 71, 13 wc, 19 sinks and 41 trash cans.

Research Results

Data collection in this study was carried out starting on January 11 to 13, 2023 with a total of 218 respondents. The data used in this study are primary data obtained directly by researchers using questionnaires including sydodemographic data (identity), about knowledge, attitudes, actions, beliefs in myths and sanitation facilities, Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata le Aceh Besar Regency to determine the level of personal menstrual hygiene behavior of female students in the pesantren.

a. Respondent Characteristics

1. Age of Santriwati

The number of classes and age of santriwati obtained data listed in table 3.

Table 3. Age of Santriwati Pondok Pesantren Ruhul Islam Anak Bangsa (RIAB) Mata le Aceh Besar Regency Year 2023

No.	Class	Age	Total
1.	X	15 Years	89
2.	XI	16 Years	106
3.	XII	17 Years	23
	Total		218

Based on table 3. it is known that the number of age respondents in class (X MA) is 89 respondents, class (XI MA) is 106 respondents and class (X11 MA) is 23 respondents.

2. First Age of Menstruation of Santriwati

The number of first age of menstruation of female students obtained data listed in table 4.

Table 4. First Age of Menstruation of Female Students at Pondok Pesantren Ruhul Islam Anak Bangsa (RIAB) Mata le Aceh Besar Regency Year 2023

No.	First Age of Menstruation	Jumlah
1.	9 Years	53
2.	10 Years	104
3.	11 Years	31
4.	12 Years	14
5.	13 Years	9
6.	14 Years	7
	Total	218

Based on Table 4. the age of the first adolescent girl menstruation occurs mostly at the age of 10 years with a total of 104 respondents.

Data collection in this study was conducted from January 11 to 13, 2023 with a total of 218 respondents. The data used in this study are primary data obtained directly by researchers using questionnaires including sydodemographic data (identity), about knowledge, attitudes, actions, beliefs in myths and sanitation facilities, Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata le

Aceh Besar Regency to determine the level of personal menstrual hygiene behavior of female students in the pesantren.

The results of univariate analysis consisted of menstrual hygiene knowledge, attitudes, actions, belief in myths and sanitation facilities. Based on the results of the study, Knowledge Related to Menstrual Hygiene in Santriwati at Pondok Pesantren Ruhul Islam Anak Bangsa (RIAB), most of the santri do not know things related to menstrual hygiene and care for their reproductive health. Based on the results of the study, the proportion of attitudes related to menstrual hygiene in female students at the Ruhul Islam Anak Bangsa (RIAB) Islamic Boarding School, most of the female students thought that menstrual hygiene behavior was not important not to do in caring for reproductive organs, especially during menstruation. Based on the results of the study, the Proportion of Actions Related to Menstrual Hygiene in Santriwati at Pondok Pesantren Ruhul Islam Anak Bangsa (RIAB) most of the female students lack knowledge to know things related to personal menstrual hygiene. Based on the results of the study, the proportion of believing in myths related to menstrual hygiene in female students was as follows 5% of female students believe in myths, and those who do not believe in myths 95% are related to menstrual hygiene in the form of recommendations or prohibitions in acting when women are menstruating.

Discussion

1. Relationship between Knowledge and Personal Hygiene Behavior in Santriwati at Pondok Pesantren Ruhul Islam Anak Bangsa (RIAB) Mata le Aceh Besar Regency in 2023

Based on the results of data processing of adolescent girls' knowledge of reproductive organ health during menstruation, most respondents' answers showed poor knowledge of the meaning of menstruation, how many times should you change pads in 1 day, the meaning of personal hygiene during menstruation, and what kind of sanitary napkin material should be used during menstruation. This study is in line with research conducted by Fauziah (2018) which states that there is no relationship between knowledge and menstrual hygiene behavior in junior high school and junior high school students in South Jakarta with a P-Value of 0.097, this happens because high menstrual hygiene knowledge cannot make respondents' behavior good.

However, the results of this study are not in line with the results of research conducted by Maharani, et al (2019) that there is a relationship between knowledge and menstrual behavior of female students at the Dar El-Hikmah Islamic Boarding School in Pekanbaru City P-Value 0.002. The inequality of the results of this study with the similarity of the criteria for respondents, most of whom had poor behavior, was because in Maharani's research the results of low knowledge were more, while in this study respondents with low knowledge influenced the respondents' behavior to be less good.

It can be concluded that students' knowledge of reproductive organ hygiene during menstruation is very important for teenagers because it can be the basis for an adolescent to take good actions in maintaining reproductive health during menstruation. Therefore, in dealing with menstruation, teenagers are expected to know about normal menstruation. Where not a few teenagers do not know about menstruation, so that it will affect the behavior of adolescents in maintaining their reproductive health, especially during menstruation.

2. Relationship between Attitude and Personal Hygiene Behavior of Female Santriwati at Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata le Aceh Besar Regency in 2023.

Based on the results of data collection on the attitude of adolescent girls towards reproductive organ health during menstruation, most respondents' answers showed a poor attitude about the importance of information about the hygiene of reproductive organs during menstruation, how to clean / wash female genitalia, how to change underwear at least a day, the importance of drying female organs with dry tissue / banner after washing, and during menstruation whether it is necessary to bathe and shampoo. This study is in line with research conducted by Ristian (2018) that there is no significant relationship between attitude and behavior of menstrual hygiene in female students at Al-Uswah Islamic Boarding School in Semarang (P=0.003).

While research (Maharani, 2019) says that there is a relationship between attitude and menstrual behavior of female students at Dar El Hikmah Islamic Boarding School in Pekanbaru City (P-0.000). This study is in line with the study because both are related to the negative direction, namely that a poor attitude influences respondents to have poor menstrual hygiene behavior greater than the influence of a good attitude to behave well. Thus it can be said that the poor attitude of

santriwati has a big influence on the poor behavior of santriwati. It can be concluded that attitude is a response to a certain stimulus or object that already involves the emotional opinion factor concerned (strongly agree, agree, disagree, strongly disagree). It can also be said that attitude is a syndrome or a collection of symptoms in responding to a stimulus or object. So that attitude involves thoughts, feelings, attention, and other psychological symptoms.

3. The relationship between action and personal hygiene behavior of female students at the Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata le, Aceh Besar Regency in 2023.

Based on the results of data processing of adolescent girls' actions towards the health of reproductive organs during menstruation, most respondents' answers showed poor actions including: using a towel/tissue to dry the genitals and then using a new sanitary napkin, changing sanitary napkins at least every 4-5 hours, washing hair at least 2 times, maintaining the cleanliness of reproductive organs by washing them only when bathing, immediately changing underwear that was exposed to blood during menstruation, and wrapping sanitary napkins with paper/plastic before throwing them in the trash. This study is in line with research conducted by Mutiara (2018) that there is no significant relationship between attitude and behavior of menstrual hygiene in female students at Al-Uswah Islamic Boarding School in Semarang ($P=0.003$).

While research (Tias, 2019) said that there was a relationship between action and menstrual behavior of female students at the Al-Uswah Islamic Boarding School in Semarang ($P=0.000$). Thus it can be said that the poor actions of santriwati have an influence on the poor behavior of santriwati. It can be concluded that action is a response to a certain stimulus or object that already involves the emotional opinion factor concerned (always, often, sometimes, ever, never). It can also be said that action is a syndrome or collection of symptoms in response to a stimulus or object. So that action involves thoughts, feelings, attention, and other psychological symptoms.

4. The relationship between belief in myths and personal hygiene behavior among female students at the Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata le, Aceh Besar Regency in 2023.

Based on the results of data processing, the belief in the myths of adolescent girls about the health of reproductive organs during menstruation, most respondents' answers showed belief in unfavorable myths about beliefs during menstruation should not comb hair, should not wash hair, should not cut hair, should not eat spicy, should not drink medicines, should not exercise, should not do heavy activities / like normal days. The results of this study are in line with research conducted by Fauziah (2019) ($P = 0.021$). The results of this study are in line because respondents both have beliefs in myths that can influence menstrual hygiene behavior to be less good.

However, this study is not in line with research conducted by Matta (2020) which states that there is no relationship between myths and menstrual hygiene behavior ($P=0.472$). This difference can be possible because most of the respondents have belief in myths but more have good menstrual hygiene behavior, it can be concluded that belief is something that is held and believed to be true which is influenced by the perceptions of previous generations. Belief is a belief that a phenomenon or an object is true or real. Religion/belief, trust, and truth are words used to express or define trust as we know that there are many boundaries that develop in Indonesian society regarding menstrual hygiene behavior.

5. The relationship between sanitation facilities and personal hygiene behavior of female students at the Ruhul Islam Anak Bangsa Islamic Boarding School (RIAB) Mata le Aceh Besar Regency in 2023.

Based on the results of data processing, the sanitation facilities of adolescent girls towards the health of reproductive organs during menstruation are the least answers of respondents who show good sanitation facilities regarding toilets, floor brushes are available, in front of the bathroom door, footwear is available. This study is in line with the results conducted by Tarigan (2018) at SMPN 141 South Jakarta which states that there is a significant relationship between the availability of sanitation facilities and hygiene behavior this occurs because both have sanitation facilities that support menstrual hygiene behavior available but do not have an impact according to the behavior of respondents.

However, this is in line with the results of research conducted by (Chandra, 2019) at the Assalafi Al-Fithrah Islamic Boarding School, there is a relationship between sanitation facilities and

menstrual behavior. This is because hygiene is closely related to sanitation where environmental sanitation prioritizes the prevention of environmental factors in such a way as to prevent disease. It can be concluded that the facilities and infrastructure that support the realization of menstrual hygiene behavior include clean and proper toilets, clean water, hand washing soap, and trash cans.

KESIMPULAN

It is recommended to the boarding school to provide information in the form of counseling for santriwati about personal hygiene during menstruation, from health workers such as Puskesmas, or from the boarding school itself to provide information about the dangers of poor personal hygiene behavior during menstruation such as Reproductive Tract Infections (RTI), Urinary Tract Infections (UTI), fungal infections and even increased risk of cervical cancer.

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