

**A DESCRIPTION OF FEMALE ADOLESCENTS' BEHAVIOUR  
REGARDING PERSONAL HYGIENE DURING MENSTRUATION PERIOD  
IN CLASS XI OF SENIOR HIGH SCHOOL AT ALI MAKSUM KRAPYAK  
BOARDING SCHOOL, YOGYAKARTA**

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**ABSTRACT**

**Background:** *Personal hygiene during menstruation is a personal hygiene of adolescent during menstruation that aims to prevent the transmission of disease and enhance feelings of well-being (Sinaga et al., 2017). The highest incidence of reproductive tract infections in the world is in adolescents (35%-42%) and young adults (27%-35%). In 2018, the WHO Regional Office for South-East Asia identified individual or personal hygiene and sanitation as the third and reproductive health as the eighth most significant risk factor for morbidity and mortality in adolescents.*

**Objective:** *to describe the behavior of female adolescent regarding personal hygiene during menstruation in class XI of the Ali Maksum Krapyak Islamic Boarding School in Yogyakarta.*

**Methods:** *The study employed a descriptive, cross-sectional design. The subjects of this study were 51 female teenagers in class XI of a high school at Ali Maksum Krapyak Islamic Boarding School in Yogyakarta. The research instrument employed a questionnaire with the resulting data subjected to univariate analysis.*

**Results:** *The majority of respondents (40 people, 78.43%) were in the good category based on the use of underwear. Similarly, the majority (43 people, 84.31%) exhibited moderate behavior in terms of body and genital hygiene. Furthermore, the majority (37 people, 72.55%) demonstrated good hygiene practices in the use of sanitary napkins. With regard to facial skin and hair care, the majority of respondents (42 individuals, 82,35%) exhibited appropriate behavior. Furthermore, the majority of respondents (30 individuals, 70,59%) had the good category of hygiene behavior during menstruation.*

**Conclusion:** *The majority of female adolescents practiced good hygiene during menstruation*

**Keywords:** *Behavior, menstruation, personal hygiene*

## **GAMBARAN PERILAKU REMAJA PUTRI TENTANG *PERSONAL HYGIENE* SAAT MENSTRUASI PADA KELAS XI SMA DI PONDOK PESANTREN ALI MAKSUM KRAPYAK YOGYAKARTA**

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### **ABSTRAK**

**Latar Belakang:** *Personal hygiene* saat menstruasi adalah kebersihan diri seorang wanita ketika menstruasi yang bertujuan untuk mencegah penyakit serta meningkatkan perasaan sejahtera (Sinaga dkk., 2017). Angka kejadian infeksi saluran reproduksi tertinggi di dunia adalah pada usia remaja (35%-42%) dan dewasa muda (27%-35%). Menurut WHO *Regional Office for South-East Asia* pada tahun 2018, *higiene* individu atau *personal* dan sanitasi berada pada nomer 3 dan kesehatan reproduksi berada pada nomor 8 dalam sepuluh faktor risiko utama penyebab kesakitan/kematian pada usia remaja.

**Tujuan:** Mengetahui gambaran perilaku remaja putri tentang *personal hygiene* saat menstruasi pada kelas XI SMA di Pondok Pesantren Ali Maksum Krapyak Yogyakarta.

**Metode:** Jenis penelitian ini adalah deskriptif, desain *cross sectional*. Subjek penelitian adalah remaja putri kelas XI SMA di Pondok Pesantren Ali Maksum Krapyak Yogyakarta yang berjumlah 51 orang. Instrumen penelitian ini menggunakan kuesioner. Analisis data diukur secara univariat.

**Hasil:** Berdasarkan penggunaan pakaian dalam mayoritas responden dalam kategori baik yaitu 40 orang (78,43%). Berdasarkan kebersihan tubuh dan genitalia mayoritas berperilaku cukup yaitu 43 orang (84,31%). Berdasarkan penggunaan pembalut mayoritas berperilaku baik yaitu 37 orang (72,55%). Berdasarkan perawatan kulit wajah dan rambut mayoritas berperilaku baik yaitu 42 orang (82,35%). Perilaku *personal hygiene* saat menstruasi responden mayoritas dalam kategori baik dengan jumlah 36 orang (70,59%).

**Kesimpulan:** Mayoritas remaja putri memiliki perilaku *personal hygiene* yang baik saat menstruasi.

**Kata Kunci:** Menstruasi, perilaku, *personal hygiene*