

THE CORRELATION BETWEEN PERSONAL HYGIENE OF ADOLESCENT GIRLS DURING MENSTRUATION TOWARD THE INCIDENCE OF PRURITUS VULVAE AT ONE OF THE HIGH SCHOOLS IN DOLOK SANGGUL

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**HUBUNGAN PERSONAL HYGIENE REMAJA
PUTRI SAAT MENSTRUASI DENGAN
KEJADIAN PRURITUS VULVAE PADA
SALAH SATU SMA DI DOLOK SANGGUL**

**THE CORRELATION BETWEEN PERSONAL
HYGIENE OF ADOLESCENT GIRLS DURING
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PRURITUS VULVAE AT ONE OF THE HIGH
SCHOOLS IN DOLOK SANGGUL**

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ABSTRACT

Pruritus vulvae is an itching sensation in the female genitalia area during menstruation, caused by the growth of fungi and bacteria. Based on the initial survey conducted by the researcher, it shows that young women experience itching and redness in the female genital area. This study aims to determine the relationship between personal hygiene behavior during menstruation and the incidence of pruritus vulvae in adolescent girls at one of the high schools in Dolok Sanggul. This study was conducted using the analytic quantitative method with a cross-sectional design. The population studied was female adolescent students at one of the high schools in Dolok Sanggul. Sampling in this study used an accidental sampling technique with 41 respondents. This study used a personal hygiene behavior questionnaire and the incidence of pruritus vulvae, all of which were declared valid and reliable. The data were analyzed using univariate and bivariate tests with the chi-square test. The results obtained showed that there was no relationship between personal hygiene behavior during menstruation and the incidence of pruritus vulvae (p-value = 0.629), and for further research, recommendations need to be made about the factors that influence the incidence of pruritus vulvae.

Keywords: Hygiene, Menstruation, Pruritus Vulvae

INTRODUCTION

Reproductive health is the state of a healthy reproductive system that is free from disease or disability (WHO, 2022). Reproductive health is important to get attention to, especially among adolescents who are experiencing a period of rapid physical, psychological, or intellectual growth and development (Bone et al., 2022).

Adolescents are included in the age group of 10–19 years and experience a transition period from children to adults, which is characterized by physical, sexual, and psychological changes (WHO, 2018) as well as the growth of secondary sexual signs (Harahap, 2021) such as breast enlargement, pubic hair growth, and menstruation (Ashari, 2019).

Menstruation is a biological process that causes the shedding of the uterine wall (Dartiwen & Aryanti, 2022). During menstruation, the blood vessels of the uterus are prone to infection, pruritus vulvae can also be due to moist vaginal conditions (Ashari, 2019).

Personal hygiene during menstruation plays an important role in determining reproductive health (Bone et al., 2022). As many as 5.2 million Indonesian adolescents often experience complaints of pruritus vulvae after menstruation. This is due to a lack of personal hygiene behavior.

As many as 63 million out of 69.4 million adolescents have poor personal hygiene (Kemenkes RI, 2015). Poor hygiene behavior can lead to reproductive tract infections. (Bone et al., 2022).

¹ Pruritus vulvae is a severe itching sensation in the external genitalia of women during menstruation due to the moist feminine area, so that fungi and bacteria thrive and cause itching (Hubaedah, 2019). Pruritus vulvae can be prevented with good personal hygiene behavior (Pandelaki et al., 2020). Hubaedah (2019) research stated that poor personal hygiene behavior resulted in an increased incidence of pruritus vulvae. Germany recorded an incidence of pruritus vulvae ranging from 5–10% (Woelber et al., 2020)

and in the United States, the rate of vaginitis reported by general gynecology clinics is 32%–64% (Parsapure et al., 2016), likewise, in the UK, about 67.3% of doctors reported that there were five patients in one month who experienced pruritus vulvae. (Raef & Elmariah, 2021).

Based on the initial survey, 100% of adolescent girls have experienced itching and redness in the female area; adolescent girls rarely change sanitary napkins every 4 hours; and 60% do not know well about personal hygiene. Based on this phenomenon, researchers are interested in conducting research on the relationship between the personal hygiene behavior of adolescent girls during menstruation and the incidence of pruritus vulvae at one of the high schools in Dolok Sanggul.

METHOD

This study used a quantitative correlational method with a cross-sectional design. ² The independent variable in this study is personal hygiene behavior during menstruation, and the dependent variable is the incidence of pruritus vulvae in one of the schools in Dolok Sanggul.

¹ The population of this study were all students of class XII with the age of 18 years and over in one of the high schools in Dolok Sanggul. The sampling technique used is accidental

sampling, with a total sample of 41 respondents in accordance with the inclusion criteria in this study, namely a XII grade student aged 18 years in one of the high schools in Dolok Sanggul and willing to be a respondent, while the exclusion in this study is a XII grade student aged 18 years in one of the high schools in Dolok Sanggul who experiences amenorrhea.

The instruments used in this study were a personal hygiene behavior questionnaire and a pruritus vulvae questionnaire, both of which had been tested for validity and reliability by previous researchers. The personal hygiene behavior questionnaire consists of 18 statements with a validity value of $r_{count} > r_{table}$ with a range of 0.36 - 0.987 with $r_{count} > r_{table}$ 0, 25, and the results of the behavior questionnaire reliability coefficient are 0.912, which is declared reliable because the Cronbach alpha value is obtained > 0.7 . The pruritus vulvae questionnaire consisted of 10 questions. The results of the validity test of the pruritus vulvae questionnaire were declared valid with a $r_{count} > r_{table}$ ($r > 0.251$), and the reliability value was 0.790 and declared reliable because the Cronbach alpha value was obtained > 0.7 .

Ethical principles in this data collection research include beneficence, respect for human dignity, and justice.

This study has gone through an ethical review by the Ethics Commission of the Faculty of Nursing, Pelita Harapan and obtained an ethical problem-free letter with letter number No. 009/KEPFON/I/2023). This study used univariate and bivariate data analysis with the Pearson Chi-square test.

RESULT

This study produced data on the characteristics of respondents (age, menstrual cycle, length of menstruation, frequency of use of sanitary napkins, source of information), the results of personal hygiene behavior, the results of the incidence of pruritus vulvae, and the relationship between personal hygiene behavior and the incidence of pruritus vulvae.

Table 1. Respondent characteristics (n=41)

Category	Frequency (n)	Percentage (%)
Age		
18 years	36	87.8
19 years	5	12.2
Menstrual cycle		
Regular	41	100
Irregular	0	0
Lama Menstruasi		
4-7 hari	38	92.7
>7 hari	3	7.3
Frequency of sanitary pad use		
4-6x a day	18	43.9
<4x a day	23	56.1
Source of information		
Parents/family	14	34.1
School	6	14.6
Television/Radio	0	0
Internet/social media	18	43.9
Newspaper/Magazine	0	0
Health workers	3	7.3

Based on table 1, 87.8% of respondents were 18 years old, all of whom had normal menstrual cycles, with 92.7% of respondents having a length of menstruation of 4–7 days. As many as 56.1% of respondents had a frequency of using sanitary napkins less than 4 times a day, and as many as 43.9% of female students got their source of information about pruritus vulvae from the internet or social media.

Table 2. Personal hygiene behavior during menstruation

Category	Frequency (n)	Percentage (%)
Good	15	36.6
Enough	26	63.4

Table 2 shows that 63.4% of female adolescents at one of the high schools in Dolok Sanggul have enough personal hygiene behavior during menstruation.

Table 3. Incidence of pruritus vulvae

Category	Frequency (n)	Percentage (%)
Yes	7	17.1
No	34	82.9

Table 3 shows that 82.9% of adolescent girls in one school in Dolok Sanggul did not experience pruritus vulvae.

Table 4. The relationship between personal hygiene behavior and the incidence of pruritus vulvae

Personal hygiene behavior	Pruritus vulvae				P-value
	Yes		No		
	f	%	f	%	
Good	2	13.3	13	86.7	0.629
Enough	5	19.2	21	80.8	

Table 4 shows the results of the bivariate analysis of personal hygiene behavior with the incidence of pruritus vulvae, indicating that 80.8% of

respondents have sufficient or enough personal hygiene behavior and do not experience pruritus vulvae.

DISCUSSION

The results of this study showed that 87.8% of respondents were 18 years old. At this age, adolescents are able to think logically about how to prevent health problems during menstruation by maintaining personal hygiene. Besides that, adolescents are also able to know the positive and negative impacts if they do not perform personal hygiene during menstruation (Alfi, et. Al, 2022). All respondents have a regular menstrual cycle, and 92.7% have a menstrual duration of 4–7 days. According to Sinaga (2020), the normal cycle range is 28–35 with a menstrual duration of 3–8 days, while the menstrual cycle is abnormal if it is less than 21 days or more than 40 days.

The study found that 56.1% of respondents used sanitary napkins less than four times per day. Laili (2019), in her research, found that adolescents do not often change their pads because they are wasteful. Sholahuddin (2013) stated in his research that changing pads should be done every 5–6 hours during menstruation because the use of pads that are too long can cause the moisture of the genitalia area to not be maintained, so that fungi and bacteria can develop and cause infection.

This study found that 43.9% of respondents used the internet or social media as a source of information, and 34.3% used their parents. The internet is a medium that can be used to access information about personal hygiene behavior. The internet or social media can be easily accessed by adolescents through smartphone platforms, websites, and social media (Ria et al. 2020). Parents also serve as the main source of information for girls regarding menstrual health management education (Sassi Mahfoudh et al., 2018).

The results of this study showed that 63.4% of respondents had adequate personal hygiene behavior during menstruation. This can occur because young women do not understand personal hygiene issues and often consider personal hygiene as a normal thing, and they do not know the negative impact if they do the wrong personal hygiene. Another factor causing the lack of personal hygiene behavior is the lack of knowledge of adolescent girls about vulva hygiene. This is evidenced by the data obtained, which shows that 56.1% of adolescent girls change sanitary napkins during menstruation <4 times a day. According to Firdaus and Astuti (2019), this can cause the genital area to become moist so that germs and fungi can multiply quickly; therefore, adolescent girls need to pay attention to personal hygiene appropriately.

Based on the results of this study, 82.9% of respondents did not experience pruritus vulvae, in accordance with the research of Khatib et al. (2019), where personal hygiene behavior is good about inflammation in the vagina, which if left unchecked can cause pruritus vulvae. Based on this study, the factor that may cause pruritus vulvae during menstruation is hygiene behavior (Hubaedah, 2020). According to Pandelaki (2020), a lack of vaginal hygiene can cause the occurrence of pruritus vulvae.

In the results of this study, 80.8% of respondents had sufficient personal hygiene behavior and did not experience pruritus vulvae. This study is not in accordance with the research of Hubaedah (2019), as as many as 50 people have poor behavior and 47 people experience pruritus vulvae. This shows that good hygiene behavior during menstruation can prevent pruritus vulvae. Personal hygiene behavior can affect the incidence of pruritus vulvae. The knowledge gained by adolescent girls at one of the high schools in Dolok Sanggul also determines the behavior of adolescent girls. Information about personal hygiene from the internet, social media, and parents greatly influences the behavior of adolescent girls.

CONCLUSION

This study shows that there is no relationship between personal hygiene behavior of adolescent girls during menstruation with the incidence of pruritus vulvae at one of the Dolok Sanggul State High Schools. This result is influenced by the source of information obtained by the majority of respondents through the internet or social media, which is a source of information that is easy to use and access, so that this can increase adolescents' knowledge and understanding of reproductive health, likewise, the role of parents, who are the main source of information for their daughters regarding reproductive health management education during menstruation.,.

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