

## THE RELATIONSHIP BETWEEN KNOWLEDGE AND ATTITUDE OF MENSTRUAL HEALTH MANAGEMENT AMONG ADOLESCENT GIRLS IN RURAL AREA

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### ABSTRACT

Menstrual health management is a way to maintain cleanliness and health when women are menstruating, poor knowledge and attitudes can lead to poor Menstrual Health Management which can cause diseases of the female reproductive organs. Objective: This study is to determine the relationship between knowledge and attitudes of adolescent girls with menstrual health management at the adolescent health post in the working area of Baran Timur village. Methods: This study is a quantitative study with a cross-sectional approach. the population in this study were adolescent girls who had menstruated with a total of 87 respondents who were taken through total sampling. Data collection using questionnaires and data analysis using chi-square test. Results: Bivariate analysis showed a p value of 0.016 for the relationship between knowledge and menstrual health management and a p value of 0.029 for the relationship between attitude and menstrual health management where the value is less than 0.05 so that  $H_0$  is accepted which means there is a relationship between knowledge and attitude of adolescent girls with menstrual health management. Conclusion: It is expected to further improve the knowledge of menstrual health management so that attitudes become better.

**Keywords:** *Menstrual health management, knowledge, attitude, adolescent girls*

### INTRODUCTION

Adolescence is a transition period or a transition period from childhood to adulthood which is shown in girls who are preceded by menstruation, this is called puberty. In ancient times, children were said to be adolescents if they already knew reproduction (Herawaty Purba et al., 2021). According to the World Health Organization (WHO) adolescence begins in the age range of 10-19 years. The total population in Indonesia spreads as many as 270,230,917 individuals, as many as 17% or 46 million of the population are teenage children with an age range of 10-19 years. which is divided into 48% female adolescents and 52% male adolescents. The highest adolescent population is in the provinces of West Java 18%, East Java 16%, Central Java 14%, North Sumatra 5%, Banten 4.6%, DKI 4.1%. Meanwhile, data from the provinces with

the lowest number of adolescents are West Sulawesi 0.5%, North Maluku 0.4%, Gorontalo 0.4%, West Papua 0.3%, North Kalimantan 0.2%. (United Nations children's Fund, 2021). Meanwhile, the population of adolescent girls in Riau Islands is 12,347,700 people, and the population of adolescent girls in Karimun Regency is 1,906,500 people (Riau Islands Province Statistics Center Agency, 2020). Menstrual Health Management (MHM) is a procedure for maintaining the hygiene and health of women's reproductive organs during the menstrual period. Where women must be able to use clean sanitary napkins and change pads as often as possible during menstruation in order to avoid Cervical Cancer, Reproductive Tract Infections (ISR) (Sitohang & Adella, 2020).

According to data from the World Health Organization 2020 in 2020, an estimated 604,000 new cases in women diagnosed with cervical cancer worldwide and about 342,000 women died from the disease. Data from GLOBOCAN (Global Cancer Observatory), as many as 604,127 cases of women in the world suffer from cervical cancer, and 4819 cases in young women with an age range (20-24 years) and 1055 deaths (World Health Organization, 2020).

Based on data from the Global Cancer Observatory, 2020 states that at least 36,633 new cases of cervical cancer in 2020 in Indonesia (Ministry of Health of the Republic of Indonesia, 2020) Then from the Riau Islands Province cancer early detection report in 2022, 13 people per thousand women with Pre-Cancerous Lesions were found, and 6 women were detected with cervical cancer (Riau Islands

Provincial Health Office, 2020) after that data from Karimun Regency found 8 positive VIA cases and 0 suspected cancer cases (Riau Islands Provincial Health Office, 2021) and in the East Baran village with 2 suspected cases of cervical cancer.

However, unfortunately menstruation and reproductive organs are topics of conversation that are still considered taboo or considered impolite by the community, which results in many deviations of adolescent girls in maintaining personal hygiene and reproductive organs during the menstrual period, which has many impacts felt by these adolescent girls (Mumtaz et al., 2019).

One of the efforts in realizing female adolescents who are able to manage menstrual health management (MHM) is starting from the first step. Some interesting initiatives led by academics, which educate and encourage parents to communicate with their daughters and sons about puberty and menstruation are being implemented by the Families Matter Program while these

initiatives are important and promising first steps, greater uptake and commitment are needed to fulfill girls' rights related to menstrual knowledge, health and hygiene (Chandra-Mouli & Patel, 2020).

The preliminary study was conducted on Friday, June 2, 2023, the preliminary study was conducted on 10 adolescent girls in the East Baran village area, after conducting interviews with several questions I then got the results of 7 out of 10 adolescent girls still did not know how to wash their genitals properly, after that 2 of them did not change underwear when changing pads, and 1 person still used traditional cloth pads and considered it normal. Then after that it was found that 8 of the young women experienced vaginal discharge and 2 of them had vaginal discharge coupled with itching and a pungent odor. This happened because of the lack of knowledge and the lack of curiosity attitude of adolescents regarding menstrual health management, whereas as we know in a sophisticated era like now all information can be easily obtained at our fingertips, but because of the lack of curiosity that causes adolescents do not know how to manage menstrual health properly and correctly.

## METHOD

### Type of Research

This study uses descriptive analytic research design which is to describe the independent or dependent variables using the cross sectional method, which is a method of data collection carried out at one time measurement. This method aims to determine the relationship between knowledge and attitudes of adolescent girls towards menstrual health management at the adolescent posyandu in the work area of the eastern baran village.

### Location and Time of Research

This research was conducted at Posyandu Remaja Ceria in the Working Area of Baran Timur Village on August 18 to August 23, 2023

## RESULT AND DISCUSSION

### Relationship between Adolescent Girls' Knowledge and Menstrual Health Management

Pengetahuan	Menstrual Health Management						P Value
	Baik		Kurang		Total	%	
	N	%	N	%			
Tinggi	11	64,7	6	35,3	17	100	0,016
Sedang	12	44,4	15	55,6	27	100	
Rendah	11	25,6	32	74,4	43	100	
Total	34	39,1	53	60,9	87	100	

This research is also in line with (Herawaty Purba et al., 2021) which in the study used a pre post test, with a total of 32 respondents of adolescent girls who were already menstruating then obtained the pre-test results that the category of knowledge of menstrual health management of adolescent girls was in the poor category, namely 22

### Relationship between Adolescent Girls' Attitudes and Menstrual Health Management

Sikap	Menstrual Health management						P Value
	Baik		Kurang		Total	%	
	N	%	n	%			
Positif	12	60,0	8	40,0	20	100	0,029
Negatif	22	32,8	45	67,2	67	100	
Total	34	39,1	53	60,9	87	100	

This research is in line with (Rahmanisa, n.d.) with a research sample of 82 respondents, and obtained the results of attitudes with negative menstrual health management as many as 26 respondents (55.3%). Then the research conducted by (Mukarramah, 2020) is in line and it is known that out of 54 respondents with negative attitudes as many as 27 respondents (50.0%). After that it was strengthened by research conducted (Solihat Holida & Sri, n.d.) with 45 respondents, and obtained the results of attitudes with menstrual health management, namely negative 27 respondents (62.1%).

The results in this study are attitudes with menstrual health management in the negative category are still high, where there are still many young women who do not know how to behave properly and correctly due to lack of knowledge, this is also in line with existing theories and journals so that there is no gap between the theory and the results of the research conducted

### Relationship between knowledge and attitude of adolescent girls with menstrual health management

Based on the results of research on the relationship between knowledge and attitudes of adolescent girls with menstrual health management at the adolescent health post in the working area of the eastern baran village, it shows that out of 87 respondents, high knowledge with good menstrual health management was 11 respondents (64.7%), high knowledge with poor menstrual health management was 6 respondents (35.3%). Moderate knowledge with good menstrual health management was 12 respondents (44.4%), moderate knowledge with poor menstrual health management was 15 respondents (55.6%). Low knowledge with good menstrual health management was 11 respondents (25.6%), low knowledge with poor menstrual health management was 32 respondents (74.4%).

Based on the results of the analysis of the relationship between knowledge and menstrual health management, Pearson Chi-Square Asymptotic Significance (2-sided)  $0.016 < 0.05$  means that the  $p$  value  $< \alpha$  (0.05), this analysis shows that knowledge has a significant relationship with menstrual health management in the adolescent posyandu in the working area of the eastern baran village.

This research is in line with (Putri Nicky Antika, n.d.) through data analysis with the chi-square test using spss shows that the P Value of the results of this study is 0.046, therefore based on the chi square statistical test obtained  $P < 0.05$ . So that statistically there is a relationship between the knowledge of adolescent girls with menstrual health management. Then this study is also in line with (Manase et al., n.d.) with 36 adolescent respondents, by conducting a chi-square test in spss it was found that based on the results of the chi-square test analysis showed  $p = 0.005$  this is smaller than the  $\alpha$  value of 0.05 ( $p < \alpha$ ), meaning that there is a relationship between the attitude of adolescent girls towards readiness to face menarche. And this study is in line with research conducted by (Rini Aryani Yamin et al., n.d.)

the results of statistical analysis of Continuity Correction obtained a significant value of 0.000 and  $\alpha$  is 0.05, the value is smaller than  $\alpha$ , then the  $H_0$  hypothesis is rejected and  $H_a$  is accepted, namely there is a relationship between attitude and menstrual hygiene practices. This means that the attitude has a strong level of relationship with personal menstrual hygiene of female students of Pesantren Ummul Mukminin Makassar City

## CONCLUSION

Knowledge of adolescent girls with menstrual health management at the adolescent health post in the working area of Baran Timur Village is in the lack category 43 (49.4%). The attitude of adolescent girls with menstrual health management at the adolescent health post in the working area of Baran Timur Village is in the negative category 67 (77.0%). There is a relationship between the knowledge of adolescent girls with menstrual health management at the adolescent health post in the working area of Baran Timur Village with a p value = 0.016 or p value =  $< \alpha$  0.05. There is a relationship between the attitude of adolescent girls with menstrual health management at the Youth Posyandu in the working area of Baran Timur Village with a p value = 0.029 or p value =  $< \alpha$  0.05.

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