

THE EFFECT OF HEALTH EDUCATION ON CHANGES IN
PERSONAL HYGIENE BEHAVIOR IN ADOLESCENT
WHEN MENSTRUAL AT IBNU MAS'UD ISLAMIC
BOARDING SCHOOL FOR FEMALE

Submitted to Fulfill One of The Graduation Requirements in The Undergraduate Nursing
Study Program

Aranged by:
GIEVA MAGFIRAH
SRN. 1814201310008

UNIVERSITY OF MUHAMMADIYAH BANJARMASIN
FACULTY OF NURSING AND HEALTH SCIENCES
NURSING UNDERGRADUATE STUDY PROGRAM
BANJARMASIN, 2022

THESIS SUPERVISORS APPROVAL

This thesis entitled "The Effect of Health Education on Changes in Personal Hygiene Behavior in Adolescent When Menstrual at Ibnu Mas'ud Islamic Boarding School for Female" made by Gieva Magfirah, 1814201310008, has been checked and approved by the supervisors, and will be defended in front of the Board of Examiners for the Thesis Seminar Undergraduate Nursing Study Program, Faculty of Nursing and Health Sciences, the University of Muhammadiyah Banjarmasin.

Banjarmasin, 18 July 2022

The First Supervisor,



Dewi Kartika Wulandari, Ns., M.Kep
LRN. 01 23041989 119 006 014

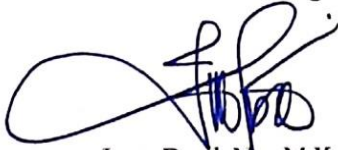
The Second Supervisor,



Rida' Millati, Ns., M.Kep.
LRN. 01 06021989 041 007 008

Acknowledged by:

The Head of Undergraduate Nursing Study Program



Izma Daud, Ns., M.Kep
LRN. 01 16071984048 003 010



VALIDATION SHEET

Title

**THE EFFECT OF HEALTH EDUCATION ON CHANGES IN PERSONAL
HYGIENE BEHAVIOR IN ADOLESCENT
WHEN MENSTRUAL AT IBNU MAS'UD ISLAMIC
BOARDING SCHOOL FOR FEMALE**

Written by

Gieva Magfirah

Has been examined and defended

On 21st July 2022

Examiners Panel:

Examiner 1 :

Dewi Kartika Wulandari, Ns., M.Kep
ERN. 01 23041989 119 006 014

Examiner 2 :

Rida Millati, Ns., M.Kep
ERN. 01 06021989 041 007 008

Examiner 3 :

Dessy Hadrianti, Ns., M.Kep
ERN. 01 12121985 071 011 011

Thesis has been accepted as the requirement to obtain Bachelor in Nursing (BA in Nursing)
From Nursing Undergraduate Program
Faculty of Nursing and Health Sciences
Universitas Muhammadiyah Banjarmasin

Banjarmasin, 04th August 2022

Acknowledged by,

Dean,

Solikin, Ns., M.Kep., Sp.Kep.MB
ERN. 01 29071979 018 003 002

Head of Nursing Undergraduate Program,

Izma Daud, Ns., M.Kep
ERN. 01 16071984 048 003 010

PUBLICATION AGREEMENT STATEMENT

I, the undersigned:

Name : Gieva Magfirah
SRN : 1814201310008
Study Program : Bilingual Nursing Undergraduate Program
Type of Product : Thesis

As an academic community of the University of Muhammadiyah Banjarmasin, the Faculty of Nursing and Health Sciences, which participates in supporting the development of science, agreed to give the University of Muhammadiyah Banjarmasin the Faculty of Nursing and Health Sciences the Royalty Free Right for my scientific work entitled:

”Title : The Effect of Health Education on Changes in Personal Hygiene Behavior in Adolescent When Menstrual at Ibnu Mas’ud Islamic Boarding School for Female”

With this Royalty Free Right, the University of Muhammadiyah Banjarmasin, Faculty of Nursing and Health Sciences has complete freedom to save, edit, transfer to different formats/media, manage it in the form of a database, and publish my thesis with the consideration that it still includes the name of the author/creator and as the copyright owner with all existing devices (if required).

Hereby this statement is made truthfully.

Made in : Banjarmasin
Date : July 19, 2022
The Author,



Gieva Magfirah

DECLARATION OF ORISINALITY

I, the undersigned:

Student's Name : Gieva Magfirah
Study Program : Undergraduate Nursing Study Program For Bilingual
Thesis Title : "The Effect Of Health Education on Changes in Personal
Hygiene Behavior in Adolescent When Menstrual at Ibnu
Mas'ud Islamic Boarding School for Female"

Declaring that this thesis is the result of my own copyright and not plagiarism, as well as the matters related to the content, the sources cited / referred to, and the techniques in the preparation of this thesis.

I will take full responsibility for this statement, if in the future it is proven that this thesis not the result of my copyrighted work or plagiarism, then I am willing to accept sanctions for these act based on Law No.20 of 2003 concerning the National Education System Article 25 (2) and Article 70.

Made in : Banjarmasin

Date : July 19th 2022

The Author,



Gieva Magfirah

**UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF NURSING AND HEALTH SCIENCES**

Thesis, July 2022

**Gieva Magfirah
1814201310008**

**The Effect of Health Education on Changes in Personal Hygiene Behavior in
Adolescent When Menstrual at Ibnu Mas'ud Islamic Boarding School for Female**

Abstract

The incidence of reproductive tract infections is highest globally at the age of 35% to 42% (WHO 2017). According to the statistical data of Riskesdes 2018 in Indonesia, 43.3 million teenagers 10-14 years old have very bad hygiene behavior. The purpose of this study was to examine the effect of health education on changes in personal hygiene behavior in adolescents during menstruation at the Ibnu Mas'ud Putri Islamic boarding school before and after being given health education. The research design used was Quasi Experiment with One Group pre- and post-test designs. Sampling in this study using total sampling. The population from class VIII in Ibnu Mas'ud Boarding School is 34. The sample taken was an eighth-grader with ages 13-14 and with total population 34 respondent. The results of the wilcoxon test show a significance value of 0.000 on the questionnaire and observations sheet (p value $0.000 < \alpha 0.05$). The average score of personal hygiene behavior during menstruation was 69.38 and the average post-test score is 96.91 so that it can be stated that there is a strong effect of health education on changes in personal hygiene behaviour in adolescent when menstrual at Ibnu Mas'ud Islamic Boarding School. Special attention is need to provide health education both at the school and the public health center.

Keyword : Behavior, Health education, Personal hygiene
References : 82 (2011-2021)

PREFACE

Bismillahirrahmannirrahiim

Assalamu'alaikum Warahmatullahi Wabarakatuh

Praise be to Allah Subhana Wa Taala for all His grace and gifts that never stop being poured out on all His servants who want to pray and try endlessly. Salawat and greetings have given to our lord the great Prophet Muhammad Sallallahu Alaihi Wassalam, for the strength and ability have given by him finally the researcher can complete this thesis.

The completion of this thesis cannot be separated from the help of various parties, on this occasion the researcher would like to thank:

1. Mr. Prof. Dr. H. Ahmad Khairuddin, M.Ag. the Rector of the University of Muhammadiyah Banjarmasin.
2. Mr. Solikin, Ns., M.Kep., Sp.Kep.MB, the Dean of the Faculty of Nursing and Health Sciences, the University of Muhammadiyah Banjarmasin.
3. Mrs. Izma Daud, Ns., M.Kep, the Head of Undergraduate Nursing Study Program, Faculty of Nursing and Health Sciences, University of Muhammadiyah Banjarmasin
4. Mrs. Dewi Kartika Wulandari, Ns., M.Kep. as the first supervisor who has provided many directions, guidance, and improvements in terms of materials and suggestions for my thesis.
5. Mrs. Rida' Millati, Ns., M.Kep., as the second supervisor on the research methodology as well as writing technique who has provided guidance with great patience.
6. Mrs. Dessy Hadrianti, Ns., M.Kep as the third examiner who has provided input and suggestions for the good of my research
7. All lecturers and staff at the University of Muhammadiyah Banjarmasin who have provided a lot of knowledge and helped to finish this thesis.

8. The Director of Ibnu Mas'ud Islamic Boarding School for Female, South Kalimantan Province and all staff who have provided opportunities and facilities so the researcher can complete this thesis.
9. My father, my mother, and my extended families who are very dear to the researcher, who pray, provide support, and facilitate the success of the researcher to complete this thesis.
10. All respondents who have taken the time and willingness to participate in this study.
11. My dear friends at the University of Muhammadiyah Banjarmasin and all parts that the researcher cannot mention one by one who have helped and provided support.
12. And all those who have helped the completion of this thesis. I apologize for any mistakes and immodesty that I may have made. May Allah SWT always facilitate each of our steps towards goodness and always bestows His love for all of us. Amieen.

The researcher realizes that this thesis has shortcomings therefore; the researcher expects constructive criticism and suggestions from all parties for the perfection of this thesis. In conclusion, the researcher would like to express his gratitude and hope that this thesis can be useful for all parties in general and the individual researcher in particular.

Banjarmasin, 19 July 2022



Gieva Magfirah

TABLE OF CONTENTS

THESIS SUPERVISORS APPROVAL	ii
THESIS VALIDATION	iii
PUBLICATION AGREEMENT STATEMENT	iv
DECLARATION OF ORISINALITY	v
ABSTRACT	vi
PREFACE	vii
TABLE OF CONTENTS	ix
LIST OF TABLE	xi
LIST OF SCHEME	xii
LIST OF ATTACHMENT	xiii
CHAPTER 1 PRELIMINARY	1
1.1 Background	1
1.2 Formulation of the problem	5
1.3 Research purposes	5
1.4 Benefit of research	5
1.5 Related research	6
CHAPTER 2 LITERATUR REVIEW	10
2.1 Health Education Concept	10
2.2 Behavior Concept	18
2.3 <i>Personal Hygiene</i>	26
2.4 Teen Concept	38
2.5 Definition of Islamic Boarding School	42
2.6 Theoretical framework	43
2.7 Conceptual framework	44
2.8 Hypothesis	44
CHAPTER 3 RESEARCH METHODOLOGY	45
3.1 Research design	45
3.2 Research variable	45
3.3 Operational Definition	46
3.4 Population and Sample	47
3.5 Place and time of research	48
3.6 Research Instruments	48
3.7 Data collection technique	50
3.8 Data analysis	53

3.9 Research Ethics	54
CHAPTER 4 RESULT AND DISCUSSION	56
4.1 Research result	56
4.2 Data analysis	58
4.3 Discussion	65
4.4 Research Limitations	80
4.5 Implication	81
CHAPTER 5 CONCLUTION AND SUGGESTION	83
5.1 Conclusion	83
5.2 Suggestion.....	84
REFERENCES	86

LIST OF TABLE

Table 3.1 Operational Definition of Dependent and Independent Variable	46
Table 4.1 Respondent Age.....	58
Table 4.2 Respondent Class.....	59
Table 4.3 Respondent's Resources.....	59
Table 4.4 Resources of Information.....	60
Table 4.5 Menstrual Cycle.....	60
Table 4.6 Age at first menstruation.....	61
Table 4.7 Description of Respondents' Behavior Before Giving Health Education About Changes in Personal Hygiene Behavior During Menstruation.....	62
Table 4.8 Description of Respondents' Behavior After Being Given Health Education About Changes in Personal Hygiene Behavior During Menstruation.....	63
Table 4.9 Normality Test Results.....	64
Table 4.10 Bivariate Table.....	65

LIST OF SCHEME

Scheme 2.1 Theoretical framework.....	43
Scheme 2.2 Conceptual framework.....	44
Scheme 2.3 Research Concept	46

LIST OF ATTACHMENT

Attachment 1 Study Preliminary Letter	94
Attachment 2 Concultation Advisor Sheet Proposal	95
Attachment 3 Consultation Sheets.....	96
Attachment 4 Research Explanation.....	103
Attachment 5 Respondent Approval.....	105
Attachment 6 Informed Consent.....	106
Attachment 7 Observation Sheet	107
Attachment 8 <i>Satuan Acara Penyuluhan (SAP)</i>	111
Attachment 9 Reseach Time.....	124
Attachment 10 Ethical Approval Letter	125
Attachment 11 Validity Test Request	126
Attachment 12 Research Approval	127
Attachment 13 Data Analysis Output Results	128
Attachment 14 Leaflet.....	133
Attachment 15 Respondent Characteristic Sheet.....	134
Attachment 16 Pre-Test Score.....	136
Attachment 17 Post-Test Score	137
Attachment 18 Documentations	138