

## **CHAPTER 1**

### **PRELIMINARY**

#### **1.1 Background**

Adolescence is a period of transition or transition from childhood to adulthood between the ages of 10-19 years, characterized by physical and psychological changes. One of the physical changes in adolescent girls is menstruation. Regular monthly bleeding is a sign that the reproductive organs have matured and occurs naturally in women. The adolescent stage starts from the age of 10-19 years, making up 42% of the world's population (WHO, 2020). In Indonesia, the number of adolescents aged 10-24 years reached 66.9 million people from a total population of 258.7 million people in 2018. South Kalimantan itself is a province with a considerable number of teenagers, namely 661,295 people from 3,626,616 residents of Kalimantan Salatan province (Bappenas, 2018).

The incidence of reproductive tract infections is highest globally at the age of 35% to 42%. The incidence of reproductive tract infections in Indonesia due to lack of hygiene in the reproductive organs is still very high, ranging from 90 to 100 cases per 100,000 population every year. According to the statistical data of Riskesdes in Indonesia, 43.3 million teenagers 10-14 years old have very bad hygiene behavior (Riskesdes 2018).

The results of research in Indonesia prove that 5.2% of adolescent girls spread across all provinces in Indonesia experience complaints that are often experienced after menstruation due to not maintaining genital hygiene. The main causes of reproductive tract infections are weak immunity (20%), poor menstrual hygiene (30%), and the use of unhealthy sanitary napkins during menstruation (50%) (Surati, 2020).

*Personal hygiene*, especially regarding genital hygiene, is currently a critical issue as a determinant of adolescent health status that affects life because it involves morbidity and complications if adolescents carry out poor genital hygiene. From the beginning, adolescents must be prepared with good knowledge, attitudes and actions. Some activities in maintaining genital hygiene include various things such as washing the vagina from front to back, using clean water without soap or vaginal cleaner, changing sanitary napkins every four hours, using underwear that is not tight and able to absorb sweat and genital hair care (Surati, 2020).

Health behavior is influenced by three important factors, namely, predisposing factors are factors that facilitate a person concerning knowledge, attitudes, beliefs, values and behavior. Enabling factors allow facilitating behavior or actions related to facilities and infrastructure and sources of information. They are reinforcing factors function to strengthen behavior related to parental support, the role of peers and the role of boarding supervisors. Reproductive health problems experienced by adolescents are related to cleanliness and maintaining the health of reproductive organs. (Lawrence Green 1980 in (Nisa et al., 2020)

Sari's research (2013) states that schools can become one of the ideal places to provide health education because of the interaction between students and teachers, which is expected to improve students' health behavior. School is one place that can be used to increase knowledge, one of which is health knowledge to help students stay healthy.

Pondok Pesantren or boarding school is an education system based on Islamic boarding schools and madrasah that aims to carry out comprehensive education in science, technology, and spirituality. The development of modernity which causes parents to be unable to supervise because they have to work, makes boarding school the best choice for entrusting their children.

According to the BKKBN (2013), it is stated that the beliefs, attitudes, and values that exist in Islamic boarding schools and the assumption that pesantren are centers of tarekat and alternative education for children make the culture in Islamic boarding schools somewhat different from the culture of the society in general outside the pesantren. Islamic boarding schools apply rules that limit the interaction between students and the outside world, which aims to become independent and maintain the character and morals of the students. Teenagers in the pesantren environment are known for teenagers who are religious, and always prioritize cleanliness, because they always apply the phrase "Cleanliness is part of faith".

The phenomenon of pesantren youth is indeed very interesting. On the one side, they are teenagers with all their desires, but on the other side, they are required to be role models, and the label of santri is attached to them. The pesantren environment, which tends to be closed from the influence of the outside environment, allows pesantren youth to have difficulty obtaining health information. Information regarding self-care during menstruation is no exception. Although the students have received information about self-care when they are menstruating, the material presented and obtained is not as complete as the material they need, especially from the health aspect.

The provision of this information is in accordance with research conducted by Ayu Tyas Purnamasari, et al (2015) which states that the source of information obtained comes from parents, relatives, friends, teachers, electronic media and also print media that are able to affect personal hygiene behavior during menstruation in adolescents.

The Ibnu Mas'ud Putri Islamic boarding school is already well known among the HSS community and its surroundings because of good education, but in terms of development, environmental cleanliness and facilities and

infrastructure are still considered very lacking compared to the relatively younger Islamic boarding schools scattered throughout Indonesia. HSS and its surroundings. However, the female Ibn Mas'ud Islamic boarding school is still the main choice for parents to entrust their children to study because the female Ibnu Mas'ud is still the only Islamic boarding school equipped with junior high and high school education and is registered with the local education office.

With about 185 people with a large number of dormitories as many as three rooms, and restrooms as many as seven rooms and, and has a bathroom along with pools of about 5 bathrooms located in each dormitory environment, as well as clean water facilities that still use wells and irrigation in the local environment and accommodated in large barrels to be distributed throughout the bathroom and sometimes become an obstacle to clean water facilities when in season. Drought and the utilization of UKS space that is still minimally characterized by human resources that are still lacking.

Based on a preliminary study on 11 February 2021 at the Ibnu Mas'ud Putri Islamic Boarding School with 10 students through interviews, it was found that 5 students behaved in poor hygiene, 2 people behaved in lack hygiene, and 3 people behaved in fairly good hygiene. The personal hygiene behavior of students there is still limited by access to information that is somewhat lacking, plus a lack of knowledge about how to clean the genitalia properly and correctly such as washing the vagina from front to back, plus students are still lazy to change pads about every 2-4 hours, due to lack of information. About the dangers if the pads are rarely changed. Moreover, coupled with the belief in religious myths, it is not allowed to wash hair during menstruation and cut nails.

## **1.2 Formulation of the problem**

Based on the above background, the formulation of the research problem is:

"Is there any effect of health education on changes in personal hygiene behavior in adolescents during menstruation at the Ibnu Mas'ud Putri Islamic boarding school"

## **1.3 Research purposes**

### **1.3.1 General-purpose**

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 counseling.

### **1.3.2 Special purpose**

1.3.2.1 We are identifying personal hygiene behavior in adolescents during menstruation before providing health education at the Ibnu Mas'ud Putri Islamic boarding school.

1.3.2.2 Identify changes in personal hygiene behavior in adolescents during menstruation at the Ibnu Mas'ud Putri Islamic boarding school after the provision of health education.

1.3.2.3 We are analyzing the effect of health education on changes in personal hygiene behavior in adolescents during menstruation at the Ibnu Mas'ud Putri Islamic Boarding School.

## **1.4 Benefit of research**

### **1.4.1 Theoretical Benefit**

The results of this study are expected to be a learning material and reference for knowledge of how health education influences change in personal hygiene behavior in adolescents during menstruation.

## 1.4.2 Applicable Benefits

### 1.4.2.1 For Educational Institutions

The results of this study are expected to be a learning material and reference for those who will conduct research related to personal hygiene behavior during menstruation and further development of related topics.

### 1.4.2.2 For Ibnu Mas'ud Putri Islamic Boarding School

The results of this study are expected to be used as a source of information for teachers, caregivers, and hostel supervisors to provide education, information, and guidance to students regarding good and correct personal hygiene behavior, especially during menstruation.

### 1.4.2.3 For Teenagers at the Ibnu Mas'ud Putri Islamic Boarding School

This research is expected to be able to provide information and education to students who still have poor hygiene behavior and can change the personal hygiene behavior of students to be better than before.

### 1.4.2.4 For Further Researchers

Future researchers are expected to be able to develop this research with other variables to provide the latest innovations in the world of nursing, especially in the field of basic human nursing.

## 1.5 Related research

- 1.5.1 Rizka Angrainy, Lidia Fitri, and Aprilia Utari (2021)" Hubungan Pengetahuan Dengan Perilaku *Personal Hygiene* Saat Menstruasi pada Remaja ". The purpose of the study was to analyze the relationship between knowledge and personal hygiene behavior during menstruation in adolescents. The research design used is quantitative analytic with a cross sectional approach, the data uses univariate and bivariate *Chi*

*Square tests.* The population in this study was 35 young women. Sampling in this study used the total population technique (*total sampling*). For his research place Rizka Angrainy et al were conducted at the Aisyiah Orphanage pekanbaru City. The data used univariate and bivariate Chi-Square tests. The sample in the study of Rizka Angrainy et al with a total of 35 adolescents. The results obtained have sufficient knowledge and have positive behavior in performing Personal Hygiene During Menstruation, namely 15 respondents (65.2%). Statistical test results obtained p value  $0.196 > 0.005$ , which means that there is no relationship between the level of knowledge and the behavior of young women about personal hygiene during menstruation Rizka Angrainy *et al* conducted a study in 2021.

The difference with this study is located in the title of the study, this study is "The Effect of Health Education on Changes in Personal Hygiene Behavior in Adolescents When Menstrual at Pondok Pesantren Ibnu Mas'ud For Female". While the purpose of this study is to find out The Effect of Health Education on Changes in Personal Hygiene Behavior in Adolescents When Menstrual at Pondok Pesantren Ibnu Mas'ud For Female. While this research is a *Quasi Experiment One Group Pre test - post test design* with sampling and carried out with a total sampling technique, and data collection techniques using a pre test - post test questionnaire and analysis using the Wilcoxon test. For research this research was conducted at Pondok Pesantren Ibnu Mas'ud Islamic Boarding School For Female Hulu Sungai Selatan Regency. The sample in the study amounted to 37 people, and this study was conducted in 2022.

- 1.5.2 I Dewa Ayu Alit Maharani Laras, Made Rini Damayanti, I Gusti Ayu Pramitaresthi (2020) " Pengaruh Pendidikan Kesehatan Terhadap Perilaku *Personal Hygiene* saat Menstruasi pada Siswi SMP dan

SMA di Yayasan Pasraman Gurukula Bangli ". This study aims to determine the effect of health education on personal hygiene behavior during menstruation in junior high and high school students at the Pasraman Gurukula Bangli Foundation. The type of research used is quasi-experimental with one group pretest-posttest design. The research sample amounted to 43 people based on total sampling. The interventions provided in the form of health education with lecture and demonstration methods are given four times with a duration of 60 minutes at each meeting. Personal hygiene behavior data during menstruation were collected using knowledge, attitude, and behaviors tested for validity and reliability. The results obtained  $p = 0.001$ ;  $<0.05$ , which means that there is an effect of health education on knowledge, attitudes, and personal hygiene actions for junior high and high school students at the Pasraman Gurukula Bangli Foundation and conducted a study in 2021.

The difference with this study is located in the title of the study, this study is "The Effect of Health Education on Changes in Personal Hygiene Behavior in Adolescents When Menstrual at Pondok Pesantren Ibnu Mas'ud For Female". While the purpose of this study is to find out The Effect of Health Education on Changes in Personal Hygiene Behavior in Adolescents When Menstrual at Pondok Pesantren Ibnu Mas'ud For Female. While this research is a *Quasi Experiment One Group Pre test - post test design* with sampling and carried out with a total sampling technique, and data collection techniques using a pre test - post test questionnaire and analysis using the Wilcoxon test. For research this research was conducted at Pondok Pesantren Ibnu Mas'ud Islamic Boarding School For Female Hulu Sungai Selatan Regency. The sample in the study amounted to 37 people, and this study was conducted in 2022.



1.5.3 Nur Asiah, Dewi Elizadiani Suza, Diah Arruum (2020) “Pengetahuan dan Sikap Remaja Tentang Kesehatan Reproduksi” This descriptive study was conducted at the Amir Hamzah Islamic Education Foundation Junior High School Medan. The sample in this study was 61 students. The instrument used was a questionnaire on knowledge and attitudes of adolescents about reproductive health with a CVI validity test of 0.93 and 0.91 and Cronbach's alpha 0.87 and 0.75. Data analysis using descriptive statistics. The results showed that 70.5% of students had never received information about reproductive health, 62.3% had sufficient knowledge, and 63.9 had good attitudes about reproductive health. Asiah *et al* conducted a study in 2020.

The difference with this study is located in the title of the study, this study is "The Effect of Health Education on Changes in Personal Hygiene Behavior in Adolescents When Menstrual at Pondok Pesantren Ibnu Mas'ud For Female". While the purpose of this study is to find out The Effect of Health Education on Changes in Personal Hygiene Behavior in Adolescents When Menstrual at Pondok Pesantren Ibnu Mas'ud For Female. While this research is a *Quasi Experiment One Group Pre test - post test design* with sampling and carried out with a total sampling technique, and data collection techniques using a pre test - post test questionnaire and analysis using the Wilcoxon test. For research this research was conducted at Pondok Pesantren Ibnu Mas'ud Islamic Boarding School For Female Hulu Sungai Selatan Regency. The sample in the study amounted to 34 people, and this study was conducted in 2022.