

## **CHAPTER 5**

### **CONCLUSION AND SUGGESTION**

#### **5.1 Conclusion**

Based on the results of the research that has been done and from the data obtained, it can be concluded that:

5.1.1 Personal hygiene behavior during menstruation before being given intervention in the form of health education regarding changes in personal hygiene behavior during menstruation in adolescents with good category 9 respondent (26,47%), enough category 14 respondents (41,18%) and poor category 11 respondents (32,35%). The average result before intervention was in the sufficient category with a mean value of 69.38, the lowest score was 50 and the highest score was 97.

5.1.2 While personal hygiene behavior during menstruation in adolescents after intervention regarding changes in personal hygiene behavior during menstruation in adolescents with an average in the good category with a total of 34 respondents (100%) with a mean value of 96.91, the lowest score of 85 and the highest score of 100. From the analysis of the data above, it is explained that there is a significant effect between before and after the intervention.

5.1.3 The results of data analysis of the value of  $\alpha = 0.05$  using the Wilcoxon test obtained Sig. (2-tailed) of 0.000 ( $p\text{-value} < 0.05$ ), statistically it can be concluded that there is a significant influence in providing health education on changes in personal hygiene behavior during menstruation in adolescents.

#### **5.2 Suggestion**

Based on the conclusions above, there are several things that can be suggested as the development of the results of this study:

5.2.1 For Public Health Center

The health services are puskesmas and health workers as well as local cadres and staff. It is hoped that it can further improve health promotion through educational

activities or health education. In addition to lectures, other health education methods that may be carried out include demonstrations or the provision of print media such as posters or flyers to groups or individuals at the Ibnu Mas'ud Islamic boarding school to be able to study and understand repeatedly so that students' knowledge is wider and increases.

#### 5.2.2 For Islamic Boarding Schools

It is hoped that the care division at the Ibnu Mas'ud Putri Islamic boarding school will cooperate with the santriwati organization (OSWATI) to pay more attention to issues related to the hygiene of female students, especially during menstruation, to take advantage of the school UKS by holding activities or holding small group discussions and sharing about personal hygiene issues, so that the image of a student becomes a healthy, clean, intelligent and broad-minded teenager.

#### 5.2.3 For Further Researchers

Future research is expected to pay more attention to things that can interfere with the health education process, especially the right time so that respondents, especially teenagers in Islamic boarding schools who have busy activities, so that the fatigue factor can be an obstacle in receiving the information conveyed. Then it can also pay more attention to the place for the implementation of health education so that if it is ready before health education is carried out. To get better results, further researchers can also use the control group as a comparison of the impact value of the given intervention. Future researchers can also use more samples and varying ages to find out whether there is an influence or relationship on respondents whose age ranges vary.