


The Influence of Knowledge, Attitude, Family Support and Peer Support on The Behavior of Female Teenage Menstrual Hygiene

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Artikel Info

History of Artikel:
Accepted 2 March
2018
Approved 24 July 2018
Published 24 August
2018

Keywords:

Knowledge, Attitude,
Family Support, Peer
Support, Behavior of
Menstrual Hygiene

Abstract

Teens who have experienced menarche become more susceptible to reproductive health problems such as Reproductive Tract Infection, especially Indonesian women because it triggers hot and humid air. In the year 2015 in Jombang district which experienced an increase in number of people with Reproductive Tract Infection (RTI) such as candidiasis 5.50% from the previous year. Hygiene behavior during menstruation is important in determining the health of reproductive organs. The purpose of this research was to analyze the influence of knowledge, attitude, family support and peer support on the behavior of female teenage menstrual hygiene. The study design used analytic with cross sectional approach through survey method. The population was all of female students of grade VIII SMP Negeri 1 Mojowarno who has experienced menstruation amounted to 198 female students. The samples were 68 respondents with simple random sampling technique. Chi-Square test results show that there is significant effect of knowledge on the behavior of menstrual hygiene ($p = 0,000$); there is significant effect of attitude on behavior of menstrual hygiene ($p = 0.000$); there is significant effect of family support on the behavior of menstrual hygiene ($p = 0,000$); there is significant effect of peer support on the behavior of menstrual hygiene ($p = 0.018$). Logistic regression test results show that more dominant knowledge affecting behavior of menstrual hygiene $p = 0,011$ and value of OR 8,645. The conclusions of knowledge, attitude, peer support and family support have an effect on the behavior of menstrual hygiene. This research is expected as an input to make development planning of YCCS (Youth Care Care Service) so that adolescent can apply good menstrual hygiene

INTRODUCTION

As many as 37% or 63 million of the 255 million Indonesian population are teenagers. When entering puberty female teenage will experience early menstruation or called menarche in the age range 10-16 years. Research conducted by Geetha *et al.*, (2016) in adolescents in India, the result showed that 72.38% experienced menarche in the age range 12-14 years, 21.56% in the age range > 14 years, and 6.04% in the age range <12 years. This is in contrast to findings from Zalni *et al.*, (2017), where menarche begins when aged 11.9 years.

Teens who have experienced menarche become more vulnerable to reproductive health problems (Sharma *et al.*, 2008). Reproductive health is a vital issue in health development (Wiknjosastro, 2008), because adolescent reproductive health is not limited to the issue of sexuality, but also about all aspects of the reproductive organs (Lestariningsih, 2015). The incidence rate due to Reproductive Tract Infection (RTI) in the world is estimated at about 2.3 million per year (Berman, 2009). All of the countries in Southeast Asia, Indonesian women more vulnerable to Reproductive Tract Infection (ISR) because it is triggered by hot and humid air (Puspitaningrum, 2010).

The number of cases of Reproductive Tract Infection (RTI) in East Java such as candidiasis and cervicitis that occur in young women as much as 86.5% found in Surabaya and Malang. In the year 2015 in Jombang district also experienced an increase in the number of people with Reproductive Tract Infection (RTI) such as candidiasis as many as 5.50% more than in the previous year. The practice of hygiene during menstruation is an important thing, because if not properly considered it will increase the incidence of infection, especially infection of reproductive organs (Sreedar, 2014).

Learning about menstrual hygiene is an important aspect of health education for adolescent girls (El-gilany *et al.*, 2005). Teenage issues are not only about the symptoms of dysmenorrhea, but also the importance of

hygiene during menstruation and frequent changes in the use of sterile dressings (Kanotha *et al.*, 2013). In adolescents this is a critical issue as a determinant of the health status of adolescents who will be influential in the life of old age. The poor behavior of menstrual hygiene has a major effect on morbidity and complications (Aniebue *et al.*, 2009).

Adolescent reproductive health is not limited to the issue of sexuality, but also about all aspects of reproductive organs. (Lestariningsih, 2015). Young women need to do enough menstrual hygiene to prevent infection and bacteria (Yusiana *et al.*, 2015).

Central Bureau of Statistics (CBS), BAPPENAS and United Nations Found Population Association (UNFPA) in 2010 said most of 63 million Indonesian teens are vulnerable to unhealthy behavior during menstruation (Ratna, 2010). According to Lawrence Green basically behavior is influenced by several factors, namely predisposing factors, supporting factors and reinforcing factors (Maryam, 2012)

According to Potter & Perry, (2008) things that should be considered by young women when menstruation is to pay attention to the use and frequency of replacement of sanitary napkins, cleaning the reproductive organs properly, keep the reproductive organs moist and self-care.

According to a study by Shanbag *et al.*, (2012) in Banglore India, the results showed that there was an influence of knowledge with the behavior of menstrual hygiene, with $p \text{ value} = 0.01 < \alpha = 0.05$.

Another factor that affects girls in healthy behavior during menstruation is family support, where the $p \text{ value} = 0,000 < \alpha = 0.05$.

Based on observations during the preliminary study at SMP Negeri 1 Mojowarno, of the 10 people interviewed, only 4 people answered and could explain good hygiene behavior of menstruation. This inappropriate behavior of menstrual hygiene is suspected because of influencing factors, such as

knowledge, attitude, family support and peer support.

The data and phenomenon is the basis of the researcher's interest to conduct research on the influence of knowledge, attitude, family support and peer support to the behavior of female teenage hygiene menstruation. The purpose of this study was to analyze the influence of knowledge, attitude, family support and peer support on the behavior of female teenage menstrual hygiene. This research is different from other research because it is choosing respondent class VIII on junior high school when compared with other research that choose senior high school student as its respondent. This research is expected as an input to make development planning of YCCS (Youth Care Care Service) so that adolescent can apply good menstrual hygiene.

METHODS

The type of study used in this research is analytical with cross sectional approach through survey method and using questionnaire instrument. This research was conducted at SMP Negeri 1 Mojowarno in January 2018. The population in this research is all female students of class VIII who have experienced menstruasi as much as 198 female students. The amount of sample in this study was calculated using Slovin formula, which obtained a number of 68 respondents. Sampling technique in this study using simple random sampling.

The variables in this study consisted of independent variables is knowledge, attitude, family support, peer support, and dependent variable, is menstrual hygiene behavior. This study used bivariate analysis technique (chi square) and multivariate (multiple logistic regression) with the help of SPSS 19.

RESULTS AND DISCUSSION

Bivariate Analysis

Table 1. The Influence of Knowledge on the behavior of menstrual hygiene

Knowledge	Behavior of menstrual hygiene						P-value
	Enough		Good		Total		
	F	%	F	%	F	%	
Enough	21	63,6	12	36,4	33	100,0	0.000
Good	3	8,6	32	91,4	35	100,0	
Total	24	35,3	44	64,7	68	100,0	

Based on table 1. the result of chi square test showed that p -value = 0,000 $< \alpha$ (0,05) showed that there was influence of knowledge on the behavior of menstrual hygiene.

The data showed that respondents who were knowledge able enough 63% had enough hygiene behavior and 36,4% had good hygiene behavior, whereas respondents who had good knowledge 8.6% had sufficient menstrual hygiene behavior and 91,4% had behavior good menstrual hygiene. Supportive study conducted by Himawati & Sahara, (2012), which get value analysis p value 0.001 $< \alpha$ (0.05) where adolescents who have good knowledge will have an effect on good behavior as well.

Knowledge is needed someone as a psychic impulse in cultivating one's interest (Maharani & Deliana, 2012). Therefore, increased knowledge about menstruation since childhood can improve safe practices and can help in reducing the suffering of millions of women (Jogdand & Yerpude, 2011).

During this discussion about maintaining hygiene during menstruation is considered as something taboo to talk about. Most teenagers have little knowledge about menstruation until they experience the onset of menstruation (Aniebue *et al.*, 2009). Yasmin *et al.*, (2013) states that women who have better knowledge of menstrual hygiene and safe practices will not be susceptible to Reproductive Tract Infection (RTI) and its consequences.

With the knowledge possessed, one will be able to evaluate the stimulus, whether to receive the stimulus or reject it (Ayu & Kurniawati, 2017).

Table 2. The influence of attitudes on the behavior of menstrual hygiene

Attitude	Behavior of Menstrual Hygiene						P-value F
	Enough		Good		Total		
	F	%	F	%	F	%	
Enough	15	88.2	2	11.8	17	100.0	0.000
Good	9	17.6	42	82.4	51	100.0	
Total	24	35.3	44	64.7	68	100.0	

Based on table 2. the result of chi square test obtained ρ -value = 0,000 $< \alpha$ (0,05) indicating that there is influence of attitude toward behavior of menstrual hygiene.

The data showed that respondents who had enough attitude 88,2% had hygiene behavior enough and 11,8% had good menstrual hygiene behavior, whereas respondents who had good attitude 17,6% had enough menstrual hygiene behavior and 82,4 % have good menstrual hygiene behavior.

The result of this research is in line with research conducted by Istiarti & Dangiran, (2016) with p value analysis 0,029 $< \alpha$ (0,05) where good hygiene behavior is supported by good attitude in utilizing hygiene facilities and facilities. The availability of water which is an essential element in the sanitization process is used for cleaning purposes and is needed during handling (Aerita *et al.*, 2014).

However, in contrast to research conducted by Reni (2014) in female teenege in junior high school 4 Bukittinggi mention that teenage attitude about menstrual hygiene less equal to 42,9% (Izzati, 2014).

This is reinforced by findings from Dasgupta & Sakar research (2008) in the results of his research in India states that about half of the respondents do not have closed toilets, which causes limitations for participants to change sanitary pads regularly, clean the genitals, wash clothes and pad and bathing during menstruation.

In addition, it should also be considered clean water facilities in addition to quantity, the quality must meet the prevailing standards, to prevent the occurrence and widespread disease of water congenital (Mafazah, 2013).

Table 3. The influence of family support on the behavior of menstrual hygiene

family support	Behavior of Menstrual Hygiene						P-value F
	Enough		Good		Total		
	F	%	F	%	F	%	
Enough	16	76.2	5	23.8	21	100.0	0.000
Good	8	17.0	39	83.0	47	100.0	
Jumlah	24	35.3	44	64.7	68	100.0	

Based on table 3. the result of chi square test analysis obtained ρ -value = 0,000 $< \alpha$ (0,05) which indicate there is influence of family support to behavior of menstrual hygiene.

The data showed that respondents who had enough family support had 76.2% had enough hygiene behavior and 23,8% had good hygiene menstrual behavior, while respondents who had good family support 17% had sufficient menstrual hygiene behavior and 83% had good menstrual hygiene behavior.

In a study conducted by El-gilany *et al.*, (2005), the results obtained that the mother (74.7%) followed by relatives (13.2%) were the main source of adolescents obtaining information about menstruation and how to maintain their hygiene. The presence of family members plays an important role in preventing or at least delaying one's chronic illness to be brought to health institutions (Umayana & Cahyati, 2015). For example the mother, who provides information openly and not shyly ask or tell stories (Hanissa, Nasution, & Arsyati, 2017)

The family environment, especially the mother, is the most important source of information in the knowledge of personal hygiene genitalia because a child will learn and embrace the pre-existing habits of the family especially from the mother first (Fitrianti, 2012).

Elisa, Parwati, & Sriningsih, (2012), adding that the source of family support is an

easy to get support and in accordance with the values and norms so that the giving can be done anytime and anywhere, so that when teenagers grow up with limited knowledge about menstruation it can be due to their mother do not discuss this matter openly with them (Arora *et al.*, 2013).

Suryati (2012) in his research also resulted in the finding that 62.4% of female students are well exposed to information due to information support about mother's hygiene from menstruation. Thus increasing the role of family and social support can have a positive effect on growth and development (Suryanto & Mulyono, 2014).

Table 4. The influence of peer support on the behavior of menstrual hygiene

peer support	Behavior of Menstrual Hygiene						P-value F
	Enough		Good		Total		
	F	%	F	%	F	%	
Enough	17	48.6	18	51.4	21	100.0	0.018
Good	7	21.2	26	78.8	47	100.0	
Total	24	35.3	44	64.7	68	100.0	

Based on table 4. the result of chi square test obtained p -value = 0,018 $< \alpha$ (0,05) indicating that there is influence of peer support to behavior of menstrual hygiene.

The data showed that respondents who had peer support were 48.6% had enough hygiene behavior and 51.4% had good menstrual hygiene behavior, while respondents who had good peer support 21,2% had sufficient menstrual hygiene behavior and 64.7% had good menstrual hygiene behavior.

The results of this study are further supported by the findings of Kanotra, *et al.*, (2013) with p value 0,000 stating that mother and friends are the main source of information about menstruation, thus affecting the behavior of menstrual hygiene.

Peer environments are important for teenagers because they are the first place to live together and work together on the values of peer groups (Novitasari, 2014). In addition, also added by Kharisma & Latifah, (2015), that the

environment of peers is an environment that can provide comfort for students.

Students who get high social support from their peers will feel that they are loved, cared for and thus enhance their sense of self esteem (Saguni & Amin, 2014). Therefore social support, especially peers is very important in various aspects of individual life, because the individual is a social creature that is always related to each other (Pasaribu, 2016).

Multivariate Analysis

Table 5. Multivariate Analysis result of the influence of knowledge, attitude, family support and peer support on the behavior of female teenage menstrual hygiene

Variable	Sig.	Exp (B)	95.0% C.I. for EXP(B)	
			Lower	Upper
Knowledge	.011	8.645	1.653	45.228
Attitude	.045	6.718	1.042	43.318
Family_Support	.021	6.919	1.346	35.572

Based on table 5. it can be seen that knowledge is the most influential variable on hygiene behavior of female teenage with an OR value of 8, 645 and 95% IK of 1,653 - 45,228 which means that respondents with less knowledge have possibly 8,654 times for less in terms of hygiene behavior during menstruation compared with respondents who have good knowledge. These results are supported by findings from Balqis *et al.*, (2016), which report that knowledge is a significant predictor of menstrual hygiene behavior.

Low knowledge of reproductive health will enable women not to behave hygienically at the time of menstruation (Prajapati & Patel, 2015). Green theory in Notoadmodjo (2012) says that knowledge will affect the attitude that then determines the good of a person's behavior to improve his health. Gustina (2015), which proves that there is an influence between an information source and a person's level of knowledge. Hence from experience and research, it turns out that the behavior based on knowledge will be more lasting than the

behavior that is not based on knowledge (Gopalan *et al.*, 2012).

Knowledge of good menstrual hygiene encourages respondents to behave properly and correctly during menstruation because respondents know the importance of maintaining hygiene during menstruation. Added also by Maidartati, Hayati, & Nurhida, (2016) which states that good knowledge encourages good and right behavior, whereas less or wrong knowledge will lead to incorrect behavior. The lack of knowledge about maintaining hygiene during menstruation in some young women indicates that it is appropriate that young women obtain information about menstruation. Approaches that can be done through family, peer groups, school institutions, and groups of youth activities that care about puberty (Permatasari & Nikmah, 2011).

Other variables in this study can also be identified as having influence on the behavior of menstrual hygiene after knowledge, that is family support variable with OR value equal to 6,919 and IK 95% is 1,346 - 35,572, and the last attitude variable with OR value 6,718 and IK 95% 1,042 - 43,318. These conditions indicate that each variable has an influence on how a young woman behaves well in maintaining hygiene during menstruation.

The family, for example, is a major supporter of a young woman who is experiencing menstruation, because according Triyanto, Setiyani, & Wulansari (2014), because the family plays an important role in the formation of a teenager and determine the future of the future. The role of parents has a major impact on the development of child health behavior (Berliana & Pradana, 2016).

CONCLUSIONS AND RECOMMENDATION

The conclusion that can be drawn in this study is that knowledge, attitude, family support and peer support have a significant influence on the behavior of female teenage hygiene with p value α (0,05), while the dominant variable that

influence the behavior of menstrual hygiene is knowledge .

Based on the research results obtained there are several suggestions that can be given. Suggestion for School should use research result as input to make development planning HSTC (Health Service of Teenage Care) that can improve knowledge of reproductive health of adolescent especially junior high school student about behavior of personal hygiene genitalia in prevention of various diseases caused by reproductive health infection. Suggestions for students Expected results of this study can provide benefits for students to be able to apply good menstrual hygiene, so as to realize healthy reproductive health by increasing knowledge and attitude about menstruation.

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