



The Relationship Between Knowledge And Attitude Of Adolescent Girls With Personal Hygiene Behavior During Menstruation

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ABSTRACT

Introduction: Personal hygiene is an effort in maintaining and caring for the cleanliness of all members of the body including reproductive organs. During menstruation, the blood vessels in the uterus are easily injured, therefore personal hygiene is very important to be carried out in order to be free from reproductive organ dysfunction. (Sri Ninta, 2023).

Objective: To determine the relationship between knowledge and attitude of adolescent girls with personal hygiene behavior during menstruation at Mts Fathul Amin Matakali.

Method: The type of research used is quantitative research with the research design that the author makes is an Analytical Survey using a Cross Sectional study approach. The population in this study were all adolescent girls of Mts Fathul Amin Matakali who had experienced menstruation as many as 50 female students. the sampling technique used was non probability with the type of sampling, namely total sampling. The research instrument is a questionnaire. This research questionnaire sheet consists of questions regarding knowledge, attitudes with personal hygiene behavior during menstruation which are distributed directly by researchers to respondents or by interviews between researchers and respondents. Data analysis using Chi Square analysis.

Result: There is a relationship between knowledge and personal hygiene behavior in adolescent girls at Mts Fathul Amin Matakali with a p-value = 0.004 (<0.05). There is a relationship between attitude and personal hygiene behavior in adolescent girls at Mts Fathul Amin Matakali with a p-value = 0.000 (<0.05).

Conclusion: Knowledge and attitude show that there is a relationship with personal hygiene behavior during menstruation at Mts Fathul Amin Matakali. Mts Fathul Amin Matakali can utilize print media such as posters, leaflets, or school magazines to increase the exposure of female students to information about personal hygiene during menstruation.

Keywords: Knowledge, Attitude, Adolescent Girls, Personal Hygiene, Menstruation

Introduction

Adolescence is a transitional period from childhood to adulthood so that many changes occur in adolescence as well as physical and psychological changes. One of the changes that occurs in women is the maturity of the egg which is characterized by menstruation (Galih Purnasar, 2023).

The transition period from childhood to adulthood with ages ranging from 10-19 years, which is characterized by psychological and physical changes, is called adolescence. One of the physical changes in adolescent girls is characterized by menstruation. Menstruation is bleeding that makes a sign that the female reproductive organs have functioned maturely which occurs naturally and the bleeding occurs regularly every month. Hygiene behavior during menstruation is very important, which aims to maintain and clean personal health both physically and mentally for a woman (Natasya Nazla Prasetyo, 2023).

According to the World Health Organization (WHO), adolescents are residents in the age range of 10-19 years, according to the Indonesian Minister of Health Regulation No. 25, adolescents are residents in the age range of 10-18 years and according to the Population and Family Planning Agency (BKKBN) the age range of adolescents is 10-24 years and unmarried. Adolescence is a transitional period or transition period from childhood to adulthood. At this time it is experiencing rapid growth and development both physically and mentally (Nurfitriani, 2023).

Menstruation is the occurrence of bleeding that takes place cyclically and periodically originating from the uterus which is accompanied by exfoliation of the endometrial layer in the uterus. Menstruation in each month is cyclical and the length of this cycle occurs starting from the date of the beginning of the previous menstruation until the date of the next menstruation and lasts every month. The menstrual cycle can be said to be abnormal if it is less than 21 days (polimenorrhoea) more than 35 days (oligomenorrhoea). The menstrual cycle is something that routinely occurs every month so that the impact that occurs if an adolescent has an abnormal menstrual cycle that exceeds the normal cycle, namely <21 days, is that the more often the teenager experiences menstruation, the more often the blood is removed from the body, triggering iron deficiency anemia. Another impact if an adolescent has an abnormal menstrual cycle >35 days is the disruption of the reproductive system so that ovulation does not occur and if it lasts a long time it will cause fertility disorders so that it has an impact on the future to have offspring (Galih Purnasar, 2023).

Adolescents who have experienced menstruation need to know the body and reproductive organs, physical and psychological changes in order to protect themselves from risks that threaten the health and safety of reproductive organ function. Neglect of reproductive health can lead to reproductive infections and affect infertility or infertility. One of the risk factors for reproductive tract infections is poor menstrual personal hygiene. One of the efforts that can be made in preventing problems for a woman in maintaining the hygiene of reproductive organs, especially during adolescence where physical and hormonal changes are very rapid in adolescents, as well as the anatomical position of the external genitalia that are close together in women causes adolescents to need to do good personal hygiene, for the maintenance of individual hygiene and health carried out during menstruation so as to get physical and psychological well-being and can improve health status (Mukarramah, 2020).

Personal hygiene is an effort in maintaining and caring for the cleanliness of all members of the body including reproductive organs. During menstruation, the blood vessels

in the uterus are easily injured, therefore personal hygiene is very important to be carried out in order to be free from reproductive organ dysfunction (Sri Ninta, 2023).

The impacts that occur if personal hygiene behavior is not carried out include adolescent girls will not be able to meet the cleanliness of their reproductive organs, appearance and health during menstruation are also not maintained, resulting in itching if not treated as a whole, it will have an impact on candidiasis, bacterial vaginosis and trichomoniasis infections. If these infections are left untreated, they will cause infections that spread to the internal reproductive organs (Dewi Fransisca, 2023)

Efforts to improve health by increasing knowledge in adolescents are very important, because if adolescents do not know the correct personal hygiene methods, various problems will arise such as flour albus vaginal discharge, irritation, the onset of problems with urinary tract infections, unpleasant odors and infections in the vaginal area (vaginitis). Vaginitis occurs when the vagina has been disrupted by the presence of pathogenic microorganisms or changes in the vaginal environment that allow pathogenic microorganisms to proliferate. Nonspecific perineal irritation (vulvovaginitis) in adolescents is commonly caused by inadequate perineal hygiene (Mukarramah, 2020).

Based on WHO 2020 data, the incidence of reproductive tract infections (RTIs) is the highest in the world, namely in adolescents (35%-42%) and young adults (27%-33%). The prevalence of adolescent UTIs in the world includes candidiasis at 25%-50% which can be caused by weak immunity, poor menstrual hygiene behavior, unclean environment and the use of unhealthy sanitary napkins during menstruation, bacterial vaginosis at 20%-40% and trichomoniasis at 5%-15% (Sri Ninta, 2023).

Based on the Indonesian Demographic and Health Survey, 66.6% of adolescent girls behave poorly in maintaining hygiene during menstruation. Lack of knowledge and attitude related to personal hygiene during menstruation is one of the factors causing poor behavior of personal hygiene during menstruation among adolescents. Adolescent girls who lack knowledge about personal hygiene allow them not to behave cleanly during menstruation which can endanger their health. The prevalence of reproductive tract infections due to lack of hygiene in the genitalia is still quite high, the number of patients with reproductive tract infections in Indonesia caused by candida fungi is 90-100 cases per 100,000 population per year. The incidence rate of candida infection that occurs in the reproductive tract in adolescents (10-18 years), which is 35%-42% and young adults (18-22 years) is 27%-33% (Ni Kadek Ayu Krisma Dewi, 2023).

Research conducted by (Mukarramah 2019), on the relationship between knowledge and attitudes of adolescent girls towards personal hygiene behavior during menstruation at SMP Negeri 1 Larisang Pinrang Regency in 2019 that of 54 respondents, there were 27 (50.0%) respondents had poor knowledge of personal hygiene during menstruation, half of 27 (50.0%) respondents had a negative attitude towards personal hygiene during menstruation. and as many as 30 (55.6%) respondents had poor behavior towards personal hygiene during menstruation, and as many as 30 (55.6%) respondents have poor behavior towards personal hygiene during menstruation and based on the results of statistical tests of the relationship between knowledge of adolescent girls and personal hygiene behavior during menstruation using the Kendall tau test, it shows that there is a relationship between knowledge of adolescent girls and personal hygiene behavior during menstruation $P\text{-value} = 0.000$.

Based on preliminary studies conducted by interview, it was found that the majority of students in grades VII, VIII, IX at Mts Fathul Amin Matakali are female where every woman

experiences menstruation every month. In addition, the frequency of teaching and extracurricular activities that last relatively long from morning to afternoon, this greatly affects the personal hygiene actions of adolescent girls during menstruation so that it is found that as many as 10 out of 15 adolescent girls have a bad habit of changing pads after blood penetrates into underwear, then 15 out of 20 adolescent girls who use pads for too long causing an itching sensation in the genital area, and it is also found that 13 adolescent girls use underwear that does not absorb sweat and lack understanding of genital hygiene. Therefore, prospective researchers are interested in conducting research on the relationship between knowledge and attitudes of adolescent girls with personal hygiene behavior during menstruation at Mts Fathul Amin Matakali.

Objective

To determine the relationship between knowledge and attitude of adolescent girls with personal hygiene behavior during menstruation at Mts Fathul Amin Matakali.

Method

The type of research used is quantitative research with the research design that the author makes is an Analytical Survey using a Cross Sectional study approach. This research was conducted in August-September of 2024. The population in this study were all adolescent girls of Mts Fathul Amin Matakali who had experienced menstruation as many as 50 female students. the sampling technique to be used is non probability, the type of sampling used is total sampling. Data collection in this study used an instrument, namely a questionnaire. This research questionnaire sheet consists of questions regarding knowledge, attitudes with personal hygiene behavior during menstruation which are distributed directly by researchers to respondents or by interviews between researchers and respondents. Data analysis using Chi Square analysis

Results

Research on the relationship between knowledge and attitudes of adolescent girls with personal hygiene behavior during menstruation at Mts Fathul Amin Matakali, based on the results of data processing that has been carried out and adjusted to the research objectives, the results are arranged in the form of a table as follows:

a. Univariate Analysis

1) Distribution of respondents by class

Table 1
Distribution of Respondents Based on Class In
Mts Fathul Amin Matakali

Class	Frekuensi (f)	Percentase (%)
VII	16	32,0
VIII	16	32,0
IX	18	36,0
Total	50	100

Source: Primary Data 2024

Based on table 1 shows that respondents with grade VII were 16 people (32.0%), respondents with grade VIII were 16 people (32.0%) and respondents with grade IX were 18 people (36.0%).

2) Distribution of respondents by age

Table 2
Distribution of Respondents Based on Age In Mts Fathul Amin Matakali

Age	Frekuensi (f)	Persentase (%)
11-12	16	32,0
13-15	34	68,0
Total	50	100

Source: Primary Data 2024

Based on table 2 shows that respondents aged 11-12 were 16 people (32.0%), and at the age of 13-15 were 34 people (68.0%).

3) Distribution of respondents based on age at first menstruation

Table 3
Distribution of Respondents Based on First Age Menstruasi In Mts Fathul Amin Matakali

First Age Menstruasi	Frekuensi (f)	Persentase (%)
10-11	26	52,0
12-13	24	48,0
Total	50	100,0

Source: Primary Data 2024

Based on table 3 shows that respondents with the first age of menstruation 10-11 people as many as (52.0%) and at the first age of menstruation 12-13 people as many as (48.0%).

4) Distribution of respondents based on length of menstruation

Table 4
Distribution of Respondents Based on Duration of Menstruation in Mts Fathul Amin Matakali

Duration of Menstruation	Frekuensi (f)	Persentase (%)
6-7	12	24,0
8-9	38	76,0
Total	50	100,0

Source: Primary Data 2024

Based on table 4 shows that respondents with a length of menstruation of 6-7 people as many as (24.0%) and a length of menstruation of 8-9 people as many as (76.0%).

5) Distribution of respondents based on knowledge

Table 5
Distribution of Respondents Based on Knowledge
At Mts Fathul Amin Matakali

Knowledge	Frekuensi (f)	Persentase (%)
Good	2	4,0
Fair	40	80,0
Less	8	16,0
Total	50	100

Source: Primary Data 2024

Based on table 5 shows that respondents with good category knowledge were 2 people (4.0%), 40 people (80.0%) were in the moderate category and 8 people (16.0%) were in the poor category.

6) Distribution of respondents based on attitude

Table 6
Distribution of Respondents Based on Attitude
At Mts Fathul Amin Matakali

Attitude	Frekuensi (f)	Persentase (%)
Positif	18	36.0
Negatif	32	64,0
Total	50	100,0

Source: Primary Data 2024

Based on table 6 shows that respondents with positive attitude categories were 18 people (36.0%), and negative were 32 people (64.0%).

7) Distribution of respondents based on behavior

Table 7
Distribution of Respondents Based on Behavior
At Mts Fathul Amin Matakali

Behavior	Frekuensi (f)	Persentase (%)
Behave well	14	28.0
Misbehaving	36	73,0
Jumlah	50	100,0

Source: Primary Data 2024

Based on table 7 shows that respondents with good behavior categories were 14 people (28.0%), and bad behavior was 36 people (73.0%).

b. Bivariate Analysis

1) Relationship between knowledge and personal hygiene behavior

Table 8
Relationship between Knowledge and Personal Hygiene Behavior
At Mts Fathul Amin Matakali

Knowledge	Behave well		Misbehaving				P-value
	f	%	F	%	f	%	
Good	9	18,0%	3	6,0%	12	24,0%	0,004
Fair	9	18,0%	18	36,0%	27	54,0%	
Less	1	2,0%	10	20,0%	11	22,0%	
Total	19	38,0%	31	62,0%	50	100,0%	

Source: Primary Data 2024

Based on table 8, the results of statistical tests using chi square test analysis, the most data obtained are the category of sufficient knowledge with personal hygiene behavior is not good as many as 18 people (36.0%) and good as many as 9 people (18.0%), and the category of poor knowledge with personal hygiene behavior is not good as many as 10 people (20.0%) and good as many as 1 person (2.0%) then the category of good knowledge with personal hygiene behavior is not good as many as 3 people (6.0%), and behaves well as many as 9 people (18.0%).

Based on the results of the chi-square test, the p value = 0.004 (<0.05). So it can be concluded that there is a relationship between knowledge and personal hygiene behavior in adolescent girls at Mts Fathul Amin Matakali.

2) Relationship between attitude and personal hygiene behavior

Table 9
Relationship between attitude and personal hygiene behavior
At Mts Fathul Amin Matakali

Knowledge	Behave well		Misbehaving				P-value
	F	%	F	%	f	%	
Positif	14	28,0%	7	14,0%	21	42,0%	0,000
Negatif	5	10,0%	24	48,0%	29	58,0%	
Total	19	38,0%	31	62,0%	50	100,0%	

Source: Primary Data 2024

Based on table 9, the results of statistical tests using chi square test analysis, the most data obtained were negative attitude categories with poor personal hygiene behavior as many as 24 people (48.0%), and as many as 5 people (10.0%), and positive attitude categories with poor personal hygiene behavior as many as 7 people (14.0%) and as many as 14 people (28.0%).

Based on the results of the chi-square test, the p value = 0.000 (<0.05). So it can be concluded that there is a relationship between attitude and personal hygiene behavior in adolescent girls at Mts Fathul Amin Matakali.

Discussion

Based on the results of data analysis and adjusted to the research objectives and research conceptual framework, the discussion/interpretation is expressed as follows:

1. Analysis of the relationship between knowledge and personal hygiene behavior at Mts Fathul Amin Matakali

The results of research on the relationship between knowledge and personal hygiene behavior with statistical tests obtained a p-value = 0.004 (<0.05), it can be concluded that there is a relationship between knowledge and personal hygiene behavior in adolescent girls at Mts Fathul Amin Matakali..

Knowledge is a component that influences behavior. A person's knowledge of personal hygiene affects how they care for their reproductive health during menstruation. Any form of observable action or activity is referred to as behavior. A person's internal drive usually determines their behavior in response to internal and external stimuli. A person's knowledge about personal hygiene affects how they care for their reproductive health during menstruation. Any form of action or activity that can be observed is referred to as behavior. A person's inner drive usually determines their behavior in response to inner and outer stimuli.

This study is in line with the research of Raissy Amallya Faj'ri (2022), which states that there is a relationship between knowledge and personal hygiene in adolescent girls during menstruation with a p-value = 0.002 (<0.05). The results of the study say that the lower the level of knowledge of adolescent girls about personal hygiene during menstruation, the lower the adolescent girls behave well towards their personal hygiene during menstruation and vice versa.

This study is also in line with the research of Yongwan Nyamin (2020), which states that there is a relationship between the level of knowledge and personal hygiene behavior during menstruation in adolescent girls at SMAN 1 Palangka Raya with a p value <0.05 (p-value = 0.000). The results of the study said that students who have a poor level of knowledge is one of the causes of poor personal hygiene behavior. Poor knowledge can be caused by students not understanding or only receiving information incompletely. A person's knowledge affects a person's behavior, namely personal hygiene behavior during menstruation.

From the results of the research data, it can be seen that the knowledge of adolescent girls at Mts Fathul Amin Matakali about personal hygiene behavior during menstruation, especially the knowledge of adolescent girls in the sufficient category, is caused by a lack of information about good and correct personal hygiene behavior during menstruation. This can be seen from the responses of adolescent girls who have filled out the questionnaire. Most young women do not know the meaning of personal hygiene behavior and its impact on reproductive organs. Based on previous research and supporting theories, it can be said that the higher a person's level of knowledge about personal hygiene behavior during menstruation, the higher the person applies good behavior towards personal hygiene behavior during menstruation and vice versa.

2. Analysis of the relationship between attitude and personal hygiene behavior at Mts Fathul Amin Matakali

The results of research on the relationship between the attitude of adolescent girls with personal hygiene behavior during menstruation show that the p-value = 0.000 (<0.05) so that statistically there is a relationship between the attitude of adolescent girls with personal hygiene during menstruation at Mts Fathul Amin Matakali.

Attitude is an inner response to an external stimulus or stimulus that requires an individual response so as to cause feelings of like or dislike. Attitude is a closed response from an individual to a stimulus or object. The manifestation of attitude itself cannot be directly observed by sight but can be interpreted first from closed behavior. Attitude clearly shows the connotation of the suitability of a reaction or response to a certain stimulus in everyday life. Along with the ease with which adolescents can obtain a lot of information from various media or counseling activities can increase intuition and knowledge in themselves, this can be a reason for the formation of one's attitude. After that, adolescents who have absorbed knowledge well, then they will try to apply and familiarize these attitudes to themselves.

This study is in line with research conducted by Imas Wiwin Laswini (2022) that research on the relationship between the attitude of adolescent girls with personal hygiene behavior during menstruation shows that the p-value of the research results is 0.001 (p-value=0.001) based on the chi square statistical test obtained the results of $P < 0.05$ so that statistically there is a relationship between the attitude of adolescent girls with personal hygiene behavior during menstruation at MTS Ponpes Al-Inayah Bogor City.

The results of this study are also in line with the results of research conducted by Inawati (2023) that there is a relationship between attitude and personal hygiene based on the results of the chi-square test with a p value = 0.000. The results of the study obtained an OR value of 23.333 which means that participants who have a poor attitude have a 23 times greater chance of experiencing poor personal hygiene compared to participants who have a good attitude at SMAN 1 Bayah, Lebak Regency in 2023.

This study is not in line with research conducted by Nabila Azzahra (2020) based on the chi square test which shows that there is no relationship between attitude and personal hygiene behavior of adolescent girls during menstruation with a p value of $0.977 > 0.00564$. Likewise, Husni's research (2018) which shows the results that there is no relationship between attitude and personal hygiene behavior during menstruation with a p value of 0.975.

Based on previous researchers and supporting theories, the attitude of adolescents affects the behavior of adolescents themselves in influencing willingness or compliance in maintaining personal hygiene during menstruation. Among adolescents, there are still many who are less supportive of reproductive health attitudes during menstruation. This may be caused by several things such as experience, the influence of other people who are considered important, cultural influences, media, educational institutions and emotional factors. Researchers believe that attitudes strongly influence behavior. The better the attitude of adolescent girls towards personal hygiene during menstruation, the better their behavior in this regard.

Conclusion

Knowledge and attitude show that there is a relationship with personal hygiene behavior during menstruation at Mts Fathul Amin Matakali. Mts Fathul Amin Matakali can utilize print media such as posters, leaflets, or school magazines to increase the exposure of female students to information about personal hygiene during menstruation.

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