



THE EFFECT OF PROVIDING DIGITAL BOOKLET MEDIA EDUCATION ON THE LEVEL OF PERSONAL HYGIENE KNOWLEDGE DURING MENSTRUATION IN CLASS VII STUDENTS AT SMPN 3 NGANJUK

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Abstract

Background of the cleanliness of the reproductive organs is very important to maintain and pay attention to cleanliness in order to avoid reproductive health problems. Please note that menstrual blood is an ideal place for the growth of bacteria and fungi that cause vaginal discharge and infection. The main causes of reproductive tract infections are: weak immunity, lack of knowledge of hygiene during menstruation and the use of unhealthy sanitary napkins during menstruation. Purpose of this study was to analyze the effect of providing digital booklet media education on the level of personal hygiene knowledge during menstruation in seventh grade students at SMPN 3 Nganjuk Regency. Method used in this study is the Quasi Experiment Method with the type of research being one group pretest post-test design and spreading google form to the respondents with a total sample of 50 respondents. Results based on the Wilcoxon test showed that the p-value was $0.000 < 0,05$ which stated that the effect of providing personal hygiene education during menstruation with digital booklets was effective in increasing students knowledge about personal hygiene during menstruation. Conclusion that can be drawn is the influence of providing digital booklet media education on the level of personal hygiene knowledge during menstruation in class VII students at SMPN 3 Nganjuk Regency before and after being given the intervention. Suggestions are expected to the Educational Institutions of SMPN 3 Nganjuk to increase student health knowledge about reproductive health by conducting reproductive health education which is included in the Natural Sciences subject or by conducting education.

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Keywords:

Menstruation; Adolescents; Reproductive Health

Introduction

Personal hygiene is maintenance of cleanliness and health individual carried out in his daily life so that he can avoid reproductive disorders and aimed at physical well-being and psychological and improve health status (Yusuf & Budiono, 2016). Personal hygiene during menstruation is components of personal hygiene plays an important role in status a person's health behavior, incl avoid disruption to function reproduction. Personal hygiene when menstruation is influenced by level knowledge about reproductive health (Yusuf & Budiono, 2016).

The impact of not taking care personal hygiene during menstruation on Teenage girls can get infections urinary tract, vaginal discharge, cervical cancer and other reproductive health. (Apriliyanti et al.,

2020). So it is big influence on young women in responding to or knowing the process menstruation and how they are behave healthily when handling hygiene of her genitals during menstruation.

Low knowledge about reproductive health possible women don't do personal proper hygiene during menstruation which can endanger health its own reproduction (Dolang & Kiriweno, 2020). Current hygiene factors menstruation is a whole behavior in maintaining cleanliness when menstruation. Information about hygiene menstruation is very important because otherwise implemented will have a negative impact, ie will cause infection in the tool reproduction, thereby reducing quality the life of the individual concerned (Maharani, 2017). At moderate times menstruation, reproductive organ hygiene it is very important to look after it and pay attention to cleanliness. Because if Teenagers don't know personal methods correct reproductive organ hygiene when menstruation will occur unexpected microorganisms. It is known that menstrual blood is ideal place for bacterial growth and mushrooms (Maharani, 2017).

Knowledge about health reproduction should have been given and submitted as early as possible because information that has been obtained since childhood, later it will be useful to save and used as a temporary provision later adulthood (Sassi Mahfoudh et al., 2018). Lack of knowledge about health reproduction can have a negative impact. From This knowledge will shape a new science that will form Adolescent behavior regarding personal hygiene during menstruation in female students. Behavior will more persistent and long-lasting (long lasting) if the behavior is based on the knowledge you have so foster awareness and positive attitudes.

Effective and efficient media is needed in current personal hygiene education one of them is a booklet digital (Khusnuddin, 2019). Digital Booklet is a book electronic based pocket. As is Digital Booklet learning media material learning is presented concisely, interesting and easy to understand accompanied by pictures. Digital Booklet is a learning medium that can be used in the learning process well in learning with the help of the teacher or independently. Booklet Properties Informative digital and design. Interesting things can trigger curiosity to students. Therefore, students can understand the learning material with easy (Violla & Fernandes, 2021).

Preliminary data survey, SMPN 3 Nganjuk Regency is one of them from 3 favorite junior high schools in Nganjuk Regency because there are many achievements obtained by female students, number of female students class VII there are 129 female students from class A up to class VII generally on This is when teenagers experience menarche at the age of 12 years to 16 years On average, menstruation starts early class VII, then after it is done interviews with 3 of their class VII students don't understand what personal is hygiene during menstruation and not yet ever get any information about personal hygiene during menstruation at school or at home, but I've done it before get education about health fundamental reproduction in Science subjects Natural Knowledge, Interview with teacher BK also only provides information about reproductive health on the bench class VII semester 2 in Science subjects Science.

Based on that background It has been explained that there is a need for research more information regarding the issue of giving education about personal hygiene during menstruation to increase knowledge of female students at SMPN 3 Kabupaten Nganjuk. So researchers are interested in carry out research with the title "The Effect of Providing Media Education Digital Booklet Against Levels Current Personal Hygiene Knowledge Menstruation in Class VII Students at SMPN 3 Kabupaten Nganjuk".

Methods

Research design The method used in This research is a quasi method experiment (Quasi Experiment Method). According to Sugiyono (2016, p. 72) method Experimental research is a method research used to search influence on something given treatment of others under conditions which can be controlled. In this study, subjects research is first given a test initial (pretest) to find out how far where is the initial ability of the female student before given personal hygiene education menstruation in the form of a digital booklet. Next, the female students are given education personal hygiene during menstruation in the form of Digital booklets are distributed via links Instagram provided on WhatsApp. After 10 days, students were given a pretest do a post-test to find out the extent of the influence of personal education hygiene during menstruation in the form of a booklet digital knowledge of female students provided via WhatsApp. The population is all female students in Public Middle School (SMPN) 3 Nganjuk Regency which totaling 129 female students in class VII. In this study the results were The sample size was 49 people. Technique sampling using probability sampling which is sampling technique that gives opportunities or opportunities are equal for everyone elements or members of the population to select become a sample (Notoatmodjo, 2018). The sample is class VII students A, B, C, D, E, F, G, H, I. Here's the formula calculation of sample proportions for each class.

Results and Discussion

Table 1.

Frequency Distribution of Univariate Analysis of Research Results

<i>Variable</i>	<i>Frequencies</i>	<i>Percentage (%)</i>
Age (old)		
12	2	4
13	32	64
14	16	32
Resources		
Internet	2	4
Parent	36	72

Table 2.

Data Normality Test Results

<i>Variable</i>	<i>Frequencies</i>	<i>Percentage (%)</i>
Friend	12	24
School	0	0
TV	0	0

Table 3.

Results of the Wilcoxon Statistical Test on the Effect of Providing Digital Booklets on Personal Hygiene Knowledge of Female Students at SMPN 3 Nganjuk

<i>Variable</i>	<i>Shapiro-Wilk</i>
	<i>p-value</i>
Pretest	0,005
Post-Test	0,000

Based on the table above shows that the average before given an intervention of 46.00 with minimum score 20 and maximum score 80, whereas after being given value intervention the average increased to 87.80 with Minimum score is 60 and maximum score is 100. Standard deviation before intervention ie 14,569 to 10,934 after intervention. Based on improvement assessment knowledge of using the N-Gain formula there was a fairly effective increase of 74.6%, with a pretest average difference of da post-test was 41.8 while the p value was $0.000 < \alpha (0.05)$ meaning there was The influence of providing booklet media education digital to the level of knowledge personal hygiene during menstruation in female students class VII at SMPN 3 Nganjuk Regency. In this research, the results were obtained analysis using the Wilcoxon test sig shows $0.000 < \text{probability } 0.05$ then H_0 is rejected and H_a is accepted. So from that it can be concluded that there is the average difference between learning outcomes pretest with post-test which means there is the influence of the level of prior knowledge and after being given intervention. Seen from increasing number of respondents able to answer questions correctly which are given. Increased knowledge respondents because of the explanation and the directions given in the atmosphere is open, so that female students are more easy to understand and comprehend about menstrual hygiene and later can put it into practice at any time menstruation. This is also in line with research conducted by Nur'aini, (2016) that the results of the research carried out as well explain the influence of booklet media on knowledge of menstrual hygiene, From this research, results were obtained that there is the influence of booklet media towards increasing students' knowledge regarding menstrual hygiene. Got it p-value results regarding knowledge menstrual hygiene is < 0.005 . This matter means there is a difference in knowledge before and after treatment in the experimental group, that is proves that booklet media is effective in increasing knowledge (Nur'aini, 2016).

This research is in line with Rusdi et al (2021) who show that there is a significant difference in scores knowledge of using Instagram indicated by the statistical test results obtained p- value 0.004. This is because Instagram is the second social media most frequently visited by residents Indonesia with a percentage of 17.8% (APJII, 2018). In systematic studies review by Taggart et al. (2015) that the use of social media makes it possible active social media users for access information anonymously, communicate about health reproduction, building virtual communities, and obtain social support and emotional even though

limited by distance physical, this method also supports the method easier data acquisition. Media used in learning activities because it has the ability to presents complex events and complicated to become more systematic and simple, increase attractiveness and learner attention and improve learning systematics (Pratiwi et al.,2021). Based on several explanations it can be concluded that health education with using existing booklet media impact and influence on change a person's attitudes and practices. Because p is in accordance with the objectives, namely health education aims to change one's attitudes and practices in order to become better and know more.

Conclusions

Based on the results of the p-value of $0.000 < \alpha$ (0.05) means it exists the influence of providing media education digital booklet against level current knowledge of personal hygiene menstruation in class VII students in SMPN 3 Nganjuk Regency before and after it is given intervention and based on assessment increased knowledge using the N-Gain formula occurs quite effective increase of 74.6%, with an average difference pretest and post-test was 41.8.

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