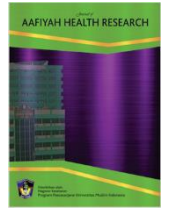


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Original Article

The Effect of Media Education on Adolescent Girls' Reproductive Hygiene in Rural Area, Indonesia

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Abstract

Backgrounds: Genital hygiene should be more maintained because germs are easy to enter and can cause Reproductive Tract Infections. Hygiene during menstruation is a component of personal hygiene that plays an important role in the status of a person's health behavior, including avoiding disturbances in reproductive function. The purpose of this study was to determine the effect of education using the media on the behavior of improving reproductive hygiene for adolescent girls at UPT SMA Negeri 6 Bone Regency.

Methods: This type of research is an observational method with a Cross-Sectional Study approach. The population in this study were all adolescent girls X, XI, and XII SMA Negeri 6 Bone Regency as many as 588 people. The sample in this study were all teenage girls X, XI, and XII of SMA Negeri 6 Bone Regency as many as 86 people using a simple random sampling technique.

Results: Research shows that there is a significant effect between education using media on the knowledge of young women. There is a significant influence between education using the media on the attitude of young women. There is a significant effect between education using media on the perception of young women. There is a significant influence between education using media on the actions of young women at UPT SMA Negeri 6 Bone Regency.

Conclusions: Education affects knowledge, attitude, and perception in adolescents. It is recommended for young women to maintain good personal hygiene in order to avoid various diseases that harms the female reproductive organs.

INTRODUCTION

Health education is one of the appropriate methods to provide information to adolescents. Behavior that is based on knowledge is more durable than behavior that is not based on knowledge. Health education is part of adolescent reproductive rights to have knowledge, awareness, attitude, and responsible reproductive health behavior (Wanodya, 2017). Adolescent knowledge about adolescent reproductive health is still relatively low where as many as 13% of female adolescents do not know about their physical changes and almost half (47.9%) do not know when a woman is fertile. Faced by making the right decisions so as not to harm himself or its future. One effort can be made to help adolescents solve the reproductive health problems they face (Taukhit, 2018).

Health education knowledge can be influenced by enabling factors such as the use of media in health education or training. The increase in adolescent knowledge cannot be separated from the role of the problem card media which has several advantages, among others, it can increase the motivation of respondents because the problem card contains actual problems that deserve to be discussed (Iga, N. 2017).

Physical changes in the reproductive organs in adolescence are influenced by the maturation of sexual hormones. In adolescent girls, there is an increase in the hormones estrogen and progesterone causing secondary sex change including changes in body posture, breast enlargement, growth of genital and axillary hair, and menstruation begins. These physiological changes can be a problem for adolescents, especially because of the lack of understanding of the natural mechanisms within them. Physical problems that are often faced include breasts that start to enlarge and feel swollen, dysmenorrhea, vaginal discharge, itching and discomfort in the genitals to infections in the urinary tract due to a lack of knowledge about maintaining genital hygiene (Oswati, H. 2017).

In addition to physical changes during adolescence, psychological changes also occur, including emotional ease, being more concerned with peer groups than family, and interest in the opposite sex. This condition can improve adolescent behavior in a good direction if adolescents get the right direction from the right source. These changes also often increase negative behavior (Oswati, H. 2017).

Based on an initial survey conducted at SMA Negeri 6 Bone Regency, it showed that of the 10 people we interviewed, there were 5 students (50.0%) who had used the media both through electronic media and mass media and understood how to properly maintain personal hygiene. Meanwhile, 5 students (50.0%) still do not understand how to maintain personal hygiene, especially adolescent reproductive organs. Based on data obtained from SMA Negeri 6 Bone Regency, the number of class X students was 174 people. While class XI as many as 177 people and class XII as many as 237 people.

Based on these data, the researcher intends to conduct further observations regarding "The Effect of Education Using Media on the Behavior of Improving Reproductive Hygiene for Young Women at UPT SMA Negeri 6 Bone Regency".

METHOD

Type of reserach, Location, and Time of Research

This study uses an experimental approach that is quantitative in nature by using Quasy Experiment research. The research design used in this study is "Nonequivalent Control Group Design". This type of research used two intervention groups with a comparison group, starting with a pretest given to both groups, then given treatment. The location of this research was carried out in SMA Negeri 6 Bone Regencyon 15 August to 15 September 2021.

Population and Sample

The population in this study were all adolescent girls X, XI, and XII SMA Negeri 6 Bone Regency as many as 588 people. The sample in this study was 86 adolescents. The research sampling technique was Simple Random Sampling, which was random sampling starting with taking the serial number of the female student attendance in each class to be used as a sample (Notoatmodjo, 2016).Media is something that can be used to channel messages, thoughts, feelings, concerns, and students' abilities to manage information using audio, printed images, and computers.

Variable

Knowledge in this study is the level of knowledge of respondents regarding personal hygiene for young women, namely good knowledge and poor knowledge, where each item has answers 2 and 1, the total number of questions is 10 questions consisting of several items in each answer to the answer choice questions. Objective Criteria. Good: If the respondent's score is 15. Not good: If the respondent's score is <15.

The attitude in this study is a response or response regarding personal hygiene using a Likert scale where each question is scored and has 4 answer choices. Each answer has a score, the highest score is 4 and the lowest score is 1. Objective Criteria; Positive: If the respondent's score is 25. Negative: If the respondent's score is <25.

Perceptions in this study are respondents' perceptions of personal hygiene, namely good perceptions and poor perceptions, where each item has an answer of 2 and 1, the total number of questions is 10 questions consisting of several items in each answer to the answer choice question. Objective Criteria; Good: If the respondent's score is 15. Less Good: If the respondent's score is <15.

The action in this study is the respondent's action regarding personal hygiene, namely good action and poor action, where each item has answers 2 and 1, the total number of questions is 10 questions consisting of several items in each answer to the answer choice questions. Good: If the respondent's score is 15. Not good: If the respondent's score is <15.

Research Ethics

In this study, the researcher assures that respondents need to be protected from things that are detrimental during the study, by paying attention to the aspects of self-determination, privacy, anonymity, confidentiality, and protection from discomfort. Researchers also made informed consent before the study was conducted.

Data analysis

The statistical test used was univariate and bivariate using a computerized service, namely Program Statistical Product and Service Solution (SPSS) 20.0.

RESULTS

Table 1. Frequency Distribution by Intervention and Control Group on Knowledge, Perception, Action at UPT SMA Negeri 6 Bone Regency in 2021

Variable			n	(%)
Education Using Media		Intervention	43	50.0
		Control	43	50.0
Knowledge	Control	Well	5	11.6
		Not good	38	88.4
	Intervention	Well	41	95.3
		Not good	2	4.7
Attitude	Control	Positive	4	9.3
		Negative	39	90.7
	Intervention	Positive	40	93.0
		Negative	3	7.0
Perception	Control	Well	7	16.3
		Not good	36	83.7
	Intervention	Well	38	88.4
		Not good	5	11.6
Action	Control	Well	8	18.6
		Not good	35	81.4
	Intervention	Well	42	97.7
		Not good	1	2.3

Based on table 1 shows that of the 86 people used as samples, the intervention group used the media as many as 43 people (50.0%) and the control group did not use the media as many as 43 people (50.0%). The control group with good knowledge was 5 people (11.6%) and 38 people (88.4%) had poor knowledge. While the intervention group with good knowledge were 41 people (95.3%) and 2 people (4.7%). The control group that had a positive attitude was 4 people (9.3%) and a negative attitude was 39 people (90.7%). While the intervention group that had a positive attitude was 40 people (93.0%) and a negative attitude was 3 people (7.0%). The control group that has good perception is 7 people (16.3%) and 36 people are not good (83.7%). The control group that has good perception is 8 people (18.6%) and 35 people are not good (81.4%). While the intervention group that had good actions were 42 people (97.7%) and 1 person (2.3%).

Table 2. The Effect of Education Using Media on Knowledge, Attitudes, Perceptions, and Actions of Young Women at UPT SMA Negeri 6 Bone Regency in 2021

Control Group				Using Media Leaflet	Intervention Group				
Knowledge					Knowledge				
Well		Not enough			Well		Not enough		p Nilai value
n	%	n	%		n	%	n	%	
2	40.0	20	52.6	Using Well	30	73.2	1	50.0	0.001
3	60.0	18	47.4	Not Using Well	11	26.8	1	50.0	
5	100	38	100		41	100	2	100	
Control Group				Using Media Leaflet	Intervention Group				
Attitude					Attitude				
Positive		Negative			Positive		Negative		p Nilai value
n	%	n	%		n	%	n	%	
1	25.0	21	53.8	Using Well	32	80.0	2	66.7	0.01
3	75.0	18	46.2	Not Using Well	8	20.0	1	33.3	
4	100	39	100		40	100	3	100	
Control Group				Using Media Leaflet	Intervention Group				
Perception					Perception				
Well		Not enough			Well		Not enough		p Nilai value
n	%	n	%		n	%	n	%	
3	42.8	19	52.8	Using Well	32	84.2	3	60.0	0.01
4	57.2	17	47.2	Not Using Well	6	15.8	2	40.0	
7	100	36	100		38	100	5	100	
Control Group				Using Media Leaflet	Intervention Group				
Action					Action				
Well		Not enough			Well		Not enough		p Nilai value
n	%	n	%		n	%	n	%	
2	42.8	14	52.8	Using Well	36	84.2	1	60.0	0.01
6	57.2	21	47.2	Not Using Well	6	15.8	0	40.0	
8	100	35	100		42	100	1	100	

Table 2 shows that of the 86 people used as samples, the control group with good knowledge is 2 people and 38 people have less knowledge. While the intervention group had good knowledge and used the media well, 30 people did not use it well, 11 people. While knowledgeable less use the media well 1 person and 1 person less well. By using the Chi-Square test, the value of $p = 0.000 < \alpha = 0.05$, means that H_0 is rejected and H_a is accepted. Thus, there is an effect of education using media on the knowledge of young women at UPT SMA Negeri 6 Bone Regency.

The control group that has a positive attitude is 4 people and 39 people are negative. While the intervention group had a positive attitude and used the media well, 32 people did not use it well, and 8 people. Meanwhile, 2 people who have a negative attitude use the media well, and 1 person less well. By using the Chi-Square test, the value of $p = 0.000 < \alpha = 0.05$, means that H_0 is rejected and H_a is accepted. Thus, there is an effect of education using media on the attitudes of young women at UPT SMA Negeri 6 Bone Regency.

The control group that has a good perception is 7 people and 36 people who lack it. Meanwhile, in the intervention group that had good perceptions and used the media well, 32 people did not use it well, and 6 people. Meanwhile, those who have less perception of using the media well are 3 people and 2 people who are not good at it. By using the Chi-Square test, the value of $p = 0.000 < \alpha = 0.05$, means that H_0 is rejected and H_a is accepted. Thus, there is an effect of education using media on the perception of young women at UPT SMA Negeri 6 Bone Regency.

The control group that has good action is 8 people and 35 people are less. While the intervention group that has good actions and uses the media well 36 people do not use it well 6 people. Meanwhile, 1 person has less good use of media. By using the Chi-Square test, the value of $p = 0.000 < \alpha = 0.05$, means that H_0 is rejected and H_a is accepted. Thus, there is an effect of education using media on the perception of young women at UPT SMA Negeri 6 Bone Regency.

Table 3. Multivariate Analysis of the Effect of Media Education on the Behavior of Adolescent Female Reproductive Hygiene Improvement at UPT SMA Negeri 6 Bone Regency

Research variable	B	SE	Exp (B)	p Nilai value
Knowledge	-.242	0.188E3	.785	0.006
Attitude	20.043	5.569E3	5.066E8	0.001
Perception	.216	9.768E3	1.242	0.013
Action	20,911	8.946E3	1.207E9	0.004
Education using Media	-63,497	1.390E4	.000	0.000

Based on table 3 shows that from several variables it was found that the attitude variable had more influence on the behavior of improving reproductive hygiene for adolescent girls at UPT SMA Negeri 6 Bone Regency.

DISCUSSION

The effect of knowledge on improving reproductive hygiene of adolescent girls

According to Soekidjo Notoadmodjo (2016), knowledge is the result of knowing, and occurs after people sense a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Human senses are obtained through the eyes and ears. Cognitive knowledge is a very important domain in the form of one's actions (overt behavior).

The results showed that of the 86 people who were used as samples, the intervention group with good knowledge was 41 people (95.3%) and 2 people had less knowledge (4.7%). While the control group with good knowledge was 5 people (11.6%) and 38 people (88.4%) had less knowledge. By using the Chi-Square test, the value of $p = 0.000 < 0.05$, means that H_0 is rejected and H_a is accepted. Thus, there is an effect of education using media on the knowledge of young women at UPT SMA Negeri 6 Bone Regency.

The results of research conducted by Wanodya Puspitaningrum (2015) showed that there was a difference in the average score of reproductive hygiene knowledge of adolescent girls before and after giving booklets with a pretest average of 8.29 and a posttest average of 10.64. After being given a media booklet related to reproductive hygiene for young women, there are still young women who do not know how to clean the genitals (54.5%) and the impact of hygiene practices in menstruation is bad (54.5%).

The results of the research above are in line with those conducted by Mardawiah (2015) at SMP Negeri 27 South Jakarta showing that of the 58 people who were used as samples, there were 36 people who had good knowledge after being given education through videos and leaflets with a p value = 0.002. has a significant influence on adolescent behavior regarding personal hygiene education during menstruation using videos and leaflets. Rogers' research (1974) quoted by Notoadmodjo (2016) concluded that behavior change does not always go through 5 stages, namely awareness (awareness), interest (interested in the stimulus), evaluation (evaluating or weighing whether the stimulus is good), and trial (trying), adoption (the subject has behaved in a new way). If the acceptance of a new behavior or the adoption of a behavior is based on knowledge, awareness and positive attitude, then the behavior will be long lasting. On the other hand, if behavior is not based on knowledge and awareness, it will not last long.

Researchers concluded that the treatments could be combined during a bath or at separate times. Often people are not aware of foot and nail problems until pain or discomfort occurs. In addition, the purpose of personal hygiene care is to improve one's health status, maintain one's personal hygiene, improve personal hygiene that is lacking, increase one's self-confidence, prevent disease and create beauty. The impact that often arises on personal hygiene problems. Many health problems suffered by a person because of not maintaining good personal hygiene. Physical disorders that often occur are impaired skin integrity. Disorders of the oral mucosa, disorders of the eyes and ears, disorders of the nails. Social problems related to personal hygiene are disturbances in the need for comfort, self-esteem needs, self-actualization and impaired social interaction. The fulfillment of self-care is influenced by several factors, including culture, social values in individuals or families, knowledge of self-care, and perceptions of self-care. Family habits, number of people at home, and availability of hot water.

The influence of attitude on improving reproductive hygiene of adolescent girls

The results showed that from 86 people who were used as samples, the intervention group had a positive attitude of 40 people (93.0%) and 3 people who had a negative attitude (7.0%). While the control group that has a positive attitude is 4 people (9.3%) and 39 people have a negative attitude (90.7%).

By using the Chi Square test, the value of $p = 0.000 < 0.05$, this means that H_0 is rejected and H_a is accepted. Thus, there is an effect of education using media on the attitudes of young women at UPT SMA Negeri 6 Bone Regency. The results of the research above are in line with those conducted by Mardawiah (2015) at SMP Negeri 27 South Jakarta, showing that of the 58 people who were used as samples, there were 36 people who had a positive attitude after being given education through videos and leaflets with a p value = 0.018. Thus, attitudes have a significant influence on

adolescent behavior regarding personal hygiene education during menstruation using videos and leaflets.

The adolescent age commonly used by experts is between 12 and 21 years, where in adolescence the criteria for sexual maturity begin to appear in girls, the first menstruation occurs and the sex organs function maturely. The age range of adolescence is usually divided into three, namely 12-15 years of early adolescence, which is also known as the maturation stage, namely in the last 1 or 2 years of childhood. Menstruation is the discharge of blood from the uterus, which is caused by the release of the uterine lining accompanied by the release of the endometrium and occurs every month. Menstruation is assessed based on 3 things, first the menstrual cycle, which is around 21-35 days, the second is the length of menstruation, which is no more than 15 days, and the third is the amount of blood is 20-80 ml (Novitasari, 2015).

When the hormone estrogen increases, it will suppress FSH and stimulate the GnRH hormone and secrete LH (Leutenizing Hoemone) which will then stimulate the degrafted follicle to release eggs. The released egg is then caught by the tuft of the fallopian tube and after that, the egg is wrapped by the corona radiata and gets nutrition for 48 hours. But if fertilization does not occur, the egg will pass through the uterus, dry out and leave the body about 2 weeks later through the vagina. Since the uterine wall is not needed to support the pregnancy, the lining will be damaged and shed. Blood and tissue from the uterine wall (endometrium) combine to form menstruation which generally lasts 3-7 days.

The relationship between perceptions of improving reproductive hygiene of adolescent girls

One of the psychological factors that influence consumers is perception. Perception is a process that arises as a result of a stimulus received through the five senses so that a person can conclude information and interpret messages and this is also influenced by the experiences that exist in the person concerned. Perception can be expressed as a process in which a person selects, organizes, and interprets stimuli received by the senses into a meaningful and comprehensive picture of the world (Hidayat, 2016).

The results showed that of the 86 people who were used as samples, the intervention group who had a good perception were 38 people (88.4%) and 5 people had a bad perception (11.6%). While the control group who have a good perception are 7 people (16.3%) and 36 people have a bad perception (83.7%). By using the Chi-Square test, the value of $p = 0.000 < \text{from the value of } = 0.05$, means that H_0 is rejected and H_a is accepted. Thus, there is an effect of education using media on the perception of young women at UPT SMA Negeri 6 Bone Regency.

Ovarian hormone levels become low towards the end of the menstrual cycle. This situation stimulates the hypothalamus to secrete gonadotropin-releasing hormone (Gn-RH). Then Gn-RH will stimulate the secretion of follicle-stimulating hormone (FSH). Then FSH stimulates the development of ovarian follicles and the production of the hormone estrogen. Estrogen levels begin to decrease and hypothalamic Gn-RH will trigger the anterior pituitary to secrete luteinizing hormone (LH). LH levels peak on the 13th or 14th day of a 28-day cycle. If fertilization or implantation of the ovum does not occur at this time, the corpus luteum will shrink and reduce levels of estrogen and progesterone, resulting in menstruation.

Perception depends on the nature of physical stimuli, as well as on the relationship of stimuli to their surroundings and conditions within the individual. Perception is essentially a cognitive process experienced by everyone in understanding information about their environment, either through sight, hearing, appreciation, feeling, or smell. The key to understanding perception is recognizing that perception is a unique interpretation of the situation and not a true recording of the situation.

Hormonal imbalances or uterine abnormalities can cause unusually high menstrual blood volumes, but Dr. Minkin says the cause isn't always clear. If a woman experiences menstruation for

seven days or more, and the blood that comes out is no longer accommodated by the sanitary pad, then she is likely suffering from menorrhagia. Clotted blood is also normal, but large blood clots are a sign of "heavy periods." Menorrhagia can cause anemia, so make sure you're consuming enough iron. The way humans take care of themselves to maintain their health is called personal hygiene. How to self-care becomes complicated due to a person's physical condition or emotional state. Maintenance of personal hygiene is necessary for individual comfort, safety, and health

The relationship of action to improving reproductive hygiene of adolescent girls

Actions are real actions or activities resulting from the influence of individual internal and external factors that are supported by conditions that allow the appearance of real actions. Research result shows that of the 86 people who were used as samples, the intervention group that had good actions were 42 people (97.7%) and 1 person (2.3%). While the control group that has good actions is 8 people (18.6%) and 35 people who have bad actions (81.4%).

By using the Chi-Square test, the value of $p = 0.000 < \alpha = 0.05$, means that H_0 is rejected and H_a is accepted. Thus, there is an effect of education using media on the actions of young women at UPT SMA Negeri 6 Bone Regency. The results of research conducted by Dina Fikriyana Yusuf (2017) Factors related to the practice of menstrual genital hygiene in mentally retarded junior high school students in Semarang City are knowledge ($p = 0.021$), attitude ($p = 0.018$), parental support ($p = 0.041$), and access to information ($p = 0.009$). Meanwhile, there was no relationship between teacher support ($p = 0.988$) and peer support ($p = 1.0-0.4$).

Researchers concluded that to maintain personal hygiene, create beauty, and improve individual health degrees so as to prevent disease in themselves and others. personal hygiene is performed upon waking, to take action for scheduled tests such as in taking examination materials (urine or feces), providing assistance such as offering a bedpan or urinal if the patient is unable to ambulate and preparing the patient for breakfast or breakfast by doing personal hygiene actions, such as washing the face, hands, maintaining oral hygiene, personal hygiene carried out after breakfast or breakfast such as assisting in meeting the need for elimination (BAB/BAK), bathing or washing hair, performing skincare, perform back massage, clean the mouth, nails, hair, and make the patient's bed. This is often referred to as a complete morning treatment.

Research Limitations

Researchers have tried as much as possible to get the validation and thorough truth, however, researchers still observe some limitations in this study including the process of collecting research data, namely the timing and distribution of questionnaires, the researcher was assisted by 1 colleague or teacher, however, the possibility of bias in filling out the questionnaire because there are some respondents who still ask their friends because they feel unsure and not confident with their own answers, therefore there are some questions that may be answered dishonestly. Respondents are limited in expressing answers objectively and some still feel ashamed and taboo to talk about reproductive health hygiene behavior problems.

CONCLUSION

It can be concluded that; 1). The results showed that there was a significant influence between education using media on the knowledge of young women at UPT SMA Negeri 6 Bone Regency. 2). The results showed that there was a significant influence between education using media on the attitudes of young women at UPT SMA Negeri 6 Bone Regency. 3). The results showed that there was a significant influence between education using media on the perceptions of young women at UPT SMA

Negeri 6 Bone Regency. 4). The results showed that there was a significant influence between education using media on the actions of young women at UPT SMA Negeri 6 Bone Regency.

SUGGESTION

1). It is recommended to the school be diligent in conducting counseling and bringing in health workers to provide material regarding improving reproductive hygiene for young women. 2). It is recommended for young women to maintain good personal hygiene in order to avoid various diseases that harm the female reproductive organs. 3). It is recommended for further researchers to research using other variables.

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Declaration of Conflict of Interest

All authors state that there is no potential Conflict of Interest in this research and article.

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