



UNIVERSITAS ANDALAS

**FAKTOR YANG BERHUBUNGAN DENGAN PRAKTIK
KEBERSIHAN MENSTRUASI SISWI SMPN 1 MANIAMOLO**



Dr. Yessy Markolinda, S.Si., M. Repro

Dr. Mery Ramadani, SKM., MKM

FAKULTAS KESEHATAN MASYARAKAT

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**FAKTOR YANG BERHUBUNGAN DENGAN PRAKTIK KEBERSIHAN
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xi + 98 hal, 21 tabel, 2 gambar, 8 lampiran

ABSTRAK

Tujuan

Survei rencana pembangunan jangka menengah nasional di dapatkan bahwa di Sumatera Utara rata-rata indeks pengetahuan remaja putri terkait kesehatan reproduksi sebanyak 51.0% sementara remaja yang mengetahui mengenai masa subur hanya 18.0%. Tujuan penelitian untuk mengetahui faktor yang berhubungan dengan praktik kebersihan menstruasi siswi SMPN 1 Maniamolo Tahun 2021.

Metode

Jenis penelitian Kuantitatif dengan desain *Cross Sectional Study*. Populasi pelajar kelas VIII dan IX berjumlah 101 orang, jumlah sampel 101 orang. Teknik pengambilan sampel dengan total *Sampling*. Data dikumpulkan dengan kuesioner dan dianalisis dengan univariat, bivariat, multivariat.

Hasil

Hasil analisis univariat didapatkan 45.5% siswi melakukan praktik kebersihan menstruasi yang buruk, 36.6% siswi memiliki pengetahuan negatif, 46.5% memiliki sikap negatif, 62.4% siswi mengaku bahwa fasilitas toilet di sekolah tidak memadai, 100% siswi pernah memperoleh informasi terkait praktik kebersihan menstruasi. Hasil analisis bivariat menunjukkan adanya hubungan signifikan ($p < 0.05$) antara pengetahuan ($p = 0.000$), sikap ($p = 0.000$), dan sumber informasi dari teman ($p = 0.030$). Hasil analisis multivariat pengetahuan ($p = 0.000$) dan POR (140.143).

Kesimpulan

Pengetahuan, sikap, dan sumber informasi dari teman berhubungan dengan praktik kebersihan menstruasi. Disarankan kepada pihak sekolah agar lebih aktif dalam memberikan informasi kesehatan mengenai praktik kebersihan menstruasi kepada siswa-siswi

Daftar pustaka : 58 (1997-2021)

Kata kunci : Manajemen kebersihan menstruasi, praktik, siswi

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**FACTORS RELATED TO MENSTRUAL HYGIENE PRACTICES FOR
STUDENTS OF SMPN 1 MANIAMOLO IN 2021**

xi + 98 pages, 21 tables, 2 pictures, 8 appendix

ABSTRACT

Objective

The survey of the national mid-term development plan found that in North Sumatra the average knowledge index of young women related to reproductive health was 51.0% while adolescents who knew about the fertile period were only 18.0%. The purpose of the study was to determine factors related to menstrual hygiene practices for students of SMPN 1 Maniamolo in 2021.

Method

This type of research is quantitative with a cross sectional study design. The population of class VIII and IX students is 101 people, the number of samples is 101 people. Sampling technique with total sampling. Data were collected by questionnaire and analyzed by univariate, bivariate, multivariate.

Results

The results of the univariate analysis showed that 45.5% of students had poor menstrual hygiene practices, 36.6% of students had negative knowledge, 46.5% had negative attitudes, 62.4% of students admitted that toilet facilities at school were not adequate, 100% of students had received information related to menstrual hygiene practices. The results of bivariate analysis showed a significant relationship ($p < 0.05$) between knowledge ($p = 0.000$), attitude ($p = 0.000$), and sources of information from friends ($p = 0.030$). The results of the multivariate analysis of knowledge ($p = 0.000$) and POR (140.143).

Conclusion

Knowledge, attitudes, and sources of information from friends related to menstrual hygiene practices. It is recommended to the school to be more active in providing health information about menstrual hygiene practices to students

References : 58 (1997-2021)

Keywords: Menstrual hygiene management, practice, female students