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ABSTRAK

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HUBUNGAN PENGETAHUAN SIKAP DAN INFORMASI DARI ORANG TUA TERHADAP PRAKTIK *PERSONAL HYGIENE* MENSTRUASI SISWI KELAS VII SMPN 1 CIAMIS

Personal hygiene menstruasi pada remaja merupakan hal penting yang perlu diperhatikan karena menentukan kesehatan organ reproduksi agar terhindar dari gangguan atau masalah pada organ reproduksi. Tujuan penelitian ini untuk mengetahui hubungan antara pengetahuan, sikap, dan informasi dari orang tua tentang *personal hygiene* menstruasi terhadap praktik *personal hygiene* menstruasi siswi kelas VII SMPN 1 Ciamis. Penelitian ini dilakukan dengan desain penelitian *Cross-Sectional*. Populasi penelitian ini yaitu siswi kelas VII SMPN 1 Ciamis yang sudah menstruasi. Sampel penelitian berjumlah 141 siswi. Analisis bivariat dilakukan dengan uji *Chi Square*. Analisis bivariat menunjukkan terdapat hubungan antara pengetahuan tentang *personal hygiene* menstruasi terhadap praktik *personal hygiene* menstruasi siswi kelas VII SMPN 1 Ciamis ($p\text{-value}=0,015$), terdapat hubungan antara sikap tentang *personal hygiene* menstruasi terhadap praktik *personal hygiene* menstruasi siswi kelas VII SMPN 1 Ciamis ($p\text{-value}=0,043$), dan terdapat hubungan antara informasi dari orang tua tentang *personal hygiene* menstruasi terhadap praktik *personal hygiene* menstruasi siswi kelas VII SMPN 1 Ciamis ($p\text{-value}=0,000$). Saran penelitian ini adalah siswi SMPN 1 Ciamis diharapkan dapat menambah pengetahuan mengenai jumlah penggunaan pembalut yang baik dalam satu hari dan cara membersihkan area genitalia yang benar dari berbagai sumber terpercaya untuk meningkatkan praktik *personal hygiene* menstruasi.

Kata Kunci: *personal hygiene*, menstruasi, remaja putri

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ABSTRACT

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THE CORRELATION OF KNOWLEDGE, ATTITUDES, AND INFORMATION FROM PARENTS TOWARDS MENSTRUAL PERSONAL HYGIENE PRACTICE IN STUDENTS GRADE 7 AT SMPN 1 CIAMIS

Personal hygiene during menstruation in adolescents is an important thing that needs to be considered because it determines the health of the reproductive organs to avoid disorders or problems with the reproductive organs. The aim of this research was to determine the correlation of knowledge, attitudes, and information from parents about menstrual personal hygiene on the menstrual personal hygiene practice in students grade 7 at SMPN 1 Ciamis. The research was conducted with a Cross-Sectional research design. The population of this study was students grade 7 at SMPN 1 Ciamis who were menstruating. The research sample consisted of 141 female students. Bivariate analysis was carried out using the Chi Square test. The bivariate analysis showed that there is a correlation between knowledge about menstrual personal hygiene and menstrual personal hygiene practice in students grade 7 at SMPN 1 Ciamis ($p\text{-value}=0,015$), there is a correlation between attitudes about menstrual personal hygiene and menstrual personal hygiene practice in students grade 7 at SMPN 1 Ciamis ($p\text{-value}=0,043$), and there is a correlation between information from parents about menstrual personal hygiene and the menstrual personal hygiene practices in students grade 7 at SMPN 1 Ciamis ($p\text{-value}=0,000$). The suggestion of this research is that students at SMPN 1 Ciamis are expected to increase their knowledge regarding the correct number of sanitary napkins used in one day and how to properly clean the genital area from various trusted sources to improve menstrual personal hygiene practices.

Keywords: *personal hygiene, menstruation, adolescent girls*