

The Impact of Reproductive Education on Adolescent Behavior Changes in Personal Hygiene During Menstruation Through Online Application Media

Lela Hartini^{*}, Yuniarti, Eliana, Nispi Yulyana

Department of Midwifery, Poltekkes Kemenkes Bengkulu, Bengkulu, Indonesia

Email address:

lela_hartini@yahoo.com (Lela Hartini)

^{*}Corresponding author

Abstract

The average age of first menstruation in Indonesia is 12 years (27.7%) (SDKI. R, 2017). The risk associated with poor menstrual hygiene is 1.66 times higher compared to those who maintain proper menstrual hygiene. This study aims to investigate the impact of reproductive health education on changes in adolescent behavior concerning personal hygiene during menstruation. The type of research used is a pre-experimental design with a quasi-experimental pretest and posttest design. The results of the study show that nearly half of the participants in the video media group are aged 11-13 years. The average knowledge score after the intervention was 8,85 with a standard deviation of 9. The average attitude score was 38,29 and the average behavior score was 35,35. In contrast, the average knowledge score for the module media group after the intervention was 7,71 with a standard deviation of 0,692. For the video the knowledge score yielded a Z value of -5.117 with a p-value of 0,000. There was a significant difference in the mean ranks of attitude and the module, as indicated by a p-value of 0.000, which is less than the α level of 0.05. Multivariate analysis of external variables related to the dependent variables, such as age and occupation, showed a p-value < 0.05. Analysis revealed a significant effect of the independent variables, with a significance p-value of 0.000. It is recommended to enhance the provision of information and services for students regarding adolescent behavior and personal hygiene menstruation.

Keywords

Video Media, Module, Knowledge, Attitude, Behavior, Personal Hygiene During Menstruation