

ABSTRAK

Latar belakang: Prevalensi ISK (infeksi saluran kemih) di Indonesia masih tinggi, jumlah penderita ISK sekitar 180.000 kasus baru per tahunnya disebabkan oleh tindakan personal hygiene yang buruk saat menstruasi. Kurangnya pengetahuan dan pemahaman tentang menstruasi dapat mengakibatkan tindakan personal hygiene yang tidak benar dan aman saat menstruasi, sehingga meningkatkan risiko infeksi saluran reproduksi

Tujuan: Penelitian ini bertujuan untuk membandingkan tingkat pengetahuan, sikap dan tindakan siswi Madrasah dengan Mahasiswa dalam menjaga higienitas saat menstruasi.

Metode : Penelitian ini merupakan penelitian deskriptif analitik dengan desain cross sectional. Data dikumpulkan menggunakan kuesioner. Sampel mahasiswa berjumlah 54, siswi berjumlah 66. Pengambilan sampel dengan metode non-probability sampling secara cluster random sampling

Hasil : Pada mahasiswa paling banyak ditemukan tingkat pengetahuan personal hygiene saat menstruasi sebanyak 50 orang (92,6%), sikap yang setuju yaitu sebanyak 47 orang (87,0%), dan tindakan baik sebanyak 35 orang (64,8%), sedangkan pada siswi Madrasah paling banyak ditemukan tingkat pengetahuan personal hygiene saat menstruasi yang baik sebanyak 49 orang (74,2%), sikap yang baik sebanyak 51 orang (77,3%), dan tindakan cukup baik sebanyak 35 orang (53,0%).

Kesimpulan : Terdapat perbedaan tingkat pengetahuan antara siswi MAN dengan mahasiswa (p value 0,000). Terdapat perbedaan sikap antara siswi MAN dengan mahasiswa (p value 0,004). Terdapat perbedaan tindakan antara siswi MAN dengan mahasiswa (p value 0,000).

Kata kunci : Wanita, Menstruasi , Kesehatan reproduksi.

ABSTRACT

Background: the prevalence of UTI (urinary tract infection) in Indonesia is still high, the number of UTI sufferers is around 180,000 new cases per year caused by poor personal hygiene during menstruation. Lack of knowledge and understanding about menstruation can result in improper and safe personal hygiene measures during menstruation, thus increasing the risk of reproductive tract infections.

Objective: This study aims to compare the level of knowledge, attitudes and actions of Madrasah and female students in maintaining hygiene during menstruation.

Methods: This research is an analytic descriptive study with a cross sectional design. Data was collected using a questionnaire. The sample of female students was 54, female students were 66. Sampling was taken using the non-probability sampling method by means of cluster random sampling.

Results: Most female students found a good level of knowledge as many as 50 people (92.6%), attitudes that agreed, namely as many as 47 people (87.0%), and moderate actions as many as 35 people (64.8%), while in female students In Madrasahs, the highest level of knowledge was found to be good, with 49 people (74.2%), attitudes that strongly agreed with many as many as 51 people (77.3%), and actions that were quite good as many as 35 people (53.0%).

Conclusion: There are differences in the level of knowledge between MAN students and female students (p value 0.000). There are differences in attitudes between MAN students and female students (p value 0.004). There is a difference in the actions of MAN and female students (p value 0.000).

Keywords: Women, Menstruation, Reproductive health.