

ABSTRAK

Latar belakang: *Menstrual hygiene management* (MHM) merupakan keseluruhan praktik dalam menjaga kebersihan alat reproduksi saat menstruasi. Pada tahun 2016 diperkirakan 335 juta remaja perempuan di dunia pergi ke sekolah dasar dan menengah tanpa tersedianya pembalut baru saat mengganti pembalut, serta air dan sabun untuk mencuci tangan atau tubuh. Praktik negatif terkait dengan kebersihan sangat berdampak pada kesehatan remaja perempuan.

Tujuan: Mengetahui hubungan antara fasilitas higiene perempuan dengan praktik *menstrual hygiene management* (MHM) pada remaja putri di SMP Negeri Kabupaten Pesisir Selatan

Metode penelitian: Studi potong lintang, dilakukan pada SMP Negeri di Kabupaten Pesisir Selatan. Penelitian ini melibatkan remaja perempuan yang berusia 11-15 tahun dengan jumlah sampel 346 orang. Analisis hubungan menggunakan uji *chi square* dan regresi logistik ordinal. Keseluruhan tes menggunakan interval kepercayaan 95% dan tingkat kemaknaan *P-value* 0,05.

Hasil: Terdapat hubungan yang signifikan antara praktik MHM dengan fasilitas higiene perempuan (*P-value* 0,03), fasilitas higiene ramah perempuan (*P-value* 0,01), fasilitas disabilitas (*P-value* 0,03), pendidikan ibu (*P-value* 0,01), pengetahuan menstruasi (*P-value* 0,02), informasi menstruasi di sekolah (*P-value* 0,03), dan diskusi terkait menstruasi (*P-value* 0,01). Pada uji multivariat diketahui bahwa yang memiliki hubungan dengan praktik MHM adalah fasilitas higiene perempuan (*OR* 0,57; 95% CI 0,34-0,95), pendidikan ibu (*OR* 1,96; 95% CI 1,20-3,12), informasi menstruasi di sekolah (*OR* 1,61; 95% CI 1,06 - 2,61), dan diskusi terkait menstruasi (*OR* 2,48; 95% CI 1,47-4,16).

Kesimpulan: Terdapat hubungan yang signifikan antara praktik MHM yang baik dengan fasilitas higiene perempuan pada penelitian ini. Oleh karena itu diperlukan kerjasama antara sekolah, lintas sektor, orang tua, dan siswi dalam pengadaan dan pemeliharaan fasilitas higiene perempuan.

Kata Kunci: *Menstrual hygiene management* (MHM), Siswi, Remaja, SMP, Fasilitas Higiene

ABSTRACT

Background: Menstrual hygiene management (MHM) involves the overall practices of maintaining reproductive cleanliness during menstruation. In 2016, it was estimated that 335 million adolescent girls in the world attended primary and secondary schools without access to new sanitary pads for changing, as well as water and soap for hand or body washing. Negative hygiene practices have a significant impact on the health of adolescent girls, as during menstruation, microorganisms such as viruses, bacteria, fungi, and parasites can easily proliferate.

Objective: To determine the relationship between women's hygiene facilities and MHM practices in female students in junior high schools in Pesisir Selatan Regency.

Research method: A cross-sectional study was conducted at State Junior High Schools in Pesisir Selatan Regency. This research involved adolescent girls aged 11-15 years with a total of 346 female students. The relationship analysis was conducted using the chi-square test and analyzed using ordinal logistic regression. The entire test used a 95% confidence interval and a significance level of p-value 0,05.

Results: here is a significant relationship between MHM practices and women's hygiene facilities (P-value 0,03), women-friendly hygiene facilities (P-value 0,01), disability facilities (P-value 0,03), mother's education (P-value 0,01), knowledge (P-value 0,02), menstruation information at school (P-value 0,03), and menstruation-related discussions (P-value 0,01). In the multivariate analysis, it is known that the variable related to MHM practices is female hygiene facilities (OR 0,57; 95% CI 0,34-0,95), mother's education (OR 1,96; 95% CI 1,20-3,12), menstruation information at school (OR 1,67; 95% CI 1,06 - 2,61), and menstruation-related discussions (OR 2,48; 95% CI 1,47-4,16).

Conclusion: There is a significant relationship between good MHM practices and the availability of female hygiene facilities in this study. Therefore, close cooperation between schools, various relevant sectors, parents, and female students is crucial in efforts to provide and maintain adequate female hygiene facilities.

Keywords: Menstrual hygiene management (MHM), Female students, Adolescents, Junior High School, Hygiene Facilities