

## ABSTRACT

**Background:** Menstrual hygiene management (MHM) is often neglected in low- and middle-income countries (LMICs). Adolescent girls in Islamic boarding schools face heightened vulnerability due to restricted access to online information and insufficient education on menstrual hygiene. An assessment needs to be conducted to understand the association between online information access and menstrual hygiene knowledge in Islamic boarding schools.

**Objectives:** The objective of this study is to assess and determine the relationship between knowledge of MHM and access to online information in adolescent girls in Islamic boarding schools in Yogyakarta, Indonesia.

**Method:** This research was an observational descriptive study with a cross-sectional research design using a sample of 326 adolescent female students from three Islamic boarding schools in Yogyakarta. A self-administered questionnaire assesses knowledge of MHM, online information access, age of menarche, and frequency of discussing menstruation. Data analysis was conducted using univariate and bivariate analysis using a Chi-square test with a confidence interval of 95% and a p-value of 0.05. Multivariable analysis was conducted using logistic regression analysis with a confidence interval of 95%.

**Results:** There is a significant association between knowledge of MHM and access to online information (p-value of 0.021). There is no association between knowledge of MHM with age of menarche and frequency of discussing menstruation (p-value of 0.994 and 0.404 respectively). More than half of the students have low knowledge of MHM (55%), but a majority of students have access to online information (70.6%). Students with access to online information are 1.78 times more likely to have higher knowledge of MHM compared to those who did not have access.

**Conclusion:** There is a significant association between knowledge of MHM and access to online information. Due to low knowledge and internet restrictions in Islamic boarding schools, teachers and other stakeholders should provide credible health information sources for students to manage their menstrual hygiene.

**Keywords:** Menstruation, Menstrual Hygiene Management (MHM), Menstrual Hygiene, Health Knowledge, Attitudes, and Practice, Internet Access, Access to Information