

ABSTRAK

Pubertas terjadi pada remaja yang ditandai dengan menstruasi pada perempuan. Kebersihan diri saat menstruasi yang buruk dapat mengakibatkan tubuh rentan mengalami infeksi saluran reproduksi. Perilaku kebersihan diri saat menstruasi dapat dipengaruhi oleh beberapa faktor diantaranya persepsi. Penelitian bertujuan mengetahui hubungan antara persepsi dengan perilaku kebersihan diri saat menstruasi pada remaja putri di SMPN 1 Purwosari.

Desain penelitian *cross sectional*. Sampel penelitian siswi SMPN 1 Purwosari Gunungkidul berjumlah 63 responden sesuai kriteria inklusi menggunakan proporsional *stratified random sampling* pada November 2019. Alat pengambilan data menggunakan kuesioner persepsi dan perilaku kebersihan diri saat menstruasi dengan analisis kendall tau.

Hasil penelitian dari 63 responden penelitian didapatkan 25 responden (39,7%) memiliki persepsi baik, 33 responden (52,4%) memiliki persepsi cukup, dan 5 responden (7,9%) memiliki persepsi kurang positif terhadap kebersihan diri saat menstruasi. Perilaku kebersihan diri saat menstruasi didapatkan hasil 26 responden (41,3%) berperilaku baik, 29 responden (46%) berperilaku cukup, dan 8 responden (12,7%) berperilaku kurang mendukung kebersihan diri saat menstruasi. Hasil uji kendall tau 0,018 ($p\text{-value} < 0,05$) dengan koefisien korelasi nya sebesar 0,279.

Terdapat hubungan persepsi dengan perilaku kebersihan diri saat menstruasi. Saran penelitian untuk lebih memperhatikan konten kuesioner yang dipakai.

Kata Kunci : Menstruasi, Perilaku kebersihan diri, Persepsi, Remaja

ABSTRACT

Puberty is characterized by menstruation in women on adolescence. Poor personal hygiene menstruation can increase the risk of reproductive tract infection. Personal hygiene menstruation's behavior can be influenced by many factors include perception. The aim of this research is to find out the relationship between perception and personal hygiene menstruation's behavior.

The study used a cross sectional design. The research sample were 63 junior high school 1 Purwosari Gunungkidul students according to the inclusion criteria using proportional stratified random sampling in November 2019. The instrument's a questionnaire perception and personal hygiene behavior during menstruation with kendall's tau analysis.

This research showed that from 63 respondent were obtained 25 respondent (39,7%) had good perception, 33 respondent (52,4%) had moderate perception, and 5 respondent (7,9%) had less positive perception of personal hygiene menstruation. Whereas for personal hygiene menstruation's behavior showed that 26 respondent (41,3%) had good behavior, 29 respondent (46%) had moderate behavior, and 8 respondent (12,7%) had less supportive behavior of personal hygiene menstruation . P-value 0,018 (p-value < 0,005) with coefficient correlation was 0,279..

There is a relationship between perception and personal hygiene menstruation's behavior in adolescence female student at SMPN 1 Purwosari Gunungkidul. The researcher suggests to pay more attention to the content of the questionnaire that's used.

Keypoint : Menstruation, Personal hygiene behavior, Perception, Adolescence