

## **GAMBARAN PERILAKU *MENSTRUAL HYGIENE* PADA SISWI SEKOLAH DASAR DI KECAMATAN JETIS, YOGYAKARTA**

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### **INTISARI**

**Latar belakang:** Usia *menarche* semakin dini. Hal ini perlu mendapatkan perhatian khusus agar remaja mampu mempersiapkan dan melalui menstruasi dengan nyaman. Salah satu aspek penting yang harus diperhatikan adalah *menstrual hygiene*. Pengkajian sejak dini mengenai *menstrual hygiene* penting untuk dilakukan agar dapat memberikan pendidikan dan pelatihan yang tepat bagi remaja.

**Tujuan penelitian:** Mengetahui gambaran perilaku *menstrual hygiene* meliputi pengetahuan, sikap, dan praktik siswi sekolah dasar di Kecamatan Jetis, Yogyakarta.

**Metode penelitian:** Jenis penelitian adalah kuantitatif deskriptif dengan pendekatan *cross sectional*. Penelitian dilaksanakan pada Maret 2015. Populasi penelitian adalah siswi kelas VI di sekolah dasar Kecamatan Jetis dengan besar sampel 77 siswi. Pengambilan data menggunakan kuesioner.

**Hasil:** Rata-rata usia *menarche* adalah 11,47 tahun. Mayoritas (93,5%) pernah mendengar informasi *menstrual hygiene*, namun sebagian besar (85,7%) masih memiliki pengetahuan yang salah mengenai frekuensi penggantian pembalut. Sikap responden menunjukkan bahwa mereka (25%) malu saat membicarakan masalah *menstrual hygiene*. Mayoritas (72,7%) juga membatasi aktivitas selama menstruasi. Sebagian besar responden (84,4%) menyatakan masih membutuhkan informasi tambahan mengenai perawatan selama menstruasi.

**Kesimpulan:** Mayoritas responden memiliki pengetahuan salah dan praktik yang tidak higienis mengenai frekuensi penggantian pembalut, arah dan bahan yang digunakan untuk membas alat kelamin. Sikap mayoritas responden juga malu saat membicarakan masalah *menstrual hygiene*.

**Kata kunci:** *menstrual hygiene*, perilaku, siswi, sekolah dasar

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**THE DESCRIPTION OF MENSTRUAL HYGIENE BEHAVIOR OF  
ELEMENTARY SCHOOL STUDENTS IN JETIS DISTRICT,  
YOGYAKARTA**

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**ABSTRACT**

**Background:** The age of menarche has decreased. This needs special attention so that adolescent can prepare and through menstruation comfortably. One important aspect is the menstrual hygiene. Assessment early on menstrual hygiene is important to be done in order to provide appropriate education and training for them.

**Objective:** Describe the behavior of menstrual hygiene includes knowledge, attitudes, and practices at the elementary school students in Jetis District, Yogyakarta

**Methods:** The study was a quantitative descriptive with cross sectional approach. The research was conducted in March 2015. The study population was the elementary school sixth grader in Jetis District with a large sample of 77 students. Data were collected using a questionnaire.

**Results:** The average age of menarche is 11,47 years. The majority of respondents (93.5%) had heard of menstrual hygiene, but majority (85,7%) have the wrong knowledge about the frequency of pads replacement. The attitude indicated that they (25%) feel embarrassed when talking about menstrual hygiene issues. The majority (72.7%) also limit their activities during menstruation. Most respondents (84.4%) said that they still require additional information regarding care during menstruation

**Conclusion:** The majority of respondents had incorrect knowledge and unhygienic practices regarding the frequency of pads replacement, directions and materials used for cleaning the genitals. The attitude of the majority of respondents also embarrassed when talking about menstrual hygiene.

**Keywords:** menstrual hygiene, behavior, students, elementary school

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