

## Relationship between Personal Hygiene During Menstruation With Events Pruritus Vulvae For Young Women in Islamic Boarding Schools Malang Regency

Lailatul Erikatus Sholihah<sup>a\*</sup> | Feriana Ira Handian<sup>b</sup> | Sismala Harningtyas<sup>a</sup>

<sup>a</sup>Stikes Maharani Malang

<sup>b</sup>Universitas Tribhuwana Tunggaladewi

\*Email : lailatulerikatus@gmail.com

### ARTICLE INFORMATION

#### Article history

Received (11 June 2024)

Revised (20 June 2024)

Accepted (1 July 2024)

#### Keywords

personal hygiene, young women, menstruation, pruritus vulvae

### ABSTRACT

**Introduction:** Personal hygiene is an important factor in an effort to maintain health, this is done to avoid disease and can get used to living a healthier life. Most of us believe that hygiene problems are commonplace. The aim of this study was to determine a significant relationship between personal hygiene during menstruation and the incidence of pruritus vulvae in young women at Islamic boarding schools in Malang

**Objectives:** The sample in this study was 118 young women

**Methods:** The research design uses a cross-sectional approach. The sample in this study was 118 young women using proportional random sampling technique. The instrument in this study was a personal hygiene questionnaire during menstruation and pruritus vulvae

**Results:** The results of the study proved that most of the 65 (55.1%) respondents experienced sufficient personal hygiene and most of the 55 (46.6%) respondents experienced moderate pruritus vulvae

**Conclusions:** Spearman rank test results show that there is a 2 correlation between personal hygiene during menstruation and the frequency of pruritus vulvae in young women at Islamic boarding schools in Malang Regency with a significant value ( $p = 0.000 < (0.05)$ ), and a correlation coefficient of 0.500 which means that both variables have moderate relationship strength. Suggestions for the respondents of this study are expected to maximize the level of cleanliness and prevent symptoms of pruritus vulvae

## Introduction

Human self-care to protect It seems that it self is known as Personal Hygiene. There is comfort, safety, and individual health necessary to maintain cleanliness individual. The practice of cleanliness is the same as that increasing the degree of individual health. (Hotiana & Febriansyah, 2018) The problem of neglect that is not paid attention usually causes pain. It is because of the belly of us that the problem of the problem is an ordinary problem. However, if left unchecked, it will become a very serious problem. According to the World Health Organization (WHO), there is a in which the daughter of Belarus 10-14 years old experiences reproductive problems, including pruritus vulvae. On the other hand, there is data that shows that 43.3 million female relatives in Indonesia have very bad behavior (Riskasdas, 2016). The results of the research show that not taking care of the menstrual cramps, which causes 5.2 million female children in 17 provinces in Indonesia to experience menstrual cramps, namely the vulvae pruritus, which is marked by itching in the female menstrual organs, which can affect the onset of menstrual cramps (Kemenkes, 2020). When menstruation occurs, the vulvae is very delicate and the repertoire is faced with infiltrating because germs can enter



and damage the reproductive organs. Pruritus vulvae, or irritation or itching around the vulvae, is one of the problems experienced by relatives (Pandelaki et al., 2020) As long as the period menstruates, the incident above can be triggered. Blood discharge every month, along with the release of the uterine wall (endometrium), is interrupted by menstruation. Avoiding damage to the reproductive organs during menstruation or menstruation is very tight to prevent inflections and germs. People who do not pay attention to the loss of their reproductive organs can experience various pains, inflammatory membranes on the vaginal surface, intestinal inflections (UTIs), and fungal growths that cause vaginal discharge and itching in the area . Teenage girl is very keen to take care of the health of their genitalia area, especially during menstruation, but many people think it is trivial or ordinary. This research aims to find out the relationship between personal hygiene during menstruation and the incidence of pruritus vulvae in young women in Islamic boarding schools in Malang Regency.

**Methods**

The study type used in this study is corellalogical (to determine the level of relationship between 2 variables or more) while using the cross-ceptional researcher can accumulate all variables (Salam, 2020). The population in this study is like a group of students in 3 Islamic Boarding School in Malang Regency which consists of 168 female relatives who are independent of 100 students of the An-nur Islamic Boarding School, 30 students of the Darun Najah Islamic Boarding School and 38 students of the Darul Muqorrobin Islamic Boarding School. Sample in this study is a female student in 3 Islamic Boarding School in Malang Regency which has a total of 118 responden. Method in the sampling sample used in this study is proportional random sampling. Data analysis used the Spearman Test Rank.

**Results**

From the results of research that has been done obtained, general data is presented in the table as follows :

**General Data**

**1. Age Characteristics of Adolescent Women**

| Age       | Frekuensi | Persentase % |
|-----------|-----------|--------------|
| 12-14 Age | 14        | 11,9%        |
| 15-17 Age | 73        | 61,9%        |
| 18-20 Age | 31        | 27,3%        |
| Total     | 118       | 100%         |

Based on the data on the table of 118 responden, it was found that the big responden female who had a large number of Belarusians was 15-17 or 73 responden (61.9).

**2. Characteristics of adolescent girls based on the age of the first menstruation**

| The Age of Pertama Menstruasi | Frekuensi | Persentase % |
|-------------------------------|-----------|--------------|
| 11-12 tahun                   | 90        | 76,3%        |
| 13-16 tahun                   | 28        | 23,7%        |
| Total                         | 118       | 100%         |

number of women who were menstruating was 90 (76.3%).

**Special Data**

**1. Respondents' characteristics based on personal hygiene during menstruation**

| Personal Hygiene | Frekuensi | Persentase % |
|------------------|-----------|--------------|
|------------------|-----------|--------------|



This is an Open Access article Distributed under the terms of the [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).

|        |     |       |
|--------|-----|-------|
| Baik   | 29  | 24,6% |
| Cukup  | 65  | 55,1% |
| Kurang | 24  | 20,3% |
| Total  | 118 | 100 % |

Based on the table, the results were obtained that out of 118 female relatives, 65 (55.1%) had personal hygiene during sufficient menstruation.

**2. Characteristics of respondents based on the incidence of pruritus vulvae**

| Pruritus Vulvae | Frekuensi | Persentase % |
|-----------------|-----------|--------------|
| Ringan          | 34        | 28,8%        |
| Sedang          | 55        | 46,6%        |
| Berat           | 29        | 24,6%        |
| Total           | 118       | 100 %        |

Based on the data of tabell 5.4, it was found out from 118 female relatives or 55 female relatives (46.6%) who experienced currently pruritus vulvae.

**3. The Relationship Between Personal Hygiene During Menstruation and the Incidence of Pruritus Vulvae in Adolescent Girls in Islamic Boarding Schools in Malang Regency.**

| Personal Hygiene | Pruritus Vulvae |             |           |             |           |             | Total      |            |
|------------------|-----------------|-------------|-----------|-------------|-----------|-------------|------------|------------|
|                  | Ringan          |             | Sedang    |             | Berat     |             | Total      |            |
|                  | F               | %           | F         | %           | F         | %           | F          | %          |
| Baik             | 19              | 65,5        | 8         | 27,6        | 2         | 6,9         | 29         | 100        |
| Cukup            | 12              | 18,5        | 41        | 63,1        | 12        | 18,5        | 65         | 100        |
| Kurang           | 3               | 12,5        | 6         | 25,0        | 15        | 62,5        | 24         | 100        |
| <b>Total</b>     | <b>34</b>       | <b>28,8</b> | <b>55</b> | <b>46,6</b> | <b>29</b> | <b>24,6</b> | <b>118</b> | <b>100</b> |

Based on the data on the table, the data obtained from 41 (63.1%) respondents who experienced personal hygiene were quite similar to the pruritus vulvae category.

Spearman Correlation: The relationship between personal hygiene during menstruation and the incidence of pruritus vulvae in young women in Islamic boarding schools in Malang Regency.

| Hubungan antar variabel  | P     | R     |
|--|-------|-------|
| Personal hygiene saat menstruasi dengan kejadian pruritus vulvae | 0,000 | 0,500 |

Based on the results of the Spearman rank test, a significant value of  $p = (0.000) < (0.05)$  was obtained, meaning that  $H_0$  was rejected and  $H_1$  was accepted, which means there is a relationship between personal hygiene during menstruation and the incidence of pruritus vulvae in young women in district Islamic boarding schools malang, while the value of  $r = 0.500$  can indicate that there is a positive relationship with a moderate correlation between personal hygiene during menstruation and the incidence of pruritus vulvae, based on the results obtained, namely that poor personal hygiene can result in poor pruritus vulvae.

**Discussion**

**1. Personal Hygiene During Menstruation in Adolescent Girls at Islamic Boarding Schools in Malang Regency**

Based on the results of study, data was obtained in table 5.3 Of the 118 female relatives in the Islamic Boarding School in Malang Regency, 19 (65.5%) experienced mild



vulvae pruritus with good personal hygiene, 41 (63.3%) experienced sufficient personal vulvae pruritus with personal hygiene. The results of study showed that 15 female relatives who experienced pruritus vulvae splint and personal hygiene were lacking. Where individual health is the process of maintaining physical and physical health (samsudin, 2020). In order to maintain physical health and self-healing, people practice self-treatment, as well as self-healing. Teenage girl must take care of the personal health of the main woman during menstruation (Zaini Miftach, 2018). It is recommended to use genetalia from front to back using flowing water, avoid using different or perfume in that area; not to use antiseptic fluids when swallowing genetalia; washing hands with soap and running water twice a day; washing or washing your hair at least twice day in session; and take a shower at least twice a day using body soap. Personal hygiene menstruation is an act of swallowing healthy and clean during menstruation, doing things such as washing with clean water, wearing clothes that are soaked in menstruation, changing underpants when wet, change sanitary napkins frequently (SULAIKHA, 2018). Women who have menstruation experience an increase in the number of menstrual cramps when compared to normal days. therefore, to stare at clean and free from body , take a bath and wash her hair at least two days at a time. To protect your pelvic area, change your inner underpants at least twice a day. A good inner material, a cotton cell, will rub the tight and keep the vagina straight. The body secretes dirty blood through menstruation. If the pellet is bloody, replace the cellphone as much as possible and do not use it more than 6 hours. This is because the pelpelt can store bacteria if left for a long time. There are still many male and female relatives who do not pay attention to the loss of their children so that it can result in inflexibility. Results of study in table data 5.1 Of the 118 Belarussian resitions 15-17 years old, 73 (61.9%) were of high age, according to the results of study, which can be seen in the table. The relational period is the transition period from childhood to delusion, which is marked by physical and physical changes. The system of production that is develop and the body that turns into a mature are two physical changes that are usually easier to see(Trisetiyaningsih et al., 2020)

## 2. **The Incidence of Pruritus Vulvae in Adolescent Girls at the Malang Regency Islamic Boarding School**

Based on the results of study in table 5.4 obtained from 118 female relatives, 57 (48.3%) experienced moderate pruritus vulvae, according to the results of study presented in table 5.4. During menstruation, respondents takes care of personal health. This is due to the fact that almost every respondents shows itching in the area genetalia but does not cause a lump in the fluid during menstruation. Pruritus vulvae is a condition in which the patient can experience very severe itching around the female external area. Around 10% of women worldwide suffer from severe vulvae pruritus. There are even some people who experience vaginitis, or inflammation of the their vagina. In relation to pruritus vulva, the skin barrier undergoes changes in its function. This can be due to a variety of things, such as the inflammation of the epydermal or the use of soaps that contain irritants, which can 6 activate the itchy recellpator. The skin of the vulvae is more related to the pruritus than other parts of the body because of the function of the barrirel, the skin is more difficult there.

. Supported by the results of the study, the results showed that 5.2 in 17 provinces in Indonesia, millions of female relatives experienced pruritus vulvae, complaints that were accompanied by menstrual bleeding caused by a lack of menstruation, namely itching and itching in the female pelvic organs (Kementrian Kesehatan RI, 2017). Young women who experiences pruritus vulvae, can be caused by a lack of self-delusion.



Personal habits that are include how to wash the vagina well and clean, the choice of cloth and the application of the inner pants, as well as using special soap to wash the vagina (Diananda, 2019). Based on the results of the studi carried out (Pandelaki et al., 2020) The big part of the pruritus vulvae case was led to the response of respondents to face the questionnaire, where are they replied their was then and the cerling was vaginal with a special vaginal soap. However, this is the same as the case in personal problems, pruritus vulvae is a problem that is quite difficult to overcome. Many people answered their vagina the way from front to back (Hubaedah, 2019) said that this is highly discouraged when the vagina of the must be done from the front to back so that the bacteri from the anus does not enter the inner kel, which can cause vulvae pruritus. The condition that is treated as vulvae pruritus is characterized by very severe itching in the external organs of the female body. This can cause the vulva to burn, reddish, and bulge. Inflections, skin peels (lichen sclerosus and lichen planus), vulvae treatments, soap (anti-ceptic), deep pants gels used, and shrouds to change the pel can also cause vulvae pruritus. Menstrual disorders can cause the reproductive organs to be very easily delayed during menstruation. Disorders) are the most common.

### 3. **The Relationship Between Personal Hygiene During Menstruation and the Incidence of Pruritus Vulvae in Adolescent Girls in 3 Islamic Boarding Schools in Malang Regency**

Based on the results of bivariate analysis using the Spearman rank test, it shows that the significance value  $(0.000) < (0.05)$  and the correlation value  $(0.500)$  which are i varaibel independent (personal hygiene), dependent variable (prutitus vulvae) Ha accepted and  $H_0$  in rejection, which means that there is a relationship between personal hygiene during menstruation and the occurrence of pruritus vulvae in the daughter Islamic Boarding School, Malang Regency.

In this case, both variables show a positive relationship with the collocation of moderate, so it can be concluded that the other part of the students has experienced pruritus vulvae. Other factors that can cause vulvae pruritus include a lack of knowledge of how to take care of one's own life during menstruation and laziness, which then becomes a habit for some people, which can cause various problems in one's own life. Based on the data from the results of cross-tabulation at table 5.5, it was obtained that of the 118 female relatives who experienced good vulvae pruritus with a presentase result of 22%, the female young women who experienced the vulvae pruritus was quite obtain with a total of 63.6% fertility value. All female relatives who experienced pruritus vulvae were less likely to have a presentase result of 14.4%. The World Helalth Organization (WHO) states that in several countries, pruritus vulvae is one of the reproductive problems of the relatives of Belarusian girls aged 10-14 years. However, based on data, 43.3 million people in Indonesia experience this problem. There are 5.2 million people living in Belarusian girls 10-14 years old who have very bad behavior (Risksedas, 2016). Based on the results of the study that has been carried out and seen from the existing theory, that the occurrence of pruritus vulvae is caused by the big part of the students feeling lazy to change the celluln pelpel as much as possible and not to change the underwear of the blood keltis during menstruation. According to the study conducted by (Rosyid & Mukhoirotin, 2017) it was found that the students did not have good personal hygiene behavior during menstruation, namely 60 students (72 percent), however, the female student had good personal hygiene behavior (23%), and the santriwati personal



hygiene had very good personal hygiene behavior (5%). In addition, students who have bad personal hygiene behavior experience menstrual disorders in the belly part of the belly cell, During menstruation, the must to take care of the production organs so that they can avoid the vulvae protrusion.

## Conclusion

From the results of the analysis of study data on the relationship between "Personal Hygiene During Menstruation and Occurrence of Pruritus Vulvae in young women at Islamic Boarding School Regency Malang ", the following conclusions were obtained: young women in Islamic Boarding School regency of Malang Regency showed a sufficient level of personal hygiene, The young women section at the Islamic Boarding School in Malang Regency shows moderate pruritus vulvae, The results of the analysis showed that there was a correlation between the personal hygiene during menstruation and the case of pruritus vulvae.

## Ethics approval and consent to participate

The study cell carries out all of these study activities, the study must also be able to apply the principles of etica in study and the three of the scientific actors. Although there is no intelligence that causes loss or harm to a subject in this study, study thinks about a part of the socio-etica . In this training, the study submitted an etical clearance at KEPK POLKESMA (politeknik kesehatan kemenkes Malang) by fulfilling 7 ethical standards in accordance with the CIOMS-WHO guidelines and was declared eligible for etical No.746/KEPK POLKESMA/2023 on January 26, 2023.

## Acknowledgments

Thank you also to my friends "Sarah, Victorya, Nurul, Sandra" who have been very helpful in this thesis process while providing support, motivation, suggestions, criticism and after expressing the frustration of the researcher for a long time in the thesis

## References

- (Di & Negeri, 2020; FAKULTAS, 2020; Palpialy & Latumenase, 2022; Rini Mukti Andini, 2019; Salam, 2020; SULAIKHA, 2018)Di, R., & Negeri, S. M. A. (2020). *HUBUNGAN PERSONAL HYGIENE SAAT MENSTRUASI DENGAN KEJADIAN PRURITUS VULVAE PADA*. 8, 68-74.
- FAKULTAS, N. M. A. I. L. (2020). *HUBUNGAN PERILAKU VULVA HYGIENE SAAT MENSTRUASI DENGAN KEJADIAN PRURITUS VULVAE PADA REMAJA PUTRI DI WILAYAH KERJA PUSKESMAS II DENPASAR TIMUR*.
- Hotiana, N., & Febriansyah. (2018). Pengaruh Motivasi Dan Stres Kerja terhadap Kinerja Pegawai (Studi pada Bagian Kepegawaian dan Organisasi, Biro Umum, Kepegawaian dan Organisasi Kementerian Pariwisata Ri). *Jurnal Riset Manajemen Dan Bisnis Fakultas UNIAT*, 3(1), 27-39.
- Hubaedah, A. (2019). Hubungan Pengetahuan Dan Perilaku Vulva Hygiene Saat Menstruasi Dengan Kejadian Pruritus Vulvae Pada Remaja Putri Kelas Vii Di Smp Negeri 1 Sepulu Bangkalan. *Embrio*, 11(1), 30-40. <https://doi.org/10.36456/embrio.vol11.no1.a1696>
- Kemenkes. (2020). Buku Pedoman pruritus vulvae 2024. *Buku Pedoman Pengendalian pruritus vulvae Di Fasilitas Kesehatan Tingkat Pertama* .
- Palpialy, C. D., & Latumenase, D. N. (2022). *HUBUNGAN VULVA HYGIENE SAAT MENSTRUASI DENGAN KEJADIAN PRURITUS VULVA PADA REMAJA PUTRI DI SMP NEGERI 19 AMBON*.
- Pandelaki, L. G. E. K., Rompas, S., & Bidjuni, H. (2020). Hubungan Personal Hygiene Saat Menstruasi Dengan Kejadian Pruritus Vulvae Pada Remaja Di Sma Negeri 7 Manado. *Jurnal Keperawatan*, 8(1), 68. <https://doi.org/10.35790/jkp.v8i1.28413>
- Rini Mukti Andini. (2019). *HUBUNGAN FAKTOR LINGKUNGAN DAN BIOLOGI DALAM MANAJEMEN KEBERSIHAN MENSTRUASI DENGAN KEHADIRAN REMAJA PUTRI SAAT*



*MENSTRUASI DI PONDOK PESANTREN HIDAYATUL MUBTADIIN KOTA MALANG.*

- Rosyid, S. A., & Mukhoirotin. (2017). Hubungan perilaku personal hygiene saat menstruasi dengan kejadian pruritus vulva pada santriwati di asrama hurun'inn darul 'ulum jombang. *Jurnal Keperawatan, 01*, 8.
- Salam, N. (2020). *Metodelogi Penelitian Ilmu Kesehatan* (nursalam (ed.)). Penerbit Salemba Medika.
- samsudin. (2020). *HUBUNGAN PEIRSONAL HYGIEINEI SAAT MEINSTRUASI DEINGAN KEIJADIAN PRURITUS VULVAEI PADA REIMAJA DI SMPN 2 GODEIAN. 68(1)*.
- SULAIKHA, I. (2018). *HUBUNGAN PERSONAL HYGIENE SAAT MENSTRUASI DENGAN KEJADIAN PRURITUS VULVAE PADA REMAJA. 1-26*.
- Trisetiyaningsih, Y., Yati, D., & Lutfiyati, A. (2020). Pencegahan Pruritus Vulvae Pada Remaja Putri Saat Menstruasi Melalui Edukasi Audiovisual Di Smp Negeri 1 Gamping. *Jurnal Pengabdian Masyarakat ..., 3(1)*, 10-15.
- Zaini Miftach. (2018). 濟無No Title No Title No Title. 53-54. Suparyanto dan Rosad. (2020). 濟無No Titlel No Titlel No Titlel. Suparyanto Dan Rosad.

