



## Relationship of Information Media and The Role of Parents on Genital Hygiene of Students

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### ABSTRACT

**Background:** Behavior that is lacking in hygiene care is being lazy to change pads when it causes bacteria to grow on the pads, the presence of vaginal discharge that causes discomfort in the female area. Good self-care during menstruation such as the use of proper sanitary napkins is that the pads should not be worn for more than six hours or the pads should be changed as often as possible when they are full of menstrual blood. Poor personal hygiene, especially in the genital area, is also a predisposing factor for cervical cancer (Muin et al, 2017)

**Methods:** This study used an analytic study with a cross sectional approach in which the variables of information media, the role of parents and genital hygiene were studied at the same time. The research was carried out on August 5 – September 10 2020. The population in this study were students of SMA Negeri 1 Samarinda Class XII, which were 220 people. The sample in this study were 80 respondents. The sampling technique was random sampling. Analysis of the data used is the chi square test. .

**Results:** Based on the statistical test, a p-value of 0.004 was obtained, thus statistically there was a relationship between the information media and the personal hygiene and Based on statistical tests obtained p-value 0.000 thus statistically there is a relationship between the role of parents on the personal hygiene of SMA Negeri 1 Samarinda students.students.

**Conclusion:** There is an influence of information media and the role of parents on genital hygiene in SMA Negeri 1 Samarinda students.

Keyword: Information Media; The role of parents; Genital Hygiene

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**Background.** In everyday life cleanliness is very important and must be considered because cleanliness will affect a person's health and psyche. Cleanliness itself is strongly influenced by individual values and habits. If someone is sick, usually the problem of cleanliness is not paid attention to. This happens because we think that hygiene problems are commonplace, even though this if left unchecked can affect health in general (Yuni, 2015)

The highest incidence of Reproductive Tract Infections (ISR) in the world is at the age of teenagers (35%-42%). Among countries in Southeast Asia, Indonesian women are more vulnerable to ISR which is triggered by

Indonesia's hot and humid climate (Puspitaningrum, 2018)

Behavior that is lacking in hygiene care is being lazy to change pads when it causes bacteria to grow on the pads, the presence of vaginal discharge that causes discomfort in the female area. Good self-care during menstruation such as the use of proper sanitary napkins is that the pads should not be worn for more than six hours or the pads should be changed as often as possible when they are full of menstrual blood. Poor personal hygiene, especially in the genital area, is also a predisposing factor for cervical cancer (Muin et al, 2017)

According to the Indonesian Demographic Health Survey (IDHS) in 2017, the behavior of adolescent girls in maintaining hygiene during menstruation is still poor, which is 63.9%, the cause is lack of knowledge, parental support in educating their children and information about personal hygiene during menstruation. One of the consequences of a lack of understanding of personal hygiene is the occurrence of reproductive health disorders such as vaginal discharge, Reproductive Tract Infection (ISR), Pelvic Inflammatory Disease (PRP) and the possibility of cervical cancer (Risksdas, 2015)

Most of the people in Indonesia still believe in myths during menstruation such as not being allowed to wash your hair during menstruation, not being allowed to cut your nails and so on. The lack of public knowledge makes them have a mindset that is not in accordance with existing theories, which later develops into a myth.

The role of parents is also very important in this study because parents are the closest people to their children and best understand what their children need, so parents are the most important source of information in providing information about genital hygiene. This is reinforced by the opinion (Meinarisa, 2019) that parents are the first personal coaches in a child's life. The personality of the parents, their attitudes and way of life, are elements of indirect education, which will naturally enter into the personality of the growing child.

Media information that serves as a tool to obtain the most important source of information will make children gain knowledge about genital hygiene that is correct and reliable. Information about genital hygiene is very important to know to prevent venereal diseases that may occur. This is confirmed by research which states that every year one billion women experience genital tract infections worldwide. Genital tract infections can cause cervical cancer, infertility, spontaneous abortion, ectopic pregnancy, neonatal morbidity and death. Genital tract infections arise mainly due to lack of personal hygiene, followed by improper cleaning of the genital area after

using the toilet, lack of habit of washing hands, washing the genital area too often, use of non-cotton underwear and lack of menstrual hygiene care. Maintaining genital hygiene is an important step to prevent infection (Muin et al, 2017)

Research (Meinarisa, 2019) states that the family is considered a place for individual development, where this family is the main source of various educational resources. Family is also considered as the first field, in which a child will determine the influences and cultural elements prevailing in society.

After conducting a preliminary study at SMA N 1 Samarinda on 6 students. The data obtained were 3 female students who did not know how to clean the genital organs, never looked for information from the information media and did not receive information from their parents. 2 students know a little about how to clean the genital organs but never find out from the information media and do not get information from parents but get a little information from the teacher. And 1 student knows how to clean the genital organs correctly because this student has had a urinary tract infection so that he gets information from doctors not from parents. Based on the above, the authors are interested in raising the title "The Relationship of Information Media and the Role of Parents on Genital Hygiene for Class XI Students of SMA 1 Samarinda"

**Methods.** This study used an analytic study with a cross sectional approach in which the variables of information media, the role of parents and genital hygiene were studied at the same time. The research was carried out on August 5 – September 10 2020. The population in this study were students of SMA Negeri 1 Samarinda Class XII, which were 220 people. The sample in this study were 80 respondents. The sampling technique was random sampling. Analysis of the data used is the chi square test.

## Result and Discussion

### A. Characteristics of Respondents

#### 1. Characteristics of Respondents Based on Age

Age (Year)	Respondent	
	N	%
14	2	2,5
15	6	7,5
16	39	48,8
17	33	41,3

#### 2. Characteristics of Respondents Based on Parents' Occupation

Profession	Respondent	
	N	%
Doctor	5	6,3
civil servant	30	37,5
Private	23	28,8
entrepreneur	18	22,5
Lecturer	3	3,8
Lawyer	1	1,3

#### 3. Characteristics of Respondents Based on Parents' Education

Education	Respondent	
	N	%
Primary school	1	1,3
High school	15	18,8
Bachelor	50	62,5
Postgraduate	14	17,5

### B. Frequency distribution of respondents based on Media Information about personal hygiene

No	Personal Hygiene Behavior	f	(%)
1	Mass Media	62	77,5
2	Health workers	18	22,5
	Total	80	100

### C. Frequency distribution of respondents based on the role of parents regarding personal hygiene

No	The role of parents	f	(%)
1	No	28	35,0
2	Yes	52	65,0
	Total	80	100

### D. Frequency distribution of respondents based on personal hygiene behavior

No	Personal Hygiene Behavior	f	(%)
1	Negative	39	48,7
2	Positive	41	51,2
	Total	80	100

### E. Media Information Relations on Personal Hygiene

Information Media	Personal Hygiene Behavior		Total	p-value
	Negative	Positive		
	f	f	f	
Mass Media	31	11	42	0,004
	75,5	24,5	100	
Health workers	15	23	38	
	39,4	60,6	100	
Total	46	34	80	
	57,5	42,5	100	

### F. The Relationship of Parents' Roles on Personal Hygiene

The role of parents	Personal Hygiene Behavior		Total	p-value
	Negative	Positive		
	f	f	f	
No	34	13	47	0,000
	74,0	25,0	100	
Yes	12	21	33	
	39,4	62,6	100	
Total	46	34	80	
	57,5	42,5	100	

### Effect of Information Media on Genital Hygiene

Based on the results of the study, it can be seen that 42 respondents who received information from the mass media, there were 31 people (75.5%) who behaved negatively and 11 people (24.5%) behaved positively towards personal hygiene behavior, while from a total of 38 respondents who received information from health workers 15 people (39.4%) behaved negatively and 23 people (60.6%) behaved positively. Based on the statistical test, a p-value of 0.004 was obtained, thus statistically there was a relationship between the information media and the personal hygiene of SMA Negeri 1 Samarinda students.

According to the results of the study, respondents who received information from the mass media but behaved positively towards personal hygiene because Obtaining information from the media such as television, newspapers, magazines and internet access could increase knowledge so that they changed behavior regarding personal hygiene, while respondents who received information

from the mass media but behaved negative about personal hygiene do not take advantage of this information from all the media that is accessed.

The results of this study are supported by research conducted by previous researchers which showed a relationship between exposure to advertisements in the media and personal hygiene behavior during menstruation (Fissehea, M. A., Yigzaw, K., Hadija, 2017). The mass media is currently open to raise reproductive health issues, including menstrual hygiene. Advertisements related to menstruation, both advertisements about sanitary napkins or drugs related to menstrual problems, are widely broadcast by the mass media, both electronic and printed, Arifin in (Lestariningsih, 2015)

The results of this study are also supported by the statement from (Ruben, 2013) that the most basic function of information media is to expand the ability to produce and distribute information over great distances in space or time from the original source. Information production is the creation of messages using communication media. (Ruben, 2013) also states that on the one hand the media increases and enlarges the potential for sending and receiving messages. While on the other hand the media limit and provide obstacles to communication and human experience.

#### The Influence of The Role of Parents on Genital Hygiene

Based on the results of the study, it can be seen that 47 respondents where parents do not play a role, there are 34 people (74.0%) who behave negatively and 13 people (25.0%) behave positively towards personal hygiene behavior, while from a total of 33 respondents where parents take part, 12 people (39.4%) behaved negatively and 21 people (62.6%) behaved positively. Based on statistical tests obtained p-value 0.000 thus statistically there is a relationship between the role of parents on the personal hygiene of SMA Negeri 1 Samarinda students.

The role of parents is well planned and coordinated with other roles in life. The concept of the role of parents is to view parents as managers of children's lives. In infancy, this includes care, namely feeding, changing diapers, bathing, taking the child to the doctor and arranging child care. In childhood, the role of parents directs children on how to dress, sleep rules, control anger, how to eat and organize children's activities after school. In adolescence and adulthood, the role of parents is to set curfews, monitor lectures and careers (Fissehea, M. A., Yigzaw, K., Hadija, 2017)

The role of the family, especially mothers in health, is to provide information to their daughters about health problems, carry out treatment and be able to take advantage of existing health services. Knowledge that can be given to adolescents about the first menstruation is in the form of knowledge about the biological process of menstruation, emotional support, and psychological support. Families, especially mothers, are the main environment for adolescents who play an important role in shaping adolescent behavior (Auemaneekul, 2014)

(Meinarisa, 2019) argues that the family is considered as a place for individual development, where this family is the main source of many sources of reasoning education for a child. Family is also considered as the first field, in which a child will determine the influences and cultural elements prevailing in society. (Meinarisa, 2019) said that parents are the first personal coaches in a child's life. The personality of the parents, their attitude and way of life, are indirect elements of education, which will naturally enter into the person of the growing child.

The family is also a means for students to ask questions and at the same time parents can provide appropriate guidance to obtain information, the task of parents is also to be a supervisor about the information received by students, as well as parents also have a role to provide information to children with information that should be obtained by students. the child

which can be accessed through information media.

**Conclusion and Suggestions.** Based on the results of data analysis and discussion above, it can be concluded that there is an influence of information media on genital hygiene in SMA Negeri 1 Samarinda students. There is an influence of the role of parents on genital hygiene in SMA Negeri 1 Samarinda students.

Based on the results of these studies can be put forward the following suggestions For Students, It is expected that students can improve genital hygiene, especially during menstruation and the emergence of vaginal discharge which can interfere with reproductive health, so that health can be maintained. For Parents, Parents should provide supervision or control to students in using information media, as well as parents need to carry out continuous communication with children at home.

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