

## Is There Any Relationship between Knowledge and Behavior of Maintaining Genital Hygiene among Female Students at SMP "X" Bogor Regency?

Fayza Nurhanifa<sup>1</sup>, Rayhana<sup>2</sup>

<sup>1,2</sup>Medical Study Program, University of Muhammadiyah Jakarta

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### Article Info

#### Article history:

Accepted: 14 Agustus 2023

Publish: 02 Oktober 2023

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#### Keywords:

Knowledge

Behavior

Maintaining genital hygiene

Junior high school student

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### Article Info

#### Article history:

Diterima: 14 Agustus 2023

Terbit: 02 Oktober 2023

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### Abstract

Indonesia is a tropical country which facilitates the growth of fungi, resulting in many cases of vaginal discharge in women, namely 90% and teenagers who are more at risk of experiencing symptoms of vaginal discharge, namely 31.8%. This type of research is an analytic descriptive study with a cross sectional design. This research was carried out by collecting data using a questionnaire given to all female students of SMP "X" grades 7, 8 and 9. Sampling was carried out on 79 female students. Data analysis using the Fisher Exact test was carried out, there was a relationship between knowledge and behavior in grade 9 female students ( $p=0.047$ ) or  $p<0.05$ , while in grades 7 and 8 using the chi square and Fisher exact tests the values obtained were  $p=0.885$  and  $p=0.391$  or  $p>0.05$  indicates that there is no significant relationship. There is a relationship between knowledge and behavior in maintaining genital hygiene in grade 9 female students, while in grades 7 and 8 there is no significant relationship between knowledge and behavior.

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### Abstrak

Indonesia merupakan negara tropis yang mempermudah perkembangan jamur sehingga mengakibatkan banyaknya kasus keputihan pada wanita yaitu 90% dan remaja yang lebih beresiko mengalami gejala keputihan yaitu 31.8%. Jenis penelitian ini merupakan penelitian deskriptif analitik dengan desain cross sectional. Penelitian ini dilakukan dengan pengumpulan data menggunakan kuesioner yang diberikan kepada seluruh siswi SMP "X" kelas 7,8 dan 9. Pengambilan sampel yang dilakukan pada 79 siswi. Analisis data dengan uji fisher exact yang dilakukan, terdapat adanya hubungan pengetahuan terhadap perilaku pada siswi kelas 9 ( $p=0.047$ ) atau  $p<0.05$ , sedangkan pada kelas 7 dan 8 dengan uji chi square dan fisher exact yang diperoleh nilai  $p=0.885$  dan  $p=0.391$  atau  $p>0.05$  menunjukkan tidak terdapat hubungan yang bermakna. Adanya hubungan pengetahuan terhadap perilaku dalam menjaga kebersihan organ genital pada siswi kelas 9 sedangkan kelas 7 dan 8 tidak terdapat hubungan yang bermakna antara pengetahuan terhadap perilaku..

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### Corresponding Author:

Rayhana

Muhammadiyah University Jakarta

Email: [raykud@gmail.com](mailto:raykud@gmail.com)

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## 1. INTRODUCTION

Reproductive health according to the International Conference on Population and Development (ICPD) is a state of health both physically and spiritually and not only from the absence of disease or disability but also related to the reproductive system, function and process.(Notoatmojo, 2011). Maintaining reproductive health means maintaining the cleanliness of the genital organs, namely avoiding moisture on the genital organs to avoid bacteria and fungi by drying the genital organ area using a towel, shaving pubic hair, changing underwear at least 2 times a day, changing sanitary

napkins at least 3-4 times in a day and clean the genitals properly (Notoatmojo, 2003; Kusmiran, 2012).

According to WHO, of all the diseases that affect women in the world, as many as 33% of women have experienced leucorrhoea due to lack of cleaning and not even cleaning the genital organs. 75% of women experience vaginal discharge in the world, while 25% of women in Europe (Syukaisih, Riri and Alhidayati, 2021). Indonesia is a tropical country which can facilitate the development of fungi resulting in many cases of vaginal discharge in women, namely 90% and teenagers who are more at risk of experiencing symptoms of vaginal discharge, namely 31.8%. (Astuty, A and Sari, 2022).

Apart from leucorrhoea, women can also experience urinary tract infections (UTI), which is 5 per 10,000 per year. (Ismail and Handayani, 2022). Although everyone is at risk of being infected, women are 10 times more likely than men because in women the distance between the bladder and skin filled with bacteria is 5 cm while in men it is 20 cm. (Taufiq and Sandi, 2021).

This problem arises due to poor behavior in maintaining the cleanliness of the genitals, such as wearing underwear, cleaning male and female genitals after urinating and defecating and drying them until dry before wearing trousers, and not properly cleaning the genitals. (Poltekkes, Ministry of Health, Jakarta, 2012).

## 2. RESEARCH METHODS

This type of research is a descriptive analytical study with a cross sectional design which aims to determine the relationship between knowledge and behavior in maintaining genital cleanliness in "X" Middle School female students based on class. This research was carried out by collecting data using a questionnaire.

This research was conducted on all grades 7, 8 and 9 at one of the Bogor Regency Middle Schools with a total of 79 students and was carried out in October 2022 - January 2023. The variables in this study were the knowledge variable and behavior variable of "X" Middle School students in maintaining cleanliness genital organs by class. The instrument in this research uses a questionnaire in the form of a knowledge and behavior questionnaire. Both of these questionnaires have been tested for validity on the knowledge questionnaire with a value of  $r_{count} > r_{table}$  (0.444) and the reliability test with a value of 0.737 ( $r > 0.444$ ), while the validity test is on the knowledge questionnaire with a value of  $r_{count} > r_{table}$  (0.444) and a reliability test with a value of 0.689 ( $r > 0.444$ ).

The data that has been collected then coded using Microsoft Excel based on variables and criteria, followed by entering the data into the SPSS version 23 program and then analyzing the data using univariate and bivariate analysis with chi-square and Fisher's exact tests.

## 3. RESEARCH RESULTS AND DISCUSSION

### 3.1. Research results

#### 3.1.1. Univariate analysis

**Table 1 Distribution of Knowledge and Behavior**

Variable	Kcategory	Presencetase (%)
<b>7th grade</b>		
Peknow	Buruk	37.9
	Baik	62.1
Pebehavior	Kshrimp	48.3
	Baik	51.7

8th grades		
Peknow	Buruk	26.9
	Baik	73.1
Pebehavior	Kshrimp	46.2
	Baik	53.8
Grade 9		
Peknow	Buruk	41.7
	Baik	58.3
Pebehavior	Kshrimp	54.2
	Baik	45.8

3.2. Bivariate Analysis

**Table 2. The Relationship between Knowledge and Behavior in Maintaining Organ Cleanliness Genitals in Junior High School Students "X" Bogor Regency**

Variable	Category	Behavior				P	Asymp. Sig	Test
		Not enough	%	Good	%			
7th grade								
Knowledge	Bad	6	20.7	5	17.2	0.885	0.05	Chi-square
	Good	8	27.6	10	34.5			
8th grades								
Knowledge	Bad	2	7.7	0.05	19.2	0.391	0.05	Fisher's Exact
	Good	10	38.5		34.6			
Grade 9								
Knowledge	Bad	8	33.3	0.05	8.3	0.047	0.05	Fisher's Exact
	Good	5	20.8		37.5			

3.3. Discussion

From the results of the study with a total of 79 female respondents, they had a good level of knowledge in all three classes, namely 18 female students (62.1%) in grade 7, 19 female students (73.1%) in grade 8, and 14 female students (58.3%) in grade 9. The level of knowledge is good for female students, so they understand how to take good care of their genital organs. Knowledge that comes from someone's curiosity about something and is influenced by several external and internal factors aimed at finding a truth (Darsini, Fahrurrozi and Cahyono, 2019; Ridwan, Syukri and Badarussiyamsi, 2021).

Meanwhile, the results of the analysis regarding behavior fall into the good category, namely 15 female students (51.7%) in class 7 and 14 female students (53.8%) in class 8, while class 9 falls into the poor category, namely 13 female students (54.2%). Behavior is a movement or activity that can be seen with the human senses and can be observed which is influenced by intrinsic factors, namely age, intelligence and emotional level, as well as extrinsic factors such as environment, education, and socio-economic and culture (Notoatmojo, 2012; Achiruddin S, 2018).

The relationship between knowledge and behavior in maintaining genital hygiene in class 7 was found to be 10 female students (34.5%) with good knowledge who had good behavior, while 8 students with good knowledge who had poor behavior had less behavior. 5 students (17.2%) had good behavior and 6 students (20.7%) had bad knowledge and had poor behavior.

"The results of research using the chi square test in grade 7 regarding the relationship between knowledge and behavior in maintaining the cleanliness of genital organs, obtained a value of  $p=0.885$  ( $p<0.05$ ) which indicates that there is no relationship between knowledge and behavior in maintaining the cleanliness of genital organs in grade 7 junior high school students." X" Bogor Regency.

The results of this research in class 7 are supported by research (Sarasawati, St and Kes, 2017) which used the Spearman Rho test and obtained a  $p$  value = 0.671 which indicates that there is no relationship between knowledge and personal hygiene behavior during menstruation because the knowledge and behavior of female students comes from their parents. .

The relationship between knowledge and behavior in maintaining genital hygiene in grade 8, there were 9 students (34.6%) who had good knowledge and good behavior, while there were 10 female students who had good knowledge and poor behavior (38.5%), while there were 5 female students (19.2%) had poor knowledge and good behavior and as many as 2 female students (7.7%) had poor knowledge and poor behavior.

The results of research in grade 8 using the Fisher's Exact test regarding the relationship between knowledge and behavior in maintaining the cleanliness of genital organs, obtained a value of  $p=0.391$  ( $p<0.05$ ) which concluded that there was no relationship between knowledge and behavior in maintaining the cleanliness of genital organs in grade 8 junior high school students. "X" Bogor Regency.

This is different from research conducted by (Zuryati, 2019) who said that there was a relationship between knowledge about caring for the reproductive organs and personal hygiene measures in young women where the higher the knowledge, the better the action they had.

The relationship between knowledge and behavior in maintaining genital hygiene in class 9, found 9 female students (37.5%) with good knowledge and behavior while 5 female students (20.8%) with good knowledge and poor behavior, while 2 female students with poor knowledge but good behavior female students (8.3%) and 8 female students with poor knowledge and poor behavior (33.3%).

The results of research in grade 9 regarding the relationship between knowledge and behavior in maintaining the cleanliness of genital organs, research using the Fisher's Exact test, obtained a value of  $p=0.047$  ( $p<0.05$ ) which indicates that there is a relationship between knowledge and behavior in maintaining the cleanliness of genital organs in grade 9 female students. SMP "X" Bogor Regency.

The results of research on class 9 is supported by (Izzati and Agustina, 2014) which uses the chi square test with a value of  $p = 0.000$  which shows that there is a significant relationship between knowledge and the implementation of personal genital hygiene.

#### 4. CONCLUSION

1. The most respondents were in class 7 with 29 female students (36.7%) and the fewest respondents were in class 9, namely 24 female students (30.4%), while in class 8 there were 26 female students (32.9%).
2. The level of knowledge was good in all three classes, namely 18 female students (62.1%) in grade 7, 19 female students (73.1%) in grade 8, and 14 female students (58.3%) in grade 9.
3. Behavior analysis falls into the good category, namely 15 female students (51.7%) in class 7 and 14 female students (53.8%) in class 8, while class 9 falls into the poor category, namely 13 female students (54.2%).
4. There is a relationship between knowledge and behavior in maintaining the cleanliness of genital organs in grade 9 female students ( $p=0.047$  or  $p<0.05$ ), while the relationship between knowledge and behavior in maintaining cleanliness of genital organs in grade 7 and grade 8 female students

obtained values of  $p=0.885$  and  $p= 0.391$  ( $p>0.05$ ) which can be concluded that there is no significant relationship.

## 5. THANK-YOU NOTE

Thank you to the Faculty of Medicine and Health, Muhammadiyah University, Jakarta, all research respondents, as well as all parties who have assisted in this research process as well as all parties who have played a role in completing the publication.

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