



## The effect of flip chart media on young women's knowledge of personal hygiene during menstruation at SMP O Mangunharjo, Musi Rawas Regency

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### ABSTRAK

**Latar Belakang:** Personal hygiene saat menstruasi merupakan komponen personal hygiene kebersihan perorangan yang memegang peran penting dalam status perilaku kesehatan seseorang. Dampak masalah personal hygiene jika tidak dijaga akan menimbulkan mikroorganisme seperti jamur, bakteri, virus yang berlebihan sehingga mengganggu fungsi organ reproduksi dan terjadinya infeksi.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh media flip chart terhadap pengetahuan remaja putri tentang personal hygiene saat menstruasi di SMP O Mangunharjo Kabupaten Musi Rawas

**Metode:** Penelitian ini menggunakan quasi eksperimen dengan menggunakan rancangan one group pre-post test. Penelitian ini dilakukan di SMP O Mangunharjo Kabupaten Musi Rawas dengan populasi remaja putri Kelas 7 90 orang. Sampel penelitian ini adalah 47 orang menggunakan teknik Purposive Sampling. Analisa bivariate dilakukan untuk mengetahui pengaruh media flip chart terhadap pengetahuan remaja putri tentang personal hygiene saat menstruasi di SMP O Mangunharjo Kabupaten Musi Rawas dengan uji Wilcoxon Signed Ranks Test.

**Hasil:** Hasil penelitian menunjukkan rerata pengetahuan sebelum dilakukan penyuluhan menggunakan media flip chart adalah sebesar 6,36, setelah dilakukan penyuluhan menggunakan media flip chart sebesar 8,70. Hasil uji Wilcoxon Signed Ranks didapat nilai p-value = 0,000 < 0,05, ada pengaruh media flip chart terhadap pengetahuan remaja putri tentang personal hygiene saat menstruasi di SMP O Mangunharjo Kabupaten Musi Rawas.

**Kesimpulan:** Ada perbedaan pengetahuan sebelum dan sesudah dilakukan penyuluhan menggunakan media flip chart, maka  $H_0$  ditolak dan  $H_a$  diterima. Jadi Ada pengaruh media flip chart terhadap pengetahuan remaja putri tentang personal hygiene saat menstruasi di SMP O Mangunharjo Kabupaten Musi Rawas.

**KATA KUNCI:** media; flip chart; pengetahuan; personal hygiene

### ABSTRACT

**Background:** Personal hygiene during menstruation is a component of personal hygiene that plays an important role in the status of a person's health behavior. The impact of personal hygiene problems if not maintained will cause excessive microorganisms such as fungi, bacteria, viruses that interfere with the function of reproductive organs and the occurrence of infection.

**Objectives:** This study aims to determine the effect of flip chart media on the knowledge of adolescent girls about personal hygiene during menstruation at SMP O Mangunharjo, Musi Rawas Regency.

**Methods:** This study uses a quasi-experimental design using a one group pre-post test. This research was conducted at SMP O Mangunharjo, Musi Rawas Regency, with a

population of 90 grade 7 adolescent girls. The sample of this research is 47 people using purposive sampling technique. Bivariate analysis was conducted to determine the effect of flip chart media on young women's knowledge of personal hygiene during menstruation at SMP O Mangunharjo, Musi Rawas Regency with the Wilcoxon Signed Ranks Test.

**Results:** The results showed the average knowledge before counseling using Flip Chart media was 6.36, after counseling using flip chart media was 8.70. The results of the Wilcoxon Signed Ranks test obtained  $p\text{-value} = 0.000 < 0.05$ , there was an influence of flip chart media on the knowledge of young women about personal hygiene during menstruation at SMP O Mangunharjo, Musi Rawas Regency.

**Conclusions:** There is a difference in knowledge before and after counseling using flip chart media, then  $H_0$  is rejected and  $H_a$  is accepted. So there is an influence of the flip chart media on the knowledge of young women about personal hygiene during menstruation at SMP O Mangunharjo, Musi Rawas Regency.

**KEYWORD:** media; flip chart; knowledge; personal hygiene

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## INTRODUCTION

According to WHO (World Health Organization) Year (2018), showing the distribution of the youth population globally and regionally there are more than 1.1 billion adolescents worldwide today that is, one in every five people in the world is aged between 10 and 19 years. Approximately 1.5 billion of the world's population today are young people between 10 and 24 years; 85% of them live in developing countries. WHO defines adolescents as individuals in the 10-19 age group and "adolescents" as 15-24 years old (1).

Data from the Ministry of Health of the Republic of Indonesia shows that eleven provinces (32.4%) have not reached the 2016 Strategic Plan target in carrying out adolescent health activities, which is 30%. The percentage of districts/cities with a minimum of four puskesmas capable of administering PKPR in Indonesia in 2016 was 45.57%. Statistical data in Indonesia from 43.5 million adolescents aged 15-24 years have very poor hygiene behavior and have knowledge about condylomata, chancroid,

chlamydia, candida, and other types of STDs are classified as very low below 1% (2).

Menstrual hygiene is a component of personal hygiene that plays an important role in determining health status, especially avoiding infections of the reproductive organs, so that during menstruation it is very important to maintain the cleanliness of the reproductive organs because if not maintained will cause excessive microorganisms such as fungi, bacteria and viruses that interfere with organ function. Reproduction. Things that need to be known and applied by young women during menstruation, among others: maintaining cleanliness by bathing twice a day using ordinary soap, cleaning the internal reproductive organs of the vagina does not need to use soap or chemicals, changing pads at least four times a day especially after urinating, there is no need to get used to taking painkillers except in 2020 as many as 242 people consisting of grade 7 as many as 90 students, grade 8 as many as 86 students and grade 9 as many as 66 students. The data shows that the number of teenage girls

exceeds the number of teenage boys, which is only 212 teenagers (3).

Media as all forms used for the process of distributing information. Health education media include tools that are physically used to convey health information, which consist of books, but recorders, cassettes, video cameras, video recorders, films, slides (picture frames), photos, pictures, graphics, television, and computers that aim to to increase knowledge (4).

Flip charts are one of the health education media that can be used to convey health information. Flip charts are media for delivering health messages in the form of flipcharts, where each sheet contains a demonstration image and the reverse contains information related to the image. Flip chart is a sheet of manila paper or flano that contains messages or health education materials (5)

The use of media to deliver health messages can generate new interests, motivate and stimulate health behavior, and even bring about psychological effects on adolescents. The use of educational media in health education will greatly help in the effective process of education and delivery of messages from the core of the health education provided (6)

The results of the initial survey conducted at SMP O Mangunhardjo on March 16, 2020 through interviews with 10 seventh grade students, there were 7 people who did not know about Personal Hygiene during menstruation and 3 people knew about Personal Hygiene during menstruation. Of the 7 students, they said that they had never received counseling or explanation about Personal Hygiene during menstruation, while 3 people who knew about Personal Hygiene during menstruation said that they received an explanation from their family.

The formulation of the problem in this study is "Is there any influence of Flip Chart media on young women's knowledge about Personal Hygiene During Menstruation at SMP

O Mangunharjo, Musi Rawas Regency? The purpose of this study was to study the effect of flip chart media on young women's knowledge of personal hygiene during menstruation at SMP O Mangunharjo, Musi Rawas Regency.

## **MATERIALS AND METHODS**

The type of research used in this study is a quasi-experimental using a one group pre-post test design. namely the research was carried out by conducting the first observation (pre test) before the intervention was carried out, then the second observation (post test) was carried out after the intervention. The population in this study were 90 students in Class 7 April 2021. The sampling technique used was the purposive sampling technique as many as 47 people. Data collection with primary and secondary data. The research instrument is a questionnaire which is a closed questionnaire. The questionnaire used contains questions about the characteristics of respondents and contains a written statement that is used to obtain knowledge information from respondents provided with answer choices true and false, and multiple choice. Validity test using Pearseon Product Moment correlation item analysis with the help of computer software (SPSS 23). The correlation coefficient obtained from the results the calculation shows the height of the measuring instrument. Data analysis using data normality test, the data is not normally distributed then the Wilcoxon test is used.

## **RESULTS AND DISCUSSION**

### **RESULTS**

Based on the above, it appears that the average value of knowledge before counseling using Flip Chart media is 63.62 and the average knowledge after counseling using Flip Chart media is 87.02. Normality test data with the Shapiro-Wilk test above, it can be seen that the p value = 0.124 means that the data is not normally distributed. Because the data is not normally

distributed, so it does not meet the requirements for the Paired sample t-test, so the Wilcoxon Signed Ranks Test statistical test will be used.

**Table 1. Average knowledge before and after counseling using flip chart media at SMP O Mangunharjo Musi Rawas Regency**

Variabel	Mean	Std Deviation	P
Pengetahuan Pretest	63.62	1.436	0.124
Pengetahuan Posttest	87.02	1.214	

### Bivariate Analysis

Bivariate analysis was conducted to determine the effect of Flip Chart media on young women's knowledge of Personal Hygiene During Menstruation at SMP O Mangunharjo, Musi Rawas Regency using the Wilcoxon Signed Ranks Test. Based on the results of the study, it can be seen in Table 2 below: The results of the Wilcoxon Signed Ranks test showed that the p-value = 0.000 < 0.05 was significant, meaning that there was a difference in knowledge before and after counseling using Flip Chart media, then Ho was rejected and Ha was accepted. So there is an influence of the Flip Chart media on the knowledge of young women about Personal Hygiene During Menstruation at SMP O Mangunharjo, Musi Rawas Regency.

**Table 2. The effect of flip chart media on young women's knowledge of personal hygiene during menstruation at SMP O Mangunharjo Musi Rawas Regency**

Variabel	Mean	Std Deviation	Sig. (2Failed)
Pengetahuan Pretest	63.62	1.436	0.000
Pengetahuan Posttest	87.02	1.214	

### DISCUSSION

The results showed that the average value of knowledge before counseling using Flip Chart media was 63.62 and the average knowledge after counseling using Flip Chart media was 87.02. These data indicate that there is an increase in knowledge between before and after counseling using Flip Chart media.

The results of this study are in line with the results of Nerita's research (2019), which states that knowledge before flipchart counseling has a good value of 36.7%, after flipchart counseling knowledge increases to 85%. (7)

The results of this study are in line with (8) which shows that training using flipchart media (p = 0.000) and lectures (p = 0.020) has a significant effect (p-value < 0.05) in increasing mother's knowledge, however the use of flipchart media is more effective. good or have a high effectiveness value (p = 0.000) in increasing mother's knowledge.

The results of the Wilcoxon Signed Ranks statistical test showed that there was an influence of Flip Chart media on the knowledge of young women about Personal Hygiene During Menstruation at SMP O Mangunharjo, Musi Rawas Regency. This means that counseling using Flip Chart media has an impact on increasing the knowledge of young women about Personal Hygiene During Menstruation.

The results of this study are in line with the opinion of Notoadmodjo (2016), that information obtained from various sources will affect a person's level of behavior. If a person gets a lot of information, he tends to have extensive knowledge. The more often people read, positive behavior will be better than just hearing or seeing.

The results of (9) this study are in line with the results of regarding the effect of personal hygiene health education on the level of knowledge, showing the influence of personal hygiene health education on the level of knowledge, obtained a p value of 0.001 (p value < 0.05).

The results of the study showed the level of knowledge about menstruation in the group that was given counseling including good, as many as 75% who get a score of 70 regarding knowledge about menstruation and 85% who get a score of 70 regarding personal hygiene practices, there is a significant difference between knowledge



scores about menstruation before and after personal hygiene counseling ( $p = 0.000$ ), and there is a difference. There was a significant difference between the scores of personal hygiene practices before and after personal hygiene counseling ( $p=0.001$ ) personal hygiene counseling on the level of knowledge about menstruation and personal hygiene practices in class IX who were given counseling at SMP Negeri 24 Palembang (10).

This research is in line with the research of Moloud Fakhri (11) Among the most significant results was the impact of educational sessions on bathing and genital hygiene. A total of 61.6% in the experimental group compared with 49.3% in the control group engaged in usual bathing during menstruation ( $p = 0.002$ ). Individual health status was significantly statistically correlated with menstrual health. Attitude towards menstruation was also significantly related to menstrual health. In line with the research of Julie Hennegan and Paul Montgomery (12) Included studies were heterogeneous with considerable risk of bias. Trials of education interventions reported positive impacts on menstrual knowledge and practices, however, many studies failed to assess other relevant outcomes. No trials assessed or reported harms..

The results of this study are in line with research conducted by Rofi'ah Health education with the peer group method was effective on the level of knowledge ( $p$  value 0.0001) and attitude ( $p$  value 0.0001) about personal hygiene during menstruation (13)

## CONCLUSION AND RECOMMENDATION

There is an influence of Flip Chart media on the knowledge of young women about Personal Hygiene During Menstruation at SMP O Mangunharjo, Musi Rawas Regency. It is hoped that SMP Omangunhardjo will be able to cooperate with the Puskesmas so that health education can be carried out using Flip Chart

media to all young women so that they can increase the knowledge of young women about personal hygiene during menstruation.

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