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THE RELATIONSHIP BETWEEN MENSTRUATION KNOWLEDGE LEVEL AND PERSONAL HYGIENE BEHAVIOUR DURING PERIOD TIME OF THE MENTALLY DISABLED STUDENTS AT SPECIAL SCHOOL I OF YOGYAKARTA, INDONESIA

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Background: The education about reproductive health for students with mental retardation or students with special needs is not sufficient enough and has not covered all their needs yet. This may affect their potential skill. Objective: The study aims to know the relationship between menstruation knowledge and personal hygiene behavior during period time of the students with special needs in Yogyakarta, Indonesia. Methods: The study is analytical survey with cross sectional approach. Population and sample of this study are 26 students with mild mental retardation who have had period experience. The data were collected using questionnaire that has been assessed its validity and reliability. The association hypotheses test used in the study was Kendall Tau non parametrical coefficient correlation (τ). Results: There is a significant relationship between menstruation knowledge and personal hygiene during period time of the students with special needs in Yogyakarta, Indonesia in 2010. It is showed by τ value: 0.387 with significant level $0.012 < 0.05$. Conclusions: 53.84% of respondents in this study had high level knowledge about menstruation while 69.23% of respondents had moderate level of personal hygiene behavior during menstruation.

Keywords: knowledge, personal hygiene, menstruation/period

1. INTRODUCTION

Adolescent reproductive health problems still need attention. Adolescent reproductive health is not only about sexuality but also concerning to all aspects of reproductive organs. For young women who will become mothers who are responsible for their children, it is necessary to maintain hygiene during period time. It is to avoid infections that can be very detrimental for them (www.adln.lib.unair.ac.id). The impact of unhygienic behavior during period time will cause some diseases related to reproductive organs infections, such as candidacies, vaginitis, trichomoniasis, leucorrhea, pediculosis and Toxic Shock Syndrome (TSS) (www.fkm.undip.ac.id).

According to the World Health Organization WHO in 2007, bad women's reproductive health problems has reached 33% of the total disease which suffered by the women in the world. From international data in 2007, 75% of women worldwide have experienced at least candidacies once in her life. The three most common vaginal infections are candidacies, bacterial vaginosis and trichomoniasis. Those three vaginal infections have prevalence as follows: 25% -50% of candidacies, 20% -40% of bacterial vaginosis and 5% -15% for trichomoniasis and Toxic Shock Syndrome (TSS) which is caused by *Streptococcus aureus* with 70% mortality rate. There are 6.2

women out of 100,000 who experience their period per year may get TSS with 30% of recurrence rate and almost 95% of the case is because the use of absorbent pads (www.solusisehat.net).

If menstrual period is not supplied with appropriate information, some tendencies to destroy themselves may arise (suicidal tendencies). Some kinds of psychological problems, psychological disorders, and genital disorders may also arise. To overcome these problems, the government issued a policy and adolescent reproductive health programs in Rencana Pembangunan Jangka Menengah (RPJM) or the Medium Term Development Plan which was legitimated through the Presidential Decree No.7/2005. Thus, the Adolescent Reproductive Health (ARH) program is one of the priorities in national development programs. The formulation of the problem is as follows: Is there any relationship between menstruation knowledge level and personal hygiene behavior during period time of mild mentally disabled students at Special School I of Yogyakarta Indonesia in 2010? The objective of this research is to investigate the relationship between menstruation knowledge level and personal hygiene behavior during period time of mild mentally disabled students at Special School I of Yogyakarta Indonesia in 2010.

2. RESEARCH METHOD

This research employed analytical survey method with cross sectional approach. The tools used to collect data in this study are questionnaire about menstruation knowledge and menstrual hygiene behavior. The population of this study was all female students with mild mental retardation who already had experienced their period in SLBN1 Yogyakarta in 2010. There are 26 students as the samples. The sampling technique is saturated sample and the total samples are 26 students. The data employed Kendall Tau correlation test with 5% error rate. The Z value in the significance level of 5% is 2,78. The error level of 5% for 2 variables test is divided into 2 and becomes 2,5%. The Z value can be viewed in the normal curve of 0,475 (it is obtained from 0,5 - 0,025). Based on the value, Z is 1,96.

3. RESULT AND DISCUSSION

Based on the table, it can be seen that the respondents who have a high knowledge about menstruation and have good hygiene behavior are 6 students (23.07%). The least respondents are one female student (3.85%) with moderate knowledge about menstruation and have a good hygiene behavior, one female student 3.85%) with low knowledge about menstruation and have a sufficient hygiene behavior and one female student 3.85%) with moderate knowledge about menstruation and low hygiene behavior.

Table 3. Cross Tabulation of the relationship between Respondents' Knowledge Level About Menstruation and Hygiene Behaviors during period time female students with mid mental retardation in SLBN 1 Yogyakarta

No	Knowledge Level	High		Moderate		Low		Total	
		f	%	f	%	f	%	f	%
1	Good	6	23.07	1	3.85	0	0	7	26.92
2	Moderate	8	30.77	9	34.61	1	3.85	18	69.23
3	Low	0	0	1	3.85	0	0	1	3.85
	Total	14	53.84	11	42.31	1	3.85	26	100

Source: Primary Data, 2010

The research was conducted in May 2010. Based on the description in the previous chapter, each of the studied variables can be described as follows: most of respondents' knowledge level about menstruation of the female students in SLBN 1 Yogyakarta is high. There are 14 students (53.84%) who have high knowledge level, 11 students (42.31%) who has moderate knowledge level and 1 student who has low knowledge level.

In term of menstrual hygiene behavior, there are 7 students (26.92%) who has good menstrual hygiene behavior,

18 students (69.23%) who has sufficient menstrual hygiene behavior and one students (3.85%) who has low menstrual hygiene behavior. The Kendal Tau statistical result the relationship between menstruation knowledge level and hygiene behavior during period time of girls with mild mental retardation in SLBN 1 Yogyakarta in 2010 showed the τ value is 0.387 with 0.012 significance levels. The error level is (α) 5% (0.05). The research results showed that p is smaller than α ($0.012 < 0.05$). It is obtained $Z_{count} > Z_{table}$ ($2.78 > 1.96$). Thus, it can be concluded that there is a significant relationship between menstruation knowledge level and hygiene behavior during period time of girls with mild mental retardation in SLBN 1 Yogyakarta in 2010

4. CONCLUSION AND SUGGESTION

To conclude, there are 14 students (53.84%) out of 26 students who have a high level of menstruation knowledge. There are 18 students (69.23%) out of 26 students who have sufficient menstrual hygiene behavior. There is a significant relationship between menstruation knowledge level and hygiene behavior during period time of girls with mild mental retardation in SLBN 1 Yogyakarta in 2010 as indicated by τ value that is 0.387.

The researcher suggests that the results of this study can be utilized by midwife to provide communication information and adolescent reproductive health (ARH) counseling. Therefore the teenagers can have a better knowledge and menstrual hygiene behavior. It is also expected that the results of this study can be used as an information source of reproductive health, especially menstruation and menstrual hygiene. Thus, the teenagers have a better knowledge about menstruation and it can be implemented further to improve reproductive health including menstrual hygiene behavior. For the teachers of SLBN 1 Yogyakarta, it is suggested to prepare education about menstrual hygiene behavior by setting up counseling and programs related to menstruation knowledge.

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