

**RELATIONSHIP OF PERSONAL HYGIENE KNOWLEDGE  
DURING MENSTRUATION WITH PREVENTING  
BEHAVIOR OF PRURITUS VULVAE**

Olyviana Yuni Pratama  
[olyvianapratama009@gmail.com](mailto:olyvianapratama009@gmail.com)  
Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** *Hygiene of the genital area, especially during menstruation, is often neglected by adolescents. Blood and sweat that comes out and sticks to vulvae can cause the genital area to become moist so that bacteria and fungi in the genital area will thrive to cause itching and infection in the vulvar called pruritus vulvae.* **Purpose:** *To determine the relationship between knowledge of personal hygiene during menstruation and prevention of pruritus vulvae.* **Methods:** *This research is a quantitative research with a cross sectional approach. Sampling using purposive sampling with sampling where the researcher has determined certain criteria for the object to be sampled with a sample of 62 respondents. Bivariate analysis using Chi Square test.* **Results:** *The results obtained 62 respondents, respondents who have good personal hygiene knowledge are 54 (87,1%), while respondents who have less personal hygiene knowledge are 6 (9,7%) and the results are 56 respondents (90,3%) had good pruritus vulvar prevention behavior and 6 respondents (9,7%) had bad pruritus vulvae prevention behavior. The results of the Chi Square test are significant figures value  $(0.000) < (0.05)$ .* **Conclusion:** *There is a relationship between knowledge of personal hygiene during menstruation and prevention of pruritus vulvae behavior.*

**Keywords:** *Adolescents, Personal hygiene, Pruritus vulvae*