

PERSONAL HYGIENE DURING MENSTRUATION ON FEMALE ADOLESCENTS THROUGH BOOKLET MEDIA

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SUMMARY

Background: *Personal Hygiene refers to one's ability to care for body hygiene, both physically and psychologically. Menstrual personal hygiene is an effort necessary for female adolescents in caring for their genital organs during menstruation. From survey concerning personal hygiene, it was revealed that female adolescents aged 12-15 years had low category. Lack of knowledge and experience regarding personal hygiene during menstruation has caused various problems in the reproductive system. The highest incidence of genitalia infection in the world is in adolescent girls who reach (35-42%), with the prevalence of ISR namely: Candidiasis as much as (25%-50%), as much bacterial vaginosis as (20-40%), and as much trichomoniasis as (5 -15%).* **Method:** *The IEC output method was applied in the form of booklet media on personal hygiene during menstruation for female adolescents with the aim of providing information and education so that they can perform self-care during menstruation independently.* **Result:** *The IEC media with the title "Personal Hygiene During Menstruation On Female Adolescents Through Booklet Media" in the form of booklet is much more effective and interesting to read. Its information delivery using various animated images makes it easier to understand for female adolescents.* **Conclusion:** *This booklet media about personal hygiene during menstruation can improve such knowledge in female adolescents. It can be useful to provide information for the public in order to improve understanding of personal hygiene during menstruation.*

Keywords: *Personal Hygiene, Female Adolescent, Menstruation, Booklet Media*