

**DESCRIPTION OF MENSTRUAL PERSONAL HYGIENE
BEHAVIOR IN ADOLESCENT GIRLS AT
SMP NEGERI 4 SURAKARTA**

Dara Anissa Putri¹, Ida Nur Imamah²

daraanissa14@gmail.com

'Aisyiyah University Surakarta

ABSTRACT

Background: Mortality and morbidity in women is a problem that needs serious attention, especially in developing countries and has a tropical climate like Indonesia. Personal hygiene and sanitation is number 3 and reproductive health is number 8 in the 10 main risk factors causing mortality in adolescence. Adolescents during puberty experience physical changes characterized by menstruation. During menstruation, if personal hygiene is poor, it can lead to reproductive tract infections (RTI), urinary tract infections (UTI), pelvic inflammatory disease (PRP), and the worst possibility can cause cervical cancer. One way to avoid these problems is to practice personal hygiene behavior during menstruation. **Objective:** to determine the description of menstrual personal hygiene behavior among adolescent girls at SMA Negeri 4 Surakarta. **Method:** This type of research is descriptive quantitative using non probability sampling method with sampling using purposive sampling technique. **Results:** the results showed that 48 respondents (63.2%) behaved well, while respondents who behaved badly amounted to 28 respondents (36.8%). **Conclusion:** the description of personal hygiene behavior during menstruation in adolescent girls at SMP Negeri 4 Surakarta shows good behavior.

Keywords: Menstruation, behavior, personal hygiene, teenagers