

**GUIDANCE ON PERSONAL HYGIENE DURING MENSTRUATION TO
PREVENT REPRODUCTIVE ORGAN INFECTIONS
WITH VIDEO MEDIA**

Icha¹, Yuyun Triani²

icha.students@aiska-university.ac.id, yuyuntriani@aiska-university.ac.id

Universitas ‘Aisyiyah Surakarta

SUMMARY

Background: Reproductive tract infection is one of the health problems that often occurs in adolescent girls due to lack of understanding and practice of personal hygiene during menstruation. Poor personal hygiene during menstruation can increase the risk of infections such as vaginal discharge, vaginitis, and urinary tract infections. For this reason, an effective and attractive educational media is needed to increase the knowledge and awareness of adolescent girls on the importance of maintaining genital area hygiene during menstruation. **Objective:** From information communication and education to produce educational media in the form of personal hygiene guidance videos during menstruation. **Methods:** The output of information communication and education is in the form of animated video media made using the canva application which contains personal hygiene guidelines during menstruation to prevent reproductive organ infections. **Results:** The creation of information communication and education media with the title “personal hygiene during menstruation to prevent reproductive organ infections” with a duration of 4 minutes 49 seconds. **Conclusion:** Educational media about personal hygiene during menstruation to prevent reproductive organ infections can increase knowledge, understanding and apply personal hygiene practices through attractive and easy-to-understand visualizations.

Keywords: Personal hygiene, menstruation, reproductive organ infection, video media, health education.