

**THE RELATIONSHIP BETWEEN KNOWLEDGE AND PERSONAL
HYGIENE BEHAVIOR DURING MENSTRUATION AMONG FEMALE
ADOLESCENTS AT AKBID GLOBAL MEDIKA MADIUN**

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SUMMARY

Background: *Personal hygiene during menstruation is essential to prevent reproductive tract infections. Lack of knowledge can lead to unhygienic behavior, such as infrequent changing of sanitary pads and improper cleaning of the genital area. Objective:* *To determine the relationship between knowledge and personal hygiene behavior during menstruation among female adolescents at AKBID Global Medika Madiun. Method:* *This study used a cross-sectional design. A total of 60 female adolescents were selected using purposive sampling. Data were collected using a structured questionnaire and analyzed with the Chi-Square test. Results:* *Most respondents had good knowledge (58.3%) and good personal hygiene behavior (61.7%). The Chi-Square test showed a p-value of 0.003 (< 0.05), indicating a significant relationship between knowledge and personal hygiene behavior during menstruation. Conclusion:* *There is a significant relationship between knowledge and personal hygiene behavior during menstruation. Increasing education about menstrual health is important to promote hygienic practices among female adolescents.*

Keywords: *Knowledge, Behavior, Personal Hygiene, Menstruation*