

OVERVIEW OF ADOLESCENT GIRLS' KNOWLEDGE ABOUT PERSONAL HYGIENE DURING MENSTRUATION AT SMPN 1 BOYOLALI

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ABSTRACT

Background: *Personal hygiene* during menstruation is the act of maintaining the cleanliness of the feminine area during menstruation. Many adolescents do not understand how to maintain personal hygiene during menstruation, if not taken care of properly it can cause reproductive health problems. **Objective:** This study aims to find out the knowledge of adolescent girls about personal hygiene during menstruation at SMPN 1 Boyolali. **Methods:** This study used quantitative research and descriptive research design. The sampling technique is proportional *random* sampling with a total of 84 female students. The research instrument used a questionnaire of adolescent girls' knowledge about personal hygiene during menstruation, which has been tested for validity and reliability, the data was then analyzed using univariate analysis. **Results:** The results showed that the majority of respondents had **good** knowledge about personal hygiene during menstruation, namely 70 respondents (83.3%), while respondents with **sufficient** knowledge were 14 respondents (16.7%). **Conclusion:** The knowledge of young women at SMPN 1 Boyolali about personal hygiene during menstruation is included in the good category, although there are still some respondents with sufficient and insufficient levels of knowledge.

Keywords: Adolescents, Menstruation, Personal hygiene