

## Correlation of Personal Hygiene During Menstruation to The Incidence of Pruritus Vulvae in Adolescent Girls

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### ABSTRACT

**Background:** Based on data from the Ministry of Health in 2017 showed as many as 5.2 million adolescent girls in Indonesia experienced pruritus vulvae. Therefore, most young women choose to scratch the vulva if they feel itchy during menstruation. If the vaginal skin is scratched it can cause infection. In the next stage, pruritus vulvae affects a woman's social life because it can interfere with activities in daily life. The study was conducted to determine the relationship between personal hygiene during menstruation and the incidence of pruritus vulvae in adolescent girls at SMAN 8 Jambi City. **Methods:** This research is a quantitative research type with a cross sectional conducted at SMAN 8 Jambi City with a total sample of 98 people, simple random sampling technique, questionnaire instrument. **Results:** Most of the respondents had sufficient personal hygiene during menstruation as many as 71 respondents (72.4%) and most of the respondents who experienced moderate pruritus vulvae were 56 respondents (57.1%).test results Gamma obtained  $0.000 < 0.05$ . **Conclusion:** There is a relationship between personal hygiene during menstruation and the incidence of pruritus vulvae in adolescent girls at SMAN 8 Jambi City. The results of this study are expected to be considered by schools to socialize reproductive health for young women.

**Keywords:** Adolescents, Menstruation, Personal Hygiene, Pruritus Vulvae

### INTRODUCTION

According to the World Health Organization (WHO), adolescence begins at the age of 12 -24 years (WHO, 2018). According to Regulations Minister of Health Indonesia Number 25 of 2014, teenagers are residents in the age range 10 – 18 years. Meanwhile, according to BKKBN, 10–24 years is classified as a teenager with the status of not yet married (RI, 2014). Adolescents will go through many events in the stages of development and growth. In adolescent girls there are changes in the reproductive system and these changes are significant during adolescence. Changes begin when the primordial ovarian follicles grow which secrete estrogen as the most important female hormone. The release of this hormone produces sexual characteristics, one of which is menstruation (Kementrian Kesehatan Republik Indonesia, 2017).

Menstruation is the process of shedding of the uterine wall which is marked by the release of blood from the uterus which contains many blood vessels and cells egg Which No fertilized. Matter the causes the endometrium or lining of the uterine wall to become thick and shed and then bleed through female reproduction (Andriyani, 2013). Exit process blood cause teenager daughters are susceptible to reproductive organ infections. This can happen because lack of behavior in maintaining personal hygiene, especially during menstruation. For this reason, young women need to have a high level of attention on personal hygiene or personal hygiene (Pythagoras, 2017).

Personal hygiene is maintenance yourself, which is done in order to maintain good physical health nor psychological (Darwiten, 2020). Personal Hygiene during menstruation is an activity to maintain health and keep the feminine area clean during

menstruation. This behavior includes washing the genitalia with clean water, wearing cotton trousers that can absorb sweat well, changing trousers in minimum two time in a day, use sanitary napkins for no more than 6 hours and always change sanitary napkins 4-5 times or after bathing, throw them away water small, and throw away defecation and if the sanitary napkin feels full. The impacts that can occur if young women do not practice personal hygiene include young women not being able to maintain the cleanliness of their genital organs, their appearance and health during menstruation and not being maintained so they are susceptible to urinary tract infections, vaginal discharge, itching, and even the worst impacts such as cervical cancer. , and reproductive health (Pribakti, 2012).

One of the disorders that can occur when young women experience menstruation is itching or irritation around the vulvae, which is called pruritus vulvae. Pruritus vulvae is a disorder characterized by itching of the female external genital organs. Approximately 10% of women in the world experience this incident and it can be an early sign of vaginitis (Wolff, 2009). A number of symptom Which can appears when pruritus vulvae is itching in the genitals, burning sensation on the skin, vaginal discharge, cracking in the vulvae area , swelling, redness, and can appear lump containing fluid on vulvae (Kusmiran, 2014). Therefore, most young women choose to scratch the vulvae area if they feel itchy during menstruation. the area very sensitive If touched so that if you scratch it, it can cause soreness and your condition to become more uncomfortable. Scratch marks are often visible when examined by a doctor. If the vaginal skin is scratched by a nail sharp or objects others, even on the surface visible not broken, but this can cause infection. In the next stage, pruritus vulvae affects a woman's social life because it can interfere with activities in daily life (Rossita, 2019).

Based on survey data in several countries by the World Health Organization (WHO), adolescent girls aged 10 – 14 years have problems to health reproduction, one of which is pruritus vulvae . Meanwhile, according to data in the Ministry of Health in 2017 showed that as many as 5.2 million young women in Indonesia experienced complaints frequent pruritus vulvae happens post menstruation Which be marked exists itching in the genitals (Kementrian Kesehatan Republik Indonesia, 2017). Then, based on the 2020 Jambi City Health Service Data Survey, 59 cases of vaginal discharge were found in adolescent girls. Which cause sensation itchy in the feminine area (pruritus vulvae). This phenomenon shows that reproductive health problems are important. Therefore it is not only necessary healing to problems or curative efforts but also preventive efforts are needed before problems occur.

Based on Kusmiran's theory in 2014, efforts that can be made to reduce pruritus vulvae disorders moment menstruation that is, get used to it guard cleanliness or behave hygienic by cleaning the feminine area or vagina using clean water and cleaning it from the front to behind For prevent bacteria or dirt from the anus enters the vagina and change the sanitary napkin regularly or no more than 6 hours each use (Kusmiran, 2014).

Efforts that can be taken to prevent pruritus vulvae are to stop all topical products (topical) used and pay attention to cleanliness. The use of commercial cleansers and sanitary napkins that contain perfume or perfume should be avoided because they can cause excessive sensitivity and irritation when used for rubbing (Tony, 2012).

Research conducted by Pandelaki in 2020 which was carried out on young women at SMA Negeri 7 Manado there is connection between personal hygiene during menstruation and the incidence of pruritus vulvae . This is indicated by the respondents Which own personal hygiene Good experience incident pruritus vulvae in the medium category. This indicates that the incidence of pruritus vukvae at SMAN 7 Manado is still not too serious. Many respondents Which own personal hygiene Good However own pruritus vulvae category currently. Matter the happen because not all

aspects of personal hygiene are carried out so pruritus vulvae may still occur (Pandelaki, Rompas and Bidjuni, 2020).

Further research was conducted by Putinah and Setiawan in 2021 on female students at STIK Siti Khadijah Palembang, respondents who had good personal hygiene Those who have more menstruation do not experience pruritus vulvae. Respondents who had poor personal hygiene experienced more incidents of pruritus vulvae . These results indicate that there is a significant relationship between personal hygiene during menstruation and the incidence of pruritus vulvae (Putinah and Setiawan, 2021).

The research was conducted at SMAN 8 Jambi City with amount schoolgirl as much 803 The person who is the largest number of high school students from the three largest number of female students in Jambi City, namely SMAN 2 as many as 707 schoolgirl And PUBLIC HIGH SCHOOL 5 as many as 699 female students. SMAN 8 Jambi City occupied level First as the largest number of female students at SMAN Kota Jambi.

Based on the results of interviews conducted by researchers with UKS supervisor teachers, at SMAN 8 Jambi City previously there were health education activities by the Community Health Center from the local work area every Monday, but since the Covid-19 pandemic the program has not been running. Apart from that, there is no reproductive health program itself at SMAN 8 Jambi City.

Observation Which done researcher In the UKS room, it was found that there were no separate rooms for men and women. Currently the UKS service is only open if there are students experience complaint Sick Because there are no special officers on UKS room the. The results of interviews conducted by researchers with 15 teenage girls in high school State 8 Jambi City, 11 of them have experienced pruritus vulvae . The description of the itchy sensation or pruritus vulvae experienced by the respondent is hot and sensation as if something is moving at area femininity until feeling itchy marked by the respondent rarely changing the bandage in a day's use. As many as 11 of the 15 respondents only change the bandage 2-3 times a day , some rarely clean their hands first before touching the vagina and use products containing betel leaves to wash the genitals. While 4 out of 15 respondents said they never experienced pruritus vulvae during menstruation, replace the bandage as much 3 – 4 times in a day, and wash your hands with soap first before touching your genitals. Respondents with pruritus vulvae admit interrupted when the incident occurred. Apart from that, in Jambi City, no one has ever researched personal hygiene during menstruation on the incidence of puritus vulvae.

Based on the description presented above, researchers are interested in examining the relationship between personal hygiene during menstruation and the incidence of pruritus vulvae in young women in SMAN 8 Jambi City

## **METHODS**

This research uses a quantitative type of research with a correlative design and a cross sectional design. This research will be carried out at SMA Negeri 8 Jambi City. The time for data collection was carried out from September 2021 to March 2022. The research process started from collecting initial survey data at the Jambi City Health Service and initial data survey at SMAN 8 Jambi City, then continued with making a proposal study next with conducting validity and reliability tests at SMAN 3 Jambi City. After that, researchers conducted research (distributing questionnaires) at SMAN 8 Jambi City in March 2022.

The population in this study were young women, namely SMAN 8 Jambi City. Total amount teenager daughter at SMAN 8 Jambi City there are 814 people divided into class X, class XI and class XII. The number of samples was 98 people. This research uses the Simple Random Sampling technique , namely random sampling by the researcher taking lottery numbers randomly in a container containing the absentee

numbers or the order of the female students names based on their names. has arranged by researcher on every class.

The instrument in this research uses a questionnaire. The personal hygiene questionnaire during menstruation consists of 11 statements and the pruritus vulvae questionnaire consists of 10 questions. Questionnaire the poured in form a Google form so that respondents simply fill out the questionnaire via the link sent by the researcher. A questionnaire regarding the relationship between personal hygiene variables during menstruation and the incidence of pruritus vulvae in adolescent girls was carried out validity test and reliability test.

Test the validity and reliability of the two questionnaires done on 23 February 2022 at SMAN 3 Jambi City with a total of 45 respondents with the validity test set  $r$  count  $>$   $r$  table and reliability test Cronbach alpha value  $>$  0.60. Results of validity and reliability tests of the questionnaire personal hygiene moment menstruation was 0.331  $>$  0.294 (valid) and 0.621  $>$  0.294 (reliable), while the pruritus vulvae questionnaire was 0.687  $>$  0.60 (valid) and 0.604  $>$  0.60 (reliable).

## RESULTS

### Characteristics Respondent

Table 1.

Frequency Distribution of Respondents Based on Characteristics at SMAN 8 Jambi City (n=98)					
No	Characteristics	f	%	Total	%
1	Age				
	15 years	18	18.4	98	100
	16 years	48	49.0		
17 years	32	32.7			
2	Class				
	X IPA	14	14.3	98	100
	X IPS	9	9.2		
	XI IPA	23	23.5		
	XI IPS	19	19.4		
	XII IPA	18	18.4		
XII IPS	15	15.3			

Table 1 show amount Most respondents were at SMAN 8 Jambi City 16 years old with a total of 48 respondents (49%). Based on group class, amount respondents the most found in class XI Science with a total of 23 respondents (23.5%).

### Analysis Univariate

Table 2.

Frequency Distribution of Respondents with Personal Hygiene moment Menstruation at SMAN 8 Jambi City (n=98)

No	Personal Hygiene	Frequency	Percentage (%)
1	Good	22	22.4
2	Enough	71	72.4
3	Not enough	5	5.1
	<b>Total</b>	98	100

Table 2 shows that the highest frequency of respondents is among respondents who have personal hygiene moment menstruation category Enough as much 71 respondents (72.4%).

Table 3.  
Distribution Frequency Respondent with Pruritus Vulvae in SMAN 8 Jambi City (n=98)

No	Pruritus Vulvae	Frequency	Percentage (%)
1	No experience	4	4.1
2	Light	34	34.7
3	Currently	56	57.1
4	Heavy	4	4.1
<b>Total</b>		98	100

Table 3 shows the highest frequency of respondents there is on respondents Which experience pruritus vulvae category while there were 56 respondents (57.1%).

**Analysis Bivariate**

Table 4.  
Distribution Frequency Connection Personal Hygiene moment Menstruation on the incidence of Pruritus Vulvae at SMAN 8 Jambi City (n=98)

No	Personal Hygiene during Menstruation	Pruritus Vulvae										P value
		Not experienced		Light		Currently		Heavy		Total		
		f	%	f	%	f	%	f	%	f	%	
1	Good	2	2,0	12	12,2	8	8,2	0	0	22	22,4	0,000
2	Enough	2	2,0	22	22,4	47	48,0	0	0	71	72,4	
3	Not enough	0	0	0	0	1	1,0	4	4,1	5	5,1	
<b>Total</b>		4	4.1	34	34.7	56	57.1	4	4.1	98	100	

Based on table results 4 showed that respondents in the personal hygiene group during menstruation were good and did not experience pruritus vulvae , namely 2 respondents (2.0%), while respondents in the personal hygiene group during menstruation were adequate and did not experience pruritus vulvae that is as much 2 respondents (2.0%), And respondents on group personal hygiene during menstruation was poor and 0 respondents (0%) did not experience pruritus vulvae .

Personal hygiene group during menstruation was good and experienced pruritus vulvae light that is, as much as 12 respondents (12.2%), while respondents in the current personal hygiene group menstruation Enough And experience pruritus vulvae light that is, as much as 22 respondents (22.4%), and respondents in the personal hygiene group lacked menstruation and experienced mild pruritus vulvae namely 0 respondents (0%).

Then respondents in the personal hygiene group during menstruation were good and experienced moderate pruritus vulvae , namely 8 respondents (8.2%), while respondents in the personal hygiene group during menstruation were adequate and experienced moderate pruritus vulvae, namely 47 respondents (48.0%), and respondents in the personal hygiene group during menstruation were lacking and experienced moderate pruritus vulvae , namely 1 person (1.0%).

So respondent on group personal hygiene during menstruation was good and experienced severe pruritus vulvae , namely 0 respondents (0%), while the respondents in personal groups hygiene during menstruation was adequate and experienced moderate pruritus vulvae, namely 0 respondents, And respondent on group personal hygiene during menstruation was poor and 4 respondents (4.1%) experienced severe pruritus vulvae.

After testing the relationship between personal hygiene during menstruation and the incidence of pruritus vulvae using the correlation test gamma with mark significance

$p=0.000 < \alpha 0.05$  as level determined ( $p < \alpha$ ), then it can be stated that  $H_0$  is rejected, which means there is a relationship between personal hygiene moment menstruation on the incidence of pruritus vulvae. Connection second this variable shows a gamma correlation value of 0.675, meaning the strength between the two variables is strong.

## DISCUSSION

### Characteristics Respondent

Based on the number of young women at SMAN 8 Jambi City who were involved in this research, the most were 16 years old, namely 48 respondents (49%). These respondents are middle stage teenagers. This is in accordance with Atikah's theory in 2017 which said that teenager age 14 – 16 years are included in the middle stage of adolescence (middle adolescence) (Rahayu, Noor and Yulidasari, 2017). Increasingly increase age the more high level of knowledge. This will affect a person's maturity of thinking and the more information they get about health, the better it will be to maintain vulva cleanliness (Sulaikha, 2018).

Based on class category, the number of young women at SMAN 8 Jambi City who were involved in this research mostly came from class XI Science namely 23 respondents (23.5%). This is based on calculating the proportional number of samples from all existing classes.

### Personal Hygiene during menstruasi

Personal hygiene during menstruation is behavior related to actions to maintain health and efforts to maintain cleanliness in the feminine area during menstruation. Menstrual personal hygiene is a behavior related to maintaining health and guard cleanliness area womanhood during menstruation, this behavior includes maintaining the cleanliness of the genitalia, such as washing them with clean water, wearing pants that absorb sweat, changing underwear, frequently changing sanitary napkins, showering twice a day (Pribakti, 2012).

Based on the research results obtained at SMAN 8 Jambi City in table 2 show that some Most young women have quite a lot of personal hygiene behavior during menstruation 71 teenager daughter (72.4%). The adequate behavior of these respondents is in accordance with the results of the questionnaire, as many as 96 respondents (98%) always clean their genitals using clean water. Then as many as 73 respondents (74.5%) dried the genital area before getting dressed or before wearing underwear. The next statement shows that 68 respondents (69.4%) always clean their genitals with water clean washing the genitals from the front (vagina) to behind (anus). Matter This in line with the 2012 Pribakti theory which states that the correct way to wash the female genital area is from the front (vagina) to the back (anus), not upside down because of the bacteria around it anus can get carried away to in the vagina and poses a risk infection (Pribakti, 2012).

The research results also showed that 76 respondents (77.6%) always changed their underwear at least twice a day and 46 respondents (46.9%) wore cotton underwear that absorbs sweat. This is in line with Kusmiran's theory in 2014 that wearing tight underwear or jeans needs to be avoided because the skin has difficulty breathing and ultimately causes the feminine area to become damp, sweaty, and easily become a breeding ground for fungus which can cause irritation (Kusmiran, 2014).

But among several personal hygiene moment menstruation Which respondents have, there were 11 respondents (11.2%) No Once replace bandage 4 – 5 times a day And 9 respondents (9.2%) No Have you ever changed your sanitary napkins after bathing, urinating and defecating? In fact, according to Pribakti in 2012, ideally, sanitary napkins during menstruation should be changed no more than 6 hours or changed 4-5 times a day, especially if there is a lot of menstrual blood (Pribakti, 2012).

Menstrual blood is an ideal place for the growth of bacteria and fungi that cause discharge and infection. When using the same bandage continuously every day without changing will give rise to complaints itching around the vagina. <sup>7</sup>The same goes for the behavior of choosing sanitary napkins. It is best to choose a bandage that does not contain gel, because the gel in most bandages can cause itching (Kusmiran, 2014).

The results of this research are in line with Ismi Sulaikha's research in 2018 which titled relationship personal hygiene menstruation during menstruation with incident pruritus vulvae on teenager (study at SMP Pondok Pesantren Darul Muttaqin Jombang) with a sample size of 40 respondents. Which own personal In the sufficient hygiene category, 23 respondents (57.5%) indicated that the respondent frequently washed the vagina with clean water and changed sanitary napkins no more than 6 hours (Sulaikha, 2018).

Matter This is different from research conducted by Putinah and Setiawan in 2021 entitled analysis of the incidence of pruritus vulvae based on menstrual personal hygiene in female students with a sample size of 82 respondents. The findings in this research were obtained personally hygiene on respondents 40 respondents (48.8%) were included in the less than category (Putinah and Setiawan, 2021).

However, among this data, there are still respondents who have good personal hygiene Which not enough as much 5 respondents (5.1%). Based on research conducted by Riri And Weni on year 2018, teenagers who have good personal hygiene Poor health can be caused by a lack of knowledge about hygiene menstruation, constraint in social myth culture, environment Which less available access to information, age, and experience. 16 Matter the Also in line with theory Rosmiawati that personal hygiene a person can be influenced by several factor ie image body, social practice , economic status knowledge, culture, personal habits or choices , and a person's physical condition (Rosmiawati, 2016).

Pruritus vulvae is a disorder characterized by severe itching of the external genital organs in women (Wolff, 2009). Based on the research results obtained at SMAN 8 Jambi City in table 3 shows that young women who experience pruritus vulvae as much 94 respondents (95.9%) consisting of 34 respondents (34.7%) in the mild category, 56 respondents in the moderate category (57.1%), And category heavy as many as 4 respondents (4.1%). However, among this data there were 4 respondents (4.1%) who did not experience puritus vulvae . On study This Most of the female teenagers who experienced pruritus vulvae were in the moderate category, namely 56 respondents (57.1%). It is possible that pruritus vulvae is caused by the habit of not carrying out thorough and correct vulva hygiene . The researcher believes this because in this study the majority of respondents experienced this pruritus vulvae category while menstrual personal hygiene is sufficient.

Pruritus vulvae experienced by these respondents was shown by the results of the questionnaire that 61 respondents (62.2%) experienced itching in the genital area during menstruation. as many as 41 respondents (41.8%) scratched the genital area if it felt itchy, as many as 31 respondents (31.6%) experienced redness in the vagina consequence itchy, And as much 20 respondents (204%) felt sore or burning on the vaginal skin. According to Kusmiran in 2014, complaints of itching during menstruation are usually caused by using the same sanitary napkin without changing it. Often this itching makes women scratch the vulvae area , causing scratches on the skin. If the itching sensation appears, simply wash the genitals with warm water because it can help relieve the symptoms of inflammation (Kusmiran, 2014).

This research is in line with Pandelaki's research in 2020 entitled relationships personal hygiene during menstruation with incident pruritus vulvae in teenagers at SMAN 7 Manado with the results that the majority of respondents experienced pruritus vulvae in the moderate category, namely 90 respondents (60.8%). This is because there are still respondents who have bad behavior to improve health status due to lack of awareness. Pandelaki also stated that although Wrong one aspect of personal hygiene

is carried out however aspect Which other are not done will trigger pruritus vulvae (Pandelaki, Rompas and Bidjuni, 2020). This is also supported by research conducted by Cahyani, Kurniasih, and Komalawati in 2022 entitled personal hygiene menstrual relationships with incident pruritus vulvae in teenagers at SMPN 3 Sine Ngawi, namely from the number of samples is as large as 41 respondents were found as much 31 respondents (75.6%) experienced pruritus vulvae category moderately because when cleaning the genitalia, respondents still always use special soap to clean the vagina and sometimes respondents still use sanitary napkins for more than 6 hours during menstruation (Cahyani, Kurniasih and Komalawati, 2022).

The results of this research are different from research conducted by Cindy Cinora and Yanita Tri Setyaningsih in 2021 entitled personal hygiene relationships during menstruation with the incidence of pruritus vulvae in adolescents at SMPN 2 Godean with amount sample as much 65 respondents. On research It was found that 34 respondents (52.3%) experienced the pruritus vulvae category light. Incident pruritus vulvae on study the be marked with itching in the genital area.<sup>38</sup> However from data Which found by researchers, Still there is respondents Those who experienced severe pruritus were 4 respondents (4.1%). This can be seen from the results of the personal hygiene questionnaire Which they have in less category. Apart from that, the researchers found that there were still respondents Which No experience pruritus vulvae as much 4 respondents (4.1%). That matter can seen from results personal hygiene questionnaire they have in category Good, like changing sanitary napkins moment menstruation as much 4 – 5 times a day And wash genitals from front to back.

### **The Corellation between Personal Hygiene during Menstruation and the Occurrence of Pruritus Vulvae**

The results of this study show a relationship between personal hygiene during menstruation in adolescent girls and the incidence of pruritus vulvae at SMAN 8 Jambi City. In this study, the majority were young women at SMAN 8 Kota Jambi had a moderate personal hygiene category of 71 respondents (72.4%) who experienced mild pruritus vulvae as many as 23 respondents (23.5%), pruritus moderate vulvae as many as 48 respondents (49%), and pruritus vulvae heavy as much 0 respondents (0%). This proves that the majority of respondents who have adequate personal hygiene category, they experience moderate pruritus vulvae because of the personal hygiene that the respondents have. These results can be seen in the questionnaire results personal hygiene moment menstruation, namely 96 respondents (98%) always clean areas genitalia using water clean, 76 respondents (77.6%) always change underwear at least twice a day, 73 respondents (74.5%) always dry the feminine area before dressing, and 68 respondents (69.4%) always clean the genital area with clean water and wash it from the front (vagina) to back (anus), and as much as 63 respondents (64.3%) also always shower at least twice during menstruation.

The results of this research are in line with research conducted by Ismi Sulaikha in 2018, namely that there is a significant relationship between personal hygiene during menstruation and the incidence of pruritus vulvae with a significance value of  $p < 0.000 < \alpha < 0.05$  which was carried out on 40 respondents and found 26 respondents. (65%) respondents who have sufficient personal hygiene category and as many as 23 respondents (57.5%) experiencing moderate pruritus vulvae (Cinora, 2020). The existence of a relationship in the research conducted at SMAN 8 Jambi City is also in line with research conducted by Pandelaki to 148 respondents with the results of the majority of respondents being 148 respondents (66.3%) had personal hygiene in the good category and experienced pruritus vulvae in the moderate category .

However, in the personal hygiene questionnaire , only 24 respondents (24.5%) always changed sanitary napkins 4 - 5 times in a day and 20 respondents (20.4%)

sometimes change sanitary napkins if they feel full and are present blood clots. This is what causes pruritus vulvae in this study to be included in the moderate category.

This research is different from research conducted by Cahyani and Setiyaningsih in 2021 found  $p=0.711$  with  $\alpha > 0.05$ , meaning that there was no significant relationship between menstrual personal hygiene and the incidence of pruritus vulvae (Cinora, 2020). The research results showed that 11 (26.8%) respondents had good menstrual hygiene and experience pruritus vulvae light as many as 7 (17.1%), as many as 29 (70.7%) respondents had sufficient menstrual hygiene and 31 (75.6%) experienced moderate pruritus vulvae, as well as 1 (2.4%) respondent whose menstrual hygiene was poor and 3 (7.3%) experienced severe pruritus vulvae. The absence of a relationship in this study may be caused by several things, one of which is several confounding variables that were not tested, such as knowledge and the number of respondents being too small, as well as filling out the questionnaire which allows respondents to be dishonest in answering statements, so that the test results do not show a significant relationship. significant.

Based on the research results, researchers concluded that the more good aspects of personal hygiene during menstruation you have, the lower the risk of experiencing pruritus vulvae. This is in line with Pandelaki's theory which says the better the person hygiene moment menstruation so the more reduce happen pruritus vulvae so that awareness teenager daughters regarding the importance of personal hygiene behavior during menstruation must be improved by providing correct education (Pandelaki, Rompas and Bidjuni, 2020).

## CONCLUSIONS

Most of the young women at SMAN 8 Jambi City had sufficient personal hygiene during menstruation, namely 71 respondents (72.4%). The young women at SMAN 8 Jambi City experienced this pruritus vulvae that is as much 94 respondents (95.9%) Which consists from category light as much 34 respondents (34.7%), category currently as much 56 respondents (57.1%), And category as much weight 4 respondents (4.1%). There is a relationship personal hygiene moment menstruation with the incidence of pruritus vulvae in adolescent girls at SMAN 8 Jambi City.

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