

GENETALIA PERSONAL HYGIENE EDUCATION AND DEMONSTRATION

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Abstract

The problem related to personal genitalia hygiene is the maintenance of hygiene. The purpose of the service is to increase participants' knowledge in maintaining genetic cleanliness in daily life. Community service was carried out at the Jambi Provincial Psychiatric Hospital. The number of participants was 40 people, the activity began by fostering a relationship of mutual trust and doing a time contract. The activity began with the opening, *pretest*, delivery of material with image and video media, demonstration of cleaning women's genetics, especially during menstruation using pantomime, evaluation of participants' responses, followed by *posttest*. The results of the evaluation showed an increase in patient knowledge about personal hygiene genetics. The correct answer results of participants on the criteria of knowledge about the effects and risks of not maintaining personal hygiene genitalia and knowledge about the meaning of menstruation in the *posttest* was 100%, the *pretest* was 33 participants (82.5%), the correct answer to the criteria of knowledge of how to maintain personal hygiene during menstruation in the *pretest* of 27 participants (67.5%) and 38 participants (95%) in the *posttest*. In the knowledge criteria about alternative sanitary pads, the results of 21 participants (52.5%) in the *pretest* were obtained to 36 participants (90%) in the *posttest*. In the knowledge criteria on how to maintain personal hygiene during menstruation, the results of 20 participants (50%) in the *pretest* were obtained to 36 participants (90%) in the *posttest*.

Keywords : Genetalia, Personal Hygiene, Menstruation, Women

A. INTRODUCTION

Problems related to personal genitalia hygiene are individual hygiene and health carried out in daily life so as to avoid reproductive disorders and obtain physical and psychological well-being and improve health status (Darma, 2017).

The reproductive organs are one of the organs of the body that are very sensitive and require special care. Female genital organs are susceptible to bacteria that can cause bad odors and infections in the genitals (Wijayanti and Daru, 2009). Therefore, it is necessary to maintain the cleanliness of the genital organs, including washing the vagina every day by washing from front to back or from the vagina to the anus carefully using clean water. In addition, to maintain the cleanliness of the female genitals, it is better to dry the female organs with a clean cloth after washing the genital organs. This is useful to avoid the onset of mold due to excessive humidity. Other efforts to prevent cervical cancer can also be done by changing underwear at least twice a day, avoiding the use of antiseptics and exchanging underwear and towels with others. Women are recommended to change sanitary napkins regularly 4-5 times a day and should choose sanitary napkins that are soft and can absorb well (Andira and Dita, 2013).

Genetelia Hygiene is an act or way of individual care to maintain cleanliness and

maintain the health of their reproductive organs. Menstruation is the process of blood coming out of the uterus that occurs due to the collapse of the inner uterine wall which contains many blood vessels and unfertilized eggs. Personal hygiene during menstruation is the act of maintaining cleanliness, especially the feminine area during menstruation. The purpose of menstrual personal hygiene is to increase self-confidence during menstruation (Phonna, 2017).

Personal hygiene during menstruation includes: 1) Changing sanitary napkins 4-5 times a day, 2) Cleaning genitalia tools before changing sanitary pads, 3) Maintaining hygiene of genitalia hair because pubic hair that is too long can cause menstrual blood to clot so that it becomes a nest of fungi and bacteria. Genitalia hair care is recommended to be trimmed only by shortening with scissors for a maximum of 40 days, 4) Washing Hands before and after changing pads, 5) Using underwear that is not tight to absorb sweat makes air circulation unsmooth, irritates the skin and risks the growth of bad germs in the genital area, 6) Bathing because during menstruation the body produces more estrogen hormone. Hormone It produces a lot of sweat and oil in the body (Unicef, 2017).

Women who are menstruating if they do not use sanitary pads during menstruation, as a result, the blood that comes out will not be absorbed so that it penetrates into the clothes or pants used and will also be scattered to the floor. In addition, menstruating women will also feel uncomfortable because the genetically area is moist where there will be a risk of the growth of bad germs (Sinaga, 2017).

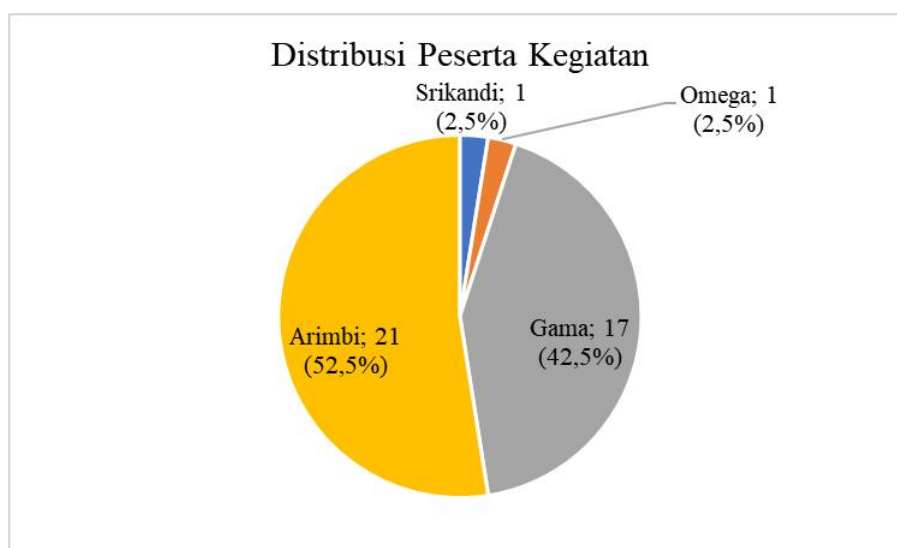
B. METHODS

The method of implementing this community service activity begins with an approach to a relationship of mutual trust with mental hospital clients and conducting a time contract to discuss problems related to menstruation. Furthermore, they carried out activities by gathering 40 patients consisting of each room and conducting health education and demonstrations. This series of activities began with opening, pre-testing, delivery of material with image and video media, demonstration of cleaning genetics using pantomime, evaluation with a response from the client to re-demonstrate what had been taught, then conduct a post-test. Pretest and post using an instrument in the form of a questionnaire. When answering questions, participants were accompanied by

extension workers.

C. RESULTS

This service activity was carried out by a Nursing Lecturer at the Faculty of Medicine and Health Sciences, University of Jambi. This activity was carried out at the Jambi Provincial Regional Psychiatric Hospital on Monday, October 2, 2023. This activity was attended by patients in the inpatient room, where the most patients who participated in this activity came from the Arambi inpatient room as many as 21 patients. The distribution of activity participants can be seen in the following diagram.



The implementation of the activity began with a pre-test for participants accompanied by nurses. Furthermore, the delivery of material was carried out in conjunction with a demonstration on personal hygiene genitalia and evaluated by asking questions and giving participants the opportunity to do the demonstrations that have been explained. At the end of the activity, post-tests and rewards were given to patients who answered questions and conducted demonstrations.

Pretest and Posttest Assessment Results

The results of the pretest and posttest assessments given to participants who answered correctly can be seen as follows:

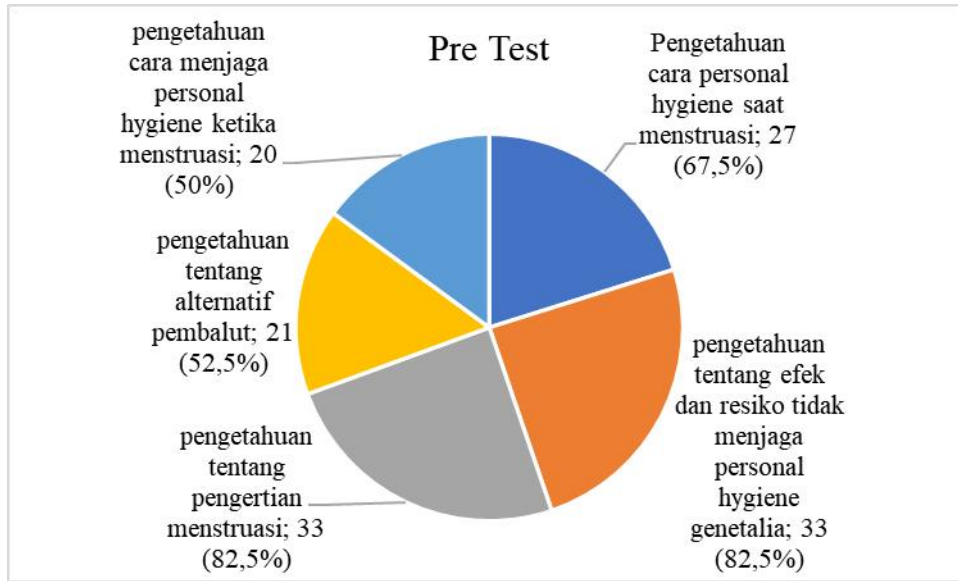


Diagram 5.2 Distribution of Pretest Results

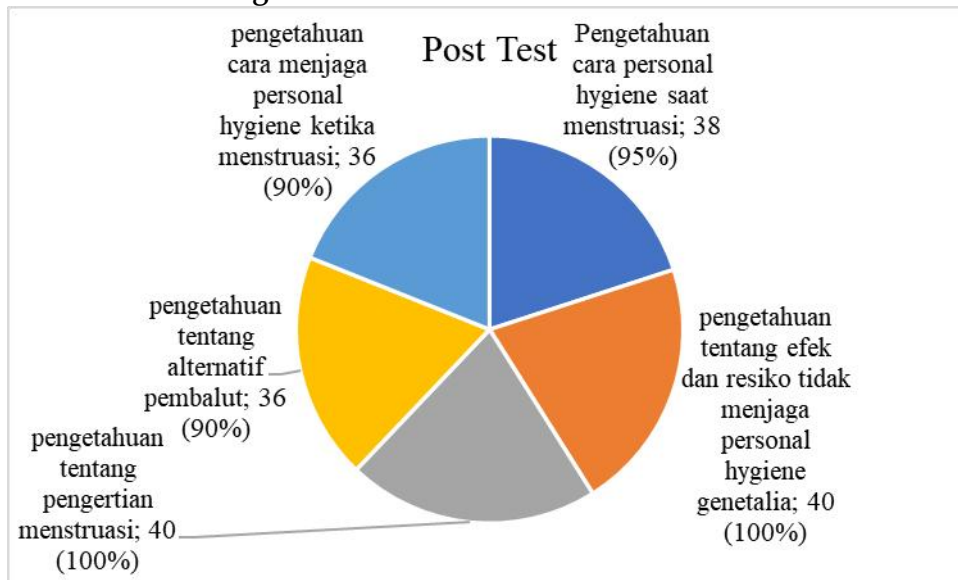


Diagram 5.3 Distribution of Posttest Results

Based on the graph above, it can be seen that there is an increase in results that answer correctly for each criterion regarding personal hygiene during menstruation. The results that answered correctly were all (100%) obtained on the criteria of knowledge about the effects and risks of not maintaining personal hygiene genetics and knowledge about the meaning of menstruation where previously (82.5%) with 33 participants. In the criteria of knowledge of how to use personal hygiene during menstruation, the results of 27 participants (67.5%) in the pretest were obtained 38 participants (95%) in the posttest. In the knowledge criteria about alternative sanitary pads, the results of 21 participants (52.5%) in the pretest were obtained to 36 participants (90%) in the posttest. In the knowledge criteria on how to maintain personal hygiene during menstruation, the results of 20 participants

(50%) in the *pretest* were obtained to 36 participants (90%) in the *posttest*.

These results are in accordance with research conducted by Laras et al in 2020 in Young Women where increased knowledge was obtained after the provision of health education.⁷ An increase in knowledge after education is provided can occur due to the factors of the method, the material or message factor, the educator who performs it and the educational aids/props used. In this activity, the factor for increasing knowledge is tools/props by conducting demonstrations and displaying videos about personal hygiene genitalia (Dayaningsih, and Septediningrum, 2022).

The demonstration method is a teaching method by demonstrating goods, events, rules, and the order of carrying out an activity, either directly or through the use of teaching media that are relevant to the subject or the material being presented. This method is used so that participants become more aware of the material explained because by using teaching aids and using visualization media, it can help participants in understanding the material that has been delivered (Aeni and Yuhandini, 2018). In this activity, participants also try to do their own knowledge that has been demonstrated, trying to demonstrate to participants can strengthen participants' memory to implement it in each individual (Rosyid, and Hudiawati, Kristinawati, 2019).

Based on the results that have been explained earlier, the results of the *posttest* are not completely at the perfect score (100%). This can be caused by difficulties in understanding counseling materials where everyone has a different level of understanding of the material, then lack of motivation because clients may not feel bothered by poor personal hygiene conditions, as well as a lack of support from the surrounding environment (Handayani, and Abdullah, 2023). In overcoming these factors, it is necessary to approach and support from the closest people, in this case, the nurse who is in charge of the inpatient room of the Jambi Provincial Regional Mental Hospital.

This success is expected to improve personal hygiene, especially during menstruation in patients in the inpatient room of the Jambi Provincial Regional Psychiatric Hospital. This success is also inseparable from the contribution of nurses in the inpatient room who help this activity run.

Activity Documentation



D. CONCLUSION

There was a significant increase in knowledge between the pretest and posttest results about personal hygiene knowledge during menstruation, as evidenced by the posttest results reaching 100% on the criteria of knowledge about the effects and risks of not maintaining personal hygiene genetics and knowledge about the meaning of menstruation. In the knowledge criteria of how to use personal hygiene during menstruation, the results of 27 participants (67.5%) in the pretest were obtained to 38 participants (95%) in the posttest. In the knowledge criteria about alternative sanitary pads, the results of 21 participants (52.5%) in the pretest were obtained to 36 participants (90%) in the posttest. In the knowledge criteria on how to maintain personal hygiene during menstruation, the results of 20 participants (50%) in the pretest were obtained to 36 participants (90%) in the posttest.

With this community service activity, which targets female patients at the Jambi Provincial Regional Psychiatric Hospital, it is hoped that patients understand how to do personal hygiene during menstruation and need help for nurses to motivate and teach patients about genital hygiene during menstruation if the patient is relapsing the disease.

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