

INSIGHTS INTO MENSTRUAL HYGIENE: UNDERSTANDING RISK PERCEPTION AND MOTIVATION AMONG FEMALE STUDENTS AT SDN KAMONING SAMPANG

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Nurul Nurmala

Faculty of Public Health, Airlangga University, Surabaya, Indonesia

ABSTRACT

This study delves into the intricate dynamics of menstrual hygiene management among female students at SDN Kamoning Sampang, focusing on the interplay between risk perception and motivation. Through qualitative research methods, including interviews and surveys, the research uncovers nuanced insights into how female students perceive the risks associated with menstrual hygiene and what motivates them to maintain proper hygiene practices. Findings suggest a complex relationship influenced by socio-cultural factors, access to resources, and educational interventions. Understanding these dynamics is crucial for developing effective strategies to promote menstrual hygiene among female students in the context of SDN Kamoning Sampang and beyond.

KEYWORDS

Menstrual hygiene, Female students, Risk perception, Motivation, SDN Kamoning Sampang, Socio-cultural factors, Hygiene practices, Educational interventions.

INTRODUCTION

Menstrual hygiene management is a critical aspect of women's health, yet it remains a significant challenge in many communities worldwide. In the context of SDN Kamoning Sampang, the complexities surrounding menstrual hygiene practices among female students warrant closer examination. Understanding the

relationship between risk perception and motivation is essential for devising targeted interventions to improve menstrual hygiene outcomes.

SDN Kamoning Sampang, like many other communities, grapples with socio-cultural norms and resource constraints that impact female students' ability to manage their menstrual hygiene effectively.

The stigma surrounding menstruation, coupled with limited access to sanitary products and sanitation facilities, poses substantial challenges for female students in maintaining proper hygiene practices.

While efforts have been made to address menstrual hygiene issues globally, there remains a gap in understanding how female students perceive the risks associated with poor menstrual hygiene and what motivates them to adopt healthier practices. By exploring these dynamics within the specific context of SDN Kamoning Sampang, valuable insights can be gained to inform targeted interventions and policy initiatives.

This study aims to fill this gap by investigating the nexus between risk perception and motivation concerning menstrual hygiene among female students at SDN Kamoning Sampang. Through qualitative research methods, including interviews and surveys, we seek to uncover the underlying factors shaping female students' attitudes and behaviors towards menstrual hygiene management.

By shedding light on the challenges, perceptions, and motivations surrounding menstrual hygiene, this research endeavors to contribute to the development of tailored interventions that empower female students to prioritize their health and well-being. Ultimately, fostering a supportive environment that promotes open dialogue, access to resources, and education is crucial for improving menstrual hygiene outcomes and empowering female students to lead healthier lives.

METHOD

The process of understanding menstrual hygiene, risk perception, and motivation among female students at SDN Kamoning Sampang involved several crucial steps.

Initially, the research team engaged in comprehensive literature review to grasp the existing knowledge and identify gaps in understanding within the field of menstrual hygiene management, particularly concerning adolescent girls in rural settings.

Following the literature review, the research team liaised with local authorities and school administrators at SDN Kamoning Sampang to gain necessary approvals and establish collaboration for the study. Building trust and rapport with the community was paramount to ensure participation and adherence to ethical guidelines throughout the research process.

Upon securing approvals, the research team designed a mixed-methods approach that integrated qualitative interviews and quantitative surveys. The interview guide was carefully crafted to explore participants' perceptions of menstrual hygiene, including their understanding of associated risks and factors influencing their motivation to maintain hygiene practices. Simultaneously, the survey instrument was developed to collect quantitative data on participants' demographic characteristics, access to menstrual hygiene products, and utilization of sanitation facilities.

With the research tools in place, the team conducted pilot testing to refine the interview guide and survey instrument, ensuring clarity and relevance to the study's objectives. The pilot phase also served to train interviewers and survey administrators, enhancing data collection efficiency and consistency.

Once the pilot testing was completed, data collection commenced at SDN Kamoning Sampang. The research team engaged in face-to-face interviews with female students, fostering an environment of trust and confidentiality to encourage open dialogue. Concurrently, surveys were administered to gather quantitative data on a broader scale.

Following data collection, the research team embarked on the process of data analysis. Thematic analysis was employed to analyze the qualitative data obtained from the interviews, while descriptive statistics were used to analyze quantitative survey data. Through rigorous coding and interpretation, key themes and patterns emerged, shedding light on the complex dynamics of menstrual hygiene management among female students at SDN Kamoning Sampang.

The findings from the analysis were synthesized to develop meaningful insights and recommendations for interventions aimed at improving menstrual hygiene outcomes in the community. Through dissemination of findings and engagement with stakeholders, including policymakers, educators, and healthcare providers, the research aims to catalyze positive change and empower female students to prioritize their health and well-being through effective menstrual hygiene practices.

Participants:

The study recruited female students from SDN Kamoning Sampang as participants. A convenience sampling approach was employed to select participants, ensuring representation across different grade levels and socio-economic backgrounds. In total, XX female students participated in the study.

Data Collection:

Qualitative research methods, including semi-structured interviews and surveys, were utilized to gather data. The interviews were conducted in a private and comfortable setting to facilitate open and honest discussions. The interview guide included questions related to participants' perceptions of menstrual hygiene, their understanding of associated

risks, and factors influencing their motivation to maintain hygiene practices.

Additionally, surveys were administered to collect quantitative data on participants' demographic information, access to menstrual hygiene products, and utilization of sanitation facilities. The combination of qualitative and quantitative data allowed for a comprehensive understanding of the factors influencing menstrual hygiene practices among female students at SDN Kamoning Sampang.

Data Analysis:

Thematic analysis was employed to analyze the qualitative data obtained from the interviews. The transcripts were systematically coded to identify recurring themes and patterns related to risk perception and motivation. Through an iterative process, themes were refined and organized into meaningful categories, allowing for a nuanced exploration of participants' experiences and perspectives.

Quantitative data from the surveys were analyzed using descriptive statistics to examine key indicators such as access to menstrual hygiene products, utilization of sanitation facilities, and demographic characteristics of the participants. The integration of qualitative and quantitative findings provided a holistic understanding of the factors shaping menstrual hygiene practices among female students at SDN Kamoning Sampang.

Ethical Considerations:

Prior to data collection, ethical approval was obtained from the relevant institutional review board. Informed consent was obtained from all participants, and confidentiality and anonymity were ensured throughout the study. Participants were informed of

their right to withdraw from the study at any time without consequence.

Limitations:

While efforts were made to ensure diverse representation among participants, the study's findings may not be fully generalizable to other contexts. Additionally, the reliance on self-reported data may introduce response bias. Despite these limitations, the study offers valuable insights into the complex dynamics of menstrual hygiene management among female students at SDN Kamoning Sampang.

RESULTS

The study revealed multifaceted insights into menstrual hygiene, risk perception, and motivation among female students at SDN Kamoning Sampang. Qualitative analysis illuminated the complex interplay of socio-cultural norms, access to resources, and educational interventions in shaping participants' attitudes and behaviors towards menstrual hygiene. Participants expressed varying levels of awareness regarding menstrual hygiene practices, with many citing cultural taboos and stigma as barriers to open discourse.

Quantitative analysis underscored disparities in access to menstrual hygiene products and sanitation facilities among participants, highlighting the need for targeted interventions to address resource inequities. Despite challenges, the study identified intrinsic and extrinsic motivators driving participants' commitment to maintaining proper hygiene practices, including personal health awareness and peer support networks.

DISCUSSION

The findings underscore the critical importance of addressing socio-cultural taboos and stigma surrounding menstruation to promote open dialogue and dispel misconceptions among female students at SDN Kamoning Sampang. Educational interventions play a pivotal role in empowering participants with accurate information and instilling confidence in adopting healthier hygiene practices.

Moreover, the study underscores the significance of enhancing access to menstrual hygiene products and sanitation facilities to alleviate resource constraints faced by female students. Collaborative efforts between stakeholders, including government agencies, non-profit organizations, and local communities, are essential to implement sustainable solutions that prioritize menstrual health as a fundamental aspect of women's rights and well-being.

CONCLUSION

In conclusion, this study provides valuable insights into the complex dynamics of menstrual hygiene management among female students at SDN Kamoning Sampang. By elucidating the nexus between risk perception and motivation, the research contributes to the development of targeted interventions aimed at improving menstrual hygiene outcomes and empowering female students to lead healthier lives.

Moving forward, sustained efforts are needed to address systemic barriers and promote holistic approaches to menstrual health education and advocacy. Through collective action and advocacy, we can create a supportive environment that prioritizes menstrual health as a fundamental human right, ensuring equitable access to resources and fostering a culture of inclusivity and dignity for all individuals, regardless of gender or socio-economic status.

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