



## Differences in Knowledge and Attitudes of Seventh Grade Adolescent Girls About Personal Hygiene During Menstruation Before and After Being Given Video Media Counseling

Ni Putu Desika Nadia Anjeli<sup>1</sup>, Ni Ketut Somoyani<sup>2</sup>, Gusti Ayu Eka Utarini<sup>3</sup>

<sup>1,2,3</sup> Midwifery Department, Poltekkes Kemenkes Denpasar, Indonesia

Corresponding Author: [desikanadiia139g@gmail.com](mailto:desikanadiia139g@gmail.com)

### ABSTRACT

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Personal hygiene during menstruation is one of the important things that every girls must know and to avoid interference with the reproductive organs. The purpose of this research to see that differences in knowledge and attitudes of seventh grade adolescent girls about personal hygiene during menstruation before and after gave video media counseling at One South Kuta Junior High School. This study used pre-eksperimental design with a one group pretest-posttest research design with probability sampling. The sample of this study is 55 adolescent girls from seventh grade. Analysis techniques used paired t-test and wilcoxon test. The results of the study for the average pretest on knowledge was 78.45 and the average posttest on attitude after got video media counseling was 94.18, while for the average pretest on attitude was 73.82 and the average posttest on attitude after getting video media counseling was 79.47. The results on wilcoxon obtained p value = 0.000 < 0.05 these results indicate that there is a significant difference in knowledge and attitude before and after being gave video media counseling about personal hygiene adolescent girls. Schools and health workers are expected to work together to provide health counseling related to personal hygiene.

### INTRODUCTION

Menstruation is a process experienced by a woman characterized by the shedding of the inner uterine wall (endometrium) which exits through the vagina<sup>1</sup>. If a woman has experienced menstruation, extra personal hygiene is needed to avoid diseases that develop in the genital area. Because the uterus has various types of blood vessels that are susceptible to infection, it will easily cause various diseases in the reproductive tract<sup>2</sup>. The prevalence of reproductive tract infections due to lack of personal hygiene, especially in the genital organs. In Indonesia, the number of patients with



reproductive tract infections is 90-100 cases per 100,000 population per year<sup>3</sup>. In adolescents themselves, it is quite Many problems can arise about reproductive health, one of which is vaginal discharge, vaginal discharge can arise due to lack of *hygiene* behavior during menstruation and an unclean environment as well as the use of unhealthy sanitary napkins during menstruation.

One of the problems that arise during menstruation is the occurrence of *pruritus vulvae* (itching in the perineum and vulva area). *Pruritus Vulvae* is caused by bacteria, viruses and fungi that appear due to lack of *personal hygiene* during menstruation. Symptoms that appear include irritation, redness, itching, and even pain in the vulva and perineal area. In Indonesia, the incidence of *pruritus vulvae* in adolescent girls is quite high. It is estimated that around 5.2 million adolescent girls often experience complaints of *pruritus vulvae* after menstruation due to poor behavior in taking care of themselves during menstruation, this is indicated by statistical data in Indonesia that out of 69.4 million adolescents in Indonesia there are as many as 63 million adolescent girls with poor *hygiene* behavior during menstruation. As much as 30% of the lack of *hygiene* during menstruation is triggered by unhealthy and bad areas. Meanwhile, the other 70% is triggered by the use of improper sanitary napkins during menstruation and lack of *hygiene* during menstruation<sup>4</sup>.

Women around the world have experienced vaginal discharge at least once in a lifetime as many as 75% and as many as 45% of women experience vaginal discharge twice or more. In Indonesia, it is a country with a tropical climate that will potentially experience vaginal discharge around 90% so that fungi are easier to develop and make cases of vaginal discharge in Indonesia increase<sup>5</sup>. Normal vaginal discharge if not treated properly and correctly in a long enough period of time will cause abnormal vaginal discharge. The characteristics of abnormal vaginal discharge are milky white, yellowish, grayish, foul or fishy smelling, giving an itchy effect and feeling pain when urinating and lower abdomen.

One of the ways that can be done is to provide education to adolescent girls about the importance of health education on *personal hygiene* during menstruation through video media is very necessary at this time, considering that there are still many adolescent girls who do not fully understand the application of *personal hygiene* during menstruation. This is done to increase understanding and video media was chosen as the media in this study because it can facilitate the delivery of information, combine audio and visual, and can attract the attention of adolescents so that it can increase the learning motivation of adolescent girls about how to clean the reproductive organs during menstruation so as not to make the reproductive organs a breeding ground for bacteria that cause such as itching in the reproductive organ area, vaginal discharge. addition, from the problems that have been found, *personal hygiene* care must get special attention which is one of the efforts to reduce and prevent infectious disorders during menstruation, local disorders such as itching and unpleasant odors in the genital area.

Knowledge about *vulva hygiene* during menstruation in adolescent girls tends to be low. Based on research conducted on some young women's behavior is not good about *hygiene* during menstruation with a percentage of 83% and some young women's knowledge is lacking about *personal hygiene* during menstruation with a percentage of 70.2%<sup>6</sup>.

Based on research conducted at the junior high school level, precisely at SMP Negeri 3 Bandung, classes VII and VIII with the results of research on the description of knowledge, attitudes, and self-care behavior during menstruation, it shows that out of 188 respondents, most of them have poor knowledge, namely 130 respondents (69.1%) and have attitudes that tend to be sufficient, 99 respondents (52.7%)<sup>7</sup>. Based on the description above, it is important to conduct research on the knowledge and attitudes of adolescent girls about *personal hygiene* during menstruation, because the knowledge and attitudes of adolescent girls are one of the factors to avoid disease, especially in the genital area, for this reason, good education is needed so that the knowledge and attitudes of adolescent girls in maintaining *personal hygiene* during menstruation can be carried out. Based on the



results of interviews that have been conducted by researchers through one of the teachers in SMP Negeri 1 Kuta Selatan found that no one has ever done research on *personal hygiene* during menstruation. The results of a preliminary study conducted in November 2023 at SMP Negeri 1 Kuta Selatan on 10 students through several questions found that 6 students (60%) could not answer properly and correctly about how to do *personal hygiene* during menstruation properly and correctly when experiencing menstruation. Based on the phenomena that occur, the researcher is interested in conducting research on "Differences in Knowledge and Attitudes of Class VII Adolescent Girls About *Personal Hygiene* During Menstruation Before and After Given Video Media Counseling One South Kuta Junior High School ".

## METHOD

In this research design using One Group Pretest-Posttest, an assessment of the knowledge and attitudes of adolescent girls before being given an intervention in the form of counseling and an assessment of the knowledge and attitudes of adolescent girls after being given an intervention in form of video media counseling will result in a comparison of knowledge and attitudes towards *personal hygiene* of adolescent girls during menstruation. The research was conducted at One South Kuta Junior High School in April 2024 with the target of class VII adolescent girls totaling 10 classes with a population of 147 people. Inclusion criteria were female students who were willing to sign the questionnaire and were already menstruating. Using *side probability* technique with *stratified random sampling* method. The sample size was calculated using the formula for paired numerical analytic research, obtaining a sample size of 55 people. The type of data used in this study is primary data. Primary data is data obtained directly from data sources and collected using research instruments. The independent variable in this study is the provision of counseling through video media about *personal hygiene* during menstruation using references from the Ministry of Health, the dependent variable in this study is the knowledge and attitude of adolescent girls about *personal hygiene* during menstruation. Data analysis techniques using paired t-test and *wilcoxon test*.

## RESULT AND DISCUSSION

This study is a *pre-experimental* study that examines the differences in knowledge of seventh grade adolescent girls about *personal hygiene* during menstruation before and after being given video media counseling with 55 respondents. The research was conducted directly at SMP Negeri 2 Kediri. Characteristics of research respondents were described based on age, menarche and sources of information about *personal hygiene* with the following data.

Table 1.  
Distribution of Respondent Characteristics

Characteristics	Category	Frequency (f)	Persentage(%)
Age	12 years	10	18,2
	13 years	40	72,7
	14 years	5	9,1
	Total	55	100
Age of Menarche	9 years	2	3,6
	10 years	9	16,4
	11 years	22	40,0
	12 years	17	30,9
	13 years	5	9,1
	Total	55	100



Characteristics	Category	Frequency (f)	Percentage(%)
Education about <i>Personal Hygiene</i> when during menstruation	Health Officer	1	1,8
	Family	1	1,8
	School	1	1,8
	Never	52	94,5
	Total	55	100

From the table it can be seen that of the 55 respondents, respondents (72.7%) were 13 years old. Most of them got menarce at the age of 11 years (40.0%) The majority of respondents have never received information about *personal hygiene* during menstruation (94.5%),

### Knowledge of Adolescent Girls Before Being Given Video Media Counseling

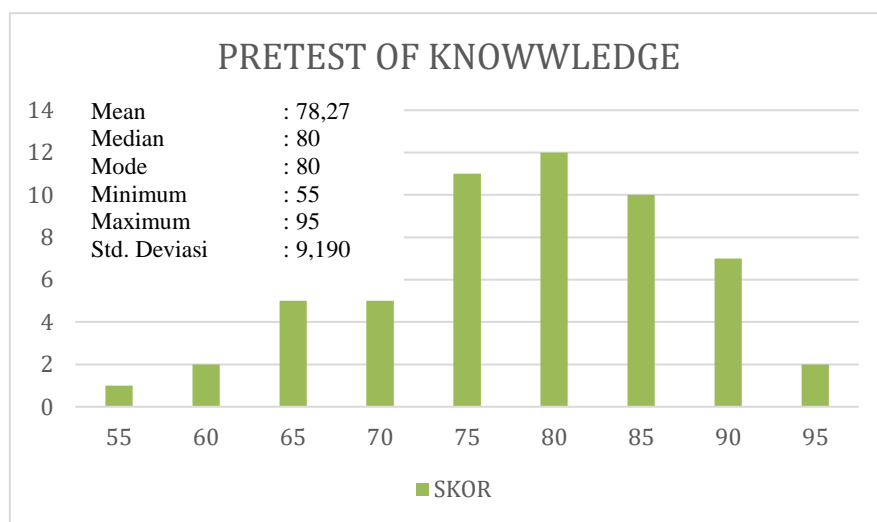


Figure 1. Knowledge of adolescent girls before being given video media counseling Source: Primary Data (2024)

Respondents in this study were seventh grade adolescent girls at SMP Negeri 1 Kuta Selatan with an age range of 12-14 years which at this age is included in the early adolescent category<sup>8</sup>. The results of this study can be influenced by the age of respondents who are still classified as early adolescents. Based on the results of research on knowledge in adolescent girls before being given counseling with video media, the minimum value is 55 and the maximum is 95, with the median value and the mode is 80. The average knowledge of adolescent girls is 78.27 with a standard deviation of 9.120.

These results were obtained because most adolescent girls had never heard information related to *personal hygiene* during menstruation, supported by the statement of one of the UKS teachers who explained that no one had ever provided counseling or information related to *personal hygiene* during menstruation. This is supported by research which explains that lack of information about something will affect a person's knowledge<sup>9</sup>.

This is supported by research conducted on the relationship between the level of knowledge of *personal hygiene* and the behavior of adolescent girls during menstruation, the results showed that out of 113 respondents, the majority had poor knowledge related to *personal hygiene* during menstruation, namely 65 respondents (57.5%)<sup>10</sup>.



Currently, most young women use the media only for fun such as playing games, playing social media that discusses romance, celebrities, *fashion* and others so that information about personal health is less desirable. In addition, the school environment is also a factor that does not provide information about *personal hygiene* during menstruation. Knowledge is something that exists in a person's mind through the five senses, such as hearing and see. Knowledge is closely related to education, where a person with higher education also has broader knowledge. Yasnani stated that good knowledge about menstruation will make adolescents feel calm and ready to face and overcome problems that occur menstruation. The lack of knowledge of adolescent girls regarding personal hygiene during menstruation is influenced by age, where respondents under the age of 15 are classified as immature and do not have much experience. A mature age with greater knowledge will have a better attitude in responding to personal hygiene during menstruation<sup>11</sup>

### Knowledge of Adolescent Girls After Video Media Counseling

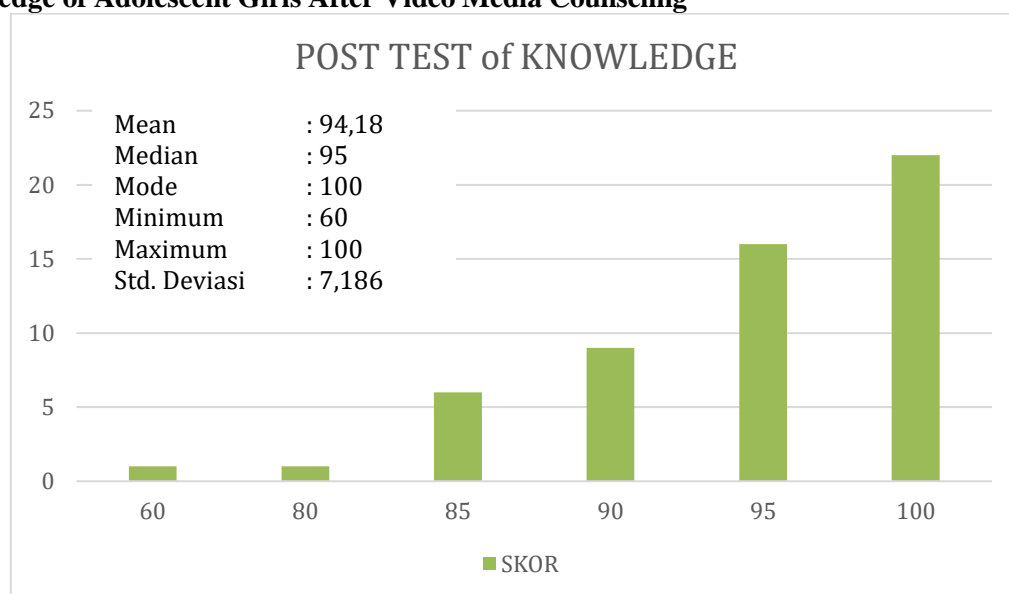


Figure 2. Knowledge of adolescent girls after being given video media counseling  
Source: Primary Data (2024)

Based on the diagram below, the minimum value of respondents' knowledge after the intervention is 60 and the maximum is 100, with a median value of 95 and the mode is 100. The average knowledge of adolescent girls is 94.18 with a standard deviation of 7.186.

This shows that the intervention action using video media counseling conducted by researchers provides changes in the knowledge of female students, namely in the form of an increase in the average score (mean). When the *posttest* was obtained, it had increased compared to when the *pretest* was conducted, this is because the video media itself is included in electronic educational media which has advantages such as an attractive appearance, involving many five senses so that absorption increases. In addition, video media displays bright colors that bring up sounds and images that cause respondents to be interested in watching it. The increase in knowledge occurred because the respondents seriously paid attention to the video given and seriously answered the questions. Video media itself can provide new experiences for respondents to observe and interpret in everyday life because of wide reach and can be played repeatedly. So that later it will be useful for adolescent girls, especially about *personal hygiene* during menstruation.





From the results listed above, it shows that there is an increase in knowledge between before being given video media and after being given video media counseling. Related research The increase in the results showed that the knowledge of adolescent girls about vulva hygiene during menstruation before using video media obtained an average value of 17.94, while the knowledge of adolescent girls about *vulva hygiene* during menstruation after using video media obtained an average value of posttest =24.53.

Based on the results of the difference test in the video group using the Paired Sample Test test, the p value is 0.000 (<0.05), meaning that there are changes in the knowledge of adolescent girls about vulvar hygiene during menstruation before and after being given video media at SMP Dharma Siswa Tangerang City<sup>12</sup>

### Attitude of Adolescent Girls Before Video Counseling

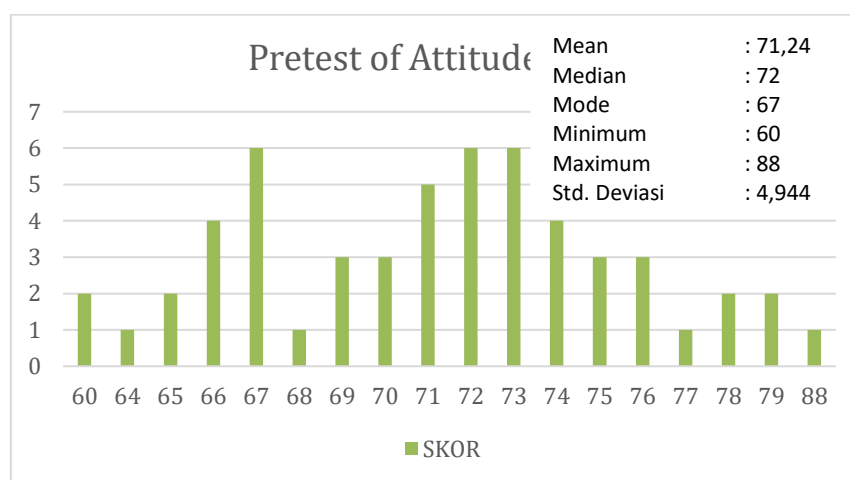


Figure 3. Attitude of Adolescent Girls Before Being Given Video Media Counseling  
Source: Primary Data (2024)

Based on the results obtained, the minimum value is 60, maximum 88 and standard deviation 4.944. Based on the results of the study, it is known that most adolescent girls have never heard of *personal hygiene* during menstruation. There are several reasons why adolescent girls have a lack of attitude in performing *personal hygiene* during menstruation such as driving factors which include the lack of information sources obtained by respondents related to health. In addition, there are enabling factors which include infrastructure in healthy living behaviors, such as attitudes about *personal hygiene* during menstruation where young women must be more active in seeking health-related information such as at health centers, hospitals, posyandu, doctors or practicing midwives, and also seeking information through mass media such as internet media, print media, electronic media and social media. This is in line with research conducted by (Zubaidah, 2021) based on the attitudes of 39 female students who have poor *personal hygiene* behavior during menstruation, 95.8% have a negative attitude<sup>13</sup>.

The *personal hygiene* attitude of adolescent girls during menstruation was found that more than 50% of respondents had an adequate personal hygiene attitude in a study conducted by (Yusiana, et al 2019) . Behavior is a person's action in responding to something they believe in and becomes a habit. A person's behavior is determined by knowledge, individual beliefs, a person's attitude towards a stimulus or a certain object, and the influence of the surrounding environment can also improve good personal hygiene. Neighborhood support can also influence adolescents in shaping their identity. self,



and the surrounding environment can also be a source of information for adolescents related to the things they experience<sup>14</sup>

### Attitudes of Adolescent Girls After Video Media Counseling

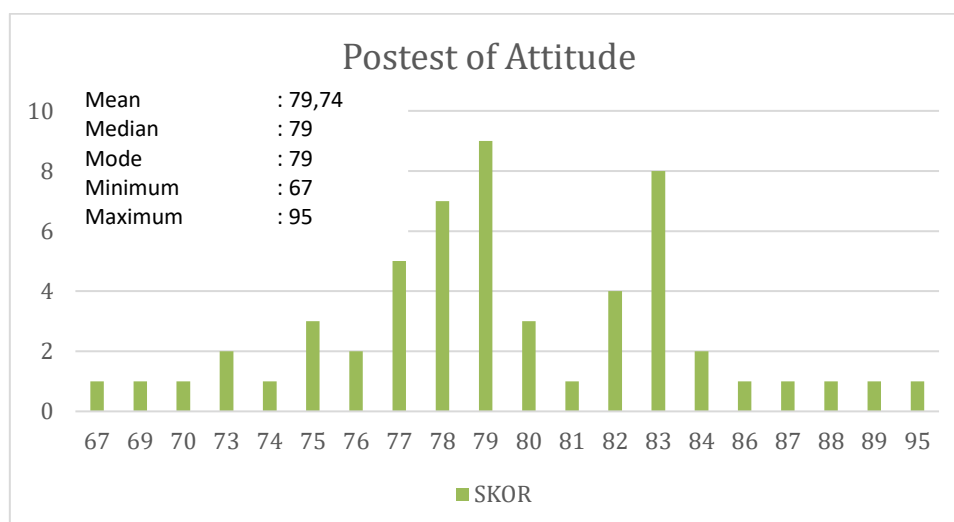


Figure 4. Attitude of Adolescent Girls After Being Given Video Media Counseling  
Source: Primary Data (2024)

In the research results obtained, the minimum value is 67, the maximum is 95 and the standard deviation is 4,857. This is in line with research conducted by Nyoman Ayu, et al (2020) which says that the respondent's attitude score after being given counseling about *genetalia* hygiene showed an increase of 19.66 compared to before being given counseling<sup>15</sup>. The results of data analysis of respondents' attitudes before and after being given counseling on *genetalia* hygiene resulted in a *t* count of 23.531 and *p* 0.00. This shows that counseling about genetalia hygiene through video media is useful in improving respondents' attitudes. This can be seen from the *p* value of 0.00 < 0.05 so that there is a difference in the attitude of adolescent girls before and after being given counseling about *genetalia* hygiene with video media. This is in line with research conducted by Ningsih, et al (2021) Based on the results of the study that the statistical test results obtained a *p* value of = 0.000 or *p* <  $\alpha$  = 0.05 on the variable studied, namely the attitude of adolescent girls<sup>16</sup>. So that the results of the statistical test concluded that there was an effect of health education using video media and props on the attitude of adolescent girls about *personal hygiene* during menstruation in Kumbung Kuripan Utara Hamlet.

### Differences in Knowledge of Adolescent Girls Before and After Video Media Counseling

Table 4.

Differences in Knowledge of Adolescent Girls Before and After Video Media Counseling

	N	Mean	Selisih Mean	P Value
Pretest	55	78,27	15,91	0,000
Posttest	55	94,18		



Based on the table, the average value of knowledge of adolescent girls before the intervention was 78.27 and increased to 94.18 with a difference in average value of 15.91. After the Wilcoxon test, the  $p$  value = 0.000 ( $<0.05$ ) was obtained, so it can be concluded that there is a difference in the knowledge of adolescent girls before and after being given counseling with video media. This is in line with the research conducted after the provision of health promotion using animated videos, it can be seen that adolescent girls both who have menstruated and who have not menstruated and have sat in grades 5 and 6 of Pamitran State Elementary School, Cirebon City, most of the adolescent girls already know about menstrual personal hygiene and are able to demonstrate how to personal hygiene. There was an increase in the knowledge of adolescent girls, for class 5 the pretest average was 58.75 which increased to 77.50<sup>17</sup>.

### Differences in Attitudes of Adolescent Girls Before and After Video Media Counseling

Table 4.  
Differences in Attitudes of Adolescent Girls Before and After Video Media Counseling

	N	Mean	Selisih Mean	P Value
Pretest	55	71,24	0,76	0,000
Posttest	55	72,00		0,000

Based on this table, the average value of the attitude of adolescent girls before the intervention was 71.24 and increased to 72.00 with a difference in the average value of 0.76. After conducting the *Paired Sample T Test* on pretest data and *Wilcoxon* test on posttest data, and obtained a  $p$  value = 0.000 (.05), so it can be concluded that there are differences in the attitudes of adolescent girls before and after being given counseling with video media.

From the results of the paired t-test analysis for knowledge and the Wilcoxon test for attitudes in the video group, it was also found that the  $p$  value was 0.000 ( $p$ -value .05), it can be concluded that  $H_0$  was rejected and  $H_a$  was accepted, which means that there is an effect of providing health counseling with video media on increasing knowledge and attitudes of *personal hygiene*. This is in line with the theory in (Mulyadi, Warjiman. and Chrisnawati, 2018) which states that video media in providing health counseling is the right and interesting media in conveying information because it affects the results of health counseling<sup>18</sup>

### CONCLUSION

There is a significant difference between the knowledge and attitude of adolescent girls before and after being given counseling with video media on *personal hygiene* during menstruation seen from the  $p$  value. = 0,00 < 0,05. It is hoped that future researchers can improve this research by conducting more in-depth research on reproductive health. And for adolescent girls, it is expected to be more proactive in obtaining information related to personal hygiene through health workers or trusted websites

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