

HUBUNGAN SUMBER INFORMASI DAN POLA ASUH IBU DENGAN PENGETAHUAN *PERSONAL HYGIENE* SAAT MENSTRUASI PADA REMAJA DI SMAS MARTIA BHAKTI TAHUN 2020

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Abstrak

Pentingnya pemberian informasi dan peran orang tua bagi remaja ialah berdampak kepada pengetahuan dari remaja itu sendiri. Remaja putri yang mengalami menstruasi lebih besar berdampak terpapar beberapa penyakit seperti *vulva hygiene* dan kanker serviks, selain itu akan mengganggu fungsi organ jika tidak dapat menjaga kebersihan organ reproduksinya. Tujuan penelitian menganalisis hubungan sumber informasi dan pola asuh ibu dengan pengetahuan *personal hygiene* saat menstruasi pada remaja. Metode penelitian kuantitatif dengan desain *cross-sectional*, menggunakan teknik *purposive sampling*. Jumlah sampel sebanyak 85 remaja siswi SMAS Martia Bhakti Bekasi. Alat ukur kuesioner sumber informasi, pola asuh ibu dan pengetahuan personal hygiene. Analisis data menggunakan uji *chi-square*. Hasil penelitian ini menunjukkan adanya hubungan yang signifikan antara variabel sumber informasi dengan variabel pengetahuan personal hygiene saat menstruasi pada remaja ($p = 0,002$), adanya hubungan yang signifikan antara variabel pola asuh ibu dengan pengetahuan *personal hygiene* saat menstruasi pada remaja ($p = 0,000$). Disarankan remaja mencari sumber informasi lebih bervariasi seperti tenaga kesehatan dan menyeimbangi perolehan sumber informasi dengan pola asuh yang didapatkan.

Kata Kunci : Sumber Informasi; Pola Asuh Ibu; Pengetahuan Personal Hygiene;
Remaja

RELATIONSHIP OF INFORMATION SOURCES AND PARENTING PATTERNS WITH PERSONAL KNOWLEDGE WHEN MENSTRUATED ADOLESCENTS AT MARTIA BHAKTI HIGH SCHOOL, 2020

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Abstract

The importance of providing information and the role of parents to adolescents are impacting to the knowledge of adolescents themselves. Adolescent girls who experience greater menstruation have an impact on exposure to several diseases such as vulva hygiene and cervical cancer, besides that it will interfere with organ function if they cannot maintain the cleanliness of their reproductive organs. The research objective was to determine the relationship between information sources and parenting styles with knowledge of personal hygiene during menstruation in adolescents. This research used quantitative method with cross-sectional design and uses purposive sampling technique. The number of samples was 85 teenage students of Martia Bhakti Bekasi High School. Measuring tool for this research is questionnaire which is distributed online to respondents. Data analysis used the chi-square test. The results of this study showed that there was a significant relationship between information source variables and personal hygiene knowledge variables during menstruation in adolescents ($p = 0,002$), there was a significant relationship between maternal parenting variables and personal hygiene knowledge during menstruation in adolescents ($p = 0,000$). Teenagers are advised to look for more varied sources of information such as health workers and so that, they can balance the source information between parenting style they obtained and valid information.

Keywords: Information Sources; Parenting Patterns; Personal Knowledge When Menstruated; Adolescents.