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THE RELATIONSHIP BETWEEN MOTHER'S ROLE WITH MENSTRUAL SELF-CARE
BEHAVIOR IN ADOLESCENTS AT SMP KAWUNG 1 SURABAYA

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ABSTRACT

Menstrual blood is an ideal place for the growth of bacteria and fungi that cause vaginal discharge and infection (Pribakti, 2012). During menstruation, a person needs to pay more attention to personal hygiene than usual because several changes occur in his body. Good self-care during menstruation, such as using proper pads, the intensity of giving pads, using clean water, and how to clean the genital area adequately are fundamental and very important to note (Thakree et al, 2011). The population in this study were adolescents at SMP Kawung 1 Surabaya which were included in the category of adolescents who had experienced menstruation. The total population of the study was 208 people. This study uses a simple random sampling technique or also called *Simple Random Sampling*. Independent Variable In this study is the role of the mother and This dependent variable is self-care behavior during menstruation. The role of mothers in adolescents at SMP Kawung 1 Surabaya is in the sufficient category. 2. Self-care behavior during menstruation in adolescents at SMP Kawung 1 Surabaya is in the good category. There Is A Significant Relationship Between The Role Of The Mother And Self-Care Behavior During Menstruation In Adolescents At SMP Kawung 1 Surabaya.

Keywords: Relationship, Mother's Role, Menstrual Self-Care, Adolescents

BACKGROUND

Menstrual blood is an ideal place for the growth of bacteria and fungi that cause vaginal discharge and infection (Pribakti, 2012). During menstruation, a person needs to pay more attention to personal hygiene than usual because several changes occur in his body. Good self-care during menstruation, such as using proper pads, the intensity of giving pads, using clean water, and how to clean the genital area adequately are fundamental and very important to note (Thakree et al, 2011). Blood that comes out during menstruation causes the area around the vagina to become moister than usual. Menstrual blood is an ideal place for the

growth of bacteria and fungi that cause vaginal discharge and infection (Pribakti, 2012). Techniques that can be used to keep the reproductive organs clean during menstruation, namely by cleaning the vagina using clean water from back to front to back. How to clean from the back to the front will actually move the bacteria that are nesting in the anal area to the area of the reproductive organs. As a result, extraordinary itching occurs (Pribakti, 2012). The menstrual/menstrual cycle in women (reproductive) is normally 23-35 days with a menstrual period of 5-7 days (Pribakti, 2012).

In research conducted by Dian (2014) on the role of mothers, it was shown that out of 74 respondents, most mothers played a good role, namely 64 female students (86.5%), while as many as 8 female students (10.8%) showed that the role of mothers was sufficient, and the most small is as many as 2 female students (2.7%) showing a less role and research on self-care behavior during menstruation that out of 74 female students it is known that 44 female students (59.5%) behave well during menstruation and as many as 28 female students (37.8%) moderate behavior, while the smallest was less behaving, namely 2 female students (2.7%). The results of Yuliana's research (2010) showed that female students with good hygiene behavior were 84.1% and adequate hygiene behavior was 15.9%. Setiawati (2012) also showed that students with good hygiene behavior were 67.7% and adequate hygiene behavior was 32.3%. Factors related to menstrual behavior include knowledge, attitudes and myths and the role of the family (Notoadmojo, 2009 p. 132).

The nuclear family consists of fathers and mothers who have an important role in educating or caring for their children, as well as determining how their children's health is in maintaining their bodies so that they are always protected from various kinds of diseases. For both parents who can take the biggest role in educating their children is the role of a mother, especially for children of the same gender because mothers have better knowledge and experience in their teens. The lack of information and the lack of the mother's role in educating reproductive health is often one of the problems that make them make the wrong

decision. Adolescents who lack information about reproductive health are feared to be unable to mentally prepare themselves for menstruation. It is undeniable that the needs of adolescents for information, education and reproductive health services are still not properly met, whereas reproductive health problems occur precisely as a result of adolescents' lack of correct and responsible information so that they access wrong information. Therefore, adolescents who are menstruating should clean their intimate organs properly, change their underwear regularly, avoid tight underwear, use cotton underwear, change sanitary napkins 4-5 times a day when menstrual blood is profuse. . If in the last days, it is enough to change the pads 3 times a day, namely in the morning, afternoon and evening (Pribakti, 2012).

RESEARCHMETHODS

This research is a type of analytical research, which is a research survey that tries to explore how and why this phenomenon can occur. Then an analysis of the dynamics of the correlation between good phenomena between risk factors and effect factors is carried out (Bambang, H. 2017). This research design uses a cross sectional approach, The population in this study were adolescents at SMP Kawung 1 Surabaya which were included in the category of adolescents who had experienced menstruation. The total population of the study was 155 people. The sample of this study were all 153 students who had experienced menstruation.

This study uses a simple random sampling technique or also called Simple Random Sampling This research was conducted at SMP Kawung Surabaya. Furthermore, the researchers submitted an application for a research permit to the Principal of SMP Kawung 1 Surabaya. After being approved by the school principal, the researcher selected the respondents and asked for the respondents' consent to fill out an informed consent form by signing if they were willing to be respondents in this study.

RESEARCHRESULTS

Table1 Characteristics of Respondents Based on Respondent's Age, Surabaya in Mei 2018

Age	Frequency	Percentage(%)
13		41
14	8	
15	6	27,2
Total	22	100

Usia saat Menarche		
a. 11 tahun	5	23
b. 12 tahun	5	23
c. 13 tahun	8	36
d. 14 tahun	4	18
Total	22	100

Table2

Frequency Distribution Based on Mother's Age and Education in Grade VIII Students at SMPKawung 1 Surabaya in May 2018

Mother's Age	Frequency		Percentage(%)
a. 30-40 years	9		
b. 41-50 years	7	8	
c. 51-60 years	6		27,2
Total	22		100
Mother's Education			
aElementary school	3	6	
b. Junior High School	12	5	
c. Senior High School	7		31,8
Total	22		100

Table3

Frequency Distribution Based on Self-Care Behavior During Menstruation in Class VIII Students of SMP Kawung 1 Surabaya in May 2018

Knowledge	Frequency	Percentage(%)
Good	16	72,7
Enough	5	22,7
NotGood	1	4,5
Total	22	100

Table 4

Frequency Distribution of the Relationship between Mother's Role and Self-Care Behavior During Menstruation in Adolescents at SMP Kawung 1 Surabaya in May 2018.

Mother's Role	Self Care Behavior During Menstruation						Total	
	Good		Enough		Less		F	%
	F	%	F	%	F	%	F	%
Good	3	100	0	0	0	0	3	100
Enough	10	83,3	2	16,7	0	0	12	100
NotGood	3	42,9	3	42,9	1	14,3	7	100
Total	16	72,7	5	22,7	1	4,5	22	100

Spearman RhoP=0,024Correlation Coefficient 0,05

DISCUSSION

A. The Role of the Mother

The results of the study in table 4.3 show that the good role of the mother is assessed from the perception of teenagers as many as 3 children with a percentage of 13.6% and most of the role of mothers in class VIII students at SMP Kawung 1 Surabaya is a sufficient majority of 10 children with a percentage of 45.5%. In this study there were still 7 children with a percentage of 31.8% with an adequate role. This was because some of the female students said that their mothers had told them about menstruation and how to use pads properly. However, in terms of changing sanitary napkins 3-4 times a day, compressing when menstrual pain and giving painkillers when female students are in pain, only a few respondents know about this. The lack of information obtained by adolescents is one of the supporting factors in the mother's role which influences knowledge in a child.

The role of the mother is very important in disseminating information, in terms of menstruation the mother is the first source of information for her child. Regarding menstrual care, parents or mothers can provide knowledge about caring for the body, especially in the genital area (Boeree, 2010) in (Azzam, 2016). Based on research supported by research (Stephanie, 2004) in (Dian, 2014) regarding the importance of menstruation education for a child, it can be concluded that the role of a good mother is supported by a lot of information about the importance of menstruation education for her child. Likewise, if the information obtained is lacking, the role of the mother in providing menstrual education will also be lower compared to those who receive a lot of information about the importance of menstruation education for a child.

B. Self Care Behavior During Menstruation

The results of the study in table 4.4 show that self-care behavior during menstruation in class VIII students at SMP Kawung 1 Surabaya was in the good category

with a total of 16 children (72.2%), while 5 children (22.7%) were in the moderate category and 1 child (4.5%) with less category. Which means that as many as 6 children with a percentage of 27.2% are still not good at self-care during menstruation. This needs attention, especially for mothers and teachers in providing material on reproductive hygiene intensively in schools so that female students can maintain their reproductive health. Knowledge and self-care behavior during menstruation is needed, because it can affect reproductive health. As the reproductive organs are one of the sensitive vital organs that need good care too. This can happen because of supporting factors, namely knowledge, attitudes, beliefs, traditions and so on from parents, especially mothers and the community concerned, especially teachers in schools who will provide knowledge about self-care behavior during menstruation properly.

C. The Relationship between Mother's Role and Self-Care Behavior During Menstruation

The results of the analysis of the role relationship with self-care behavior during menstruation in adolescents using the Spearman Rho Sig correlation test. (2-tailed) in the SPSS obtained is 0.024 correlation coefficient of 0.478. Because the value of Sig. (2-tailed) $0.024 < 0.05$, it can be concluded that H_0 is rejected and H_1 is accepted, which means that there is a relationship between the role of the mother and self-care behavior during menstruation in adolescents, in other words that the role of the mother influences self-care behavior during menstruation. According to Notoatmojo (2007), a person's knowledge can change or develop with what is in his experience, environment, and sources of information. Included in reproductive health education, Sandrock (2003) states that knowledge or information about menstruation should be provided by those closest to them, namely parents, especially mothers because of their experience and dedication. The results of this study are also supported by research by Damaranti (2007) in Azzam (2016) that hygiene behavior during menstruation can be influenced by the knowledge of these adolescents. A mother is a role that has good knowledge and can communicate more effectively to early adolescents who

are experiencing menstruation. The role of parents, especially mothers, plays an active role in providing guidance on menstrual education through advice and communication within the family, so that there are no misunderstandings of knowledge and errors in providing information about adolescent reproductive health which can influence the behavior of a child himself in behavior during menstruation. It is hoped that the mother's role will be more intensive in providing education or information about reproductive health, especially about menstruation. So it is assumed that if the mother's role here is good, self-care behavior will also be good for adolescents who experience menstruation. And conversely if the mother's role is not good, self-care behavior in adolescents will also not be good. In addition, the last education of the mother of the respondent was predominantly junior high school. A mother's education also influences knowledge and behavior in adolescents as there are supporting factors in this regard.

CONCLUSION AND RECOMMENDATION

Based on the results of the study it can be concluded that the relationship between the mother's role and self-care behavior during menstruation in adolescents at SMP Kawung 1 Surabaya in May 2018 is The role of mothers in adolescents at SMP Kawung 1 Surabaya is in the sufficient category, Self-care behavior during menstruation in adolescents at SMP Kawung 1 Surabaya is in the good category and then there is a significant relationship between the role of the mother and self-care behavior during menstruation in adolescents at SMP Kawung 1 Surabaya.

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