ABSTRACT

Correlation Knowledge with Practice of Menstrual Hygiene in Children with Early Menarche

Cross Sectional Study

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Introductions: The average age of menarche experiences a shift lately. Most children experience menarche at the age of less than 12 years old. Child experiencing early menarche tends to be not ready to deal with it. The purpose of this study was to analyze the correlation between knowledge and the practice of menstrual hygiene in children with early menarche. Methods: This study used cross-sectional approach. The population was children with early menarche in SDN Pucang 1 Sidoarjo, SDN Pucang 2 Sidoarjo, SDN Pucang 3 Sidoarjo, and SDN Pucang 4 Sidoarjo. A total of 49 sample respondents were chosen using total sampling method. The dependent variable was knowledge of menstruation and the independent variable was practice of menstrual hygiene. Data were collected using questionnaire, and spearmen rank correlation test with level significance of $\alpha \leq 0.05$ was used to analyze the data. Result: The result showed that there is a correlation between knowledge of menstruation and practice of menstrual hygiene ($p = 0.01$) with correlation coefficient ($r$) = 0.716. Analyze: There is a strength correlation between knowledge of menstruation and practice of menstrual hygiene with a positive direction. The higher the knowledge the better the menstrual hygiene practice in children with early menarche. Discussion: It can be concluded that if knowledge of menstruation is high then the practice of menstrual hygiene is good in children with early menarche. Further research was suggested to give health education about menstrual hygiene in the school as a preventive and promotive effort to increase knowledge and practice of menstrual hygiene in children with early menarche.

Keyword: Early Menarche, Knowledge of Menstruation, Practice of Menstrual Hygiene