

The Relationship Of The Role Of Parents In Providing Reproductive Health Education And Care Of Genital Organ Hygiene In Adolescent Women In Man Model Manado

Anggun Sasmita¹, Umratun Hayati², Cristina Tien Popang³, Anisa Nanang Sulistiyowati⁴

¹Kebidanan Universitas Muhammadiyah Manado

^{2,3,4}DIII Kebidanan Poltekkes Kemenkes Jayapura

anggunsasmita@gmail.com^{1*}, umratun.hayati17@gmail.com², tien.popang@gmail.com³, anisananangs1@gmail.com⁴

Korespondensi penulis : anggunsasmita@gmail.com

ABSTRACT. Genital hygiene care is to prevent and control infection, prevent skin damage, increase comfort, and maintain personal hygiene. The low knowledge of adolescents regarding aspects of reproductive health in adolescents is caused by the information they obtain mostly not coming from experts in the field, but instead from information sources that are sometimes even misleading. This research aims to determine the relationship between the role of parents in providing reproductive health education and genital hygiene care for young women in MAN Model Manado. This research uses an analytical survey with a cross sectional study design. Sampling using proportionate random sampling technique was 73 people. The conclusion of this research is that the majority of respondents' parents have a poor role in caring for the cleanliness of genital organs in adolescent girls, amounting to 47 people (64.4%) and at least the parents of respondents have a good role in caring for the cleanliness of genital organs in adolescent girls. As many as 26 people (35.6%). There is a relationship between the role of parents in providing reproductive health education with genital hygiene care for adolescent girls at MAN Model Manado. With the results of the chi-square statistical test analysis, a significance level of 0.000 was obtained. Further research is needed regarding reproductive health in adolescent girls.

Key words: role of parents, reproductive health, genital hygiene care

ABSTRAK. Perawatan Kebersihan organ genital adalah untuk mencegah dan mengontrol infeksi, mencegah kersakankulit, meningkatkan kenyamanan, serta mempertahankan kebersihan diri. Rendahnya pengetahuan remaja mengenai aspek kesehatan reproduksi pada remaja disebabkan oleh informasi yang diperoleh kebanyakan bukan berasal dari para ahli dibidangnya, namun justru dari sumber informasi yang kadang-kadang malah menyesatkan. Penelitian ini bertujuan Untuk mengetahui Hubungan Peran Orang Tua dalam Memberikan Pendidikan Kesehatan Reproduksi dengan Perawatan Kebersihan Organ Genital Pada Remaja Putri Di MAN Model Manado. Penelitian ini menggunakan survey analitik dengan desain *cross sectional study*. Pengambilan Sampel menggunakan teknik *proportionate random sampling* sebanyak 73 orang. Simpulan dari penelitian ini yaitu Mayoritas orang tua responden yang memiliki peran yang kurang tentang perawatan kebersihan organ genitalia pada remaja putri sebanyak 47 orang (64,4%) dan paling sedikit orang tua responden yang memiliki peran yang baik tentang perawatan kebersihan organ genitalia pada remaja putri sebanyak 26 orang (35,6%). Ada hubungan peran orang tua dalam memberikan pendidikan kesehatan reproduksi dengan perawatan kebersihan organ genitalia pada remaja putri di MAN Model Manado. Dengan hasil analisis uji Statistik *chi-square* diperoleh tingkat signifikan sebesar 0,000. Perlu penelitian lebih lanjut mengenai kesehatan reproduksi pada remaja putri.

Kata kunci: peran orang tua, kesehatan reproduksi, perawatan kebersihan organ genitalia

INTRODUCTION

Adolescence is a transition period from childhood to adulthood, which is a period of preparation for adulthood and is an important developmental stage in life. The *World Health*

Organization (WHO) defines adolescence as a phase of life between childhood and youth with a vulnerable age of 10-19 years. Around 1.2 billion people in the world are teenagers aged 10-19 years. Meanwhile, in Indonesia the number of vulnerable teenagers aged 10-19 years is 45,351,348 people out of a total population of 268,074,565 people.[1]

Adolescent girls have a low level of attention to reproductive health. Based on the *World Health Organization* (WHO), the highest incidence of reproductive tract infections (ISR) in the world is in adolescents (35%-42%) and young adults (27%-40%). Prevalence rates for candidiasis (25%-50%), bacterial vaginosis (20%-40%) and trichomoniasis (5%-15%).[2] Teenagers often feel uncomfortable or taboo about discussing their sexuality and reproductive health issues. However, because of their curiosity, they will try to get this information. Often teenagers feel that their parents refuse to discuss sexual matters, so they then look for alternative sources of information such as friends or the mass media.[3]

Insufficient knowledge about reproductive health often influences reproductive health problems faced by teenagers. The counseling method is believed to be able to increase adolescent knowledge and change adolescent behavior to improve their health status independently. Health education is a method used to increase a person's knowledge and abilities through practical learning techniques or instructions with the aim of changing or influencing human behavior individually, in groups and in society to be more independent in achieving the goal of a healthy life. The role of the material provider in this counseling is to convey material related to adolescent reproductive health as well as practices for preventing pre-menstrual complaints.[4]

With the increasing number of adolescent reproductive health problems, especially those related to personal hygiene, providing health information, services and education to adolescents has become very important.[5] Reproductive health is a state of complete physical, mental and social health, not only free from disease or disability related to the reproductive system, function and process. Therefore, one of the efforts that health workers can make to provide and/or increase public knowledge about reproductive health and its problems is by providing health education.[6] Providing parents with an understanding of reproductive health to their children is a very important role played by parents, especially in today's modern era. Teenagers today are very vulnerable to misinformation regarding understanding reproductive health. If they do not receive proper guidance or education regarding reproductive health, they will be deceived by myths about reproduction that are not true.[7]

The globalization of information through the media has caused changes in adolescent sexual behavior in general. Sexual exploitation in television, magazines, video clips, online media and films influences many young people to engage in sexual activities freely. Media penetration of changes in adolescent sexual behavior due to not being accompanied by adequate sex education both at home by parents and at school by teachers. Teenagers in general have a high curiosity so they often want to experiment, fantasize and feel restless, and dare to contradict themselves if they feel slighted or "not considered". For this reason, they really need example, consistency, and sincere and empathetic communication from adults.[8]

Seeing the magnitude of the problem and its future impact on future generations, efforts need to be made to provide reproductive health information in various forms as early as possible to all segments of adolescents, both in urban and rural areas.[9]

RESEARCH METHODS

This research was carried out in October 2023. This type of research is an analytical survey with a cross sectional study design. The population of this study was all class XI students at MAN Model Manado, namely 276 students. The sample in this study was class XI female students and was determined using the Slovin formula to obtain a sample of 73 people.

The instrument used in this research is a questionnaire (list of questions) which consists of instructions for filling out the questionnaire, respondent identity items including name, age and class. The data analysis used in this research consists of univariate analysis and bivariate analysis. The analysis technique used is *Chi-Square* Analysis and correlation test using a confidence level of 95% to 5%. α

RESULTS AND DISCUSSION

Based on the data obtained, the characteristics of the respondents in this study include age, parents' education, and parents' occupation. which can be seen in table 1 below.

Table 1. Characteristics of Respondents

Characteristics	Number (n)	Percentage (%)
Resp. Age (Years)		
14	39	53.4
15	23	31.5
16	11	15.1
18	4	6.9

Parental Education		
Junior High School	20	27.4
Senior High School	43	58.9
D3	7	9.6
S1	3	4.1
Parents' job		
IRT	25	34.2
SELF-EMPLOYED	38	52.1
HONORARY	10	13.7
Total	73	100%

Based on table 1 above, the highest number of respondents at the age of 14 years was 39 respondents (53.4%), parents' education was the highest with a high school education amounting to 43 respondents (58.9%), and the parent's occupation was that the highest number of respondents was self-employment. 38 respondents (52.7%).

Table 2. Results of Analysis of the Relationship between Parents' Role in Providing Health Education and Genital Hygiene Care

The role of parents	Genital Hygiene Care			(%)		P value
	Not enough (n)	Enough (n)	Good (n)	n	%	
Not enough	36	9	2	47	64.4	0,000
Good	6	11	9	26	35.6	
Total	42	20	11	73	100%	

Based on the results of calculations using the chi square statistical test, the p value = 0.000. Bearing in mind that $0.000 < 0.05$, which means there is a relationship between the role of parents in providing reproductive health education and genital hygiene care for young women at MAN Model Manado.

Basically, the best reproductive health education is provided by parents themselves. This is realized through teaching or providing knowledge about reproductive health and providing an example through a clean lifestyle carried out by parents. Reproductive health education should be provided in a friendly and open atmosphere between parents and children.[7]

The results of the research are in line with research conducted by Junita Maratur Silitonga (2019) The relationship between female students' knowledge and parental support

with female students' behavior in carrying out reproductive organ hygiene at the Hermina Manggala Husada Nursing Academy in 2019, with research results that there is a relationship between knowledge and female students' behavior to carrying out reproductive organ hygiene at the Hermina Manggala Husada Nursing Academy. There is a relationship between parental support and female students' behavior in carrying out reproductive organ hygiene at the Hermina Manggala Husada Nursing Academy.[10]

This research is also in line with research conducted by Chairanisa Anwar (2020) The Relationship between Knowledge and the Role of the Family and the Behavior of Adolescent Girls in Maintaining Reproductive Health at SMP Negeri 1 Kuta Baro Aceh Besar with the research results showing that there is a relationship between knowledge ($p = 0.008$) and the role of the family ($p = 0.023$) with adolescent behavior in maintaining reproductive health at SMP Negeri 1 Kuta Baro Aceh Besar.[11] Another research by Nizar Zain Ilmy (2021) Systematic Review of the Relationship between Parent-Child Communication and Reproductive Health Knowledge in Adolescents with conclusions from research results based on searches carried out in the 2010-2020 period. If we look at the development of the methodology used systematically, both cross-sectional and quasi-experimental research has been carried out related to communication with adolescent reproductive health. This type of research with variables developed related to reproductive health is quite broad by narrowing the themes, for example; dating, sexually transmitted diseases, abortion, premarital sexual relations and the context of reproductive health itself.[12]

Even though this study shows that there is a relationship between the role of parents in providing reproductive health education and caring for the cleanliness of genital organs in adolescent girls, there is still a lack of parental role, but good care for the cleanliness of genital organs in adolescent girls, namely 6 respondents. This can happen because the role of parents is not the only factor in maintaining the cleanliness of adolescent girls' genital organs. Other factors include education, knowledge, attitudes, culture, use of infrastructure and access to information.[13]

Good knowledge will influence personal hygiene practices for genital organs in young women. Knowledge of external genital organ hygiene care is the ability of a person who knows the benefits, functions, goals of reproductive health and is able to carry out hygiene care of the genital organs and is able to avoid the consequences of maintaining the cleanliness of the genital organs.[14]

Attitude is a description or reflection as a determinant of behavior because it is related to perception, personality, feelings and motivation. A positive female student attitude does not

necessarily result in positive behavior, this is due to awareness of taking action or maintaining the cleanliness of the external genital organs.[15]

Young women feel comfortable discussing genital hygiene care with people who are the same age as themselves, with knowledge that they think is the same or equal, so that young women explore more questions and discuss this matter comfortably without feeling embarrassed. Peer groups provide strong support to adolescents, thus peer groups have a strong influence on adolescent self-evaluation and behavior.[16],[17]

Facilities and infrastructure are one of the factors that influence the practice of personal hygiene of the external genital organs. If access is available, the required facilities are there and supported by optimal use of infrastructure, it can also influence good results. Availability of infrastructure or health facilities for female students, for example clean water, bathrooms, cooperatives, female student health posts.[18],[19]

The availability of access to information in the environment where female students live or perhaps at school can enable them to quickly obtain information on reproductive health, especially regarding the care of external genital organs. Access to information can be in the form of the internet, libraries, print or electronic media.[20]

The role of parents in providing health education, especially caring for the cleanliness of the genital organs, is very important for teenagers so that their health can be maintained, especially the health of the reproductive organs. The role and support of parents is a motivation for their children to live healthily. The role and support given by parents to their children greatly influences the child's health status, so that with the role of parents, teenagers can control themselves to live healthy and avoid various diseases.[21]

One of the reinforcing factors related to health behavior in caring for genital hygiene in adolescent girls is the role of parents. The role of parents in health is being able to recognize health problems, being able to provide care and being able to utilize existing health services.[22]

CONCLUSION

The role of parents in providing reproductive health education to young women in MAN Model Manado is mostly in the less than adequate category, 47 people (64.4%). Genital hygiene care for young women at MAN Model Manado, mostly in the deficient category, was 26 people (35.6%). The conclusion that can be drawn from this research is that there is a relationship between the role of parents in providing reproductive health education and genital hygiene care for young women in MAN Model Manado with $p=0.000$.

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