

# Factors Affecting Personal Hygiene Practice During Menstruation : A Literature Review

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## Abstract

Menstruation is the periodic shedding of the uterine lining (endometrium) in response to the interaction of hormones produced by the hypothalamus, pituitary and ovaries. Menstruation can be one of the vital signs to provide information to adolescent girls or young adults about their health. Poor personal hygiene practices during menstruation can result in various health problems. Personal hygiene practices during menstruation are certainly influenced by various factors, therefore in this literature review, the author will write a review related to the factors that influence personal hygiene practices during menstruation.

Keywords : menstruation, menstrual hygiene, and personal hygiene.

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## 1. Introduction

Menstruation is the process of periodic decay of the uterine lining (endometrium) in response to the interaction of hormones produced by the hypothalamus, pituitary, and ovaries [1]. The hormones that affect the menstrual cycle are FSH, LH, progesterone, and estrogen [2]. Menstruation is a sign of primary puberty in women which usually begins to occur at the age of 12-16 years [3] [4]. Menstruation can be one of the vital signs to provide information to adolescent girls or young adults about their health [5]. Women's health is influenced by personal hygiene practices during menstruation. Personal hygiene practices during menstruation include hand washing, use of pads, changing pads, use of underwear, and genital hygiene [6][7].

During menstruation, poor personal hygiene habits can lead to a number of health issues, including as scabies in the vaginal area, urinary tract infections, reproductive tract infections, and pregnancy problems. [8]. The practice of personal hygiene during menstruation is certainly influenced by various factors, therefore in this literature review the author will write a review related to the factors that influence the practice of personal hygiene during menstruation.

## 2. Methods

The method used in making this article is a literature review. This literature review was conducted by looking for factors that influence a person's personal hygiene practices during menstruation. Researchers searched for several national or international literatures using databases from Google Scholar and PubMed with the keywords used were menstruation, menstrual hygiene, and personal hygiene.

## 3. Discussion

### 3.1 Physiology of Menstruation

Menstruation is the process of shedding the lining of the uterine wall (endometrium) periodically in response to hormonal interactions produced by the hypothalamus, pituitary and ovaries [1]. The hormones that affect the menstrual cycle are FSH, LH, progesterone, and estrogen. FSH and LH are produced by the pituitary gland, while progesterone and estrogen are produced by the ovaries. FSH causes the maturation of eggs in the ovaries and stimulates the ovaries to release estrogen. Estrogen inhibits FSH production, so that only there is only one mature egg in a menstrual cycle. Estrogen also plays a role in repairing and maintaining the lining of the uterine wall and stimulates the pituitary gland to release LH. LH will trigger ovulation, This is the release of a mature egg from the ovary into the fallopian tube [18]. Progesterone plays a role in maintaining the uterine wall to support growth of the

fertilized ovum during pregnancy [2].

### 3.2 Factors Affecting Personal hygiene Practice During Menstruation

Based on the results of a survey across various publications, the subsequent variables impact an individual's personal hygiene practices during their menstrual cycle:

a. Knowledge

Knowledge is a very important domain in shaping a person's action or behavior [12]. This certainly applies to a person's menstrual practices, good knowledge related to menstruation is needed to form good menstrual practices. This is in accordance with research conducted on junior high school students in Pekanbaru, which found that there was a significant relationship between knowledge and menstrual practices. As many as 74% of female students with good knowledge related to menstruation have good behavior or practices towards personal hygiene during menstruation [13]. Research conducted on female santri in South Tangerang also showed that there was a significant relationship between knowledge and personal hygiene practices during menstruation [14].

b. Age and Age of Menarche

Women usually experience menstruation at the age of 12-16 years [4]. Meanwhile, according to research conducted in several regions in Indonesia, it was found that the majority of adolescent girls experience menstruation at the age of 11-13 years [7]. According to research conducted in Nepal, age has a significant influence on a person's menstrual practices [9]. This is also in line with research conducted in Belgaum that there is a significant relationship between age and hygiene practices during menstruation [10]. This is supported by research conducted in Western Ethiopia that found that adolescents with more than 18 years of age are more vigilant regarding menstrual hygiene than adolescents aged less than 18 years [11].

c. Facilities and Infrastructure

Facilities and infrastructure are a set of tools needed to carry out the process of activities that function to realize the goals to be achieved. The availability of facilities and infrastructure is needed by adolescents to carry out appropriate personal hygiene practices in order to avoid infection problems that occur in the reproductive organs. The facilities and infrastructure needed include clean toilets, clean water, hand washing soap, clean sanitary napkins, and others. According to research conducted on female students in Pontianak, it was found that there was a significant relationship between the availability of facilities and appropriate personal hygiene behavior [13]. This is also supported by research conducted on students in Semarang that there is a significant relationship between the utilization of facilities and infrastructure with the practice of personal hygiene during menstruation in adolescent girls [15].

d. Mother's Role as Educator

Highly educated parents, especially mothers, are expected to provide information related to proper menstrual practices to their children because mothers are generally close to their children. This statement is supported by the results of research conducted in Belgaum that there is a significant relationship between the mother's education level and good menstrual practices [10]. In a study conducted on adolescents in Depok, it was also found that there was a significant relationship between the role of mothers as educators related to menstruation and menstrual hygiene practices in adolescent girls [16].

e. Socioeconomics Status

Socio-economics means everything related to the actions of the community to meet their needs. The socioeconomic condition of parents can be interpreted as the position or position of parents expressed in levels of education, employment, and income. In a study conducted in Belgaum, it was found that there was a significant relationship between socioeconomic status and personal hygiene practices during menstruation [10]. This is supported by the results of research conducted in South India that there is a relationship between socioeconomic status and the use of sanitary napkins in women. High socioeconomic status increases the awareness of adolescent girls regarding the proper use of sanitary napkins during menstruation [17].

#### 4. Conclusion

From the results of the literature review, it can be seen that the factors that influence the practice of personal hygiene during menstruation are knowledge, age and age of menarche, availability of facilities and infrastructure, the role of mothers as educators, and socio-economic conditions.

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