

BAB 3 HASIL REVIEW

Pada BAB ini diuraikan hasil dan analisis dari pencarian *literature* menggunakan *data base* dengan kriteria kualitas tinggi hingga menengah yaitu *ProQuest, PubMed dan Sciencedirect by Elsevier* serta diuraikan karakteristik umum dalam penyeleksian studi *literature review* dengan judul “Faktor-Faktor Yang Berhubungan dengan Perilaku *Menstrual Hygiene* Pada Remaja Putri”.
Dibawah ini merupakan hasil dan analisis dari artikel-artikel yang sudah ditelaah :

3.1. Karakteristik Studi

Tabel 3.1 Karakteristik Umum dalam Penyeleksian Studi (n=11)

Kategori	N	%
Tahun Publikasi		
2017	3	27
2018	1	9,09
2019	1	9,09
2020	5	45,4
2021	1	9,09
Total	11	100
Desain Penelitian		
<i>Cross-Sectional</i>	11	100
Total	11	100
Database		
<i>ProQuest</i>	4	36,3
<i>PubMed</i>	6	54,5
<i>Sciencedirect</i>	1	9,09
Total	11	100
Bahasa		
Indonesia	0	0
Inggris	11	100
Total	11	100

Berdasarkan tabel diatas terdapat 11 artikel yang memenuhi kriteria inklusi, jumlah artikel berdasarkan tahun publikasi sebagian besar pada tahun 2020 dan

2017, serta sebagian kecil pada tahun 2018, 2019 dan 2021. Jumlah artikel berdasarkan desain penelitian, semua artikel menggunakan desain *cross-sectional study*. *Cross-sectional* adalah penelitian dengan pengumpulan data dilakukan pada satu titik waktu (*at one point in time*) dimana fenomena yang diteliti selama satu periode pengumpulan data (Swajarna, 2015). Jumlah artikel berdasarkan *data base* untuk pencarian *literatur* sebagian besar menggunakan *data base PubMed* dan sebagian kecil menggunakan *Proquest dan Sciencedirect* . Sedangkan jumlah artikel yang didapatkan seluruhnya memakai bahasa Inggris.

3.2. Daftar Artikel dan Hasil Pencarian

Tabel 3.2. Daftar Artikel Hasil Pencarian (n=11)

No	Judul, Penulis, Tahun, Volume	Metode (Desain, Sampel, Variabel, Instrumen, Analisis)	Hasil Penelitian	Data base
1	<i>Factors Affecting Menstrual Hygiene Management Practice Among School Adolescents in Ambo, Western Ethiopia, 2018: A Cross-Sectional Mixed Method Study</i> Seifadin Ahmed Shallo, Wakeshe Willi, buzumeran Abubeker. <i>Risk Management and Healthcare Policy</i> Vol. 13 Tahun 2020.	Desain : Cross Sectional study Sampel : 384 females Variabel : Variabel independen: factors affecting menstrual hygiene (knowledge, age, religion, parents educational status, WASH facility, source information of menses) Variabel dependen: menstrual hygiene practice among adolescent Instrumen : Self-administered semi-structured Analisis : Multiple logistic regression	<i>The mean age at menarche was 13.9 (SD 0.71). Most (about 73%) reported that they had awareness about menses before menarche. Mothers were the leading (47%) source of information about menses. Only 31% reported that they prepared well for the first menses. Of the 336 Respondents, 53.6% (95% CI: 48.5, 58.6) participants' MHM practices were unsafe. Of the four components, the frequency of WASHing genitalia during menses was the most poorly managed followed by the disposal of used pads</i>	<i>ProQuest</i>

<p>2. <i>Knowledge and menstrual hygiene practice among adolescent school girls in southern Ethiopia: a cross-sectional study</i></p>	<p>Desain : Cross Sectional study Sampel : 791 adolescent girls Variabel : Variabel independen: knowledge of menstruation, source of information Variabel dependen: menstrual hygiene management practice Instrumen : Data were collected using interviewer administered questionnaire Analisis : Bivariable and multivariable logistics analyses</p>	<p>From a total of 791 adolescent girls participated in this study, 68.3% had poor knowledge of menstruation. About 48.1 % of school girls used absorbent material, and 69.5 % clean their external genitalia. Generally, 60.3% of girls had poor menstrual hygienic practice. Age less than 15 years [OR = 1.71:95% CI (1.22, 2.39)], longer days of menstrual flow [OR =2.51:95% CI (1.66, 3.80)] and poor knowledge of menses [OR = 1.48 :95% CI (1.04, 2.1)] had a significantly associated with poor menstrual hygiene practice</p>	<p>PubMed</p>
<p>Zelalem Belayneh, dan Birhanie Mekuriaw. BMC Public Health Vol. 19 tahun 2019.</p>			
<p>3. <i>Age at menarche, menstrual characteristic, and its associated morbidities among secondary school students in Abakaliki, southeast Nigeria</i></p>	<p>Desain : Cross Sectional study Sampel : 450 girls Variabel : Variabel independen: age at menarche, menstrual characteristic, knowledge. Variabel dependen: menstrual health matters. Instrumen : A pretested self-administered questionnaire was used in data collection Analisis : IBM SPSS statistic (version 20) accessed using chi-square.</p>	<p>The age range of the students was between 10 -21years. The mean age of the respondents was 16.2-1.7 years. The average age at menarche was 13-1.0 years. Urban dwellers had menarche 0.2 years earlier than rural dwellers. There is an association between menarche and social class ($X^2 [2] 372.9 (2), p \frac{1}{4} 0.001$). About 87.75 % of the respondents had an average cycle length. Most (88.3%) of the respondents had a menstrual flow duration of 3 –5 Days. Dysmenorrhoea was present in 82% of respondents and was severe enough to cause absence from school in 56.5% of students. Oligomenorrhoea and menorrhagia occurred in 8.5 % and 6.25 % of the student studied . Mothers (80.0%), friends (75.0%) and teachers (74.5%) accounted for the bulk of the information on menstrual health</p>	<p>Science Direct</p>
<p>Chidebe C. Anikwe, Johnbosco E. Mamah, Bartholomew C. Okoro-chukwu, Ugochukwu U. Nnadozie, Chukwuemeka H. Obarezi, Kenneth C. Ekwedigwe. Heliyon Volume 6 Tahun 2020</p>			

4	<p><i>Determinants of menstrual hygiene among school going adolescent girls in a rural area of West Bengal</i></p>	<p>Desain : Cross Sectional study Sampel : 307 school girls Variabel : Variabel independen: determinants (religions, parents educational level, myths, WASH facility) Variabel dependen : menstrual hygiene among adolescent girls Instrumen : A pretested questionnaire Analisis : Multivariable logistic regression</p>	<p>Majority of the students in both schools (62.9%) were Hindu, general caste (54.1%) and belonged to nuclear family (69.7%). Most of the parents in both schools had completed their education up to primary level. Bivariate analyses were done, and the significant factors predicting good menstrual hygiene were entered into the multivariable logistic regression model. It revealed that good menstrual hygiene was more among those whose mothers were educated (adjusted odds ratios [AOR] 2.3 [1.06–5.01]), and who were homemakers (AOR 2.3 [1.06–5.01]). Menstrual hygiene among the study population was found to be poor. The improving education level of the mothers can go a long way in improving menstrual hygiene practice.</p>	PubMed
<p>Ishita Sarkar, Madhumita Dobe, Aparajita Dasgupta, Rivu Basu, Bhaskar Shahbabu.</p>				
<p><i>Journal of Family Medicine and Primary Care. Vol. 6 Tahun 2017</i></p>				
5	<p><i>Menstrual Morbidities, Menstrual Hygiene, Cultural Practices during Menstruation, and WASH Practices at Schools in Adolescent Girls of North Karnataka, India: A Cross-Sectional Prospective Study</i></p>	<p>Desain : Cross Sectional study Sampel : 1016 school girls Variabel : Variabel independen: menstrual morbidities, WASH facilities experience, cultural beliefs, Variabel dependen : Menstrual hygiene practice. Instrumen : A questionnaire sheet Analisis : Chi square test was used</p>	<p>70.5% of the girls attained menarche by 12 to 14.9 years, 70.7% of the girls were using commercial sanitary napkins, 12.7% were using cloth, and 15.3% were using both. 55.5% of the girls who were using cloth as an absorbent were not drying the cloth in sunlight. 57.1% of the girls were WASHing their genitals more than 2 times a day. 37.7% of the girls disposed their pads by burning them, 50.8% of them disposed them in the dust bin, and 4.9% of them buried them. 8.6% of the girls said that they remained completely absent from school during periods. 22.3% said that there was adequate facility to change their pads at school. 43.3% of the girls said they avoided cultural functions during their periods, and 38.5% said that they avoided religious ceremonies and practices during their periods. 8.7% of the girls were made to sit outside the house during their periods. The girls from rural areas had poorer hygienic habits, in comparison to the urban girls.</p>	PubMed
<p>Rajasri G. Yaliwal, Aruna M. Biradar, Shreedevi S. Kori, Subhashchandra R. Mudanur, Shivakumar U. Pujeri, and Mohd Shannawaz.</p>				
<p><i>Obstetrics and Gynecology International tahun 2020</i></p>				

6	<p><i>Menstrual hygiene among adolescent girls in junior high schools in rural northern Ghana</i></p>	<p>Desain : Cross Sectional study Sampel : 730 school girls Variabel : Variabel independen: sociodemographic characteristic, sanitary material and facilities, school absenteeism. Variabel dependen : Menstrual hygiene practice. Instrumen : quisionare rated using the Selvi and Ramachandran scale Analisis : Bivariate analysis using Pearson's Chi-Square and Fisher's exact test analyzed using STATA 13.1</p>	<p><i>the prevalence of good menstrual hygiene was 61.4%. Mothers' education and parents' socio-economic status were significantly associated with menstrual hygiene management. Inadequate sanitation facilities was a major challenge to menstrual hygiene management at schools. The use of sanitary pads was significantly associated with school attendance (p-value < 0.0001). Although most of the schools had toilet facilities, they lacked clean water, soap, privacy and dustbins which are necessary for menstrual hygiene management. Interventions should target improving water, sanitation and hygiene facilities in schools as well as supply of pads to girls in rural school.</i></p>	PubMed
7	<p><i>Menstrual hygiene management and school absenteeism among adolescent students in Indonesia: evidence from a cross-sectional school-based survey</i></p>	<p>Desain : Cross Sectional study Sampel : 1159 adolescent girls Variabel : Variabel independen: knowledge, MHM practice, cultural beliefs, WASH management, menstrual problem. Variabel dependen : menstrual hygiene management, school absenteeism Instrumen : semi-structured questionnaire in Bahasa Indonesia Analisis : Univariable and multivariable logit regression analyses</p>	<p><i>A total of 1159 adolescent girls with a mean age of 15 years participated. Over half (64.1) reported poor MHM practices, and 11.1% had missed one or more days of school during their most recent menstrual period. Poor MHM practices were associated with rural residence, province, lower school grade (and low knowledge of menstruation. Absenteeism was associated with living in rural areas, province, higher school grade, believing menstruation should be kept secret, experiencing serious menstrual pain and showed mixed associations with school WASH facilities.</i></p>	PubMed
<p><i>Tropical Medicine and International Health</i> Volume 23 tahun 2018</p>				

8	<p><i>Menstrual hygiene management among Bangladeshi adolescent school girls and risk factors affecting school absence: results from a cross-sectional survey</i></p>	<p>Desain : Cross Sectional study Sampel : 2332 school girls Variabel : Variabel independen: school absence during menstruation, attitude, knowledge and perceptions. Variabel dependen : menstrual hygiene management Instrumen : a computer tablet-based structured questionnaire Analisis : multivariable analyses</p>	<p>Among schoolgirls who reached menarche, 41% (931) reported missing school, an average of 2.8 missed days per menstrual cycle. Students who felt uncomfortable at school during menstruation and who believed menstrual problems interfere with school performance were more likely to miss school during menstruation than those who did not. School absence during menstruation was less common among girls attending schools with unlocked toilet for girls. School absence was more common among girls who were forbidden from any activities during menstruation</p>	PubMed
<p>BMJ Open, Vol. 7 Tahun 2017</p>				
9	<p><i>Awareness on menstrual hygiene management in Bangladesh and the possibilities of media interventions: using a nationwide cross-sectional survey</i></p>	<p>Desain: using a nationwide cross-sectional survey Sampel : 54.242 woman Variabel : Variabel independen: womens frequent media access, use of menstrual material Variabel dependen : menstrual hygiene management Instrumen : analysis of secondary survey data from UNICEF Analisis : a generalised linear model was fitted to the data adjusting for survey weights and cluster/strata variations along with bivariate analyses and spatial mapping.</p>	<p>Only a quarter of women (24.3%) used modern absorbents for MHM with most resorting to unhygienic traditional practices. Spatial distribution showed that the use of modern absorbent of MHM was limited to the major cities. The women who had mobile phones and regular access to the media were nearly 43% and 47% more likely to use the modern absorbents of MHM, respectively. Furthermore, educated women living in urban solvent households with educated house heads were also found to use modern absorbents of MHM. There appeared to be scope for interventions through a combined national effort to raise awareness using multifaceted media channels regarding MHM among women in order to meet the Sustainable Development Goals 3.7 and 6.2 of addressing women's healthcare and hygiene needs.</p>	ProQuest
<p>BMJ Open Volume 11 tahun 2021</p>				

<p>10 <i>Girls' Menstrual Management in Five Districts of Nepal: Implications for Policy and Practice</i></p> <p>Joanna Morrison, Machhindra Basnet, Anju Bhatt, Sangeeta Khimbanjar Herd, Sandhya Chaulagain, Nepali Sah, Sushil Baral Herd, Therese Mahon, Marian Hodgkin</p> <p><i>Studies In Social Justice Volume 12 Issue 2 Tahun 2018</i></p>	<p>Desain: <i>Quantitative cross- sectional surveys</i></p> <p>Sampel : <i>860 girls</i></p> <p>Variabel :</p> <p>Variabel independen: <i>religions, perception, knowledge, social environment</i></p> <p>Variabel dependen : <i>Menstrual management practice.</i></p> <p>Instrumen :</p> <p><i>Topic guides and questionnaires were developed in English, translated into Nepali</i></p> <p>Analisis : <i>data were collected on Samsung tablets using Open Data Kit software, and uploaded to a central server throughout data collection. Data were analysed using SPSS v20</i></p>	<p><i>Of the 860 girls surveyed , 92% (794) were Hindu. Achham and Bajura had more Hindu advantaged Brahmin/ Chetri girls (64% (128) and 78% (126) respectively, and more girls from disadvantaged Hindu hill Dalit ethnic groups (24% (48) and 18% (35) respectively). In Udaypur and Sindhuli there were more girls from Buddhist disadvantaged hill Janajati groups than other districts (34% (44) and 52% (68) respectively), and in Parsa 70% (140) of girls were of marginalised Hindu Madhesi ethnicity. Seventy- six percent (657) of the girls' mothers were not educated, and 67% (573) lived in mid-range socioeconomic status households (Table 4) . Girls' mean age was 15 years old, and ranged from 11 to 19 years old.</i></p>	<p>ProQuest</p>
<p>11 <i>Knowledge and practice of adolescent females about menstruation and menstruation hygiene visiting a public health care institute of Quetta, Pakistan.</i></p> <p>Judy Michael, Qaiser Iqbal, Sajjad Haider, Adnan Khalid, Naheed Haque, Rabia Ishaq, Fahad Saleem, Mohamed Azmi Hassali, Mohammad Bashaar</p> <p><i>BMC Women's Health Volume 20 Issue 4, 2020</i></p>	<p>Desain: <i>cross- sectional surveys</i></p> <p>Sampel : <i>940 girls</i></p> <p>Variabel :</p> <p>Variabel independen: <i>knowledge, source of information and access to public health, use of menstrual materials.</i></p> <p>Variabel dependen : <i>menstruation hygiene</i></p> <p>Instrumen :</p> <p><i>Using questionnaire-based sheet</i></p> <p>Analisis : <i>descriptive analysis was conducted and SPSS v. 21.0 was used for the data analysis</i></p>	<p><i>Demographic characteristics revealed that the mean age of the respondents was 15 years. Mothers' (67 %) were the main source of menstruation related information . Majority (77.7%) of our respondents never had a class or session regarding menstruation-related education in their schools. About (44%) knew that menstruation is a physiological phenomenon while 60.2% knew that menstrual blood comes from the vagina. Nearly 40% of our study respondents missed their schools because of menarche. The use of absorbent material was frequent (90%) among the adolescent females and (68.7%) used commercially available sanitary napkins/pads . Although majority of the respondents (58.2 %) were not taking baths during menstruation, 80.5% do cleaned their genitalia with water during menstruation. Female adolescents of our study had certain misconception regarding menstruation because of poor access to health-related education.</i></p>	<p>ProQuest</p>

Berdasarkan tabel diatas studi yang sesuai dengan tinjauan sistematis ini paling banyak dilakukan di tiga negara dengan masing-masing 2 studi yaitu Bangladesh (Alam, et al., 2017 dan Afiaz & Biswas, 2021), India (Sarkar, et al., 2017; Yaliwal, et al., 2020), dan Ethiopia (Shallo, et al., 2020; Balayneh & Mekuriaw 2019) dan masing-masing 1 studi penelitian masing-masing dilakukan di Indonesia (Davis, et al., 2018), Nigeria (Anikwe, et al., 2020), Ghana (Kumbeni, et al., 2020), Nepal (Morrison, et al., 2018), dan Pakistan (Michael, et al., 2020). Pada hasil penelitian setiap artikel yang *review* dapat menunjukkan terdapat adanya faktor yang berhubungan dengan perilaku *menstrual hygiene* pada remaja putri.

Tabel 3.3 Faktor Yang Berhubungan dengan Perilaku *Menstrual Hygiene* Pada Remaja Putri

Kategori	N
Fasilitas dan bahan WASH	8
Pengetahuan	8
Sumber dan Akses Informasi	6
Agama dan persepsi terhadap mitos	5
Status Ekonomi	2
Usia Remaja Putri	2
Lingkungan Sosial	1

Berdasarkan tabel diatas dari 11 artikel yang telah dilakukan *review* didapatkan bahwa faktor yang paling berhubungan dengan perilaku *menstrual hygiene* pada remaja putri adalah fasilitas dan bahan WASH, pengetahuan, sumber dan akses informasi, agama dan persepsi terhadap mitos, status ekonomi , usia remaja putri dan lingkungan sosial.