**Application Of Personal Hygiene Education During Menstruation To Increase Adolescent Knowledge In Smp N 6 Jambi City**

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 **ABSTRACT**

**Introduction:** Personal hygiene during menstruation is the personal hygiene of a woman who is menstruating, aimed at increasing feelings of well-being and preventing disease. Education contains about personal hygiene of reproductive organs, providing knowledge about how to properly clean reproductive organs during menstruation so that they can lead a clean and healthy lifestyle.

**Objective:** The aim of this research is to increase teenagers' knowledge regarding personal hygiene during menstruation.

**Method:** This research uses descriptive methods. The sample in this study was 2 respondents who had insufficient knowledge. By using a questionnaire measuring instrument on respondents to see the respondents' knowledge about personal hygiene during menstruation.

**Results:** After implementing personal hygiene education during menstruation to increase knowledge in teenagers, the results obtained were an increase in knowledge with results An.A before implementing knowledge education was 50% (poor) and after implementing knowledge education 90% (good). Next to An. N pre knowledge 70% (fair) and post knowledge 100% (good).

**Conclusion:** After implementing education on 2 respondents for 3 days, 2 respondents were able to understand and understand what personal hygiene is during menstruation.

**Suggestion:** It is hoped that it can be used as input for female students regarding the implementation of personal hygiene education during menstruation in adolescents.

**Keywords:** Education, Personal Hygiene During Menstruation, Increasing Teenagers' Knowledge.

**References:** 7 books (2016-2022), 18 journals (2018-2023).