



Analysis of Unhealthy Behavior Towards Personal Hygiene during Menstruation in Kaili Da'a Ethnic Adolescents, Kalora Village, Sigi Regency

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KEYWORDS

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ABSTRACT:

Introduction: The Kaili Da'a ethnic group, who live in the Gawalise Mountains, Kalora village, are lagging behind in modern development because they are in a remote mountainous area. This results in limited information and inadequate access to sanitation facilities.

Objectives: This research is to explore and explore the description of unhealthy behavior regarding Personal Hygiene during menstruation among teenagers of the Kaili Da'a ethnicity in Kalora village, Sigi Regency.

Methods: This type of qualitative research uses a rapid ethnographic approach. The technique for determining informants was snowball sampling with a total of 19 informants, consisting of 9 informants for teenage girls aged 10-19 years, 9 informants for mothers of teenage girls and 1 initial informant, namely an elder in Kalora village.

Results: This research is about unhealthy behavior regarding personal hygiene during menstruation in Kalora village which is motivated by social determinants of health. Adolescent girls' knowledge about personal hygiene during menstruation is limited to information from their parents. Menstruation is considered private and taboo by the people of Kalora village. The role of the family and government in providing support is not optimal. Sanitary napkins are not a basic need for women and are considered uneconomical. Sanitation facilities are inadequate, namely still using public toilets that are not well maintained and defecating in any place.

Conclusions: That the personal hygiene behavior of young women of Kaili Da'a ethnicity when experiencing menstruation in Kalora village is still very minimal, this is due to the lack of health facilities and information regarding personal hygiene during menstruation. Therefore, it is hoped that there will be serious efforts made by the government in terms of fulfilling the need for adequate hygiene facilities as well as serious efforts by health workers regarding the need for proper education about personal hygiene during menstruation, especially for specific targets, namely young women of the Kaili Da'a ethnic group.

1. Introduction

Most young women (aged 10-19 years) enter puberty without preparing themselves due to a lack of adequate information. Most women feel uncomfortable talking about "menses" because it is considered a social taboo and young women do not have access to adequate information. Even the little information they receive is most often from religious institutions, peers, family members who often have wrong perceptions regarding menstrual hygiene (1). Based on research in the Ethiopian highlands on young women of the Gedeo

ethnic group, menstruation is considered a social taboo and is related to supernatural and cultural beliefs held by young women, they consider menstruation as something that occurs as a result of a curse, a sign of disease, punishment from God and so on. As a result, young women consider menstruation to be something embarrassing that must be hidden. This results in personal hygiene behavior during menstruation being neglected. In the case of young women of the Gedeo ethnic group, most of them use cloth as a substitute for commercial sanitary napkins, but how to clean and dry it



becomes a problem because drying the cloth in a hidden place results in the cloth getting damp and triggering the presence of microbes on the cloth. can cause various diseases (1). Similar to the Gedeo ethnic group, Indians also have beliefs and beliefs regarding menstruation. As proven by Van Eijk et al there are several prohibitions when menstruating, one of which is the prohibition on bathing because it is believed that bathing during menstruation can cause problems in subsequent pregnancies (2). Girls also face restrictions in cooking, doing housework, exercising and playing, going in and out of the house, and attending social events because they are considered impure, which causes young women to lack self-confidence. This research also states that commercial sanitary napkins are more commonly used in urban environments, while girls in rural areas rely on traditional cloth for the reason that it is more affordable. Several regions in Indonesia also have certain cultures regarding the arrival of menstruation, for example In Southeast Sulawesi Province, specifically in Baubau, there is the Buton tribe which also has a tradition for teenage girls, namely the Posuo tradition, namely the seclusion ceremony which determines the transition of a person's (female) status, from a teenage girl (kabuabua) to an adult woman (kalambe). When a girl is in Posuo, she will be isolated and kept away from various influences from the outside world. In the Posuo tradition, girls are not allowed to bathe for four days, they can only wear a piece of cloth that cannot be replaced until the fourth day, where a new cloth is also worn until the last day of Posuo (8th day). Based on the research results of Adkar et al informants stated that their personal hygiene behavior during Posuo was influenced by beliefs that had been taught and had been passed down from generation to generation (3). Traditional rules limit young women's behavior towards personal hygiene. The rule of not changing sarongs for four days, the prohibition on bathing, and dragging buttocks to move makes young women reluctant to change underwear because they are considered a hassle. This then causes itching in the vaginal area, vaginal discharge and irritation due to the use of turmeric. The limited time given to young women to clean themselves during menstruation and change sanitary napkins on average is only 2 times a day which causes vaginal itching. Kalora Village, located in the Gawalise Mountains, is home to the Kaili Da'a ethnic group. Limited knowledge about menstruation, the

existence of traditions and myths, as well as limited access to information and sanitation facilities are the main factors influencing unhealthy habits in maintaining personal hygiene during menstruation among teenagers of the Kaili Da'a ethnic group in Kalora village, Sigi Regency, Central Sulawesi Province. Access to clean water is only available at public toilets. Some residents do not have private toilets so they still use public toilets for sanitation activities, which makes personal hygiene behavior difficult to implement. Young women in Kalora village admit that they often do not bathe and sometimes only once a day if they have time. Health service facilities such as the Puskesmas are also not accessible in Kalora village, only the Pustu is available which does not operate every day but only during posyandu schedules. If they experience illness, treatment is carried out traditionally with herbal medicine, plants (herbs) or non-medically with the help of traditional elders (shamans, supernaturalists, mystics). They only get knowledge about menstruation and personal hygiene during menstruation based on the experiences of their peers and information obtained from their parents, where the information provided is very limited and makes teenagers have the wrong perception about menstruation, which leads to misunderstandings and results in unhealthy behavior towards individuals. Hygiene during menstruation which in turn has a negative impact on adolescent reproductive health. Then, this study aims to investigate and describe the unhealthy personal hygiene practices during menstruation among teenage girls of the Kaili Da'a ethnicity in Kalora village, Sigi Regency.

2. Methods

This research was carried out in Kalora village, Sigi Regency, Central Sulawesi. In September to November 2023. The informants in this research were elders in Kalora village as key informants and young women as the main informants who were determined using the snowball sampling method, totaling 9 people and 9 informants from mothers of young women. Next, informants will be given the freedom to convey their knowledge and experience regarding the personal hygiene behavior of the Kaili Da'a community in Kalora village. Data collection in this research uses primary data obtained from observation, in-depth interviews and documentation, then uses secondary data obtained from agencies related to the research. The data analysis technique for this research uses thematic techniques



(thematic analysis), which is a technique used by looking for themes that appear in the research data. Testing the validity of research data is through a triangulation approach.

3. Results

The first informant met among the Kaili Da'a tribe was one of the elders in Kalora village. The informant provided the names of 10 young girls from the Kaili Da'a tribe who live in Kalora village aged 10-19 years who are thought to have menstruated. After searching, there were five people who were willing to participate and appointed family members, in this case teenage mothers. The reason the family, namely the teenage mother, was chosen to participate in this research was to explain personal hygiene behavior during menstruation which they knew as the closest people around the teenager.

Personal behavioral factors and individual way of life related to unhealthy behavior

Based on interview results conducted, it was found that the behavior of individual adolescent girls regarding personal hygiene during menstruation in Kalora village tends to be unhealthy due to the lack of in-depth knowledge and understanding regarding this aspect. This information was obtained from several informants who stated that they had limited knowledge, especially regarding personal hygiene during menstruation. The informant explained that knowledge about personal hygiene during menstruation was limited to information obtained from their parents. However, it is unfortunate that the information received from parents appears to be insufficient to form good personal hygiene behavior during menstruation. Mothers only consider personal hygiene to be limited to bathing and changing sanitary napkins 2-3 times, while other important aspects related to hygiene are often forgotten.

"Personal hygiene during menstruation is mandatory. If you are menstruating, the smell of menstrual blood is not very good. It's also unhealthy if you don't change your softex for a long time...you have to change it frequently, twice a day or 3 times, don't forget to shower so you feel fresh."(RT, 40 years old. Mother of young women).

Young women admit that it is important to maintain cleanliness during menstruation, but in practice informants do not practice personal hygiene during menstruation. Based on the results of interviews regarding how to care for themselves during the menstrual period of teenagers in Kalora village, the

average informant bathes less than 2 times a day, there are those who admit that they do not bathe more often, there are also 3 informants who do not wash their hair during their menstrual period because they believe that they wash their hair when they are experiencing menstruation can make informants sick. All informants admitted to changing sanitary napkins 2-3 times a day, some also changed sanitary napkins when they felt they were full, some informants changed sanitary napkins depending on the amount of menstrual blood that came out, some informants changed sanitary napkins only when showering.

Social factors at the community level in providing social support to teenagers

The results of interviews regarding social factors at the community level and social support for young women in Kalora village showed that young women in Kalora village acknowledged this. There has never been a program or initiative held by the government or local organizations that helps increase understanding and access regarding personal hygiene practices during menstruation for adolescent girls. This was also proven by interviews conducted with Kinovaro Health Center health workers, namely those in charge of the adolescent health program that in Kalora village there had never been any activities to increase knowledge regarding personal hygiene during menstruation. This was also confirmed by key informants that knowledge and information related to personal hygiene during menstruation is only taught by parents, here are the results of the interview:

"Kids here don't really understand things like that, the most they know is only what their parents taught them, if you clean your body when you're menstruating, just take a shower and change your sanitary napkin, it's normal if you don't have one, just wear a skirt if it's see-through." play it again like that."(MN, 76 years old. Key informant)

This research also conducted interviews regarding guidance on maintaining personal hygiene during the menstrual period from mothers, where the results of the interviews showed that the majority of teenagers admitted that they were only told to shower and how to wash sanitary napkins, 1 informant admitted that he was taught to drink turmeric water mixed with acid to get rid of knee pain and promote menstrual blood out. This is in line with interviews conducted with teenage mothers



where the results showed that most informants only provided instructions for bathing and changing sanitary napkins twice a day. In several interviews, there were informants who did not provide any guidance at all. They are of the opinion that teenagers are mature enough and are capable of feeling discomfort if they do not maintain personal hygiene during menstruation. Following are the results of interviews with teenage mothers:

"Actually, we don't have to tell him how he feels, if it's itchy, change straight away, don't wait until the pants are see-through before changing." (NN, 41 years old. Mother of young women).

Thematic analysis of social support in personal hygiene practices during menstruation for Kalora adolescent girls shows that the support obtained from the social environment is inadequate. Parents, especially mothers, who are the main source of information about the importance of maintaining hygiene during menstruation, assume that adolescent girls are mature enough to manage this without help. In addition, health workers and local communities are also not active in increasing awareness and personal hygiene practices for adolescent girls during menstruation. As a result, young women in Kalora do not receive adequate social support in understanding and maintaining cleanliness during the menstrual period. The influence of adolescent hygiene behavior is strongly influenced by the availability of information sources. The presence of such sources of information allows adolescents to understand the benefits of maintaining personal hygiene and the consequences of not following proper hygiene practices, especially during menstruation, with the aim of protecting reproductive organs from potential infections (4).

Structural factors related to unhealthy behavior regarding personal hygiene in adolescents

From the results of observations made in Kalora village has three public toilet units divided into three hamlets. Each unit is equipped with one large holding tank and two toilets with toilets/WCs available. Unfortunately, the condition of the toilets is very poorly maintained and not kept clean. There are public toilet units that cannot be used due to damage, where the bathrooms are covered by wooden barriers. One of the toilets can still be used, but the latrine/WC appears to be covered by stones, indicating that the latrine/WC cannot be used for defecating, while the water reservoir in the

toilet also looks very dirty and mossy, the water in the water reservoir also looks dirty and unfit for carrying out personal hygiene activities. From the observations, it was also discovered that in front of several residents' houses, pipes had been installed that channeled water from public toilets. This provides easy access to clean water facilities for them. The research results also found that private toilets were not evenly available in Kalora village.

The results of interviews regarding ease of access to obtain sanitary napkins or menstrual sanitation products showed that commercial sanitary napkins as sanitation products were often not available regularly in the informant's environment. Based on observations, it is known that Kalora village only has one stall that provides sanitary products such as sanitary napkins. This stall is located in hamlet 1. This finding is in line with the results of interviews which show that teenagers face difficulties in obtaining sanitation products, such as sanitary napkins, due to the lack of stalls that provide sanitary napkins.

A thematic analysis of structural factors that contribute to unhealthy behavior related to personal hygiene during menstruation among teenagers in Kalora village found that limited privacy for young women in carrying out sanitation activities is also a problem due to inadequate hygiene facilities and lack of support for sanitation activities themselves. The research results also found that health service facilities in Kalora village only operates according to the posyandu and immunization schedule, based on research results, health workers also never hold activities to improve personal hygiene behavior during menstruation for young girls in Kalora. Lack of access to basic hygiene products causes women to use unhygienic materials. Knowledge of adolescent girls regarding personal hygiene during menstruation is still very lacking, especially those who live in rural or disadvantaged areas. Water, sanitation and hygiene facilities also greatly influence personal hygiene behavior. As according to Lawrence Green in Notoatmodjo, states that facilities and infrastructure can influence a person's behavior (5). Green also mentioned that the availability of health facilities and infrastructure is a supporting factor in creating a healthy quality of life. Based on observations, it was found that access to clean water in Kalora village is very good because it is supported by a supply of clean water from springs in the surrounding mountains. Apart from that, several Kalora



residents also have private toilet facilities. There are people who still rely on public MCKs because they don't have private MCKs. Unfortunately, the condition of the toilets is very poorly maintained and not kept clean. There are public toilet units that cannot be used because they are damaged. Several Kalora teenage girls admitted that their reluctance to carry out personal hygiene behavior was caused by the condition of the toilets being dirty and not having a private space, so that teenagers felt uncomfortable and ended up in unhealthy behavior regarding personal hygiene during menstruation in teenagers.

Socio-economic, cultural and physical environmental conditions

From the interviews conducted, it can be seen that sanitary napkins are not considered a vital basic need for the people of Kalora village. They still have another alternative, namely not using sanitary napkins, because some teenagers feel that it is no problem not to use sanitary napkins and even think it is more economical without using sanitary napkins. From the results of the interview it can also be seen that the distribution of toilets or private toilets in Kalora village is uneven. Some residents' houses are not equipped with private bathrooms, and according to interviews with key informants, they rely more on assistance from the government to obtain facilities such as houses and bathrooms. Village communities tend to prefer receiving bathroom assistance from the government rather than building their own, this is due to socio-economic factors, where those who have sufficient economic status choose to use their resources for other basic needs rather than building private toilets, because they still feel can rely on public toilets

"Some residents here only rely on government assistance instead of building their own toilet, because if they already have their own toilet they don't get any more help, usually the help is for a house, toilet, goats, but that's in stages every year... but if you have more sustenance, you can build it yourself, but "If not, there are also public toilets that can be used, the important thing is that there's no shortage of water, is it also expensive if you want to build it yourself?"(Elder Kalora, 76 years old)

Through thematic analysis of in-depth interviews, it was found that Kalora people tend not to realize the importance of personal hygiene, including using sanitary

napkins and having a private bathroom and latrine/WC, because these things are not considered primary needs. Some teenagers even think sanitary napkins are not too expensive, but choose not to use them because they are more economical and affordable. In this context, teenage girls only wear regular underwear and dry them indoors, which can lead to reproductive health risks. In addition, in interviews, it was revealed that people preferred to wait for assistance from the government to build private bathrooms and latrines rather than doing the construction themselves. In 2017, the government through the Remote Indigenous Communities (KAT) empowerment program established public toilets for the Kalora community. However, because public awareness is still low, this assistance is not utilized optimally and is not cared for, so that people still practice open defecation (BABS) which results in health problems. Data from the Kinovaro Community Health Center shows that in 2023 there will be 15 cases of diarrhea in Kalora village.

4. Discussion

Personal behavioral factors and individual way of life related to unhealthy behavior

Knowledge plays a role in personal hygiene practices, especially in adolescents. Adolescents with insufficient knowledge about personal hygiene tend not to maintain cleanliness during menstruation, which could potentially endanger their reproductive health. One of the negative impacts that may arise from a lack of personal hygiene includes the possibility of vaginal infections caused by lack of care(6). Findings from research on adolescent girls in Kalora village show that some of them are not aware of menstruation until they experience it directly. The limited knowledge of young women regarding personal hygiene during menstruation is only information obtained from parents and applicable traditional rules which results in poor personal hygiene behavior during menstruation among young women in Kalora village. According to the general view in the village, menstruation is considered a sign of women's maturity, indicating that they are ready to marry. Apart from that, personal hygiene during menstruation is only considered to be limited to bathing and changing sanitary napkins 2-3 times a day. So this causes teenagers to tend not to take adequate action to maintain personal hygiene. A lack of understanding about the health risks that can



arise due to lack of personal hygiene can hinder motivation to adopt good hygiene practices.

According to Rahayu & Lutfiyati that most health information comes from mothers, this is because mothers have a very important role in educating and imparting knowledge to their children, so that it will create certain views or behavior regarding things that they will do (7). In this study, Kalora teenage mothers lacked knowledge related to menstruation and personal hygiene during menstruation, so this had an impact on the minimal knowledge and understanding of teenage girls. As a result, unhealthy behavior regarding personal hygiene during menstruation occurs. Similar research states that young women receive information regarding menstruation for the first time from their mothers. This research also states that maternal education influences personal hygiene behavior (adolescent girls who received information from their mothers were 2.3 times better at practicing personal hygiene than those who did not receive information). The results of this study also state that conversations between mothers and children influence the level of knowledge of young women about menstruation which can improve personal hygiene behavior during menstruation (8).

From the research results, it was also found that the entire Kaili Da'a tribe community in Kalora village considers maintaining personal hygiene during menstruation to be very important. However, in reality, Kalora women only change sanitary napkins 2-3 times a day and shower less than 2 times a day. This is caused by the lack of knowledge that the community has so that the behavior of maintaining personal hygiene is not implemented even though the community has a positive view of personal hygiene during menstruation. Knowledge about personal hygiene during menstruation is very important to understand because young women need to take good care of the genital area. Knowledge will influence attitudes, then determine whether behavior is good or bad to improve health. This is relevant to Harahap that unhealthy or bad behavior is influenced by incorrect understanding so that the ability to practice it is in an incorrect condition and the experience of people around implementing menstrual personal hygiene is still lacking or incorrect, so that young women's knowledge is still lacking about personal hygiene during menstruation (9).

Social factors at the community level in providing social support to teenagers

The lack of information about menstruation was also expressed by Hanisyahputri et al in his research, the lack of information occurs because many people still view discussing menstruation as a very personal matter, even taboo to teach or inform teenagers openly (10). Some parents are reluctant to discuss menstruation openly despite the mother's limitations or inability to communicate this information. In accordance with research by Mara et al that Adolescent girls really need attention and care from their families so the role of the family is very important for adolescent girls when facing menstruation (11). This research is also in line with Utami that the personal hygiene behavior of adolescents during menstruation is significantly influenced by the support provided by the family in dealing with this condition (12), when adolescents do not receive family support that includes information, emotional support, appreciation, and instrumental support, this can have a negative impact on their personal hygiene practices during menstruation.

The results of research in Kalora village showed that Teenage girls in Kalora village get examples of personal hygiene behavior during menstruation from their parents' tradition that they only see habits and do not get direct explanations from their mothers because parents consider personal hygiene during menstruation to be a private matter. This is in accordance with the theory that the most influential person in personal hygiene behavior during menstruation is parents, especially mothers, because a daughter will learn and adhere to pre-existing habits from the family (13). According to Sarafino (1990) social support is defined as comfort, attention, appreciation, or assistance that individuals feel from other people or groups. Sarafino also stated that individuals who receive support from family usually tend to accept medical advice more easily than individuals who do not receive support. This means that social support is very important in dealing with health problems.

Social support from the environment, including local residents, the government, and parents, especially mothers, in Kalora village to young women of the Kaili Da'a ethnic group plays an important role in providing information and knowledge about personal hygiene during menstruation. This support is the main factor in improving personal hygiene behavior during menstruation for them. The lack of knowledge among



young women is caused by the lack of information obtained and the absence of education from health workers regarding personal hygiene during menstruation among young women. Mothers, friends and the environment are the main sources of information about menstruation, but are unable to provide accurate and comprehensive information because they have limited knowledge and there is a taboo stigma related to menstruation so that early adolescents do not talk about menstruation topics either with their mothers or their peers.

Structural factors related to unhealthy behavior regarding personal hygiene in adolescent

Research on girls' experiences of sanitation and menstrual hygiene management in peri-urban communities in Ghana. In the two schools inspected, one of the schools had only one functioning toilet. Meanwhile, in the second school, out of ten toilets, only four were functioning properly. The condition of the existing toilets is of course inadequate because they only have holes for squatting, there is minimal lighting, they smell bad, and the holes for draining are often clogged. Poor sanitation facilities and a lack of clean water cause girls, especially those who are menstruating, to have difficulty and not feel comfortable (14). This research is in line with Nisa et al that there is a significant relationship between the use of infrastructure and personal hygiene behavior during menstruation (15). The results of this study explain that if clean bathroom facilities are available, teenagers will not feel lazy about carrying out personal hygiene during menstruation.

Adolescents are reluctant to change sanitary napkins due to lack of privacy and dirty and poorly maintained toilets. This also causes the habit of defecation (open defecation) to still be prevalent in the Kalora community. When the research was carried out, small children were often seen defecating behind residents' houses. An unpleasant odor was also smelled in several locations around the residents' houses, and researchers found that the Kalora people were still throwing water in the bushes around the residents' houses, this was also confirmed by key informants. Research related to defecation behavior in the community in the Pesisir sub-Regency, Limapuluh sub-Regency, Pekanbaru City, found that there was a relationship between latrine ownership and defecation behavior. People who do not have toilets are 3.6 times more likely to defecate than people who have toilets (16).

This is relevant to research conducted by Shallo et al that the availability of hygiene facilities that are comfortable and safe for young women to use during menstruation influences their personal hygiene behavior (17). In his research, it was also stated that many young women do not carry out personal hygiene behavior during menstruation because of the lack of privacy, which makes young women less comfortable carrying out personal hygiene behavior during menstruation.

Socio-economic, cultural and physical environmental conditions

Hamidah et al.'s research (8) that adolescent girls with a high socio-economic level can choose better quality sanitary napkins than adolescent girls with a lower socio-economic level. This study states that there is an increase in the use of sanitary napkins during menstruation in families with good socio-economic conditions. Similar research was also carried out by Rossouw & Ross it was found that stable economic and social conditions in a family allow easier access to hygiene products during the menstrual period (14). This also influences the choice of type of sanitary napkin used during menstruation. Families with good economic and social conditions can choose high-quality and safe sanitary napkins for use during menstruation. The results of research in Kalora village show that the distribution of toilets or private toilets in Kalora village is uneven. Some residents' houses are not equipped with private latrines/WCs, and according to interviews with key informants, they rely more on assistance from the government to obtain facilities such as houses and bathrooms rather than building them themselves. This is caused by socio-economic factors, where those with sufficient economic status choose to use their resources for other basic needs rather than building a private bathroom. In 2017, the government through the Remote Indigenous Communities (KAT) empowerment program established public toilets for the Kalora community. However, because public awareness regarding the importance of personal hygiene behavior is still low, this assistance is not utilized optimally and is not maintained. This research is relevant to research conducted in Lermatang village, Southeast Maluku Regency, which shows that the existence of private latrines in the community is not only influenced by economic factors, but also by a lack of understanding and awareness in the community about the importance of Clean and Healthy Living Behavior



(PHBS). Apart from that, another factor that plays a role is the community's dependence on government assistance in building toilets (18). HL Blum's classic theory states that health status is influenced by various factors, of which 40% is influenced by the environment, 30% by behavior, 20% by health services, and 10% by genetic factors. In other words, environmental factors, such as access to adequate sanitation facilities, are the main factors in improving the level of public health (19). In this research, environmental factors such as inadequate access to sanitation facilities resulted in the Kalora community engaging in unhealthy behavior regarding personal hygiene. Research on the drying habits of teenage girls' underwear in Kalora village shows a pattern of behavior that has the potential to cause health problems. Drying underwear in a closed room, especially in the bathroom, can create a humid environment and the microbes that develop on underwear can cause various skin diseases and infections. Teenage girls' discomfort in drying their underwear outside the home is caused by social and psychological factors, such as feeling embarrassed or worried about being seen by the opposite sex. This reflects the existence of certain social norms or expectations in the Kalora village community regarding privacy and social norms regarding underwear. These social factors result in limitations for women in carrying out personal hygiene behavior in Kalora village. In fact, women and men should have the same rights without having to feel embarrassed about drying clothes in the sun. Limited access prevents women from practicing good personal hygiene and controlling existing habits and taboos. In the end, unhealthy behavior is carried out continuously and becomes a tradition passed down from generation to generation. Based on the research, it was found that in Kalora village there are restrictions and prohibitions during the menstrual period for women, where one of the restrictions is prohibiting washing their hair during menstruation because it is believed that it can inhibit menstrual blood flow which has the potential to harm the health of teenagers. Based on the results of research conducted on teenage mothers in Kalora village, it was also found that there are limits and prohibitions on teenage girls during menstruation in Kalora village. This reflects the continuity of traditions and beliefs that have been passed down from previous generations. The results of this research provide an overview of how local beliefs,

norms and prohibitions can influence the behavior and health habits of adolescent girls during menstruation in Kalora village. This research is in line with Lawrence Green's theory in Notoatmodjo that beliefs or culture influence knowledge where the socio-cultural system that exists in society can influence teenagers' knowledge (5). Indirectly, a person's beliefs also influence their personal hygiene behavior. Culture has different influences on personal hygiene practices during menstruation in different communities. Cultural intervention in this case is not always based on scientific knowledge, and is often known as a myth in culture. There are many myths spread in society about menstruation. The more one believes in these myths, the more likely one is to stray away from healthy personal hygiene practices during menstruation (15). The results of research related to menstruation myths among the Kaili Da'a community in Kalora village reflect the existence of beliefs and practices related to menstruation stigma. Young women in Kalora village tend to have the view that menstruation is considered a dirty period. This belief may reflect the stigma towards menstruation which can influence adolescents' perceptions and behavior regarding personal hygiene. Research related to the beliefs and beliefs of the Nuaulu tribal community in the Pinamou procession was conducted by Syria et al (20), that during the Pinamou procession, there are various activities related to personal hygiene which can have a negative impact on the health of young women. This occurs due to prohibitions and beliefs as well as community traditions and habits regarding menstruation myths which cause unhealthy behavior during menstruation.

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