

Hubungan antara Kualitas Air Secara Organoleptik terhadap Manajemen Kebersihan Menstruasi (MKM) di Sekolah pada Siswi Sekolah Menengah di Kabupaten Batanghari, Provinsi Jambi Tahun 2024

Hayuni, Julia Putri

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Abstrak

<div style="text-align: justify;">Praktik Manajemen Kebersihan Menstruasi (MKM) oleh siswi perempuan di Sekolah Menengah di Indonesia berdasarkan penelitian masih rendah (35,9%), hal ini dapat menyebabkan infeksi pada saluran kencing dan reproduksi. Penelitian terkait MKM di Provinsi Jambi, khususnya Kabupaten Batanghari masih terbatas. Hambatan seperti kekeringan, kurangnya pendidikan mengenai MKM, serta stigma menstruasi yang tabu menghambat penerapannya. Penelitian ini bertujuan untuk menganalisis hubungan kualitas air secara organoleptik terhadap MKM di Sekolah pada Siswi Sekolah Menengah di Kabupaten Batanghari, Provinsi Jambi Tahun 2024. Penelitian menggunakan desain cross sectional dengan 342 sampel siswi perempuan yang berasal dari 93 sekolah menengah di Kabupaten Batanghari. Analisis data dilakukan dengan uji chi square dan uji regresi logistik ganda model faktor risiko. Hasil penelitian menunjukkan sebagian besar siswi perempuan Sekolah Menengah di Kabupaten Batanghari memiliki praktik MKM yang kurang baik (36,5%) dan bersekolah di Sekolah dengan kualitas air secara organoleptik yang baik (60,5%). Praktik MKM di Sekolah berkaitan dengan kualitas air secara organoleptik (OR = 1,851, 95% CI: (1,162 – 2,948)), ketersediaan air (OR = 2,035, 95% CI: (1,147 – 3,611)) dan ketersediaan sabun (OR = 2,424, 95% CI: (1,400 – 4,196)), ketersediaan toilet yang aman (OR = 1,768, 95% CI: (1,091 – 2,866)), ketersediaan tempat sampah tertutup (OR = 1,792, 95% CI: (1,118 – 2,872)), dukungan orang tua (OR = 2,913, 95% CI: (1,362 – 6,229)), dukungan guru (OR = 1,878, 95% CI: (1,188 – 2,970)), dukungan teman (OR = 2,657, 95% CI: (1,475 – 4,788)), pendidikan Ibu (OR = 1,891, 95% CI: (1,209 – 2,956)), pendidikan Ayah (OR = 1,821, 95% CI: (1,165 – 2,847)), serta pengetahuan (OR = 3,591, 95% CI: (2,264 – 5,697)). Selain itu, terdapat hubungan yang signifikan antara kualitas air secara organoleptik yang berinteraksi ketersediaan toilet yang aman terhadap MKM setelah dikontrol oleh ketersediaan air dan sabun, dukungan orang tua dan guru, pendidikan Ibu, dan pengetahuan (AOR 95% CI: 3,987 – 26,710). Diharapkan pihak sekolah, dinas pendidikan, dan dinas kesehatan melakukan upaya untuk memerhatikan keamanan toilet dan fasilitas air, sanitasi dan kebersihan (Water, Sanitation, and

Hygiene/WASH). </div><hr /><div style="text-align: justify;">The practice of Menstrual Hygiene Management (MHM) among female students in secondary schools in Indonesia, based on research, is still low (35.9%), which can lead to urinary and reproductive tract infections. However, MHM studies in Jambi Province, particularly in Batanghari Regency, remain limited. Barriers such as water scarcity, lack of education about MHM, and the stigma surrounding menstruation have hindered the implementation of MHM. This study aims to analyze the relationship between organoleptic water quality and MHM among secondary school students in Batanghari Regency, Jambi Province, in 2024. This study employed a cross-sectional design with 342 female student subjects from 93 secondary schools in Batanghari Regency. Data analysis was conducted using the chi-square test and multiple logistic regression with a risk factor model.

The study revealed that most female secondary school students in Batanghari Regency practiced poor MHM (36.5%), but attended schools with good organoleptic water quality (60.5%). MHM practices at schools were associated with organoleptic water quality (OR = 1.851, 95% CI: (1.162 - 2.948)); water availability (OR = 2.035, 95% CI: (1.147 - 3.611)); soap availability (OR = 2.424, 95% CI: (1.400 - 4.196)); availability of safe toilets (OR = 1.768, 95% CI: (1.091 - 2.866)); availability of closed waste bins (OR = 1.792, 95% CI: (1.118 - 2.872)), parental support (OR = 2.913, 95% CI: (1.362 - 6.229)); teacher support (OR = 1.878, 95% CI: (1.188 - 2.970)); friend support (OR = 2.657, 95% CI: (1.475 - 4.788)); maternal education (OR = 1.891, 95% CI: (1.209 - 2.956)), paternal education (OR = 1.821, 95% CI: (1.165 - 2.847)), and knowledge (OR = 3.591, 95% CI: (2.264 - 5.697)). Furthermore, a significant relationship was found between organoleptic water quality interacting with availability of safe toilets for MHM, after controlling for water and soap availability at schools, parental and teacher support, mother's education, and knowledge (AOR 95% CI: 3.987 - 26.710). Schools, education departments, and health departments are encouraged to improve the toilet hygiene and water, sanitation, and hygiene (WASH) amenities.