

# Gambaran Perilaku Personal Hygiene Remaja Putri Dengan Physical Dan Intellectual Disability Selama Menstruasi di Jakarta Selatan Tahun 2021 = An Overview of Adolescents with Physical and Intellectual Disabilities Personal Hygiene Behavior During Menstruation in South Jakarta 2021

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## Abstrak

Kesehatan reproduksi untuk remaja penyandang disabilitas sering diabaikan sehingga kurangnya pendidikan seputar personal hygiene dikarenakan sebagian orang menganggap topik menstruasi merupakan topik yang sensitif dan keyakinan yang salah bahwa remaja dengan disabilitas tidak memiliki hasrat seksual. Sehingga pemahaman mengenai personal hygiene menstruasi pada remaja disabilitas kurang diperhatikan. Tujuan penelitian ini adalah untuk mengetahui gambaran personal hygiene dalam menghadapi menstruasi pada remaja disabilitas fisik dan disabilitas intelektual. Metode penelitian kualitatif dalam bentuk case study, pengumpulan data dengan wawancara mendalam dan observasi, informan terdiri dari 3 informan remaja disabilitas usia 15-24 tahun yang sudah menstruasi, serta 3 informan dari ibu remaja disabilitas dan 2 informan terapis anak berkebutuhan khusus. Penelitian dilakukan di Klinik Keanna Center dan YPAC Jakarta Selatan pada bulan Juli-September 2021. Hasil penelitian kurang pengetahuan ibu dan remaja disabilitas mengenai personal hygiene menstruasi, fasilitas penunjang memberikan kemudahan bagi remaja disabilitas maupun ibu untuk membantu melakukan personal hygiene menstruasi, kurangnya informasi mengenai personal hygiene pada remaja disabilitas, sebagian besar ibu membantu dalam melakukan personal hygiene menstruasi pada anak mereka dan perilaku personal hygiene menstruasi pada remaja disabilitas masih kurang tepat. Disarankan remaja disabilitas dan ibu perlu meningkatkan pengetahuannya dengan melakukan sharing dengan professional untuk mendapatkan informasi mengenai personal hygiene menstruasi dengan tepat.

.....Reproductive health for adolescents with disabilities is often neglected education regarding personal hygiene are lacking. It is because some people consider menstruation as a sensitive topic and have the wrong belief that adolescents with disabilities have no sexual desire. The research purposes to know the overview of personal hygiene in dealing with menstruation in adolescents with physical and intellectual disabilities. The research methods were qualitative in the form of case study, data collected by in-depth interview and observation. Informants consisted of 3 informants from the adolescents of 15-24 years old, 3 informants are the mothers and 2 informants are the therapists for special needs children. The research was conducted in Klinik Keanna Center and YPAC South Jakarta in July-September 2021. The research results the lack of apprehension about the personal hygiene menstruation from the mothers and the adolescents with disabilities, supporting facilities that accommodated adolescents with disabilities and their mothers to perform treatment in personal hygiene, lack of apprehension about general personal hygiene menstruation in adolescents with disabilities, most of the mothers gave supports to the adolescents with disabilities in the form of assistance in performing personal hygiene during menstruation, also personal hygiene menstruation behavior in adolescents with disabilities are still incorrect. It is suggested that adolescents with disabilities and their mothers need to improve their knowledge by sharing with a professional to obtain correct

information about personal hygiene during menstruation.