

Correlation Between Knowledge Level About Cloth Sanitary Napkins and Interest in Using Cloth Sanitary Napkins for Young Women

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Abstract

The use of disposable sanitary napkins in the long term can cause reproductive health problems and have an impact on the environment. In the modern era, rewashable cloth pads appeared. Based on the data obtained on young women aged 12-15 years, it was found that 23 young women were still using disposable pads. 82.6% of young women did not know what cloth sanitary napkins were and how useful they were, while 17.4% of young women already knew what cloth sanitary napkins were and did not know the benefits of cloth sanitary napkins. Knowledge about the use of cloth sanitary napkins is still low regarding management in dealing with menstruation which in turn impacts on the use of inappropriate sanitary napkins. This study aims to determine the relationship between the level of knowledge about cloth sanitary napkins and interest in the use of cloth sanitary napkins for young women at SMP Negeri 2 Sewon, Bantul Yogyakarta. This type of research is quantitative with a survey method and a cross sectional research design. The population of this study were eighth grade girls at SMP Negeri 2 Sewon. A sample of 57 young women. The sampling technique in this study was using proportional stratified random sampling. Data collection was carried out using a data questionnaire using univariate and bivariate analysis. The research results show The population of this study were eighth grade girls at SMP Negeri 2 Sewon. A sample of 57 young women. The sampling technique in this study was using proportional stratified random sampling. Data collection was carried out using a data questionnaire using univariate and bivariate analysis. The research results show The population of this study were eighth grade girls at SMP Negeri 2 Sewon. A sample of 57 young women. The sampling technique in this study was using proportional stratified random sampling. Data collection was carried out using a data questionnaire using univariate and bivariate analysis. The research results show the level of knowledge about cloth sanitary napkins that is lacking is 4 people (7%), 7 people (12.3%) are sufficient, and good is 46 people (80.7%) and interest in using cloth sanitary napkins for young women with low interest category is 9 people (15.8%), moderate interest 42 people (73.7%), high interest 6 people (10.6%). Results of bivariate analysis get a p value of 0.009 so that the p value <0.05. The conclusion of this study is that young women have a good level of knowledge and have a moderate interest in using cloth sanitary napkins and there is a relationship between the level of knowledge and interest in using cloth sanitary napkins.

Keywords: Knowledge Level, Menstruation, Sanitary Napkins, Sanitary Napkins, Reproductive Health



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INTRODUCTION

Menstruation is a physiological event in women who have entered their teenage years, during this period reproductive hormones have started to work. Menstruation is an indicator of sexual maturity in young women (Djannah & Gustina, 2015). The misunderstanding of personal hygiene practices is related to menstruation which is detrimental to the health of adolescents (Djannah & Gustina, 2015). Hygiene during menstruation is an important individual hygiene component in a person's health behavior status, including to avoid any disturbance of reproductive function (Laila, 2016). According to the 2017 Indonesian Demographic Health Survey (IDHS), the behavior of young women in maintaining hygiene during menstruation is still poor, namely 63.9%, the reason is due to a lack of knowledge and information about

personal hygiene and genital hygiene during menstruation. One of the consequences will be the occurrence of reproductive health problems such as vaginal discharge, reproductive tract infections (ISR), pelvic inflammatory disease (PRP) and the possibility of cervical cancer (Indonesia Demographic and Health Survey, 2017).

According to Andira (2010) in the study of Angka et al (2019) stated that if during menstruation you are not able to perform good personal hygiene, you will be at risk of experiencing reproductive tract infections. During menstruation, dirty blood will come out so that the blood vessels in the uterus are very susceptible to infection and the sweat that comes out will stick to the vulva which can also cause the genital area to become moist. When menstruating and not maintaining genital hygiene properly, in humid conditions, fungi and bacteria in the genitalia area will thrive causing infection and itching caused by fungi and can cause vaginal discharge which can be caused by the use of pantyliners and pads that are not continuous (Figures, 2019).

A woman who is menstruating needs an object that can accommodate the blood that comes out. Sanitary napkins are one of the causes of female diseases because they contain dioxins which can cause cancer. In line with research conducted by Baharudin in 2019 in the book Imelda, Fatwa and Santosa, Heru (2022) shows that there is an effect of using pads sold in the market during menstruation on the risk of cervical cancer (Imelda & Santosa, 2022). At present sanitary pads that are widely circulated among the public are in great demand are disposable sanitary napkins. Research by Susanti & Wijaya (2018) says that there are as many as 107 bacteria per square millimeter found in ordinary sanitary napkins, even though ordinary sanitary napkins are only used for 2 hours, the reality is that disposable sanitary napkins are a source of bacterial growth which can be harmful. Research data on reproductive health states that there are 75% of women in the world who have experienced fluor albus (leucorrhoea) at least once in their life and there are 45% of them who have experienced fluor albus 2 times or more. Disposable sanitary napkins produce waste that pollutes the environment, besides that disposable sanitary napkins are carcinogenic (Susanti & Wijaya, 2018). In addition, disposable pads contain harmful substances that have the potential to cause dangerous diseases for the reproductive organs, especially cervical cancer (Habibie et al., 2019).

Cervical cancer is one of the effects of using improper sanitary pads as a teenager. WHO states that the main cause of cervical cancer in Indonesia is due to the use of poor quality pads. Indonesia is China's second country which has the most cervical cancer sufferers in the world, 62% of which are caused by the use of poor sanitary pads (Tjasmini et al., 2014). There are 15 out of 20 young women who have experienced vaginal discharge every year. The infection experienced is caused by a lack of personal hygiene, especially the cleanliness of the genital organs during menstruation. A research study on menstrual hygiene in women and girls conducted in Egypt found that among women who had been married 15.3% used disposable pads, 42.1% used cotton pads, and 39.4% used cloth pads. However, 25.2% of unmarried women used pads by 50.5% and 21% reused absorbent cloth which was then washed, and 3.2% of the two groups of women used cloth scraps and threw them away after use (WHO, 2016).

In the modern era, there has been a breakthrough by using sanitary napkins made of cloth which can be rewashed so that they are more efficient and reduce the disposal of sanitary napkins containing ingredients that are difficult for nature to decompose (Ardiyati & Pramitasari, 2019). But in this modern era, women need to prefer pads that are practically disposable. Ordinary or disposable sanitary napkins contain hazardous materials, so women have to change pads frequently and of course increase plastic waste which is difficult to recycle (Ardiyati & Pramitasari, 2019). A woman is expected to be able to choose the right pads. Errors in choosing the use of pads can result in skin irritation, allergies, to skin diseases and infections.

Knowledge about the use of cloth sanitary pads is that at this time women or girls have attitudes or behaviors and people's knowledge that is still low about how to deal with menstruation will impact on the use of sanitary pads that are not good (Manuaba, 2015). Improper use of pads can cause various reproductive health problems. Pads should not contain fragrances with ingredients that are not too dense. All of these criteria so that air circulation in the vagina is maintained, so that it is always dry and not moist so that bacteria do not multiply.

The health factor is not one of the factors that becomes a serious problem, but there is also the factor of environmental damage due to waste sanitary napkins which ultimately becomes the reason that there is a need to increase knowledge about the importance of switching to cloth sanitary napkins. Look at the advantages that cloth pads have because cloth sanitary napkins have economic value that can save the economy, also reduce the impact of waste that degrades environmental quality. However, not all pads are indicated to be harmful to the body. Some pads have been tested safe to use (Mustofa et al., 2019). The use of disposable sanitary napkins for a long period of time can potentially cause health problems for women or reproductive health problems and have an impact on the environment, so it is necessary to socialize about cloth sanitary napkins that can be used repeatedly. Eco-friendly sanitary napkins have various design advantages and are easy to produce and have the potential to be patented because they are different from other existing sanitary napkin designs. (Habibie et al., 2019). Research by Habibie et al, (2019), states that women choose to use cloth sanitary napkins because they have advantages such as reasons for convenience, health, environmental impact, and are cheaper because they allow them to be washed and can be used repeatedly (Habibie et al., 2019).

Based on the Profile of the Panggungharjo Village Government, Panggungharjo Village already has a BUMDes Business Unit Panggung Lestari Panggungharjo, which has been able to manage waste properly, but the problem that arises is the amount of residual waste, one of which is pads, which is waste that is not easily decomposed (Panggungharjo Village Profile, 2022). In addition to this, other problems arose regarding health education, especially for young women in the Panggungharjo Village, Sewon Bantul. It was found that there was still a lack of knowledge about cloth sanitary napkins which were proven to be safer for women's reproductive health and to be environmentally friendly sanitary napkins.

The results of a preliminary study that was conducted in the Sewon District, Bantul Regency, Special Region of Yogyakarta, found that 23 female adolescents aged 12-15 years were still using disposable pads. 82.6% of young women did not know what cloth sanitary napkins were and how useful they were, while 17.4% of young women already knew what cloth sanitary napkins were and did not know the benefits of cloth sanitary napkins. The purpose of this study was to determine the frequency distribution of knowledge about cloth sanitary napkins among young women at SMP Negeri 2 Sewon, Bantul Yogyakarta, to determine the frequency distribution of interest in using cloth sanitary napkins among young women at SMP Negeri 2 Sewon, Bantul Yogyakarta., and Mknowing the relationship between the level of knowledge of cloth sanitary napkins and interest in the use of cloth sanitary napkins for young women at SMP Negeri 2 Sewon, Bantul Yogyakarta.

Theory Review

Knowledge

According to Notoatmodjo (2010) knowledge is the result of knowing from someone after someone has sensed an object. Sensing in question is through the senses of sight, hearing, smell, taste and touch. Sensing is influenced by the intensity of attention and perception of the object. Most of a person's knowledge is obtained through hearing and sight. Knowledge is an important domain in shaping one's actions. At this time of sensing it will produce knowledge that is

strongly influenced by the intensity of perceptual attention to an object. Most of human knowledge is obtained through sight in the form of eyes and hearing ears (Wawan, A. & Dewi, 2010).

Interest

According to Shalahudin in Darmadi (2017) says interest is attention that contains elements of feelings, therefore, interest determines the attitude that causes a person to be active in a job or situation, or in other words interest can be a cause or a motivating factor of an activity (Darmadi, 2017). Several other experts have also explained the meaning of interest. Interest is a state and paying attention accompanied by the desire to know, have, learn, and prove. Interest is formed after being obtained from the information (Achmad, 2018).

Teenager

Adolescence is a period of rapid growth and development both physically, psychologically and intellectually. The characteristic of adolescents is having a great sense of curiosity, liking challenges and tending to dare to take risks from actions that are carried out without prior careful consideration (RI Ministry of Health, 2015). According to Hurlock (1997) in the journal Jannah (2017) adolescence is a period of transition from childhood to adulthood which is marked by changes both physically and psychologically (Jannah, 2016). Adolescence is a period of transition from childhood to early adulthood which is marked by biological and psychological changes. In this case, biological changes occur in adolescents, including physical changes and the development of primary and secondary sex. Whereas in psychological changes there are changes in terms of changing emotions and feeling more sensitive (Hidayati & Farid, 2016). Teenagers are someone who has just stepped on and knows what is good and what is bad, knows the opposite sex and understands their duties and roles in the social environment (Jannah, 2016).

Menstruation

According to Haryono (2016) menstruation is a natural cycle that shows a form of perfection for a woman. A woman who has experienced menstruation shows that the hormones in her body are already working (Haryono, 2016). According to Nuraini (2018) menstruation is the process of bleeding from the uterus due to the decay of the inner uterine wall which consists of many blood vessels and unfertilized eggs. The menstrual process occurs because the egg cells contained in the female organs are not fertilized, causing the endometrium or lining of the uterine wall to thicken and decay which will then secrete blood through the female reproductive tract. The normal menstrual cycle, which is 21 days to 35 days, is marked by 10 ml to 80 ml of blood per day. Menstruation occurring with cycles of more than 35 days is included in the category of abnormal cycles, due to many causes, namely unbalanced hormonal conditions such as stress, use of birth control, or due to the presence of a tumor (Nuraini, 2018).

Menstrual Pads

Sanitary napkins are a woman's best friend, namely a medium that is usually used by a woman when a woman is menstruating. Sanitary pads have the function of absorbing blood from the vagina so that blood does not flow everywhere or scatter (Winerungan et al, 2013). Sanitary napkins are products in the form of sheets/pads made of cellulose or synthetic materials used to absorb menstrual fluids or vaginal fluids. The production process for sanitary napkins derived from cellulose is carried out by a bleaching process so as not to use chlorine, usually using hydrogen peroxide. This method is declared free of dioxins (RI Ministry of Health, 2016). Disposable sanitary napkins are sanitary napkins that are commonly used by women

and are available at the nearest supermarket or shop and there are also various brands of sanitary napkins on the market, for disposable use, they cannot be used multiple times.

Cloth Pads

Cloth sanitary napkins are sanitary napkins made of cloth with a better design, not just stuffed pieces of cloth that reappeared around the 1970s and were quite popular in the 1980s to 1990s. These sanitary pads are made of sanitary napkins and are included in traditional sanitary napkins. Usually cloth pads are made of cotton, baby terry or towels which are safe to use during menstruation and can be washed to keep them clean and can be used over and over again. However, it is not easy to find cloth pads on the market when compared to disposable pads. There is a problem with cloth in its ability to absorb blood which is not good when the choice of material is not suitable, so it becomes a good medium for the growth of germs (Maharani et al., 2015).

Cloth pads that are well known are called reusable menstrual pads, namely pads that have a shape similar to disposable pads or some are shaped like panties made of special cloth to prevent leakage (Revitasari, 2018). The top layer material is very soft so it is comfortable to use in any situation, the material used in the middle layer is easy to absorb according to the thickness of the cloth and the bottom layer material is very waterproof because it is made of waterproof. The washing method is very easy, just soak it in detergent, all the dirt can be lifted from the surface and can be dried in the washing machine (Puspita et al., 2021)

Hypothesis

The research hypothesis is a temporary answer to the research, a benchmark or a provisional proposition. This truth will be proven in the research (Notoadmojo, 2018). The hypothesis formulated in this study is:

Ha: There is a relationship between the level of knowledge about cloth sanitary napkins and interest in using cloth sanitary napkins.

Ho: There is no relationship between the level of knowledge about cloth sanitary napkins and interest in using cloth sanitary napkins.

RESEARCH METHODS

This research is a quantitative research and this type of research is a survey research method. Survey research is a study conducted without intervening in research subjects (Notoadmojo, 2015). This research was conducted using a time-time approach or a cross-sectional design, namely analyzing variable data collected at a certain point in time (Notoadmojo, 2015). Cross-sectional research will measure or collect data regarding the level of knowledge about cloth sanitary napkins as the independent variable which causes the use of cloth sanitary napkins as the dependent variable simultaneously at the same time. This research will be conducted at SMP Negeri 2 Sewon, Bantul, Yogyakarta Special Region. This research was conducted from December to April 2023.

The population is the total number consisting of objects or subjects that have certain characteristics and qualities determined by the researcher to be studied and then drawn a conclusion. (Notoadmojo, 2015). The population in this study were eighth grade girls at SMP Negeri 2 Sewon consisting of 8 classes with a total of 120 girls. The sample is part of a number of characteristics possessed by the population used for research (Notoadmojo, 2015). Sampling was carried out using the Slovin formula and the following samples were obtained:

$$n = \frac{N}{N(e)^2 + 1}$$

Information:

- n : Minimum sample size
- N : Population size
- Z : Standard deviation is normal for 1.96 with 95% CI
- E : Percentage of leeway for accuracy of decision errorstolerated samples
- E : 0.1

The minimum sample calculation results are as follows:

$$n = \frac{N}{N(e)^2 + 1}$$
$$n = \frac{129}{129(0,1)^2 + 1}$$
$$n = \frac{129}{2,29}$$
$$n = 56.33187$$

From the calculation of the formula above, the results obtained are a minimum sample size of 57 young women. The sampling technique using proportional stratified random sampling was used with the aim of obtaining a representative sample by looking at the stratified population of young women in class VIII SMP Negeri 2 Sewon, that is, consisting of several heterogeneous (not the same) classes. So the researcher took a sample from class VIII from each class whose representative was taken as a sample with simple random sampling technique.

Research Path

1. Preparation phase
 - a. Conduct a preliminary study to determine the title of the research and the location or place of research
 - b. The process of preparing a proposal with a literature search and guidance process with supervisors I and II
 - c. Conducting a proposal seminar on January 11, 2023 and improving the proposal
 - d. Make a research permit in February 2022
 - e. Conducted validity and reliability tests at SMP Negeri 3 Sewon with 30 respondents
2. Implementation Stage
 - a. Arrange for permission to conduct research at SMP Negeri 2 Sewon in February 2023
 - b. Determine the research sample with the sampling technique used, namely the simple random sampling method, namely taking samples of population members who are randomly selected, where each element of the population member has the same opportunity to be selected as a sample by filling out a letter of consent and requesting to be a respondent.
 - c. Conducting a meeting with the teachers of SMP Negeri 2 Sewon aims to determine the time when respondents will be taken.
 - d. Giving an application letter to become a respondent (informed consent)
 - e. Primary data collection was carried out by distributing questionnaires containing questions about the level of knowledge about cloth sanitary napkins and questionnaires about the use of cloth sanitary napkins on February 20, 2023.
 - f. After the questionnaire was filled in completely, then the questionnaire was collected again for data editing and data tabulation.
 - g. Processing data and analyzing data is done by using statistical testing with the help of a computer program using the SPSS program

3. Report Preparation Stage. At this stage, data processing and analysis, the results will be compiled into a research thesis and will be accounted for at the research results seminar.

RESEARCH RESULTS AND DISCUSSION

Based on the results of the study, it was shown that there was a relationship between the level of knowledge about cloth sanitary napkins and interest in the use of cloth sanitary napkins for young women at SMP Negeri 2 Sewon. Research result regarding the level of knowledge of young women, it is known that the respondents in this study on average had a good level of knowledge about cloth sanitary napkins. The results of this study are in line with the theory which states that knowledge is a result of someone's curiosity about anything through certain methods and tools. Knowledge is of various types and nature, both direct and indirect, and is not fixed or changing, subjective and special, and some are fixed, objective and general. knowledge is obtained, and there is also true knowledge and there is wrong knowledge, but what is desired is true knowledge (Suwanti and Aprilin, 2017). This is reinforced by the theory which states that knowledge possessed by humans is the result of efforts made by humans in searching for a truth or problem they face. Activities carried out by a person in seeking the truth of the problems faced are basically a person's desire. Desires possessed by humans will encourage someone to get everything they want (Darsini et al., 2019). According to Hendra (2008) in Widya et al (2022) there are several factors that affect a person's level of knowledge, such as education, work, mass media or sources of information, environment and one's experience of knowledge are influenced by information obtained from various sources, education, age and occupation (Widya & Usman, 2022).

In accordance with the theory that has been explained about the level of knowledge, the results of the research above show that some young women are at the level of knowledge, know and understand. The level of knowledge means that teenagers only know about cloth sanitary napkins. In addition, at the level of understanding (comprehension), it means that young women can understand about cloth sanitary napkins and be able to answer questions correctly with the result of a good level of knowledge. However, apart from these two levels, young women have not been able to reach the next level, such as being able to apply or being able to use cloth sanitary napkins, being able to describe or promote the advantages of cloth sanitary napkins in the surrounding environment, being able to compose or make products and being able to evaluate the use of cloth sanitary napkins.

Although the results of the above research partially show a good level of knowledge, there is still a sufficient level of knowledge about cloth sanitary napkins. according to Puspita et al (2021) the lack of knowledge in the use of disposable sanitary napkins poses a risk to women's reproductive health. The knowledge in question is knowledge related to choosing the right pads, knowledge about menstruation, knowledge about reproductive health in women, and knowledge about reproductive problems (Puspita et al., 2021). The results of this study regarding the interest in using cloth sanitary napkins for young women are in the medium interest category.

In line with the theory put forward by Purwanto (2010) in Rusmiati (2017) said that in language interest means a high inclination of the heart towards something. Interest is a trait that persists in a person and has a great influence on one's activities because with interest one will do something he is interested in, but without interest it is impossible to do something. This statement is supported by Rusmiati (2017) who defines interest as a characteristic of the ability to focus attention voluntarily on a situation that depends on talent and environment. In other words, interest is a characteristic of a person in the form of a special power in a person (Rusmiati, 2017).

This is in line with the theory that has been explained and supported by the opinion of Hurlock (1990) in expressing interest in having two aspects, namely: (1) The cognitive aspect is based on a concept developed by a person regarding areas related to interest in experience and what is learned from the environment. (2) The affective aspect is a concept that can build attitudes towards activities or objects that generate interest. As explained in Safari's theory (2003) several indicators of interest include feelings of pleasure, student interest, student attention and involvement (Kambuaya, 2017). The emergence of one's interest can be caused by several important factors including internal factors or factors from within oneself and external factors. The internal factors consist of attention, interest, and activity, while external factors consist of family, school, and environment. Interest as a source of motivation is able to direct someone to do something if given the freedom to choose it. If they see something that has meaning for them, then they will be attracted to that something which will eventually increase one's knowledge (Napitupulu & Munthe, 2019).

According to researchers, good knowledge will influence decision making for interest in a product or not. However, there are many other aspects that influence a person to be confident in using a product. One of the factors that influence a person's interest is support from family, namely parents who can influence interest. young women in using pads during menstruation. Thus, in a practical setting, behavioral interventions on hygiene and health of the reproductive organs in young women should not only focus on changing aspects of knowledge and attitudes, but also by considering other contributing variables. Besides that, the intensity of exposure to information about hygiene and health of the reproductive organs in junior high school students or its equivalent needs to be increased, especially in the selection and evaluation of safe sanitary napkins; duration of changing pads; and the impact of using pads that are not quite right for someone's interest in certain objects. This suggests that family support is one of the important things for someone to use cloth pads. Seeing the advantages of cloth sanitary napkins can be seen from the design of the sanitary napkins, the price of raw materials is cheap and the products are easy to make, and the materials used are easy to find This suggests that family support is one of the important things for someone to use cloth pads. Seeing the advantages of cloth sanitary napkins can be seen from the design of the sanitary napkins, the price of raw materials is cheap and the products are easy to make, and the materials used are easy to find This suggests that family support is one of the important things for someone to use cloth pads. Seeing the advantages of cloth sanitary napkins can be seen from the design of the sanitary napkins, the price of raw materials is cheap and the products are easy to make, and the materials used are easy to find (Habibie et al., 2019)

Based on the results of the above research, in addition to moderate interest, there are still young women who have high and low interest in using cloth sanitary napkins, in line with the statement Nursalam in Zainudin (2019) the level of interest is divided into three groups, namely low where students are not interested in an object, moderate interest if students are interested but not serious about an object and high if students are serious and focused on an object. (Zainuddin et al., 2021). Based on this, the low interest in using sanitary napkins and the high interest in using sanitary napkins is caused by several factors ranging from internal factors from oneself to external factors such as the environment which is not yet widespread with the use of cloth sanitary napkins during menstruation. According to researchers, young women have relatively consumptive behavior patterns that can determine interest in choosing products. The decision-making process can be viewed as cognitive learning that studies a lot of information in the minds of consumers, people with low education tend not to be knowledgeable so that information about products is not widely known, including alternative choices of similar products.

The relationship between the level of knowledge about cloth sanitary napkins and interest in using cloth sanitary napkins with the results H_0 being rejected and H_a being accepted, in line with research conducted by Puspita et al (2021) stated that the level of one's knowledge is related to interest in making decisions in the selection of tampons that are safe for women's reproductive health. According to researchers, high knowledge will further strengthen one's interest in carrying out the desired action. A high level of knowledge will have a good interest in health so that it will influence behavior for a healthy life. It can be seen that most of them have a good level of knowledge but have moderate interest in using cloth sanitary napkins, meaning that there are factors that cause moderate interest in using cloth sanitary napkins. In line with research which states that people's attitudes towards pads can be positive and negative, where this positive or negative attitude comes from affective values that come from the environment such as nature, culture, social and economy, where a person or group grows. Likewise, belief in pads is related to cognitive values, namely good or bad qualities, and attractive or unattractive (Sulianti & Arafah, 2019).

Research Limitations

Limitations that may affect the results of this study are in the data collection process, the information provided by respondents through filling out questionnaires sometimes does not show the respondents' opinions honestly and is unable to express a reason, this is because sometimes there are different thoughts, assumptions and understandings that are different for each respondent, as well as other factors such as the factor of honesty in filling in the opinions of respondents in the questionnaire.

CONCLUSION

Of the 57 respondents, most of the knowledge level of young women about cloth sanitary napkins was insufficient, amounting to 4 (7%), the level of knowledge of young women was sufficient by 7 people (12.3%), while the level of knowledge of young women about good cloth sanitary napkins was 46 people. (80.7 %). Most of the respondents in this study had an average moderate interest in using cloth sanitary napkins with a total of 42 people (73.7%), a great interest in using cloth sanitary napkins for young women with a low interest category amounted to 9 people (15.8%), while high interest category amounted to 6 people (10.6%). There is a relationship between the level of knowledge about cloth sanitary napkins and interest in using cloth sanitary napkins for young women at SMP Negeri 2 Sewon with the result the p value is 0.009 so that the p value <0.05 which means H_0 is rejected and H_a is accepted.

Suggestion For respondents, it is suggested for respondents to be more effective in choosing sanitary napkin products and before deciding to be interested in using sanitary napkins, by seeking more information about the benefits and advantages of cloth sanitary napkins. For schools or institutions, it is recommended for schools to increase the provision of education regarding reproductive health which is included in subjects such as physical and spiritual education or science, and activate PIK-KRR, so that adolescents can understand more clearly about reproductive health and become a forum for young women to engage in useful activities. In addition, schools can work with health centers or other health services to provide reproductive health education to adolescents and provide information about values, norms and how to improve reproductive health, especially personal hygiene during menstruation and choosing cloth pads. For parents, providing support or motivation to young women in choosing sanitary napkins is better to prioritize health and comfort, because many pads that are not suitable can cause itching or irritation for users. Future research is expected to be able to add internal variables in future research such as respondents' perception factors and external

variables such as environmental factors and are also expected to be able to use other methods such as qualitative so that more information is obtained from respondents. Providing support or motivation to young women in choosing sanitary napkins is better by prioritizing health and comfort, because many pads that are not suitable can cause itching or irritation for the user. Future research is expected to be able to add internal variables in future research such as respondents' perception factors and external variables such as environmental factors and are also expected to be able to use other methods such as qualitative so that more information is obtained from respondents. Providing support or motivation to young women in choosing sanitary napkins is better by prioritizing health and comfort, because many pads that are not suitable can cause itching or irritation for the user. Future research is expected to be able to add internal variables in future research such as respondents' perception factors and external variables such as environmental factors and are also expected to be able to use other methods such as qualitative so that more information is obtained from respondents.

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