

ABSTRAK

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Menstrual Hygiene Management merupakan aspek penting dalam menjaga kesehatan reproduksi remaja putri. Berdasarkan studi pendahuluan di SMP Muhammadiyah 2 Wanareja, masih terdapat siswi yang belum memahami dengan baik frekuensi penggantian pembalut, cara membersihkan organ genital, dan kebiasaan mencuci tangan saat mengganti pembalut. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat pengetahuan tentang *Menstrual Hygiene Management* dengan perilaku *Menstrual Hygiene Management* pada remaja putri di SMP Muhammadiyah 2 Wanareja. Penelitian kuantitatif dengan pendekatan analitik korelasional dan desain *cross-sectional*. Sampel berjumlah 50 remaja putri dengan teknik *total sampling*. Instrumen menggunakan kuesioner pengetahuan *Menstrual Hygiene Management* sebanyak 16 item dan perilaku *Menstrual Hygiene Management* sebanyak 25 item. Menggunakan uji korelasi Spearman Rank. Sebanyak 30 responden (60%) memiliki pengetahuan *Menstrual Hygiene Management* kategori baik dan 29 responden (58%) memiliki perilaku *Menstrual Hygiene Management* kategori baik. Hasil uji Spearman menunjukkan nilai $\rho = 0,779$ dengan $p\text{-value} = 0,000$ ($p < 0,05$), yang menunjukkan hubungan positif dan kuat. Terdapat hubungan positif dan kuat antara tingkat pengetahuan tentang *Menstrual Hygiene Management* dengan perilaku *Menstrual Hygiene Management* pada remaja putri. Semakin baik pengetahuan, semakin baik pula perilaku *Menstrual Hygiene Management*.

Kata Kunci: Pengetahuan, Perilaku, *Menstrual Hygiene Management*, Menstruasi, Remaja Putri, Kesehatan Reproduksi.

ABSTRACT

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Menstrual Hygiene Management is an important aspect of maintaining adolescent girls' reproductive health. A preliminary study conducted at SMP Muhammadiyah 2 Wanareja revealed that some female students still had limited understanding regarding the appropriate frequency of sanitary pad replacement, proper genital hygiene, and handwashing practices when changing sanitary pads. This study aimed to determine the relationship between the level of knowledge about Menstrual Hygiene Management and practices among adolescent girls at SMP Muhammadiyah 2 Wanareja. This study employed a quantitative correlational design with a cross-sectional approach. The sample consisted of 50 adolescent girls selected using a total sampling technique. Instruments Data were collected using a 16-item Menstrual Hygiene Management knowledge questionnaire and a 25-item Menstrual Hygiene Management behavior questionnaire. Data were analyzed using the Spearman's rank correlation test. A total of 30 respondents (60%) had a good level of Menstrual Hygiene Management knowledge, while 29 respondents (58%) demonstrated good Menstrual Hygiene Management practices. The Spearman's rank correlation test showed a rho value of 0.779 and a p-value of 0.000 ($p < 0.05$), indicating a strong positive relationship. There was a strong positive relationship between the level of knowledge about Menstrual Hygiene Management and Menstrual Hygiene Management practices among adolescent girls. Higher levels of knowledge were associated with better Menstrual Hygiene Management practices.

Keywords: *adolescent girls; knowledge; Menstrual Hygiene Management; Menstrual Hygiene Management practices*