

Analysis of Parents' Needs to Educate Down Syndrome Adolescents About Menstrual Personal Hygiene

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Abstract

The background of this research is the lack of understanding of parents and the absence of a manual regarding menstrual personal hygiene for adolescent girls with Down syndrome. The purpose of this study was to determine the need for the right media to increase parents' understanding of menstrual personal hygiene for children with Down syndrome. The subject selection technique was purposive sampling which was adjusted to the criteria that had been made by the researcher, namely 35 parents with the characteristics of having Down syndrome young women who menstruating, early adulthood to middle adulthood, and domiciled in Karisidenan Surakarta. Data collection techniques using questionnaires and interviews. Data analysis used descriptive analysis based on the results of SPSS and interviews. The results of the study obtained a final value of 3.35 which can be defined as very needy. In the interview, it was found that parents needed a guidebook on menstrual personal hygiene for adolescent girls with Down syndrome. It can be concluded that parents really need a guidebook regarding menstrual personal hygiene for adolescent girls with Down syndrome.

Keywords: down syndrome teenager; menstruation personal hygiene; parents

Abstrak

Latar belakang penelitian ini karena kurangnya pemahaman orang tua dan tidak adanya buku pedoman mengenai personal hygiene menstruasi remaja putri down syndrome. Tujuan penelitian ini untuk mengetahui kebutuhan media yang tepat untuk meningkatkan pemahaman orang tua mengenai personal hygiene menstruasi anak down syndrome. Teknik pemilihan subjek adalah purposive sampling yang disesuaikan dengan kriteria yang telah dibuat oleh peneliti yaitu 35 orang tua dengan karakteristik yaitu memiliki remaja putri down syndrome yang mengalami menstruasi, usia dewasa awal sampai dewasa madya, dan berdomisili di Karisidenan Surakarta. Teknik pengumpulan data menggunakan angket dan wawancara. Analisis data menggunakan analisis deskriptif berdasarkan dari hasil spss dan wawancara. Hasil penelitian diperoleh nilai akhir sebesar 3.35 yang dapat didefinisikan sangat membutuhkan. Pada hasil wawancara diperoleh hasil orang tua membutuhkan adanya buku pedoman mengenai personal hygiene menstruasi remaja putri down syndrome. Dapat disimpulkan bahwa kebutuhan orang tua mengenai buku pedoman personal *hygiene* menstruasi remaja putri *down syndrome* sangat tinggi.

Kata kunci: orangtua; remaja *down syndrome*; personal hygiene menstruasi

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INTRODUCTION

Data from the World Health Organization (WHO) in 2015 stated that 1/5 of the world's population consists of adolescents. Adolescents are residents with an age range of 10-19 years. Meanwhile, it was further explained that the ASIA Pacific population is 60% of the world's population and 1/5 of that number are teenagers (WHO, 2015). Meanwhile, the 2010 Population Census showed that 43.5 million or about 18% of the total population of Indonesia were in the 10 – 19 year age group (Kemenkes RI, 2014).

Adolescence is a period of transition from childhood to adulthood. This period is marked by the maturation of the reproductive organs and is often referred to as puberty. Puberty that occurs in adolescent girls is usually marked by the first menstruation (menarche) (Citrawathi, 2014).

Adolescents with mental retardation, like other young women, also experience puberty and menstruation. Mentally retarded children are children who have intellectual abilities below the average (Somantri, 2007). Meanwhile Delphie (2006) stated that mental retardation refers to substantial limitations in current functioning. It is characterized by a significant sub-average of intellectual functioning, existing concurrent use of adaptive skill areas: communication, self-care, and home life. So there is a need for assistance or assistance in completing instructions at home, school, or in the community. The inhibition of intellectual development has an impact on delays in receiving information and adaptation skills so that it affects understanding in the age growth and biological development of a mentally retarded teenager who continues to grow and develop like a normal child.

One of the mentally retarded children is Down syndrome. Down syndrome is one of the classifications of mental retardation due to trisome 21 aberrations in the chromosomal structure of patients (Gunarhadi, 2005). With the inhibition of the cognitive function of children with Down syndrome, it is necessary to provide guidance on adaptive skills through special learning programs for self-development. Learning special programs for self-development is very important for children with Down syndrome, so that they do not have a prolonged dependence and can meet their daily needs independently (Muttaqin, 2008). The curriculum for the special self-development program for Down syndrome includes self-care and health, one of which is menstrual personal hygiene skills. According to Aslan (2017), explaining the scope of learning for children with Down syndrome, one of which is the need for self-care, including personal hygiene skills.

Menstrual personal hygiene is behavior related to actions to maintain health and efforts to maintain cleanliness in the female area during menstruation, these behaviors include; maintaining genital hygiene, such as washing it with clean water, using sweat-wicking pants, changing underwear, changing sanitary napkins frequently, bathing twice a day (Pribakti, 2008). Furthermore, research conducted by Tapparan et al. (2013), suggests that personal hygiene is the maintenance of personal hygiene and individual health carried out in daily life so as to avoid reproductive disorders and obtain physical and psychological well-being and improve health status. A person is said to have good personal hygiene if the person can maintain body hygiene which includes skin, hands, nails, and genital hygiene (Badri, 2012).

Menstrual personal hygiene learning generally will be very easy to be mastered by normal children, but it is not easily mastered by children with Down syndrome. Lack of understanding of children with Down syndrome on personal hygiene causes children to depend on the help of others. So that the role of parents, teachers, health workers has an important influence in guiding adolescent mental retardation children is needed. According to research by Prihandini et al (2018), it shows that direct

personal hygiene learning accompanied by reinforcement can guide mentally retarded students at every step to complete tasks and understand the concept of puberty so that they are able to master the skills of using sanitary napkins properly and correctly supported by modeling methods.

Learning special programs for self-development in menstrual personal hygiene in children with Down syndrome cannot be separated from the involvement of teachers and parents. The teacher provides the learning at school and parents also apply it at home. Parents play an important role in this learning program because parents are key figures who play a very important role in providing examples, guidance, and affection in the process of children's growth and development (Ginanjar, 2008). Parents can set an example, guide and supervise their children in the personal hygiene skills program for menstruation. This will support the success of children in mastering personal hygiene skills which of course will affect the independence of down syndrome children in taking care of themselves when menstruation arrives.

However, many parents do not understand in implementing a special program for menstrual personal hygiene. Parents experience difficulties in guiding children with Down syndrome during menstruation and teaching menstrual personal hygiene due to the absence of a manual (Rachmawati, 2012). Parents of mentally retarded adolescents often have to seek information independently regarding how to properly educate mentally retarded children. The literacy level of parents will also affect the independence of the mentally retarded child. Research conducted by Wulandari et al., (2016) shows that the higher the level of parental education, the more independent the adolescent girls who experience mental retardation in personal hygiene during menstruation at SLB N Kendal are. This shows that parents need a manual so that they can improve literacy related to the personal hygiene of mentally retarded adolescents. The purpose of this study was to determine the need for the right media to increase parents' understanding of menstrual personal hygiene for children with Down syndrome.

METHOD

This research uses quantitative and qualitative methods. The subject selection technique was purposive according to the criteria made by the researcher, namely mothers with characteristics, namely having Down syndrome adolescent girls who experienced menstruation, early adulthood to middle adulthood, and domiciled in Karisidenan Surakarta. The subjects of this study were 35 parents who had Down syndrome girls who were already menstruating. Data collection techniques using questionnaires and interviews. Quantitative data analysis used descriptive analysis based on the results of the questionnaire scoring. Meanwhile, qualitative data analysis used descriptive analysis of interview results.

The parental needs questionnaire aims to determine the needs of parents regarding personal hygiene learning media for adolescent girls with Down syndrome. There are four indicators for the questionnaire on the needs of parents. Each indicator contains several items, in the first indicator

regarding the teaching program there are 5 items, in the second indicator regarding the program objectives there are 3 items, in the third indicator regarding the technical quality of the learning media content there are 3 items, and in the fourth indicator regarding the effectiveness and efficiency of use there are 4 items. This questionnaire consists of four answer choices with the assessment categories in Table 1.

Table 1. Response Questionnaire Rating Scale

Category	Statement Score
Required	4
Needed	3
Doesn't Need	2
Strongly Don't Need	1

The steps to get the results of the questionnaire analysis are as follows:

- 1) Calculate the average score with the following formula.

with χ = average score; $\Sigma\chi$ = total score of each component; n = number of appraisers.

$$\chi = \frac{\Sigma\chi}{n}$$

- 2) Convert the mean score of the instrument into a qualitative value

After that, all the data obtained for each item of the assessment is then added up, which is referred to as the actual score (X). The actual score is quantitative and then converted into a qualitative value based on the conversion of the score to a scale of four.

The scores obtained are then used as qualitative data using a Likert Scale. Referring to the table of 4 scale values according to Mardapi (2008) the reference value conversion is as follows:

Table 1. Likert scale according to Mardapi

Score range	Category
$X > 3$	Very high
$3 > X \geq 2,5$	High
$2,5 > X \geq 2$	Low
$X < 2$	Very low

The steps to get the results of the questionnaire analysis are as follows:

- 1) Menghitung Calculate the average score with the following formula.

$$\chi = \frac{\Sigma\chi}{n}$$

With χ = mean score of the indicator; $\Sigma\chi$ = total number of statement scores in each indicator; n = number of statements for each indicator.

2) Convert the mean score of the instrument into a qualitative value

After that, all the data obtained for each item of the assessment is then added up, which is referred to as the actual score (X). The actual score is quantitative and then converted into a qualitative value based on the conversion of the score to a scale of four.

RESULTS AND DISCUSSION

In this study, the subjects were given a questionnaire and asked to fill out the questionnaire by giving a checklist in the column Required, Needed, Doesn't Need, and Strongly Don't Need on the questionnaire sheet provided by the researcher. The following is a table of scores for each indicator regarding the needs of parents regarding personal hygiene learning media for adolescent girls with Down syndrome, then averaged and categorized based on the value scale.

Table 1. Average Score of Parents' Needs

No.	Indicator	Average Score	Category
1	Teaching program	3.14	Needed
2	Program target	3.41	Required
3	Technical quality of learning media content	3.39	Required
4	Effectiveness and efficient use	3.45	Required
Total Average		3.35	Required

Based on the test results above, the teaching program indicators score 3.14 in the Required category. This shows that parents need the right teaching program for menstrual personal hygiene. Furthermore, the test results on the program target indicators are 3.41 with the category of very need. This shows that parents need appropriate program targets for menstrual personal hygiene.

Based on the test results on the technical quality indicators of the content of the learning media, it obtained a score of 3.39 with the category of very need. This shows that parents need the technical quality of the content of the learning media. Based on the test results on the indicators of effectiveness and efficiency of use obtained a score of 3.45 in the category of very need. This shows that parents need effective and efficient use of media.

Based on the table above, the data obtained that 35 parents of the subject stated that the media guide book was needed in learning menstrual personal hygiene for students with Down syndrome. This can be seen from the average score (\bar{x}) of the media needs assessment of the guidebook of 3.35 which is included in the very good category. The data was obtained from the conversion according to the four scale Mardapi (2008).

The results of the study through interviews with 10 subjects, namely parents of adolescent girls with Down syndrome stated that the subject needed the development of media books to make it easier to teach personal hygiene for girls with Down syndrome. The answer to the first question why the subject needs media for personal hygiene, namely 5 Subjects stated that they really needed it because to better understand menstrual personal hygiene and be able to apply it to children optimally, 2 Subjects stated that they needed it because they wanted to know and understand how to apply menstrual personal hygiene for down children. syndrome, and 3 subjects need it because they want to apply to children about personal hygiene properly according to the teacher's teachings.

In the second question regarding what kind of media is needed, 4 subjects stated that they needed media that was easily accessible and simple, 3 subjects needed media that was easy to understand and easy to apply to children, 3 other subjects stated that they needed media that was easy for children to apply. In the third question regarding whether parents teach personal hygiene, 10 subjects teach menstrual personal hygiene, but they do not understand in depth how proper menstrual personal hygiene is. In the fourth question, what media is used when teaching menstrual personal hygiene. In 4 subjects searched on google but did not really understand about proper personal hygiene, 6 people did not use any media. The fifth question regarding parents in teaching menstrual personal hygiene so far, namely 4 subjects taught by helping children and practicing from google information, 6 subjects fully helping children during menstruation. The sixth question is whether when given personal hygiene learning media it will be used optimally, 10 subjects stated that they would use it optimally because they wanted to teach correct menstrual personal hygiene to children and it was easy to implement.

CONCLUSION

Based on the results of the research that has been carried out, it can be concluded that the majority of guardian parents of adolescent girls with mental retardation or Down syndrome need a guide or media to teach correct menstrual personal hygiene to their daughters. These parents need media that is simple, easy to understand and easily accessible to people of all ages and backgrounds. This need can be caused by the diversity of age and education level of the parents of this young woman with Down syndrome. So far, parents of young women with Down syndrome have tried to find information independently about personal hygiene, but the source of the information obtained is not necessarily true. Therefore, the media in the form of a personal hygiene manual is very much needed and needs to be developed properly so that elements such as easy to understand and easily accessible as mentioned above can be achieved.

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