# ABSTRACT

***Overview of the Level of Knowledge of Adolescent Girls About Personal Hygiene During Menstruation at SMP PGRI 2 Denpasar***

Ni Made Lindia Maharatni Apsari1, I Gusti Ayu Putu Satya Laksmi2, Niken Ayu Merna Eka Sari3

*Menstruation is a biological process that occurs in adolescent girls as part of puberty. One important aspect during menstruation is maintaining personal hygiene, especially of the reproductive organs, to prevent health issues. However, many adolescent girls still neglect personal hygiene during menstruation, which can pose a risk for reproductive health problems. This study aimed to describe the level of knowledge of adolescent girls about personal hygiene during menstruation at SMP PGRI 2 Denpasar. The study used a descriptive quantitative design. The sample consisted of 225 respondents selected using Proportionate Stratified Random Sampling. Data were collected through a questionnaire that measured the level of knowledge about personal hygiene. The results showed that the majority of respondents (66.7%) had sufficient knowledge about personal hygiene. Most respondents with sufficient knowledge were 13 years old (75.2%), had their first menstruation at the age of 11 (75.6%), did not have menstruation experience (67.8%), and obtained information from their parents (70.9%). Sufficient knowledge about menstrual hygiene was influenced by age, menstrual experience, and the sources of information, which were not evenly distributed. Therefore, increased communication between parents and adolescents and more comprehensive education in schools about personal hygiene were necessary.*

**Keywords: Adolescents Knowledge, Menstruation, Personal Hygiene**