

ABSTRACT

Personal hygiene during menstruation is an important effort to maintain reproductive health among female students. Information sources and family support are factors that may influence menstrual personal hygiene practices. This study aimed to determine the relationship between information sources and family support with menstrual personal hygiene among female students at Jember State Polytechnic. This study employed an analytical research design with a cross-sectional approach. The population consisted of all female students at Jember State Polytechnic. A total of 90 respondents who met the inclusion and exclusion criteria were selected using the Proportionate Stratified Random Sampling (PSRS) technique. Data were analyzed using univariate and bivariate analyses with the Chi-Square test. The results showed that most respondents had information sources in the sufficient category, family support in the sufficient category, and menstrual personal hygiene in the good category. The Chi-Square test showed that the p-value for the relationship between information sources and menstrual personal hygiene was 0.000, indicating a significant relationship. Meanwhile, the p-value for the relationship between family support and menstrual personal hygiene was 0.103 indicating no significant relationship among female students at Jember State Polytechnic.

Keywords: *family support; information sources; menstrual personal hygiene.*