



## The Difference Of Health Belief Model Components Utilize Sanitary And Reusable Pads

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### ABSTRACT

Abstract-Sanitary Pads (disposable pads) contain dioxin, very dangerous for female reproduction. Reusable pads (linen pads) can be used as an alternative for menstruation which does not contain harmful chemicals. The aim of research was knowing the differences between components of Health Belief Model of Sanitary Pads and Reusable Pads utilization in Girls at the Muhammadiyah Islamic Boarding School in Tasikmalaya City. The design was a Pre-experiment with the One Shot Case Study Post Test Only Design. The study sample was 30 on 9th graders taken with purposive sampling. Study was found Perceived susceptibility of Reusable Pads is more positive than Sanitary Pads application ( $p$  value = 0.005), Perceived severity of Reusable Pads is no more positive than Sanitary Pads application ( $p$  value = 0.12), Perceived benefits of Reusable Pads is more positive than Sanitary Pads ( $p$  value = 0.011), Perceived barriers of Reusable Pads is no more positive than Sanitary Pads ( $p$  value = 0.76), Self-efficacy perception of Reusable Pads is no more positive than Sanitary Pads application ( $p$  value = 0.232), Cues to action of Reusable Pads is more positive than Sanitary Pads ( $p$  value = 0.016). Overall, adolescents have a better perception of using Sanitary Pads than Reusable Pads. (one blank single space line, 9 point font)

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### 1. Introduction

Every Wanita Usia Subur (WUS) will get period except they have menstrual disorders. Menstrual is fisiology but actually every woman has some problems in menstrual period. One of them is needing pads of menstrual that blood of menstrual in order to does not permeate widely, is comfortable and can do activities as usual.

Since the past people have thought a stuff that can contain menstrual blood effectively. It is called pads. Several kind of pads that is available there are tampons, cup, sanitary pads/ disposable pads and linen pads/ reusable pads. In this phenomenon, almost Indonesian women use sanitary pads. It is pads type that is spread in the market. Those pads are considered that it can contain menstrual blood secure, comfortable and easy to get.

Sanitary Pads make of absorbent material form of woodpulp, rayon, gel, cotton or scrap paper. Absorbent agent of Sanitary Pads is bleached by adding some chemicals and cloryn so that Sanitary Pads has white looks. The process would make new organochlorines like dioxin that is really dangerous for women reproduction<sup>1</sup>. Syatiani's research explain about risk factors of servix cancer in public hospital government Dr. Wahidin Sudirohusodo Makassar, Shout Sulawesi stated that one of risk factors of

cancer servix occurrences is pads utilization that is low quality because of dioxin with analysis of OR (OR=2,320)<sup>2</sup>.

The research by Cancer Indonesia foundation show from 9 sample famous brand of Sanitary Pads in Indonesia, those all product contained clorox respectively about 6.05 ppm; 7.3 ppm; 7.77 ppm; 7.93 ppm; 8.23 ppm; 17.74 ppm; 24.44 ppm; 39.2 ppm and 54.73 ppm<sup>3</sup>. Health Ministry RI set the maximum limited of clorox safety to be used is 5 ppm<sup>4</sup>. Thus it is gotten 9 sample of brand famous Sanitary Pads in Indonesia contained clorox exceeds of limit that have been set.

Amount of women feel irritation as a result of using Sanitary Pads when they get period. Clorox of Chemicals material that countain in Sanitary Pads is one of factors irritation on the skin<sup>5</sup>. There is possibility dangerous chemicals made YLKI announce to Indonesia women to return used fabric pads that can be washed continuedly. Currently re-wash pads has existed that sell in the market and can make byself. Re-wash pads circulating in the market have catchy color combinations, affordable prices and environmentally friendly as could be washed and reused<sup>6</sup>.

Selecting a pads is crucial. A woman is hoped can select the right pads. The wrong of choosen pads can cause irritation, allergic even skin disease and infection. The best pads has smooth surface and high absorbent. The pads does not contain parfume and its materials do not too solid but rather slight<sup>6</sup>.

The result introduction study with using interview approach thecnique by researcher at Islamic boarding school Muhammadiyah Amanah Tasikmalaya city that 15 adolescents 100 percent use Sanitary Pads and do not know kind of Reusable pads. Hence Health Belief Model (HBM) theory interested to be used for it can explain how perception individual influence person to choose healthier behavior. Component of HBM there are perceived susceptibility, perceived severity, perceived benefits, perceived barriers, self-efficacy and cues to action <sup>7</sup>. Therefore researcher interested to do analysis the difference of health belief model components utilize sanitary pads and reusable pads in teenagers.

## 2. Method

This research used quantitative research, the design used pre-experiment, design type was One Shot Case Study Post Test Only Design, implicate sample 1 group within twice treatment that is the first period, respondents are given Reusable Pads and the second period, they are given Sanitary Pads.

This research is done at Islamic boarding school Muhammadiyah Amanah Tasikmalaya city as long as 6 months. The date on 1st February 2020 until 1st July 2020. The sample used Purposive Sampling technique. The sample are adolescents ninth of Islamic boarding school Muhammadiyah Amanah Tasikmalaya city. Taking sample consist two criteria, set by researcher is inclusi and exclusi:

### a) Includi :

- (1) Girls was ninth at Islamic boarding school Muhammadiyah Amanah Tasikmalaya city that have gotten period.
- (2) Girls was ninth at Islamic boarding school Muhammadiyah Amanah Tasikmalaya city that have menstrual normal cycle. Girls was ninth at Islamic boarding school Muhammadiyah Amanah Tasikmalaya city that have menstrual duration about 5 – 7 days.
- (3) Girls was ninth at Islamic boarding school Muhammadiyah Amanah Tasikmalaya city that

### b) Excludi :

- (1) Girls was ninth at Islamic boarding school Muhammadiyah Amanah Tasikmalaya city that absent when was done research.
- (2) Drop out if they do not follow research procedure.

The manner of taking this sample used minimum sample at 30 people from 4 class that accordance research criteria and drop out estimation number at 10% from sample total that were 3 person. Overall sample were 33 people. There are 3 respondents were drop out because they do not follow the procedure caused they do not bring Reusable Pads when they come back to their hometown.

Research instrument used in data incorporation is questionnaire. That is made by researches and have done validity and reliability. The questionnaire about Health Belief Model component in Sanitary Pads and Reusable Pads utilization, used likert scale that have 5 answer option that is “fully agree (SS)”, “agree (ST)”, “hesitant (RG)”, “disagree (TS)”, “fully disagree (STS)”. The statement

consist 6 categories. Score for favorable answer (SS=5, ST=4, RG=3, TS=2, STS=1) whereas score for unfavorable answer (SS=1, ST=2, RG=3, TS=4, STS=5). Test is used in the last saction after respondents have tried Sanitary Pads and Reusable Pads. Respondents are given questionnaire that consist 40 questions in respective variable.

### 3. Results and Discussion

#### a) Description of Health Belief Model component Sanitary Pads and Reusable Pads utilization in adolescent girl at XI in Boarding School of Muhammadiyah Amanah Tasikmalaya City 2020.

Table 1

No.		Komponen Health Belief Model		Descripton of Health Belief Model component Sanitary Pads and Reusable Pads							
				Ddisposable menstrual pads				Reusable menstrual pads			
				Positif		Negative		Positif		Negative	
				F	%	F	%	F	%	F	%
1.	Perceived susceptibility (persepsi kerentanan)	11	36,7	19	63,3	22	73,3	8	26,7		
2.	Perceived severity (persepsi keparahan)	13	43,3	17	56,7	19	63,3	11	36,7		
3.	Perceived benefits (persepsi manfaat)	17	56,7	13	43,3	26	86,7	4	13,3		
4.	Perceived barriers (persepsi hambatan)	5	26,7	22	73,3	7	23,3	23	76,7		
5.	Self-efficacy (persepsi keyakinan)	28	93,3	2	6,7	25	83,3	5	16,7		
6.	Cues to action (isyarat untuk bertindak)	24	80,0	6	20,0	15	50,0	15	50,0		

Based on the table 1 is gotten that from 30 repondents largely girls have self-efficacy positive perception to Sanitary Pads by 28 respondents (93,3%) its mean that largely girls felt capable to use Sanitary Pads and largely girls have Perceived barriers negative to Reusable Pads by 23 respondents (76,6%) its mean that largely girls felt nothing weakness when used Reusable Pads such as leak easily, have to allocated money in every month to buy reusable pads and plastic bag to throw it after usage, using it is uncomfortable as felt fid and the cunt felt damp when use it.

#### b) The defferences of Health Belief Model component in sanitary pads and reusable pads utilization for adolescent girl at Boarding school of Muhammadiyah Amanah Tasikmalaya city in 2020.

Tabel 2

The defferences of Health Belief Model component in sanitary pads and reusable pads utilization

No.	Komponen Health Belief Model	Disposable Menstrual Pads			Reusable Menstrual Pads			p – Value
		n	Mean Rank	Sum rank	n	Mean Rank	Sum rank	
1.	Perceived susceptibility (persepsi kerentanan yang dirasakan)	30	13.63	259	30	11.00	66.00	0.005 Z= -2.831
2.	Perceived severity (persepsi keparahan yang dirasakan)		15.71	188.50		9.29	111.50	0.124 Z= -1540
3.	Perceived benefits (persepsi manfaat yang dirasakan)		17.94	305.00		9.18	101.00	0.011 Z= -2557
4.	Perceived barriers (persepsi hambatan)		13.46	188.50		14.58	189.50	0.767 Z=-296

yang dirasakan)						
5.	Self-efficacy (persepsi keyakinan)	10.56	84.50	12.04	168.50	0.232 Z= - 1996
6.	Cues to action (isyarat untuk bertindak)	8.83	53.00	13.72	247.00	0.016 Z= - 2.416

Uji mann withney;  $\alpha = 5\%$

It is that be found Health Belief Model component distinction of sanitary pads and reusable pads utilization for 3 elements that is, perceived susceptibility it means girls felt low probability stricken a disease, Perceived benefits it means there have several high benefits such as practical used, comfortable, does not feel fid and does not leak easily and Cues to action it means they felt exist support or motivation that is shown by value  $p < 0.05$ .

There is no Health Belief Model component distinction of sanitary pads and reusable pads utilization for 3 elements that is, Perceived severity that means girls felt there is no a disease that will be gotten, Perceived barriers that means largely girls felt exist weaknesses such as easily leak, have to allocated money for every single month to buy pads and plastic bag to throw the rubbish, comfortable and the cunt felt fid when used and Self-efficacy that means largely girls perceive low confidence to success used it by value  $p > 0.05$ .

#### a) Description of Health Belief Model in Sanitary Pads and Reusable Pads utilization at Boarding School Muhammadiyah Amanah Tasikmalaya City.

From 30 respondents, by 19 respondents (63,3%) have Perceived susceptibility toward Sanitary Pads usage tend negative it can be said that largely girls perceive high possibility incur a disease toward Sanitary Pads utilization. Accordingly statement (Arum et al, 2015), many women suffer irritation when they used Sanitary Pads when got period. Chemical of clorhine found in Sanitary Pads is one of irritation factors.

By 17 respondent (56,7%) have perceived severity tend negative toward Sanotary Pads usage it can be said that largely girls perceive there is a disease that will be found cause Sanitary Pads. There is case caused dioxins that found in Sanitary Pads in syatiani research, about factor risk servix cancer at government public hospital Dr, Wahidin Sudirohusodo Makassar, Sulawesi Selatan, declare that one of factor risk chance servix cancer is pads usage that is low quality caused dioxins by analysis OR (OR=2,320)<sup>2</sup>.

By 17 respondents (56,7%) have perceived benefits tend positive toward Sanitary pads usage can be said that largely girls perceive Sanitary pads is very practical used, comfortable, does not feel fid and leak when they used it.

This is in accordance with the theory which states factors that influence a person to choose to use the type of sanitary napkin during menstruation are because of the information media and most importantly economic factors, thus numerous of women prefer the type of sanitary napkin at an affordable price. The benefits felt by respondents using Sanitary Pads according to how they feel in general<sup>35</sup>.

As many as 22 respondents (73,3%) have negative perceived barriers to the use of Sanitary Pads, it can be said that most young women feel that there are weaknesses when using Sanitary Pads, such as easily leaking, having to allocate money every month for buy sanitary napkins and plastic bags for disposal after use, it is uncomfortable to use because it feels lumpy, and the vagina feels moist when used.

A total of 28 respondents (93,3%) had self-efficacy that tended to be positive towards the use of Sanitary Pads. It can be said that most of the young women felt that there was confidence in the ability to successfully use Sanitary Pads. The ability that supports will affect a person's behavior. We can see

from the results that respondents can use Sanitary Pads to cope with their menstrual period. According to the research of Eka et al. 2018, Some of the reasons for using regular pads and pantyliners are because they are widely available in the market and they are cheap and affordable<sup>35</sup>.

As many as 24 respondents (80%) had cues to action tended to be positive about the use of Sanitary Pads. It can be said that most of the young women felt support or motivation to use Sanitary Pads.

In the 30 respondents, 22 respondents (73.3%) had Perceived susceptibility to the use of Reusable Pads which tended to be positive, it can be said that most adolescents felt that they were less likely to develop a disease on the use of Sanitary Pads.

As many as 19 respondents (63.3%) had a positive tendency towards the use of Reusable Pads, it can be said that most of the young women felt that there was no disease that would be caused by the use of Reusable Pads. According to the theory that Sanitary Pads do not cause irritation, so they are safe to use and have no side effects because they do not contain harmful chemicals and can be used for a long time because they are not easily damaged with 3 years of utilization ( $\pm$  36 times of use)<sup>6</sup>. The manufacturing materials contained in Reusable Pads provide confidence to a person that the minimum side effects will be caused.

As many as 26 respondents (86.7%) had perceived benefits that tended to be positive towards using Reusable Pads, it can be said that the majority of young women felt that Reusable Pads were very practical to use, comfortable to use, did not feel obstructed and did not leak easily when usage.

In a study by Julie Hennegan, et al (2016), it was found that young women reported that they felt that reused sanitary napkins could be used to keep the genital area clean, had good absorption when sitting for a long time, and were not worried about activities during menstruation<sup>14</sup>.

Reusable Pads made from high-quality t-shirts are chosen because they have the following properties: Have a strong absorption capacity, are soft and comfortable to wear, if they get stains or blood they do not stick and are easy to wash, they are heat resistant (iron) so that they keep the material sterile, colors don't fade and are safe to wear at any time, does not cause irritation so it is safe to use It has no side effects because it does not contain harmful chemicals and can be used for a long time because it is not easily damaged 3 years ( $\pm$  36 times of use)<sup>6</sup>.

A total of 22 respondents (76.7%) have perceived barriers that tend to be negative towards the use of Reusable Pads, which means that teenagers feel that there are several weaknesses when using Reusable Pads such as easy to leak, having to allocate money every month to buy sanitary napkins. and a trash bag after use, uncomfortable to use, and the vagina feels moist when used. As many as 25 respondents (83.3%) have a positive self-efficacy towards the use of Reusable Pads. Positive self-efficacy means that young women feel confident in their ability to successfully use Reusable Pads.

In the research of Eka et al. 2018, some of the reasons for using regular sanitary napkins and pantyliners are because they are widely available in the market and they are cheap and affordable. Another reason for not using cloth sanitary napkins is that they are not very familiar with cloth sanitary napkins and they are uncomfortable and don't want to because they may have to do another wash with regular and one-time use herbal and herbal sanitary napkins and pantyliners<sup>35</sup>.

As many as 15 respondents (50%) have cues to action which tend to be positive and as many as 15 respondents (50%) have cues to action which tend to be negative towards the use of Reusable Pads. From the data, we can see that respondents with positive and negative cues to action. Allows the presence or absence of environmental support and promotion of television advertising in the use of Reusable Pads.

When a person is motivated and can perceive a beneficial action to take, actual change often occurs when there are external or internal cues to trigger the action. The magnitude of the cue needed to trigger action will depend on the motivation to change and the perceived benefit<sup>22</sup>.

The lack of information about Reusable Menstrual Pads makes for a lack of motivation to try. So that changes to healthy behavior actions do not occur. So from the need for health promotion for adolescents in the selection of good sanitary napkins.

**b) Comparison of the components of the Health Belief Model of using Sanitary Pads and Reusable Pads at the Muhammadiyah Amanah Islamic Boarding School, Tasikmalaya City.**

Based on the results of the study, 30 respondents had a positive perceived susceptibility to the use of Reusable Pads compared to Sanitary Pads in accordance with the results of the Mann Withney test analysis  $p = 0.005$ . It can be seen that after they received information about the use of good sanitary napkins and experienced the side effects when using the Sanitary Pads, the respondents realized the risk of reproductive disorders due to the harmful content of the Sanitary Pads.

In accordance with the statement (Arum et al, 2015) Quite a lot is also circulating in the community today, namely irritation in women when using Sanitary Pads during menstruation. The chlorine chemical found in Sanitary Pads is one of the irritating factors for the skins<sup>5</sup>.

Of the 30 respondents, have a low perceived severity of the use of Sanitary Pads compared to Reusable Pads according to the results of the Mann Withney test  $p = 0.124$ . it can be interpreted that young women think that they have not become a threat to themselves in the use of Sanitary Pads and their preventive behavior is low.

Whereas there are case data due to the dioxin content contained in the Sanitary Pads in Syatiani's research, regarding the risk factors for cervical cancer at the Dr. Government General Hospital. Wahidin Sudirohusodo Makassar, South Sulawesi, stated that one of the risk factors for cervical cancer is the use of low-quality sanitary napkins due to dioxin content with OR analysis (OR=2,320)<sup>2</sup>.

In terms of profit, respondents felt high perceived benefits for using Reusable Menstrual Pads compared to Disposable Menstrual Pads, it can be seen from the results of the Mann Withney test analysis  $p = 0.011$ . Respondents have experienced themselves using Disposable Menstrual Pads and Reusable Menstrual Pads 1 cycle during menstruation respectively.

In accordance with the statement that Reusable Pads made from high-quality t-shirts were chosen because they have the following properties: Has a strong absorption, Soft and comfortable to wear, If exposed to stains / blood, it does not stick and is easy to wash, heat resistant (iron) so as to keep the material sterile, color does not fades and is safe to use at any time, does not cause irritation so it is safe to use It has no side effects because it does not contain harmful chemicals and can be used for a long time because it is not easily damaged ( $\pm 36$  times of use)<sup>6</sup>.

When respondents apply the use of Sanitary pads or Reusable Pads they have several obstacles. It can be seen from the results of the Mann Withney test analysis  $p = 0.767$ . Barriers to use tend to be higher with the use of Reusable Pads. Reusable Pads are a novelty, when someone is used to using Disposable menstrual pads and then uses Reusable Pads the person considers the effectiveness of the action against the perception that it may be expensive, dangerous (eg, side effects), unpleasant (painful), take time or trouble<sup>26</sup>.

When there are obstacles that occur in taking an action, it will also affect confidence in one's own abilities. Based on the results of the Mann Withney test analysis  $p = 0.767$ , it shows that the self-efficacy for using Sanitary Pads is higher than Reusable Pads.

In the research of Eka et al. 2018, some of the reasons for using regular sanitary napkins and pantyliners are because they are widely available in the market and they are cheap and affordable. And the reason they don't use cloth sanitary napkins is that they are not very familiar with cloth sanitary napkins and they are uncomfortable and don't want to because they may have to do another wash with regular and one-time use herbal sanitary napkins and pantyliners<sup>35</sup>.

In the study respondents were given information about the use of good sanitary napkins. They have a perception of support and the information obtained about Reusable Pads can be seen from the results of the Mann withney test analysis  $p = 0.016$  which means that the perception of cues to action on Reusable Menstrual Pads is more positive than Disposable Menstrual Pads. Therefore, there is a need for further information exposure to other adolescents in the use of good sanitary napkins so that there is motivation to care more about their reproductive health.

Consistent with the theory that when a person is motivated and can perceive an action as profitable to take, actual change often occurs when there are external or internal cues to trigger the

action. The magnitude of the cue needed to trigger action will depend on the motivation to change and the perceived benefit<sup>22</sup>.

Overall, out of 30 respondents who have the Health Belief Model prefer to use Sanitary pads compared to Reusable Pads, it can be seen from the data that the use of Reusable Pads is positive only on 3 elements, namely perceived susceptibility, Perceived benefits and Cues to action which is indicated by the p value < 0.05. Meanwhile, a good Health Belief Model includes all the good elements.

#### 4. Conclusion

This reaserch discusses based on previous chapter, the following conclusions will be drawn:

- a) Most young women have a negative Perceived susceptibility to the use of Sanitary Pads.
- b) Most adolescent girls have a negative perceived severity on the use of Sanitary Pads.
- c) Most young women have positive perceived benefits of using Sanitary Pads.
- d) Most young women have positive perceived barriers to the use of Sanitary Pads.
- e) Almost all adolescent girls have positive self-efficacy on the use of Sanitary Pads.
- f) Almost all young women have positive cues to action on the use of Sanitary Pads.
- g) Most young women have a positive Perceived susceptibility to the use of Sanitary Pads.
- h) Most adolescent girls have a positive perceived severity on the use of Sanitary Pads.
- i) Almost all adolescent girls have positive perceived benefits of using Reusable Pads.
- j) Almost all adolescent girls have positive perceived barriers to the use of Reusable Pads.
- k) Almost all adolescent girls have positive self-efficacy on the use of Sanitary Pads.
- l) Most young women have positive cues to action on the use of Sanitary Pads.
- m) There are differences in the components of the Health Belief Model using Sanitary Pads and Reusable Pads on 3 elements, namely perceived susceptibility, Perceived benefits and Cues to action. There is no difference in the components of the Health Belief Model using Sanitary Pads and Reusable Pads on 3 elements, namely Perceived severity, Perceived barriers and Self-efficacy.

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