

THE USE OF FABRIC SANITURES TO MAINTAIN WOMEN'S REPRODUCTIVE HEALTH AND ENVIRONMENTALLY FRIENDLY

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Abstract – Karangkulon is famous as a support that most of its citizens work as healers and are done by women. The use of disposable pads has a devastating impact on women's reproductive health and environmental hygiene. On that basis, To meet the needs of Karangkulon residents, the KKN team of UIN Sunan Kalijaga Yogyakarta located in Karangkulon, Wukirsari, Imogiri, Bantul, Yogyakarta launched a socialization activity program cloth pads with the aim of helping the surrounding residents to pay more attention to environmental hygiene and women's reproductive health by switching from the use of disposable sanitary pads to the use of cloth pads. The methods used in this community service activity are socialization and training through video meetings and the distribution of colored leaflet media to citizens. The result of this program is a good response or feedback from the community. The enthusiasm of the citizens attending the video meeting by asking various kinds of questions proves the interest and curiosity of Karangkulon residents about cloth pads more deeply. Therefore, the socialization and training of cloth pads is the right choice in inviting citizens especially women to be more aware of women's reproductive health and environmental hygiene.

Keywords: pads, prevention, socialization, training.

1. INTRODUCTION

A. Background

Single-use sanitary napkins are one of the biggest contributors to plastic waste in the world. Indonesia takes part in taking the role as the country with the largest amount of sanitary napkin waste. It is estimated that the waste from single-use sanitary napkins in Indonesia alone reaches 26 tons per day. Disposable sanitary napkins that have been used and disposed of can produce methane gas which results in environmental damage. Methane gas itself is one of the greenhouse gas elements that causes an increase in temperature on the earth's surface and is the cause of further global warming impacts because its power is 25 times that of carbon dioxide in causing global warming (Rizky Pratama, 2019) in the Journal of the Main Engineering Bulletin volume 14 entitled *Efek Rumah Kaca Terhadap Bumi*. Not only has the potential to increase global warming, waste from single-use sanitary napkins is also difficult to decompose on the ground, so it takes a very long time to decompose the waste. And even if thrown into the sea, this disposable sanitary napkin will actually damage the underwater biota ecosystem.

In addition to potentially damaging the environment, disposable sanitary napkins can also harm health. Disposable sanitary napkins contain ingredients that are very dangerous for the female sex organs because they are not made of 100% cotton. Disposable sanitary napkins are mostly made of cellulose gel and plastic which contain harmful ingredients such as chlorine, dioxins, petrochemical additives, synthetic fibers and phthalates which can cause deadly diseases such as cancer, thyroid malfunction, infertility, and many more adverse effects caused by disposable sanitary napkins for health (Terry Y.R Pristya and Rizky Amalia, 2021) in the Journal of Community Service Volume 6 entitled *Warga TPA Cipayung Penggiat Zero Waste: Produksi Pembalut Kain Selamatkan Diri dan Lingkungan*.

Due to the many negative impacts caused by the use of single-use sanitary napkins, it is appropriate that people now turn to use of environmentally friendly cloth sanitary napkins and of course safe for the health of the female intimate organs. The Karangkulon hamlet community is the main target for our team to carry out KKN in the hamlet. Viewed from the demographic side of the majority of residents who work as batik and are mostly done by women, it is appropriate to disseminate information about the use of cloth sanitary napkins which have many benefits.

Apart from environmental hygiene and health, cloth sanitary napkins also have a much more economical price compared to purchasing single-use sanitary napkins. The people of the Karangkulon hamlet are also still unfamiliar with the term cloth sanitary napkins and still often use disposable sanitary napkins whose waste is usually disposed of in the landfill or even burned, which has a very bad impact on the environment. Therefore, the purpose of socialization and training in the use of cloth pads invites the community to move from disposable pads to fabric pads that are environmentally friendly and safe for health.

Unfortunately, because community service activities occurred during the Covid-19 pandemic, socialization and training had to be carried out online to avoid unwanted things. However, to keep the enthusiasm of the residents, representatives from the independent KKN team of class 105 UIN Sunan Kalijaga Yogyakarta still provided media in the form of leaflet as a practical form so that residents can make their own cloth sanitary napkins following the directions from the online training.

B. Literature Review

The menstrual cycle experienced by women every month certainly makes women have special needs every month. Most of the sanitary napkins used during menstruation are still factory products that can only be used once. The materials for making these sanitary napkins are also not all safe for women's reproductive health. Seeing this, now the movement is starting to use cloth sanitary napkins that are safe for women's reproductive health and good for environmental hygiene. Various studies on cloth sanitary napkins have been studied previously. The following are studies related to cloth sanitary napkins that have been carried out by previous researchers.

First, research conducted by (Diniyati and Pauline Kusmaryati, 2020) in an online article POLTEKES KEMENKES Jambi volume 13 entitled *Pengembangan Pembalut Kain Yang Ramah Lingkungan Sebagai Alternatif Pilihan Untuk Kesehatan Reproduksi Perempuan*. This study explains the development of sanitary pads by using cloth as its main base material. This research is a development research using an experimental quantitative approach. This study shows that cloth sanitary napkins are comfortable, non-irritating, and friendly to the environment. Leaks can also be avoided by paying attention to the width of the cloth pads made and the materials used. The results of the study were obtained from trials on the absorption of sanitary napkins and field trials of 5 midwives and 33 students. By looking at the results of the study, it can be said that cloth sanitary napkins have many benefits and positive responses. Suitable for use because the materials used are safe and in accordance with the needs of women. The similarity of previous research with the research to be carried out is that the selected object is the same, namely regarding the use of cloth sanitary napkins, women's reproductive health as well as the impact of cloth pads on the environment.

Second, research conducted by (Terry YR Pristya. and Rizki Amalia, 2020) in the Indonesian Community Service Journal Vol.3 entitled *Edukasi Dengan Media Leaflet Dalam Upaya Peningkatan Pengetahuan Ibu Tentang Pembalut Kain*. This study provides knowledge about the dangers of using single-use sanitary napkins for health or the environment so that counseling is held for local mothers. The method used in this research is the extension method with leaflet media. In this study also explained about the meaning of environmentally friendly sanitary napkins as well as counseling to the community in the form of giving leaflets to take home. They can learn more about things like this outside of the outreach activities. Before and after conducting the counseling, the mothers were given questions in the

form of a post test, the aim was to find out their knowledge regarding cloth sanitary napkins before and after the counseling was held. From these questions, it can be concluded that their knowledge after attending the counseling increased.

Third, research conducted by Annisa Baharuddin, Henni Kumaladewi Hengky, and Ayu Dwi Putri Rusman (2019) in the Scientific Journal of the University of Muhammadiyah Parepare volume 2 entitled *Pengaruh Penggunaan Pembalut Saat Menstruasi Terhadap Resiko Kanker Serviks Pada Siswi SMK Pangkejene Sidenreng Rappang*. This study explains the importance of choosing safe sanitary napkins for women's reproductive health. The method used in this research is descriptive analytic with a cross sectional study design. In contrast to previous studies that introduced cloth sanitary napkins to the public, in this study more emphasizing on the wrong choice of sanitary napkins will have a negative impact on health such as cervical cancer. It is also explained that the fault in choosing sanitary napkins is a source of bacterial growth that will affect women's reproductive health. In this study it can be concluded that maintaining and caring for female reproduction is very important to avoid cervical cancer and pay attention to the content contained in the sanitary napkins used and continue to use good quality sanitary napkins.

From the results of research that has been done previously choosing a sanitary napkin is an important thing that must be considered by a woman. In addition to the risk of danger when choosing sanitary napkins carelessly, environmental pollution by using disposable sanitary napkins also requires more attention because until now there has been no good handler regarding the waste of sanitary napkins.

C. Framework

Menstruation is something that most women experience every month. The use of sanitary napkins can no longer be separated. Most people still choose to use disposable sanitary napkins. If you look closely, not all materials used in disposable sanitary napkins are safe for women's reproductive health. Management of sanitary napkin waste also cannot be handled properly so that if the use of disposable sanitary napkins is continuously carried out it will affect environmental pollution. Lack of knowledge about the adverse consequences of the use of disposable pads either for themselves or the environment makes people still often use disposable pads. That way the role of the drivers of healthy living is needed to build public awareness in choosing safe and comfortable sanitary pads.

With the socialization movement about cloth sanitary napkins, their knowledge will increase. This can motivate them to live a healthy life. By giving this outreach, it is hoped that the community will think twice about continuing to use disposable sanitary napkins and prefer to switch to cloth sanitary napkins. Where these cloth sanitary napkins do not contain materials that are harmful to women's reproductive health and do not cause environmental pollution because there is no

process of disposal of the sanitary napkins, but the sanitary napkins will be washed clean and then dried in the sun after the sanitary napkins are dry, can be reused.

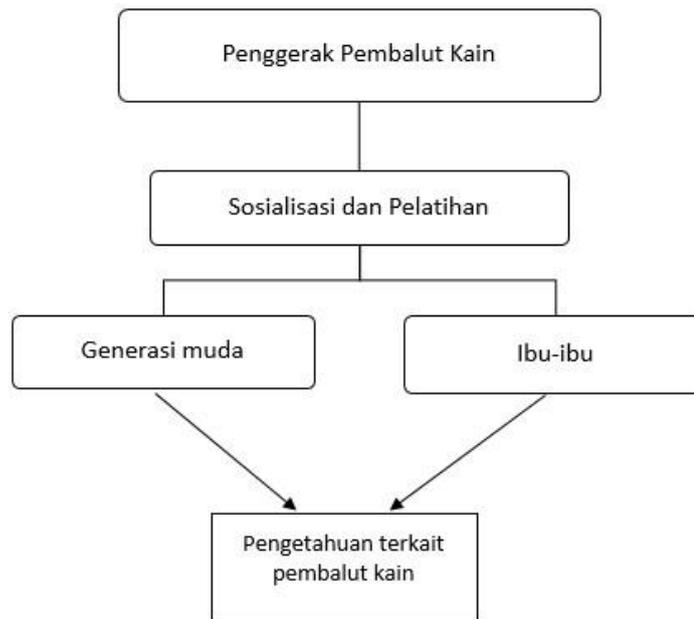


Figure 1. Framework of Study

D. Research Formula

1) Formula of the problem

- a) How do cloth sanitary napkins affect women's reproductive health?
- b) How do cloth sanitary napkins affect the cleanliness of the environment?
- c) How interested is the community in the socialization of making cloth sanitary napkins?
- d)

2) The aim of research

- a) To determine the effect of using cloth sanitary napkins on women's reproductive health.
- b) To determine the effect of using cloth sanitary napkins on the surrounding environment.
- c) To find out the enthusiasm of the community regarding the socialization and training of making cloth sanitary napkins.
- d)

3) Benefits of research

The target of the socialization and training on the manufacture of cloth sanitary napkins is the women of the Karangkulon hamlet. This activity was intensified to increase the knowledge of these mothers in order to reduce the use of single-use sanitary napkins and switch to the use of cloth sanitary napkins. So that this training in making cloth sanitary napkins can later be applied to herself and can share the knowledge of making and using these cloth sanitary napkins to her family, relatives and neighbors.

2. METHOD

This community service activity for the Karangkulon hamlet, Wukirsari subdistrict, Imogiri, Bantul, Yogyakarta, which took place on Sunday, July 24, 2021, used a qualitative approach. In addition, the method used is also in the form of socialization and training through video meeting in app zoom meeting as a result of the Covid-19 pandemic, which at that time was skyrocketing. There were 18 participants who attended the socialization and training on making cloth sanitary napkins, with the majority being women. The socialization and training on making cloth sanitary napkins went well and received a good response from the residents.

The enthusiasm of the residents can be seen from the various questions asked to the speakers related to cloth sanitary napkins. To facilitate the training activities for making cloth sanitary napkins, the KKN team from the 105th generation of UIN Sunan Kalijaga has provided media in the form of leaflet to residents so that they can be directly put into practice during the training. In addition, our KKN team also distributed video tutorials for making cloth sanitary napkins so that they can be distributed to families and relatives of Karangkulon hamlet residents who are interested in applying the use of cloth sanitary napkins as a substitute for single-use sanitary napkins which are quite dangerous for the environment and the health of female intimate organs.

3. RESULTS AND DISCUSSION

Socialization and training on making cloth sanitary napkins was carried out by distributing attractive posters related to single-use sanitary napkins. Karangkulon hamlet communities who are interested in PeKa activities can join through the Whatsapp group. If there are less than 10 participants, the socialization activity is planned only by sharing understanding and explanations about cloth sanitary napkins based on the videos available on youtube. If it is above that, then the socialization can be carried out with a question and answer discussion related to cloth sanitary napkins by doing video meeting in app zoom meetings. Judging from the good response of the community with the number of participants who joined the Whatsapp group of more than 10 people, the socialization was carried out online through video meeting in app zoom meeting. As a follow-up to the socialization that has been carried out, training was also held to teach the community how to make cloth sanitary napkins.

The implementation of socialization activities and training on making cloth sanitary napkins is carried out online through the application zoom meeting It was attended by 18 participants. To help residents who don't have the opportunity to participate in socialization activities and training on making cloth sanitary napkins, we also do distributions youtube link which contains recordings of socialization addressed to the public who are unable to attend the event zoom meeting.



Figure 2. PeKa Socialization and Training Pamphlet

The socialization was carried out by means of a question and answer discussion between the speakers and the audience. The socialization is intended to explain or explain about the use of cloth sanitary napkins and their benefits for the environment and women's reproductive health. While the training is carried out by distributing the materials needed in the form of leaflet which has been cut and formed to make cloth sanitary napkins for the mothers of the Karangkulon community and make a video tutorial on making cloth sanitary napkins which is then distributed via WhatsApp to the public so that they can be directly practiced at home regarding cloth sanitary napkins. The enthusiasm of the residents welcomed this socialization activity well, many residents asked about what cloth sanitary napkins are, their benefits, and how to use and clean these cloth sanitary napkins.

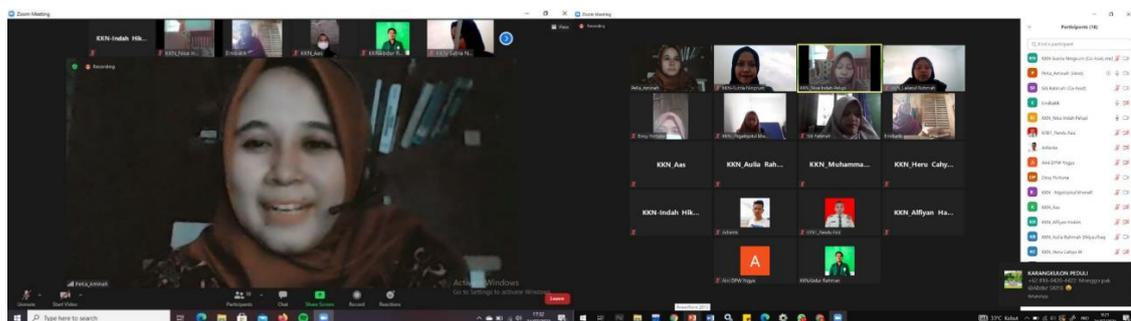


Figure 3. Implementation of PeKa Socialization and Training

The following is the procedure for making and using cloth sanitary napkins based on video tutorials distributed to residents:

1) Prepare the tools and materials:

- 0,25 Parachute cloth
- 2 pieces of Cotton cloth

- Thread
- Elastic
- Marker/Sewing chalk
- Scissors
- Needle

2) Steps of making cloth sanitary napkins:

- a) Make a pattern on the parachute cloth.
- b) Cut the pattern that has been drawn on the fabric.
- c) Do the same with the first cotton cloth.
- d) Put a cotton cloth on top of the parachute cloth (cotton cloth is used for the inside and a waterproof parachute for the outside).
- e) The slippery part of the parachute cloth is positioned on the inside which is lined with cotton cloth.
- f) Position the elastic in the center between the cotton fabric and the parachute.
- g) Sew the two fabrics together with the elastic.
- h) Leave the unstitched part so that the dressing can be turned over.
- i) Turn over the stitched pads.
- j) Attach the buttons to the wings.
- k) Cut the second cotton cloth used as putty (serves to collect menstrual blood).
- l) The putty is folded according to the width and thickness desired by the user.

3) How to use cloth sanitary napkins

- a) Put putty on the elastic
- b) Attach cloth pads to panties
- c) Attach the buttons so that the pads don't slide

Maintaining a woman's reproductive health that must be considered one of them when she is menstruating. Menstruation is periodic and cyclical bleeding from the uterus accompanied by desquamation of the endometrium (Wiknjosastro, 2005). Meanwhile, according to (Prasetyaningtyas, 2007) menstruation is blood that comes out of women when they are healthy, not because of giving birth to children or damage to the hymen. The obligation to maintain health and hygiene related to menstruation is often neglected due to ignorance and lack of attention to the steps that need to be understood when experiencing menstruation (Ruri, M.S., dkk, 2020).

Sanitary napkins are a primary need for women who have experienced menstruation. The function of the sanitary napkins is none other than to accommodate menstrual blood so that women still feel comfortable during their activities. Not only comfort factors, health factors related to the use of sanitary napkins also need to be considered. Starting from the quality of the sanitary napkins and the hygienic behavior of the users of the sanitary napkins. In addition, there are no less important environmental problems caused by these sanitary napkins (Ade Nur Mustofa., et al, 2019). The use of disposable sanitary napkins has

an adverse effect on the health of women's reproductive organs. This is because the disposable sanitary napkins contain some bleaching chemicals that are harmful to the health of the body, especially in the area of the female intimate organs such as phthalates, which are chemicals found in some disposable sanitary napkins. The transfer of the use of cloth sanitary napkins is something that some people glance at because these cloth sanitary napkins do not use hazardous materials at all, only prioritizing the materials used as the basis for making cloth sanitary napkins so that they are comfortable and safe when used.

The absence of harmful ingredients also reduces the risk of irritation. The transfer of the use of cloth sanitary napkins is something that some people glance at because these cloth sanitary napkins do not use hazardous materials at all, only prioritizing the materials used as the basis for making cloth sanitary napkins so that they are comfortable and safe when used. The absence of harmful ingredients also reduces the risk of irritation. The transfer of the use of cloth sanitary napkins is something that some people glance at because these cloth sanitary napkins do not use hazardous materials at all, only prioritizing the materials used as the basis for making cloth sanitary napkins so that they are comfortable and safe when used. The absence of harmful ingredients also reduces the risk of irritation.

Environmental pollution is also the impact of the use of single-use sanitary napkins. The environmental damage factor due to sanitary napkin waste is also the reason why there is a need for knowledge transfer regarding switching to cloth sanitary napkins (Musthofa et al, 2019). As reported by the CNN Indonesia team (28/05/2020) it is stated that every woman who is menstruating can change sanitary napkins 3-5 times every day, even sanitary napkin waste in Indonesia can reach 26 tons per day. It was also stated that "Disposable sanitary napkins use industrially produced plastic materials that are making it difficult to decompose. It takes 500-800 years for single-use sanitary napkins to decompose completely." The reason is that although it looks practical, disposable sanitary napkins can pollute the environment. The advantage of using cloth pads if properly cared for will last longer even up to 2-3 years. This repeated use will reduce the amount of waste sanitary napkins being disposed of.

4. CONCLUSION

The socialization carried out to the Karangkulon Hamlet women in Wonosari village, Bantul, Yogyakarta received a good response in the form of questions they asked related to their curiosity about information about the manufacture, use, and care of cloth sanitary napkins. Based on this response, it can be said that the socialization movement increased their knowledge regarding cloth sanitary napkins. The advantages of cloth sanitary napkins are feasible to replace the use of single-use sanitary napkins for health or the environment. In this study, there are limitations regarding further spatial development. It is hoped that future researchers can conduct further research on the advantages of using environmentally friendly cloth sanitary napkins.

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