

Abstrak  
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Hubungan Dukungan Sosial Ustadzah Dengan *Menstrual Hygiene Management* (MHM) di Pondok Pesantren Raudlatus Syabab Jember, 2026

vii + 107 hal + 5 bagan + 21 tabel + 0 gambar + 18 lampiran

#### Abstrak

**Latar Belakang:** *Menstrual Hygiene Management* (MHM) merupakan praktik menjaga kebersihan dan kesehatan selama menstruasi untuk mencegah gangguan kesehatan reproduksi. Praktik *Menstrual Hygiene Management* pada remaja putri masih menjadi permasalahan, termasuk di lingkungan pondok pesantren. Penelitian ini bertujuan untuk menganalisis hubungan dukungan sosial ustadzah dengan *Menstrual Hygiene Management* pada santriwati di Pondok Pesantren Raudlatus Syabab Jember. **Metode:** Penelitian ini menggunakan desain korelasional dengan pendekatan *cross-sectional*. Populasi pada penelitian adalah seluruh santriwati berusia 12–15 tahun yang telah mengalami menstruasi sebanyak 89 orang. Sampel penelitian berjumlah 73 responden yang dipilih menggunakan teknik *probability sampling* dengan metode *simple random sampling*. Instrumen yang digunakan yaitu dukungan sosial ustadzah dan *Menstrual Hygiene Management* skala Likert dan dianalisis menggunakan uji korelasi *Spearman's rho* dengan tingkat signifikansi  $\alpha = 0,05$ . **Hasil:** Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara dukungan sosial ustadzah dengan *Menstrual Hygiene Management* pada santriwati di Pondok Pesantren Raudlatus Syabab Jember, dengan nilai  $p = 0,000$  ( $<0,05$ ) dan  $r = 0,513$ . Nilai tersebut menunjukkan hubungan positif dengan kekuatan korelasi sedang. **Kesimpulan:** Dukungan sosial ustadzah berhubungan dengan praktik *Menstrual Hygiene Management* pada santriwati. Semakin baik dukungan sosial ustadzah yang di terima, semakin baik pula perilaku *Menstrual Hygiene Management* yang dilakukan.

**Kata kunci:** Dukungan sosial ustadzah, Kesehatan reproduksi, *Menstrual Hygiene Management*, Santriwati.

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*Abstract*

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*The Relationship Between Female Islamic Teachers' Social Support and Menstrual Hygiene Management at Raudlatus Syabab Islamic Boarding School, Jember, 2026*

*Viii + 107 pages + 5 diagrams + 21 tables + 0 picture + 18 appendices*

*Abstract*

**Background:** Menstrual Hygiene Management (MHM) was a practice of maintaining hygiene and health during menstruation to prevent reproductive health problems. Menstrual Hygiene Management practices among adolescent girls remained a concern, including in Islamic boarding school settings. This study aimed to analyze the relationship between social support from female Islamic teachers and Menstrual Hygiene Management among female students at Raudlatus Syabab Islamic Boarding School, Jember. **Methods:** This study employed a correlational design with a cross-sectional approach. The population consisted of all female students aged 12–15 years who had experienced menstruation, totaling 89 individuals. A sample of 73 respondents was selected using probability sampling with a simple random sampling technique. Data were collected using questionnaires measuring social support from female Islamic teachers and Menstrual Hygiene Management using a Likert scale. The data were analyzed using Spearman's rho correlation test with a significance level of  $\alpha = 0.05$ . **Results:** The results showed a significant relationship between social support from female Islamic teachers and Menstrual Hygiene Management among female students at Raudlatus Syabab Islamic Boarding School, Jember, with a  $p$ -value of 0.000 ( $<0.05$ ) and a correlation coefficient of  $r = 0.513$ . These findings indicated a positive relationship with a moderate correlation strength. **Conclusion:** Social support from female Islamic teachers was associated with Menstrual Hygiene Management practices among female students. The better the social support received from female Islamic teachers, the better the Menstrual Hygiene Management practices performed by the students.

*Keywords: Female Islamic Teachers' Social Support, Reproductive health, Menstrual Hygiene Management, Female students.*

*Bibliographi: 52 (2020–2026).*