

The Relationship Between Knowledge And Attitude About Vulva Hygiene With The Incidence Of Vaginal Discharge

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ABSTRACT

Background : Fluor albus is a common condition that often occurs in women, where vaginal discharge is a form of discharge from the vagina but not blood. Although it is often considered normal, vaginal discharge can be a serious problem and a clinical manifestation of various types of diseases. In Indonesia, 75% of women have experienced vaginal discharge. Based on the data we got at the Kutai health center itself, 256 cases of vaginal discharge affected teenage women.

Objectives : This study is to describe the relationship between knowledge and attitudes about vulva hygiene with incidence of leucorrhea in Kutai, Tangerang Community Health Center.

Methods. Quantitative with descriptive correlational method with cross-sectional approach. The sample of this research is a female adolescent between 18-20 years with total of respondents are 79 female adolescents with using the total sampling technique. The instrument used is a questionnaire. The analytical method used is univariate and bivariate.

Results : Based on knowledge, there are 33 respondents (41.8%) have a good level and 47 respondents (59.5%) classified as having an adequate attitude of vulva hygiene, but 71 respondents (89.9%) had experienced pathological vaginal discharge (abnormal). Statistic test regarding the relationship between the level of knowledge and attitudes of female adolescents about vulva hygiene with vaginal discharge shows results p-value: $0.057 > 0.05$ for knowledge and p-value: $0.089 > 0.05$ for attitude so there is no relationship between the level of knowledge and attitudes of female adolescent about vulva hygiene with vaginal discharge.

Conclusion : Expected for Community Health Center, especially in Kutai, Tangerang can build a program that focuses on providing counseling and education about health reproduction for female adolescents so that the incidence of pathological vaginal discharge can be reduced.

KEYWORDS

Attitude, knowledge, vaginal discharge

INTRODUCTION

Reproductive health is a state of complete physical, mental, and social well-being and the absence of disease or disorders related to reproductive systems, its function, and process (Jannah & Sutarno, 2022). The health problem of female organs that often occurs in adolescent girls is vaginal discharge. Vaginal discharge is discharge from the vagina other than blood that is out of the ordinary, whether it smells or is not accompanied by itching, and this can occur normally or abnormally (Waruwu, Rizal & Yuliza, 2021). Until now vaginal discharge is still associated with poor genital hygiene which can lead to an increase in the level of humidity

in the vagina resulting in infection caused by the spread of pathogenic bacteria in the female genital area (Mutianingsih et al., 2022). Because there is still a lack of awareness in adolescents, vaginal discharge, or flour albus has now become a problem that cannot be considered trivial among adolescents. Therefore, a teenager needs to have the knowledge and attitude to take good care of their reproductive organs by doing vulva hygiene.

According to the World Health Organization (WHO), nearly all women and adolescents have experienced vaginal discharge with 60% of cases in adolescents (12-22 years) and 40% in women (23-45 years). Lack of knowledge about vaginal discharge

among adolescents and feeling embarrassed to consult health professionals are the reasons for not seeking treatment (Purbasari, Suesti, Putri & Nengak, 2023). About 90% of Indonesian women have the potential to experience vaginal discharge due to the State Indonesia has a tropical climate. Countries with tropical climates have the potential to cause it's easy for fungi to multiply and cause many cases of vaginal discharge in women. The incidence of vaginal discharge in Indonesia continues to increase every year until it reaches 70% (Melina, 2021). SDKI research results in 2017 show that adolescent knowledge about health is inadequate reproduction.

Total number of Indonesian young women of 23 million people aged 15-24 years, 83% have had intercourse sexually, which means teenagers are likely to experience PMS as one cause vaginal discharge (Sari, 2016). Based on the results of the study, it is stated that the incidence of vaginal discharge in Indonesia increases by 70% every year and it is estimated that up to 50% of young women in Indonesia experience vaginal discharge (Ida Ayu, et al, 2019). Reproductive health problems in adolescent women are often experienced one of them is the problem of vulva hygiene, where adolescent women do not know how to maintain the cleanliness of the genital organs (Ratna, Mariza, Yuviska & Putri, 2023). Vaginal discharge is a serious issue that should not be underestimated, as it can lead to fatal consequences if not treated immediately. Ratna, Mariza, Yuviska & Putri (2023) said that the incidence of vaginal discharge is often caused by vulvovaginal candidiasis bacteria, due to many women not knowing how to clean the vaginal area.

Purbasari et al (2023) said that adolescents need knowledge about reproductive health. Correct information and good knowledge can prevent adolescent girls from various reproductive health disorders including abnormal vaginal discharge. Adolescent girls should be taught self-care during vaginal discharge so that young women can avoid infectious diseases caused by poor hygiene during vaginal discharge (Krisdayanti & Hasyim, 2021). The lack of knowledge about how to maintain reproduction hygiene will have a negative impact on women's reproductive health, especially during menstruation (Maidartati, Hayati & Nurhida, 2016). Poor knowledge, attitude, and behaviors in caring for genital organs can cause vaginal discharge such as wrong directions in cleaning, rarely changing underwear, not drying out the genitals, and wearing fragrance soap and tight pants (Berliana,2018).

Data on the incidence of leucorrhoea recorded at one of the Jalan Kutai Health Centers located in the Tangerang area contained 256 cases of leucorrhoea in adolescents aged 18-20 years where cases of leucorrhoea were recorded from January to October 2022. Some of these 256 cases of leucorrhoea were recorded and found to lead to STI (Sexually Transmitted Infection) disease. The phenomenon of vaginal discharge is cumulative data directly from the Jalan Kutai Health Center in Tangerang. This data is data obtained by health workers through the IVA test (Visual Acetate Inspection), where the IVA test itself is a simple way of detecting cervical cancer which is done as early as possible, so that through this test, health workers, namely midwives, get data related to vaginal discharge.

Jannah & Sutarno (2022) said that a lack of knowledge and information regarding the health of reproductive organs is the cause of the growth of microorganisms that interfere with the function of the reproductive organs. Attitude is an individual's reaction or response that is still closed to a certain stimulus or object, which has related aspects of the comments and the emotions concerned (happy-not happy, agree-disagree, good-bad, likes-dislikes, and so on) (Notoatmodjo, 2010). Therefore, adolescents must understand vaginal discharge so they will know how to maintain the cleanliness of their reproductive organs. For adolescents to be able to perform good vulva hygiene, behavioral changes must be made, and need positive attitude from female adolescents.

Based on this phenomenon, the researcher was interested in knowing the relationship between the level of knowledge and attitudes of late female adolescents regarding the implementation of vulva hygiene on vaginal discharge and carried out a study "The Relationship Between Level of Knowledge and Attitude of Female Adolescents about Vulva Hygiene with the Incidence of Vaginal Discharge in Kutai Community Health Center Tangerang".

METHODS

This study used a quantitative research method with a cross-sectional approach to research design. In this study, the population that we obtained, according to data at the Jalan Kutai Health Center, was a population of 256 women who came to the health center to carry out examinations regarding vaginal discharge in the period from January to October 2022 with an average data of unmarried

adolescent women and who are married. The sample in this study is purposive sampling. In this study, the criteria inclusion were adolescent women between 18 and 20 years, married and unmarried, and willing to become research respondents in the working area of the Kutai Tangerang Community Health Center with a total 79 respondents. The place of implementation in this study was the Kutai Street, Community Health Center. Research takes time from January to March 2023.

The instrument used in this study was a questionnaire adapted to a questionnaire that had been carried out in a previous study by Reineke Praticilia Kalle (2016). The questionnaire in this study consisted of several sections including the first section containing the characteristics of the respondent which included the respondent's initials and the respondent's age, the second section consisting of statements to find out the knowledge about the respondent's vulva hygiene, the third part consisting of statements to find out the attitude regarding the respondent's vulva hygiene, and the fourth part contains questions about vaginal discharge with the use of knowledge level variables with a total of eight statements, attitudes with a total of 10 statements, and vaginal discharge incidents with a total of 11 questions. Vaginal discharge is divided into two items, they are physiological and pathophysiological. Normal discharge or physiological if they are clear white, odorless, not itchy, and abnormal discharge or pathophysiological if they are milky white, yellow, or even green, lumpy or mucous fluid accompanied by an odor or itchy feeling.

This research is no longer tested for validity and reliability because the questionnaire used in this study has become standardized because it has passed the validity test. The validity test of the knowledge level is 1.00 (valid) with the result of the reliability test value is 0.704 (reliable), the result of the attitude validation test about vulva hygiene is 1.00 (valid) with the reliability test value is 0.752 (reliable), and the result of the validity test value of vaginal discharge is 1.00 (valid) with a reliability value of 0.703 (reliable).

Researchers distributed questionnaires in the form of hardcopy to respondents who were in the working area of the Kutai Tangerang Health Center. At the beginning of the questionnaire, there is an explanation regarding information regarding the implementation of the research carried out followed by an agreement to become a respondent. After the respondent filled out the questionnaire that was given, the researcher processed and analyzed each answer from the respondent. Researchers distributed questionnaires in the form of hardcopy to respondents who were in the working area of the Kutai Tangerang Community Health Center.

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RESULTS AND DISCUSSION

Table 1. Respondent Characteristics (n= 79)

Category	Frequency	Percentage (%)
Age		
18	28	35,4%
19	18	22,8%
20	33	41,8%
Background Education		
Junior High School	16	20,3%
Senior High School	51	64,4%
Bachelor	12	15,2%
Job/work		
Employee	11	13,9%
Not working	32	40,5%
Housewife	6	7,6%
Student	29	36,7%
Government employee	1	1,3%
Married status		
Not married	71	89,9%
Married	8	10,1%

Based on table 1 above, the researchers got the result that of the 79 respondents, most respondents were 20 years old, 33 people with a percentage of 41.8%. 51 out of 79 respondents with a percentage of 64.4% had senior high school background education, 32 out of 79 respondents with a percentage of 40.5% were not yet working, and as many as 71 out of 79 respondents with a percentage of 89.9% were not married.

Table 2. Distribution of Knowledge Levels (n=79)

Knowledge Levels	Frequency	Percentage (%)
Good	33	41,8%
Average	30	38,0%
Poor	16	20,3%

According to the results of the data analysis contained in Table 2, the results show that many teenage girls, 33 respondents, (41.8%) had a level of knowledge in the good category.

Table 3. Distribution of Teenage Girls Attitudes (n=79)

Attitudes	Frequency	Percentage (%)
Good	32	40.5%
Sufficient	47	59.5%

Based on the results of the analysis of the data contained in Table 3, the results obtained that many teenage girls in the working area of the Kutai Tangerang Health Centre, namely 47 respondents or 59.5%, were classified as having sufficient attitudes regarding vulva hygiene.

Table 4. Distribution of Frequency of Leucorrhoea (n=79)

Vaginal discharge	Frequency	Percentage
Physiological	8	10.1%
Pathophysiological	71	89.9%
Total	79	100%

According to the results of the analysis of the data contained in Table 4, the results obtained were that 8 respondents (10.1%) teenage girls in the working area of the Kutai Tangerang Health Center experienced physiological (normal) vaginal discharge, and 71 respondents (89.9%) teenage girls in the working area of the Health Center Kutai Tangerang experienced pathophysiological (abnormal) vaginal discharge.

Table 5. Cross Table between knowledge level and the incidence of vaginal discharge

Vaginal discharge incidence	Knowledge level							
	Poor		Sufficient		Good		Total	
	F	%	F	%	F	%	F	%
Physiological	4	5.1	3	3.8	1	1.3	8	10.1
Pathophysiological	12	15.2	27	34.2	32	40.5	71	89.9
Total	16	20.3	30	38.0	33	41.8	79	100

The results of the bivariate test analysis between the knowledge level and the incidence of vaginal discharge using Chi Square analysis obtained a p-value of 0.057. The results of the analysis show

that the value of $p > \alpha$ (0.05) which means that H_0 is acceptable and indicates that there is no significant relationship between the level of knowledge about vulva hygiene and the incidence of vaginal discharge.

Table 6. Cross Table between attitudes and the incidence of vaginal discharge

Vaginal discharge incidence	Attitudes					
	Sufficient		Good		Total	
	F	%	F	%	F	%
Physiological	7	8.9	1	1.3	8	10.1
Pathophysiological	40	50.6	31	39.2	71	89.9
Total	47	59.5	32	40.5	79	100

The results of the bivariate test analysis between the attitudes and the incidence of vaginal discharge using Chi Square analysis obtained a p-value of 0.089. The results of this analysis show that the value of $p > \alpha$ (0.05) it means that H_0 is

acceptable and indicates no significant relationship between attitudes and the incidence of vaginal discharge.

The results of this study are in line with research conducted by Salina & Farahdiba (2022)

which discussed "The Relationship of Adolescent Knowledge About Genital Cleanliness to The Events of Flour Albus" with a p-value of 0.122, which means that there is no relationship between knowledge of young women and the incidence of flour albus. This study explains that there is no relationship between the level of knowledge and the incidence of vaginal discharge. The occurrence of vaginal discharge can occur due to other factors such as wearing tight underwear because it can inhibit air circulation in the genital area and can increase the level of moisture in the genital area.

Another research conducted by Adji, Batjo & Usman (2019) regarding "The Relationship between Young Women's Knowledge about Personal Hygiene and Incidence of Leucorrhoea" was carried out among students at Senior High School with a p-value of 1,000 or $p > \alpha$ (0.05) which means H_0 is accepted, and it means that no relationship between the level of knowledge and the incidence of vaginal discharge. In this study, it is explained that knowledge is a very important factor in shaping one's actions. Young women who have good knowledge but do not understand how to take care of their own health. Respondents' knowledge is at the level of knowing but do not understand how to take care of their own personal hygiene (reproductive organs). Management of leucorrhoea is inseparable from the knowledge of respondents, with hygiene behavior.

The results of this research are in line with Ilmasalma, Wardani & Hapsari's research in 2021 which was conducted on FIK students' class of 2019 at Malang State University with a p-value of 0.651 where $p\text{-value} = 0.651 > 0.05$ which indicates that there is no significant relationship or correlation

between attitude to the incidence of vaginal discharge in FIK class 2019 students. According to Amalia (2022), attitude is one of the important things because a good attitude shown by someone can show how that person is when responding to a statement. Attitude is also a predisposing factor when a person performs certain behaviors. In disease prevention, attitude is one of the factors that influence individuals in preventing disease outbreaks (Sari et al., 2020). This is also the same as the incident of vaginal discharge experienced by a young woman with a good attitude, of course, it will have an impact on the prevention of the incident of vaginal discharge that is experienced.

This research is also in line with what Purwani, et al (2021) research which found that most of the respondents have a sufficient level of knowledge, positive attitudes, and positive behavior. The result of the Spearman-Rho analysis in their research showed no correlation between knowledge level and vulva hygiene but there was a correlation between attitude and vulva hygiene. This research showed that respondents have good knowledge (33 respondents) about vulva hygiene but most of the respondents had pathophysiological vulva hygiene (32 respondents). Giving information about reproductive organs is important. Female adolescents should further increase their awareness regarding reproductive organs, especially maintaining cleanliness to prevent adverse effects such as fungal infection and pathophysiological vaginal discharge.

Another research that lines with the result of this research is Anggraini & Fransysca in 2019. They said that there is no relationship between the knowledge of adolescent girls about vulva hygiene

with the occurrence of vaginal discharge. They said that health workers needed to provide counseling about reproductive health so that young women's knowledge about reproductive health is increasing, especially about vulvar hygiene and vaginal discharge.

In this study, no relationship between the attitudes of female adolescents about vulva hygiene with the incidence of vaginal discharge. This is because attitudes are not only influenced by good or bad knowledge but can also be influenced by factors of age, education, and social status, leading to inappropriate attitudes. Attitudes are also heavily influenced by several other factors, there are the people around them that can also influence the attitudes of individuals. Information through both print and electronic media also influences how a person will behave later, this is because the media has an important role in conveying new information, which influences the formation of that attitude (Rosmiati, 2022).

RESEARCH LIMITATION

This research used a cross-sectional method, which means research can only analyze the characteristics of respondents in a period certain, so researchers cannot judge the consistency of respondents throughout different times.

CONCLUSION AND RECOMMENDATION

This study shows that most respondents are dominant at the age of 20 years, had the last high school education, not working, have unmarried marital status, and have good knowledge regarding vulva hygiene. had sufficient attitudes regarding vulva

hygiene and most respondents had pathophysiological categories of vaginal discharge. Based on data analysis indicates that there is no significant relationship between the level of knowledge about vulva hygiene and the incidence of vaginal discharge, and no significant relationship between the attitude of female adolescents about vulva hygiene with the incidence of vaginal discharge in Kutai, Community Health Centre Tangerang. Expected for Community Health Center, especially in Kutai, Tangerang can build a program that focuses on providing counseling and education about healthy reproduction for female adolescents so that the incidence of pathological vaginal discharge can be reduced.

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