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The Effect of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021

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ABSTRACT

Many women of childbearing age (WUS) think that vaginal discharge is normal. One of the reasons for this assumption is the lack of knowledge of women of childbearing age (WUS) about the impact of vaginal discharge. This study aims to determine the effect of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021. This research is a quantitative research with Pre-Experimental Design with a one-group pretest-posttest design approach. This research has been carried out on July 11, 2021 to July 24, 2021. The population is 84 people. Sampling using purposive sampling with a sample of 50 people. The results showed that WUS Knowledge about Fluor Albus before being given Health Education at the Patumbak Health Center in 2021 was the majority poor, WUS Knowledge about Fluor Albus after being given Health Education at the Patumbak Health Center in 2021 was the majority good. Based on the results of the paired sample t-test, the p value = 0.001 <0.05. So it can be concluded that there is an influence of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021. Suggestions in this research Patumbak Health Center make a planned program in the provision of health education to increase knowledge and understanding of WUS, especially about vaginal discharge in the work area of the Patumbak Health Center.

1. Introduction

Reproductive health is an important component of women's health. Women have special health needs related to sexual and reproductive function. Women have reproductive systems that are sensitive to damage that can lead to dysfunction or disease. One of the reproductive health problems in women is vaginal discharge (Fluor albus). Vaginal discharge (fluor albus) is not only experienced by teenagers but also experienced by women of childbearing age (WUS) (Putri, 2019). Women of Childbearing Age (WUS) are women who are still in their reproductive age, namely between 15-49 years. Women of reproductive age have reproductive organs that are still functioning properly. The healthy reproductive period of women is divided into 3 periods, namely young reproduction (15-19 years) which is the stage of delaying pregnancy,

According to WHO, that 75% of all women in the world will definitely experience vaginal discharge at least once in their lifetime and as many as 45% will experience it 2 or more times and the most common vaginal discharge is caused by candida albicans. WHO states that 5% of women of childbearing age (WUS) in the world contract STDs with symptoms of vaginal discharge every year. Even in the United States 1 of 8 Women of Childbearing Age (WUS) research conducted in the Obgyn Hospital of the RSCM obtained data from 2010-2016 as much as 2% (ages 11-15 years), 12% (Age 16-20 years) of 233 Women of Childbearing Age (WUS) experienced vaginal discharge because they did not know how to keep their genitals clean (Septiani, 2017).The case of vaginal discharge in Indonesia is increasing. Based on the results of the study, it was stated that in 2015, 52% of women in Indonesia experienced vaginal discharge, then in 2016, 60% of women had experienced vaginal discharge, while in 2017 almost 70% of women in Indonesia had experienced vaginal discharge, and in 2018 from January to August almost

55% of women have experienced vaginal discharge (Octaviana, 2019).

Cases of vaginal discharge in North Sumatra in 2017 reached 59 cases with a prevalence of 35.7 per 1,009,000 female population. There was an increase in Fluor albus cases in 2018, reaching 94 cases with a prevalence of 81.2 per 1,001,200 female population. There was a decline in Fluorine cases in 2019 reaching 56 cases with a prevalence of 49.6 1,000,000 female residents in North Sumatra (North Sumatra Province Health Profile, 2020).Vaginal discharge is discharge other than blood from the vaginal canal, whether smelly or not, accompanied by itching in the local area. Vaginal discharge can occur physiologically and pathologically. The cause of physiological vaginal discharge is due to hormonal factors such as before or after menstruation, when sexual desire increases and during pregnancy. While pathological vaginal discharge is caused by genital infection, foreign bodies or other diseases of the reproductive organs (Yulfitria, 2017).

The vagina in normal conditions is characterized by its surface is always wet by mucus / fluid called secretions. Secretions produced by glands in the cervix (cervix), vaginal walls and Bartholin's glands on the lips of the pubic fuse with the loose vaginal wall cells and normal bacteria present in the vagina which are acidic and play an important role in ensuring optimal function of these organs. The discharge that comes out is said to be normal if it is colorless (clear), odorless, does not cause pain and also does not itch (Sekar et al, 2016).There are several factors that inhibit Fluor albus which cannot be taken for granted because it can be fatal if treated too late. Fluorine albus can cause infertility and pregnancy outside the womb, vaginitis, candidiasis and trichomoniasisis one of the symptoms of Sexually Transmitted Infections (STI) (Darmawan and Haryani, 2019). According to Yulfitria (2017) fluor albus canThis causes infertility, pregnancy outside the womb and is also an early symptom of cervical cancer.

Many women of childbearing age (WUS) think that vaginal discharge is normal. But this is not true, vaginal discharge that is not prevented can lead to infectious diseases. One of the reasons for this assumption is the lack of knowledge of women of childbearing age (WUS) about the impact of vaginal discharge (Nur, 2018). Supported byresearch conducted by Mokodongan, Wantania & Wagey (2015) which states that the incidence of vaginal discharge often occurs due to lack of knowledge about good and correct reproductive health, besides that knowledge is an important domain for the formation of behavior so that lack of knowledge will greatly affect the formation of negative behavior in reproduction health.Knowledge is the result of knowing and this occurs after someone has sensed a certain object. The majority of human knowledge is obtained through the eyes and ears. Knowledge is needed as support in generating self-confidence as well as attitudes and behavior every day, so it can be said that knowledge is a very important domain for the formation of one's actions (Notoadmodjo, 2014).

Knowledge is expected to be a precursor for women of childbearing age to change behavior so that they have knowledge to prevent fluor albus (leucorrhoea). One way to increase knowledge is to provide health education. Health education is a learning process in which education occurs a process of change for the better from individuals, groups or communities (Andriani et al, 2020). Health education can play a role in changing the behavior of individuals, groups and communities in accordance with health values. Expected behavioral changes are to be able to maintain and improve health, prevent the risk of illness, protect themselves from the threat of disease,

According to research by Yulfitria (2017), it is stated that Health education through leaflets and power point slides can increase knowledge about preventing vaginal discharge. Supported by research, Andriani et al (2020) state that there is an effect of providing health education on increasing knowledge and preventing pathological vaginal discharge. This research is also supported by Fauziah's research (2015) on the effect of counseling about vaginal discharge on vaginal discharge prevention behavior, from 54 respondents, 50 people (92.6%) had good preventive behavior. From the statistical test results, the p-value = 0.000 was obtained. This means that there is an effect of health education on the prevention of vaginal discharge.

Based on the results of the initial survey conducted in Patumbak Health Centerit was found that the number of women of childbearing age (WUS) until April 2021 was 25,125 women of childbearing age (WUS) and who experienced fluor albus (leucorrhoea) who went to the Patumbak Health Center were 84 people with complaints of vaginal discharge that caused itching in the area. femininity, cause heat and cause discomfort. Based on the results of interviews with 10 women of childbearing age (WUS) who visited the Patumbak Health Center, it was found that as many as 6 people said they often used tight clothes and used non-cotton underwear, 4 more people said they didn't dry their underwear in the sun. The behavior of women of childbearing age (WUS) indicates that they do not know how to prevent vaginal discharge (Fluor albus).

The formulation of the problem in this study is whether there is an "Effect of Health Education on

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WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021". The purpose of this study was also to determine the knowledge of WUS about Flour Albus before being given, after being given health education at the Puskesmas and how it affected.

2. Method

This research is quantitative research with Pre-Experimental Design with a one-group pretest-posttest design approach. This research has been carried out on July 11, 2021 to July 24, 2021. The population is 84 people. Sampling using*Purposive sampling* with a sample of 50 people.

3. Results and Analysis

3.1 Research result

a. Characteristics of Respondents

Characteristics of respondents studied in this study include: Age, occupation, education and sources of information can be seen in table 1:

Table 1
Characteristics of Respondents at Patumbak Health Center in 2021

No	Characteristics	Frequency (f)	Percentage (%)
1	Respondent's Age		
	15-25 Years	12	24.0
	26-35 Years	25	50.0
	36-49 Years	13	26.0
	Amount	**50**	**100.0**
2	Work		
	entrepreneur	10	20.0
	Housewife	21	42.0
	Private sector employee	15	30.0
	civil servant	4	8.0
	Amount	**50**	**100.0**
3	Education		
	junior high school	5	10.0
	senior High School	37	74.0
	College	8	16.0
	Amount	**50**	**100.0**
4	Resources		
	Health workers	32	64.0
	Internet (Online)	17	34.0
	Health Magazine	1	2.0
	Amount	**50**	**100.0**

Based on table 1, it can be seen that from 50 respondents at the Patumbak Health Center in 2021, it can be seen that the age of the majority of respondents is 26-35 years old as many as 25 people (50%), the majority of respondents are housewives as many as 21 people (42%), education of respondents 37 people (74%) are high school seniors and the majority of information sources are from health workers as many as 32 people (64%).

b. Distribution of WUS Knowledge about Fluor Albus before being given Health Education at the Patumbak Health Center in 2021

To see the results of WUS Knowledge about Fluor Albus before being given Health Education at the Patumbak Health Center in 2021 can be described in Table 2:

Table 2

Frequency Distribution of WUS Knowledge about Fluor Albus before being given Health Education at Patumbak Health Center in 2021

No	Mother's knowledge before being given Health Education	Frequency (f)	%
1	Not enough	28	56.0
2	Enough	22	44.0
	Amount	**50**	**100**

From table 2 it can be seen that the Frequency of WUS Knowledge about Fluor Albus before being given Health Education at the Patumbak Health Center in 2021 is the majority of unfavorable as many as 28 mothers (56%).

c. Frequency Distribution of WUS Knowledge about Fluor Albus after being given Health Education at the Patumbak Health Center in 2021

To see the results of WUS Knowledge Frequency about Fluor Albus after being given Health Education at the Patumbak Health Center in 2021 can be described in Table 3:

Table 3

Frequency Distribution of WUS Knowledge about Fluor Albus after being given Health Education at the Patumbak Health Center in 2021

No	Mother's Knowledge after being given Health Education	Frequency (f)	%
1	Not good	3	6.0
2	Pretty good	21	42.0
3	Good	26	52.0
	Amount	**50**	**100**

Based on table 3, it can be seen that the Frequency of WUS Knowledge about Fluor Albus after being given Health Education at the Patumbak Health Center in 2021 were the good majority as many as 26 mothers (52%).

d. The Effect of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021

To find out the Effect of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021, it can be described in table 4:

Table 4

The Effect of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021

No	Treatment	Positive Ranks		Sum of Ranks	*asymp. Sig. (2-Tailed)*
		N	Mean Rank		
1	Knowledge of WUS (Pre Test-Post Test))	50	25,50	1275.00	0.0001

Based on Table 4 above, it can be seen that there is an increase in knowledge before and after being given health education about flour albus in WUS which can be seen from the N-Positive Ranks value of 50 which indicates that all respondents experienced an increase in knowledge with an average increase of 25.50 with a positive ranking of 1275.00. This means that there is a significant increase before and after being given health education on WUS knowledge about Flour Albus at the Patumbak Health Center in 2021.

Then based on the results of the Wilcoxon-Test test, the p-value is 0.0001 < =0.05, then H0 is rejected, meaning that simultaneously there is the effect of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021.

3.2 Discussion

a. WUS knowledge about Fluor Albus before being given Health Education at the Patumbak Health Center in 2021

Knowledge is the result of knowing and this occurs after someone has sensed a certain object. The majority of human knowledge is obtained through the eyes and ears. Knowledge is needed as support in generating self-confidence as well as attitudes and behavior every day, so it can be said that knowledge is a very important domain for the formation of one's actions (Notoadmodjo, 2014). Knowledge in this study is the knowledge of WUS Knowledge about Fluor Albus at the Patumbak Health Center. Flour albus is the discharge of secretions or fluids other than excessive blood from the vaginal canal with variations

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in odor, consistency, and color (Pradnyandari et al., 2019). There are several ways that can be done to prevent vaginal discharge, namely maintaining the cleanliness of the female organs,

Many cases of vaginal discharge are caused by the bacterial candidosis vulvovagenitis, which is because many women do not know how to keep their vaginal area clean and other causes are also caused by bacterial vaginitis and trichomonas vaginalis. The most important prevention of vaginal discharge is to maintain personal hygiene, especially the vaginal area (Johar et al., 2013). WUS's lack of knowledge about vaginal discharge can affect their habit of paying attention to the occurrence of vaginal discharge (Darmala, 2018). Based on the results of the study, it was found that WUS Knowledge about Fluor Albus before being given Health Education at the Patumbak Health Center in 2021 is the majority unfavorable. This is supported by respondents' answers that many WUS think thatvaginal discharge accompanied by itching, skin rash and pain are symptoms of normal vaginal discharge and are considered normal when the vaginal discharge is yellowish to greenish in color and even WUS do not know that untreated vaginal discharge will develop into genital disease in women.

This is in accordance with Nur's research (2018) which states that many women of childbearing age (WUS) think that vaginal discharge is a natural thing. But this is not true, vaginal discharge that is not prevented can lead to infectious diseases. One of the reasons for this assumption is the lack of knowledge of women of childbearing age (WUS) about the impact of vaginal discharge. Supported byresearch conducted by Mokodongan, Wantania & Wagey (2015) which states that the incidence of vaginal discharge often occurs due to lack of knowledge about good and correct reproductive health, besides that knowledge is an important domain for the formation of behavior so that lack of knowledge will greatly affect the formation of negative behavior in reproduction health

b. WUS knowledge about Fluor Albus after being given Health Education at the Patumbak Health Center in 2021

Knowledge is expected to be a precursor for women of childbearing age to change behavior to prevent fluor albus (leucorrhoea). WUS knowledge about flour albus after being given health education increased. Based on the results of the study, it was found that WUS Knowledge about Fluor Albus after being given Health Education at the Patumbak Health Center in 2021 is a good majority. This is indicated by WUS already being able to recognize some signs and symptoms of abnormal vaginal discharge that can be fatal to the female organs. Where in this case, the indicator of increasing WUS knowledge is that WUS already knows the meaning of vaginal discharge (flour albus), the mother already knows the types of vaginal discharge, namely normal and pathological, the mother knows that vaginal discharge causes itching, heat, smell, foam, and is yellowish and greenish in color. is a type of vaginal discharge that is not normal and needs to be checked by a health facility so that it does not cause a more serious disease.

WUS knowledge about flour albus can be increased, one of which is through Health Education. Health education is a learning activity designed by health workers according to client needs. The learning process in health education is expected to be able to change the abilities and behavior of the target learners (Notoatmodjo, 2014). The increase in knowledge that occurs after being given health education is one aspect of the ability achieved by respondents as a result of the learning process. The achievement of health education goals will be easier with the use of appropriate learning media and can increase the ease of receiving information (Mardhiah, 2015). In this study, health education was provided using leaflet media which was expected to make it easier for WUS to capture the information to be conveyed about vaginal discharge (flour albus).

The increase in WUS knowledge after being given health education is influenced by several factors such as age, education and occupation. In this study, the majority of mothers were 26-35 years old. According to research by Dharmawati and Wirata (2016), the more mature a person is, the level of maturity and strength of a person will be better for thinking. So that WUS aged 26-35 years are easier to digest and accept the information provided so that it is easier to apply.The respondent's education is high school. Education is an integral part in determining the best way to start the behavior change process (Lutfhiana, 2012). In education there is a process of growth, development which is part of several factors that influence in responding to and making every decision.

According to Notoadmodjo (2014) states that the higher the level of education, the easier it will be to accept new things and adapt to new things. This is in line with Nursalam's statement (2015) which states that the higher a person's education, the easier it is to receive information so that the more knowledge they have, on the other hand, the less education it is, it will be difficult to digest the message conveyed. Supported by research by Whardana et al (2016) which states that the higher a person's education, the easier it is to accept new things and easy to solve new things, including WUS knowledge about flour albus. Meanwhile, the respondent's occupation, namely being a housewife in the study, according to the researcher, did not affect WUS knowledge about flour albus. This is in line with Andriani's research (2017) which states that different respondents' jobs or activities do not affect a person's level of knowledge after being given health education. This is contrary to the statement of Notoadmodjo (2013) which states that a person's job status will also determine the availability of facilities that will be needed for certain activities, so that work status will affect a person's knowledge. This is in line with Andriani's research (2017) which states that different respondents' jobs or activities do not affect a person's level of knowledge after being given health education. This is contrary to the statement of Notoadmodjo (2013) which states that a person's job status will also determine the availability of facilities that will be needed for certain activities, so that work status will affect a person's knowledge. This is in line with Andriani's research (2017) which states that different respondents' jobs or activities do not affect a person's level of knowledge after being given health education. This is contrary to the statement of Notoadmodjo (2013) which states that a person's job status will also determine the availability of facilities that will be needed for certain activities, so that work status will affect a person's knowledge.

c. The Effect of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021

Fluorine Albus or vaginal discharge is all discharge from the genital organs that is not blood but is a clinical manifestation of various infections, malignancies or benign tumors of the reproductive organs (Manuaba, 2011). The existence of health education regarding flour albus with leaflet media can increase WUS knowledge so that it is expected to minimize the impact that will occur on WUS if left unchecked.

According to the research of Khuzaiyah et al (2015) which states that physiological vaginal discharge if left unchecked will be at risk of becoming pathological vaginal discharge. WUS who have a history of infection which is characterized by prolonged vaginal discharge has a bad impact on the future of their reproductive health. So it is recommended to take preventive measures by maintaining genital hygiene and conducting special examinations so that the cause of leukorrhea can be identified early. Based on the results of the study, it was found that there was an increase in knowledge before and after being given health education about flour albus in WUS which can be seen from the N-Positive Ranks value of 50 which indicated that all respondents experienced an increase in knowledge with an average increase of 25.50 with the number of rankings. positive of 1275,00.

This is in line with Yulfitria's research (2017) which states that health education through leaflet media can increase knowledge about preventing vaginal discharge. Where there is a significant difference between the average value of knowledge before using leaflet media is 7.86 and the average value after using leaflet media is 8.84, so that there is an increase of 0.98. Supported by the research of Andriani et al (2020) which states that there is an effect of providing health education on increasing knowledge and preventing vaginal discharge. Where the average value of the level of knowledge before and after being given health education is 12.77 and 27.18, while the average prevention of vaginal discharge before and after being given health education is 18.55 and 33.82.

Many methods in providing health education, researchers choose to use leaflet media because it is easier and more practical to implement and effective in changing a person's behavior. This is supported by Mardhiah et al (2015) who state that the use of tools in the form of writing will result in increased knowledge rather than using words. According to the researcher's assumption that health education is effective in increasing WUS knowledge in preventing flour albus. This means that by providing continuous health education by the Patumbak Health Center, it is hoped that WUS can better understand and know about flour albus so that they look for alternatives to avoid and minimize the incidence of flour albus in WUS.

4. Conclusion

Based on research conducted in Patumbak Health Center in 2021concluded:

a. WUS knowledge about Fluor Albus before being given Health Education at the Patumbak Health Center in 2021 is the majority not good.

b. WUS knowledge about Fluor Albus after being given Health Education at the Patumbak Health Center in 2021 is a good majority.

c. There is an Effect of Health Education on WUS Knowledge about Fluor Albus at the Patumbak Health Center in 2021 with p-0.0001<a=0.05.

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