

THE RELATIONSHIP OF ADOLESCENT WOMEN'S KNOWLEDGE ABOUT VULVA HYGIENE TO THE OCCURENCE OF LEUCORRHOEA IN THE ENVIRONMENT III NEW KELURAHAN BAMBU MEDAN TUNTUNGAN DISTRICT

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ABSTRACT

Vaginal discharge is a problem that most women complain about. Besides being very disturbing, vaginal discharge also has many influences, both on health and harmony. Vaginal discharge is not always a disease because there is also a normal vaginal discharge. The research method used is analytic observational with a cross sectional approach. The population in this study were all young women in Environment III Kelurahan Baru Ladang Bambu as many as 125 people. The sample is 56 people, with simple random sampling technique. The results showed that 91.1% had vaginal discharge, and 8.9% had no vaginal discharge. Of the 10 young women who had good knowledge the majority experienced vaginal discharge 100%, of the 30 young women who had sufficient knowledge the majority experienced vaginal discharge 86, 7% and out of 16 young women who had less knowledge, the majority experienced vaginal discharge, 93.8%. Obtained p value = 0.399 where p value 0.05. So it can be concluded that there is no relationship between the knowledge of adolescent girls about vulvar hygiene with the occurrence of vaginal discharge. It is hoped that health workers will provide counseling about reproductive health so that young women's knowledge about reproductive health is increasing, especially about vulvar hygiene and vaginal discharge.

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1. Introduction

Reproductive health is defined as a state of complete physical, mental and social well-being and not merely the absence of disease or disability in all matters relating to the reproductive system and its functions and processes. Adolescents' understanding of reproductive health becomes a provision for adolescents to behave in a healthy and responsible manner, but not all adolescents obtain sufficient and correct information about reproductive health. This limited knowledge and understanding can lead adolescents to risk behavior.

Teenagers are introduced to other terms, such as *aspuberty*, *adolescence*, and youth. Adolescence (English), comes from the Latin "adolescere" which means to grow towards maturity. Maturity in question is not only physical maturity but also social and psychological maturity. Adolescence is a period of transition from childhood to adulthood, where at this time there is rapid growth including reproductive function that affects developmental changes, both physical, mental, and social roles (Kumalasari, 2012).

Puberty is often referred to as the probationary period, which is the period when every human being moves from childhood to adolescence or adulthood. This puberty period will be passed by

everyone, both male and female. During this period, men and women begin to experience physical and psychological changes as well as the maturation of the functions of the sexual organs. The structure of this reproductive organ basically consists of the vagina, uterus, and cervix. All of these organs are usually found in the lower abdomen or below the center (Saydam, 2012).

Under normal circumstances, the vaginal organs produce clear, odorless, colorless, and not excessive amounts of fluid. This fluid acts as a natural protective system, reducing friction against the vaginal walls when walking and during sexual intercourse. While what is meant by vaginal discharge is a symptom of a disease characterized by discharge from the reproductive organs and not in the form of blood. Dangerous vaginal discharge is vaginal discharge that is not normal. This is because there is an infection caused by germs, bacteria, fungi or mixed infections. Vaginal discharge can also be caused by mechanical stimulation by contraceptives, causing excessive fluid. In this type of vaginal discharge, the discharge is greenish-yellow. Usually accompanied by itching and unpleasant odor (Pribakti, 2010).

Vaginal discharge is a problem that most women complain about. Besides being very disturbing, vaginal discharge also has many influences, both on health and household harmony. Vaginal discharge or flour albus is a vaginal condition when it discharges fluid or mucus that resembles pus. Vaginal discharge is not always a disease because there is also a normal vaginal discharge. Therefore, vaginal discharge is divided into 2, namely normal vaginal discharge and abnormal vaginal discharge (Hamid, 2012).

Research data on women's reproductive health shows that 75% of women in the world will suffer from vaginal discharge at least once in their lifetime and 45% of them can experience it twice or more. Another cause of vaginal discharge is the use of tight clothing or pants made of synthetic materials and wet conditions, for example, clothes worn after exercise will support fungal growth (Pribakti, 2010).

WHO states that 5% of adolescents in the world are infected with Sexually Transmitted Diseases (STDs) with symptoms of vaginal discharge every year, even in the United States 1 in 8 adolescents. In Indonesia, about 90% of women experience vaginal discharge because Indonesia has a tropical climate, so fungi are easy to grow and develop, resulting in a lot of vaginal discharge in women in Indonesia. Based on SKRRI data, women with an age range of 15-24 years experienced vaginal discharge as much as 31.8%. This shows that young women have a higher risk of experiencing vaginal discharge (<http://download.portalgaruda.org/articel.php>).

Living in a tropical area like Indonesia makes the body more humid and sweaty. As a result, bacteria are easy to grow and cause unpleasant odors, especially in closed body folds such as the armpits and folds of the genital organs in women. To keep the body in a clean state, you must pay attention to the cleanliness of the genitals (vulva hygiene). Hygiene is very important and must be considered because the behavior of genital hygiene (vulva hygiene) is an action to maintain the cleanliness and health of a person, to maintain physical and psychological well-being. One of the effects of a lack of vulvahygiene is the occurrence of vaginal discharge (<http:jurnal.animus.ac.id>).

Vulva hygiene is an action to maintain the cleanliness of the external genital organs which is carried out to maintain health and prevent infection, in maintaining vaginal hygiene, what we need to do is to regularly wash the vulva (vaginal lips) carefully using clean water or using mild soap. . (Journal. Evianna July, 2013).

The results of research conducted by Permatasari (2012) at SMA Negeri 9 Semarang on personal hygiene, from 65 young women, 29 people (44.6%) were knowledgeable about personal hygiene. The results of the research above can be concluded that the knowledge of adolescents in caring for external genital organs (*vulva hygiene*) still not enough.

The results showed that the knowledge of young women about personal hygiene, which was included in the good category was 25 respondents (38.5%), sufficient category was 29 respondents (44.6%) and the poor category was 11 respondents (16.9%) (<http:jurnal.unimus.ac.id>).

From an initial survey conducted by the author in the Baru Ladang Bambu Village in May 2019 on 24 young women, 20 young women stated that they did not understand and did not know how to clean and maintain the cleanliness of their sexual organs (*vulva hygiene*) And from the 24 teenage girls as many as 10 people stated that they did not know about vaginal discharge and 7 teenage girls stated that they had vaginal discharge.

From these data the authors are interested in conducting research on "The Relationship of Young Women's Knowledge of *Vulva Hygiene* Against the Occurrence of Leucorrhoea in Environmental Class III of the New Village of Ladang Bambu in 2019".

2. Methods

The type of research used is *analytical observation* with the method of cross sectional approach. The population in this study were all young women in Neighborhood III, Baru Ladang Bambu Village, Medan Tuntungan District, which were 125 people. The sample in this study were some of the young women in Environment III Kelurahan Baru Ladang Bambu, Medan Tuntungan Subdistrict with the criteria studied. Sampling in this study used the Taro Yamade formula, namely:

$$n = \frac{N}{(N \cdot d^2) + 1}$$

From the calculation using the formula above, a sample of 56 people was obtained. Sampling was carried out using a simple random sampling technique. The study was conducted from October 2018 to March 2019

3. Results

TABLE 1
DISTRIBUTION OF YOUNG WOMEN CHARACTERISTICS

Characteristics	Category	f	%
Age	15 years	10	17.8
	16 years	32	57.2
	17 years	14	25
Total		56	100
Experiencing Leucorrhoea	Yes	51	91.1
	Not	5	8.9
Total		56	100

Based on the table above shows the characteristics of the majority of respondents are at the age of 16 years (57.2%), experiencing vaginal discharge 51 (91.1%).

TABLE 2
DISTRIBUTION OF KNOWLEDGE OF YOUNG WOMEN ABOUT VULVA HYGIENE ON THE OCCURRENCE OF VAGINAL DISCHARGE

Knowledge	f	%
Well	10	17.9
Enough	30	53.6
Not enough	16	28.5
Total	35	100

Based on the table above, it can be seen that 56 young women have sufficient knowledge (53.6%) about *vulvar hygiene*.

TABLE 3
CROSS TABULATION OF THE RELATIONSHIP OF YOUNG WOMEN'S KNOWLEDGE ABOUT VULVA HYGIENE TO THE OCCURRENCE OF LEUCORRHOEA

OCCURRENCE OF LECORRHOEA							Test Chi Square
mapper-huan	Baby Growth				Total		
	Yes		Not				
	N	%	N	%	N	%	
Well	10	20	0	0	10	17	$p=0.399$
Enough	26	51	4	80	20	54	
Not enough	15	29	1	20	16	29	
Total	51	100	5	100	56	100	

Based on the results above, it can be seen that from 10 young women who have good knowledge the majority experience vaginal discharge 20%, from 30 young women with sufficient

knowledge the majority experience vaginal discharge 51%, and from 16 young women who have less knowledge the majority experience vaginal discharge 29%.

The results of the chi-square statistical test obtained the value of $p = 0.399$. This means that the p value is greater than (0.05) and thus H_0 is accepted and H_a is rejected, namely the knowledge of young women about vulvar hygiene has no relationship to the occurrence of vaginal discharge.

4. Discussion

Young Women Knowledge About Vulva Hygiene

The results of the analysis showed that the majority of 56 young women had good knowledge of 17.9%. Meanwhile, 53.6% of young women who had sufficient knowledge and 28.5% of young women who lacked knowledge. Respondents have sufficient knowledge because the respondent's education level is high school (SMA), where the level of education greatly affects a person's level of knowledge. This shows that the higher the level of a person's knowledge, the higher the level of knowledge. In addition to education, sources of information also affect one's knowledge. This shows that the more information a person has, the higher the level of knowledge.

Knowledge is an impression in the human mind as a result of the use of the five senses. Knowledge is very different from belief, superstition, and false explanations. Knowledge is everything that is known based on the experience gained by every human being. Basically, knowledge will continue to increase and vary according to the process of experience experienced (Mubarak, 2012).

The occurrence of vaginal discharge

The results of the analysis showed that from 56 young women experienced vaginal discharge 91.1%. This study shows that the majority of female adolescents experience vaginal discharge is influenced by the level of knowledge of adolescents about vaginal discharge, the benefits of vulvar hygiene and wearing tight synthetic clothing so that adolescents feel that vulvar hygiene is very necessary. Meanwhile, it was found that there were 8.9% of female adolescents who did not experience vaginal discharge.

Vaginal discharge is a discharge or discharge from the vagina. The secretions are very varied, ranging from levels of thickness, color, to aroma. Vaginal discharge can be a normal condition or as a sign of a disease (Anurogo, 2011).

This is in accordance with Rahmi's theory with Egi Yunia (2013), a student of the Nursing Science Study Program, Riau University, entitled Behavioral Factors Affecting the Occurrence of Leucorrhoea in Adolescent Girls at SMA Negeri 1 Rumbio Jaya where vaginal discharge is excessive discharge from the vaginal opening which sometimes accompanied by itching and odor.

Analysis of the Relationship between Knowledge and the Occurrence of Leucorrhoea

Judging from the results of research conducted on 56 young women in Neighborhood III of Baru Ladang Bambu Village, Medan Tuntungan District, of 10 young women who had good knowledge the majority experienced 20% vaginal discharge, from 30 young women who had sufficient knowledge the majority experienced vaginal discharge 51% and from 16 The majority of young women who have less knowledge experience vaginal discharge 29%. From the characteristics of young women, it was found that the majority of young women experienced vaginal discharge, 91.1%. And those who did not experience vaginal discharge were 8.9%.

Knowledge of young women about vulvar hygiene greatly affects the occurrence of vaginal discharge. Where the higher the knowledge level of young women, the higher the possibility of young women's knowledge about vulvar hygiene. The results of the Chi-Square statistical test obtained p value = 0.399. This means that the p value is greater than (0.05) and thus H_0 is accepted and H_a is rejected.

The results of this study are in line with Rahmi's research with Egi Yunia (2013), a student of the Nursing Science Study Program, University of Riau, entitled Behavioral Factors Affecting the Occurrence of Leucorrhoea in Adolescent Girls at SMA Negeri 1 Rumbio Jaya. experienced vaginal discharge and as many as 22 (26.8%) did not experience vaginal discharge. Statistical test results

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obtained $p\text{ value} = 0.986$ where $p\text{ value} > 0.05$. So it can be concluded that there is no relationship between the attitude of young women with the occurrence of vaginal discharge.

Thus, it can be concluded that in this study there was no relationship between the knowledge of young women about vulvar hygiene and the occurrence of vaginal discharge, which means that the higher the knowledge of young women about vulvar hygiene, the more women know about vulvar hygiene. So from the results of this study found a gap between the results of the study and the theory that has been stated above.

5. Conclusion

Based on the results of research on the relationship between knowledge of young women about Vulva Hygiene on the occurrence of vaginal discharge in Environment III, Baru Ladang Bambu Village, Medan Tuntungan District in 2019, the following conclusions can be drawn:

1. Knowledge of young women about vulvar hygiene on the occurrence of vaginal discharge in Environment III Kelurahan Baru Ladang Bambu, Medan Tuntungan District, had good knowledge, namely 17.9%, moderate knowledge, 53.6%, less knowledge, namely 28.5%.
2. The occurrence of vaginal discharge in young women in Environment III of the Baru Ladang Bambu Village, Medan Tuntungan Subdistrict in 2019 experienced 91.1% vaginal discharge and 8.9% did not experience vaginal discharge.
3. There is no relationship between the knowledge of young women about vulvar hygiene with the occurrence of vaginal discharge where the better the knowledge of the young women, the better the knowledge of the young women, with $p = 0.399$.

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