

## PSYCHOSOCIAL STRESS WITH VAGINAL DISCHARGE OF ADOLESCENT WOMEN IN THE NEW NORMAL ERA

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### ABSTRACT

Psychosocial stress experienced by adolescent girls is generally triggered by environmental conditions. Symptoms of stress can be a problem that has an impact on reproductive health such as vaginal discharge. The purpose of this study was to determine the relationship with the incidence of psychosocial stress whitish young women in the Era of the New Normal. This type of research is correlational. Sampling with non-probability sampling. The data collection tool is a questionnaire stress of the Depression Anxiety Stress Scale (DASS 42) and questionnaires incidence of vaginal discharge. Data analysis using Chi-Square test. The results showed that adolescent girls experienced severe stress as many as 52 respondents (56.5%), experienced mild stress 11 respondents (12.0%), adolescents with normal psychosocial stress levels were 29 (31.5%). The adolescents who experienced physiological or normal vaginal discharge were 65 (70.7%) while those who experienced pathological/abnormal vaginal discharge were 27 (29.3%). The results of the statistical test obtained p-value  $< (0.016 < 0.05)$ . Conclusion: there is a significant relationship between psychosocial stress and female adolescent vaginal discharge in Bastiong Karance Village, with a fairly strong correlation strength. So the researchers recommend the importance of psychological counseling and adolescent reproductive health in the new normal era.

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### 1. Introduction

Adolescence is a very important period in the development of the human life cycle after passing childhood to adulthood, where there is psychological exploration to find self-identity. During adolescence, many problems arise, one of which is reproductive health problems. This is because adolescence is a period of rapid growth and development both physically, biologically, psychologically and intellectually (Indonesian Health Profile, 2018).

One of the problems related to adolescent reproductive health is the risk of vaginal discharge. Excessive and abnormal vaginal discharge can be an early symptom of cervical cancer. The incidence of cervical cancer is estimated at 100 per 100,000 population per year, which can lead to death (Hana, 2012).

Whitish (leukorea / fluor albus / vaginal discharge) is the discharge of fluid instead of excessive blood from the female genitals (vagina). Physiological vaginal discharge is found in conditions before and after menstruation, sexual stimulation, pregnancy, during ovulation and emotional stress. Pathological vaginal discharge due to infection is most often caused by bacterial vaginosis, *Trichomonas vaginalis* and *Candidiasis* (Wangsa, 2010).

Psychosocial stress is related to reality that is not in line with expectations or stressful situations. This condition results in feelings of anxiety, anger and frustration (Zolla, 2021). Chronic stress events impair immune function to a lesser extent, especially in the hypothalamic-pituitary-adrenal and sympathetic-adrenal-medullary glands, resulting in chronic production of glucocorticoid hormones and catecholamines.

Since the beginning of 2020, the world has undergone drastic changes due to the COVID-19 outbreak. During that time, the activities of residents outside the home experienced drastic restrictions. Entering the New Normal era, the government provides limits on normal activities into new habits carried out by the community. This certainly has its own impact on the lives of teenagers, starting from social,

economic and educational life. In the aspect of adolescent social life, for example, limited social relationships occur, causing boredom and even stress for adolescents. Stress in adolescents in the world occurs in both developed and developing countries. The prevalence of stress and anxiety in adolescents in the world ranges from 5%-70%. Stress was found to be associated with other indicators of decreased immune function, including decreased vaccine response (Tonja, 2016). Psychosocial stress is also associated with an increased prevalence of vaginal bacteria. The results showed that acute stress was a factor in the mechanism of development of vulvovaginitis. Vulvovaginitis, which is inflammation of the female intimate organs, often causes discomfort and disturbance (Pudiasuti, 2015).

## 2. Method

The type of this research used is correlation using a cross-sectional design. The population in this study were all young women aged 12 to 24 years in the Bastiong Karance village. Sampling was non-probability sampling with a sample size of 92 young women. The inclusion criteria in this study were unmarried young women who had experienced menarche and had an Android cellphone. The exclusion criteria are adolescents who are not willing to be respondents and have gynecological diseases or a history of reproductive disorders. Data was collected using tools in the form of a stress questionnaire from the Depression Anxiety Stress Scale (DASS) because it contains short questions so that it can be adapted to the research subject and a questionnaire on the incidence of fluor albus in adolescents. The questionnaire on the incidence of fluor albus in adolescents was distributed through the google form application and filled in by the respondents according to the guidelines for filling out the questionnaire accompanied by an explanation of the study. The research location is in Bastiong Karance Village, Ternate City from August to November 2020. Data analysis using Chi-Square test.

## 3. Results and Discussion

Researchers describe the characteristics of respondents which can be seen in the following table:

**Table 1**  
Characteristics of Respondent

Variable	n	%
<b>Age</b>		
Early Teenage 12-15 years old	34	36.9
Middle Teen >15-18 years old	37	40.2
Late Adolescent > 18-21 Years	21	22.9
<b>Level of education</b>		
middle school	47	51.0
high school	26	28.3
College	19	20.7
<b>Parents' job</b>		
Employee	37	40
Non Employee	55	60
<b>Residence Status</b>		
With family	81	88.0
Not With Family	11	12.0
<b>Parents' income decreases</b>		
Yes	70	76.0
Not	22	24.0
<b>Total Parent's Income</b>		
< 1 Million	48	52.1
1 - <2.5 Million Rupiah	19	20.7
2.5 – 5 Million	20	21.8
>5 Million	5	5.4
<b>Personal Hygiene</b>		
Good	82	89.1
Not good	10	10.9
<b>Psychosocial Stress Level</b>		
Normal	29	31.5
Light	11	12.0
Severe	52	56.5
<b>Vaginal Discharge</b>		

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Normal	65	70.7
Abnormal	27	29.3

Based on the characteristics of the respondents, it is known that the majority of respondents are middle teens, which age 15 years and over is included in the category of transition from early to late adolescence. Early adolescence are more at risk of experiencing stress. This is because they have less knowledge in stress management. Early adolescence are also more sensitive and more concerned about what other people say about them, which triggers psychological distress. At the level of education, adolescents who are at a lower level of education also have the same risk of experiencing psychosocial stress because they have not been able to control stress and psychosocial pressure. The results of the study also show a description of the work of parents, as well as parents' income during covid-19, that their parents' income also decreased. Defenitly this will affect the fulfillment of the needs of family members, both clothing, and food, including the daily needs.

**Table 2**  
Distribution of Respondents Based on Vaginal Discharge and Personal Hygiene in Bastiong Karance Village Ternate City

Personal Hygiene	Vaginal Discharge				Total
	Normal	%	Abnormal	%	
Good	59	71.9	23	28.1	82
Not good	6	60	4	40	10

The results of this study indicate a significant relationship between personal hygiene and vaginal discharge. Based on the *Chi-Square* test, the *p-value*  $0.04 < 0.05$ . which means that the personal hygiene variable and vaginal discharge have a fairly strong correlation. Vaginal discharge in adolescents is caused by unhealthy behavior such as using tissues too often, tight synthetic clothes, dirty toilets, frequently exchanging underwear, and towels with other people, washing the female organs in the wrong direction, fatigue, not changing immediately. sanitary pads, stress, excessive cleaning soap, dirty environment, high blood sugar levels, and hormonal imbalance (Shadine, 2021).

**Table 3**  
Distribution of Respondents Based on Vaginal Discharge And Psychosocial Stress Levels in Bastiong Karance Village Ternate City

Stress level	Vaginal Discharge				Total	Asymp. Sig (2-sided)
	Normal	%	Abnormal	%		
Low	27	93.1	2	6.9	29	0.16
Light	7	63.6	4	36.4	11	
Severe	31	59.6	21	40.4	52	

The results of this study indicate a significant relationship between psychosocial stress and vaginal discharge. Based on the *Chi-Square* test, the *p-value*  $0.016 < 0.05$ . Which means that the psychosocial stress and vaginal discharge have a fairly strong correlation. Stress and fatigue, both physical and psychological, can affect the work of hormones in a woman's body, including triggering an increase in the hormone estrogen. The influence of the hormone estrogen can also cause vaginal discharge in women (Khuzaiyah, 2015).

### Pathological *Fluor Albus* Incidence in adolescent girls

*Fluor albus* or vaginal discharge is the name of a symptom in the form of fluid released from the genitals which is not blood and is not a disease but are a manifestation of almost all gynecological diseases. Leucorrhoea if not handled properly can cause more serious complications such as cervical cancer (cervical cancer) so that the impacts that can be caused by this vaginal discharge include infection, pelvic inflammatory disease, infertility, and can even make a person feel excessively anxious and cause distrust of others. themselves (Widyastuti, 2020).

Factors that cause vaginal discharge include genital disease, hormonal balance disorders, poor *personal hygiene*, nutritional status, obesity, anemia, physical activity, and stress. In this study, the cause of vaginal discharge studied was the level of stress experienced by the research

subjects. In research Chusnul Hana et al (2016) showed 64.9% of research subjects experienced a vaginal discharge that is experienced by the boarding school students Sunan Pandanaran Sleman. In Nikmah's research (2016), 75.5% of research subjects experienced pathological *fluor albus* in students at the Al Munawwir Islamic Boarding School, Yogyakarta.

The incidence of *fluor albus* in this study was 92 respondents who stated that they had experienced vaginal discharge in the last six months. This is under the theory that vaginal discharge can occur at all ages, both early and late teens. Women who are of childbearing age have a greater opportunity to experience the *fluor albus* pathological for reproduction that has evolved has a greater risk to be infected anyway fungi, bacteria, sexual stimulation, and changes in hormones in the period around menstruation (Hawari, 2018).

### **The Relationship of Psychosocial Stress Levels with Pathological *Fluor Albus* Incidence**

The results of this study indicate a significant relationship between psychosocial stress and female adolescent vaginal discharge. Based on the *Chi-Square* test, the *p-value*  $< (0.016 < 0.05)$ . which means that the whiteness variable and psychosocial stress have a fairly strong correlation. Shadine (2012) explains that fatigue and physical and psychological stress (such as academic demands that are considered too heavy, poor test results and piled-up assignments) can affect the work of hormones in a woman's body.

Psychosocial stressors will affect the performance of the hypothalamus and reduce the production of *glucocorticoids* and *catecholamines*, causing decreased immunity. This decreased immunity makes bacteria in the vagina grow rapidly and suppress the growth of normal vaginal flora, causing pathological *fluor albus*. When a person's psychosocial stressor is high enough and ultimately causes immunity to decrease, the development of bacteria in the vagina will increase so that the risk of pathological *fluor albus* will increase.

In Agustiyani's research (2011), 53.1% of research subjects experience vaginal discharge which is quite strongly related to the incidence of stress experienced by adolescents. In Nikmah's research (2016), 75.5% of research subjects experienced pathological *fluor albus* which has a strong enough relationship with the incidence of *poor personal hygiene* in students at the Al Munawwir Islamic Boarding School, Yogyakarta. One of the contributing factors is the large number of bacteria that are always in the vagina which are *normal flora*, which has changed their nature to *pathogenic* bacteria, in addition to the presence of other microorganisms that are potential *pathogens* due to a decrease in the immune system caused by psychosocial stressors. The results of the same study that stressors affect the occurrence of vaginal discharge disorders in women (Unicef, 2020).

## **4. Conclusion**

On the results of the study, it can be concluded that there is a significant relationship between psychosocial stress and female adolescent vaginal discharge in the New Normal Era in Bastiong Karance Village, with a strong correlation strength based on the *Chi-Square* test *obtained p-value*  $< (0.016 < 0.05)$ . Further research needs to be done by incorporating other factors that influence adolescent psychosocial stress, such as exposure to information media related to the COVID-19 case in the new normal era. Information and education on an ongoing basis need to be given to teenagers in this new normal era so that they can adapt and manage well the existing conditions and even make stress into Eustress (positive stress) to trigger youth creativity and productivity as well as online assistance to teenagers with severe stress to prevent adolescent mental disorders. It is necessary to detect pathological *fluor albus* specifically and measurably such as using laboratory tests so that the expected diagnosis can be more objective. For teenagers to take better care of their reproductive health, especially the cleanliness of the genitalia.

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