

# Counseling on Vulva Hygiene (Genetic Hygiene) to Young Women in Neighborhood III, Baru Ladang Bambu Village, Medan Tuntungan District, 2018

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## ABSTRACT

The purpose of this study was to determine the effect of health education by providing counseling materials on vulvar hygiene (genital hygiene) to prevent the occurrence of vaginal discharge in adolescent girls on the knowledge of female students / adolescent girls in the Ladang Bambu Village, Medan Tuntungan District. And the activities carried out to increase students' knowledge about maintaining genital hygiene (vulva hygiene) in the Ladang Bambu Village, Medan Tuntungan Subdistrict. Increase the influence of health education knowledge by teaching young women how to clean the genitalia properly, teaching young women to change underwear at least 2 times. in the Ladang Bambu Village, Medan Tuntungan District. The type and form of activity of this activity is the provision of material to students / adolescent girls about the importance of maintaining genital hygiene (vulva hygiene) to prevent vaginal discharge in young women. teach young women how to clean the genitalia, encourage teens to change their underwear at least 2 times a day or when they feel wet/humid. Results To achieve the objectives of the above activities, activities were carried out, including providing counseling materials on vulvar hygiene (genital hygiene) to prevent vaginal discharge in adolescent girls in Environment III, Ladang Bambu Village, Medan Tuntungan District. encourage teens to change underwear at least 2 times a day or when they feel wet/humid. Results To achieve the objectives of the above activities, activities were carried out, including providing counseling materials on vulvar hygiene (genital hygiene) to prevent vaginal discharge in adolescent girls in Environment III, Ladang Bambu Village, Medan Tuntungan District. encourage teens to change underwear at least 2 times a day or when they feel wet/humid. Results To achieve the objectives of the above activities, activities were carried out, including providing counseling materials on vulvar hygiene (genital hygiene) to prevent vaginal discharge in adolescent girls in Environment III, Ladang Bambu Village, Medan Tuntungan District.

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## 1. Introduction

Reproductive health is defined as a state of complete physical, mental and social well-being, not merely the absence of disease or disability in all matters relating to the reproductive system, as well as its functions and processes.(Nindiya, 2016). 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 risky behavior(Sitohang, Nasution, & Adella, 2018).

Adolescents are introduced to other terms, such as puberty, 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).

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).

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 soap. soft. (Journal. Evianna July, 2013).

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. (Kustanti, 2016). 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 (Astuti & Hartinah, 2016).

## **2. Method**

The direction or purpose of this activity can be carried out by conducting counseling to female students/adolescents about the importance of maintaining vulvar hygiene (genital hygiene) to prevent the occurrence of vaginal discharge in young women carried out at the Posyandu, Medan District Tuntungan, Darmo Midwifery Academy Lecturer, totaling 2 people, and 1 Target Young Women student aged 12 – 20 years (WONDERFUL, 2018).

### **2.1. Activity steps**

As a community service activity, the following preparations are carried out:

#### **a. Hold a meeting with the Head of the District in terms of supporting this activity and obtain permission to carry out the extension.**

- 1) Asking for permission from the Head of the Medan Tuntungan sub-district in carrying out outreach activities to students, especially young women about the importance of doing vulvar hygiene (genital hygiene) to prevent vaginal discharge in young women
- 2) Determination of participants who will take part in the counseling.
- 3) Determination of community staff who participate in the smooth running of counseling activities for female students/adolescents about vulvar hygiene (genital hygiene) to prevent vaginal discharge in adolescent girls
- 4) Determination of the facilities and infrastructure needed to support the implementation of these outreach activities.
- 5) Other things that are considered important in carrying out activities

#### **b. Coordination meeting with the activity implementation team in this case:**

- 1) Set the day, date of activity
- 2) Place of activity
- 3) Prepared equipment
- 4) The committee that helped
- 5) Amount of fee required
- 6) Facilitators who participate in providing materials
- 7) Things that are deemed necessary

### **2.2. Activity Process**

On August 23, 2018, data collection was carried out for participants who will take part in outreach activities to female students/adolescents about the importance of maintaining vulvar hygiene (genital hygiene) to prevent vaginal discharge in young girls. Opening Ceremony Counseling

to female students/adolescents about the importance of maintaining vulvar hygiene (genital hygiene) to prevent vaginal discharge in adolescent girls, among others by doing:

- a. Lecture
- b. FAQ
- c. Discussion

After giving the material, students will be taught the correct technique for cleaning the genitalia, in order to increase knowledge and prevent vaginal discharge.

### **3. Results and Discussion**

#### **a. Target Audience**

This activity is targeted at students or young women in Environment III, Ladang Bambu Village, Medan Tuntungan Subdistrict, to female students/adolescents about the importance of maintaining vulvar hygiene (genetic hygiene) to prevent vaginal discharge in young women. concerned as well as a good reception from parents and midwives in Environment III Ladang Bambu Village, Medan Tuntungan District.

#### **b. Linkages**

In carrying out this service activity, the fields of science that are considered related include reproductive health in adolescents and health promotion and public health.

#### **c. Evaluation Plan**

In this case the evaluation carried out was an evaluation of the status of knowledge on behavioral changes (knowledge, attitudes, and actions) as well as increasing the degree of adolescent reproductive health by increasing information about health, impacts and prevention and benefits of reproductive health for female students about the importance of maintaining vulvar hygiene (genital hygiene) to prevent vaginal discharge in adolescent girls.

#### **d. Supporting and Inhibiting Factors**

##### **1) Supporting factors**

Enthusiasm of young women is quite large, the environmental party in this case the Environmental Unit III who provides time and place so that the counseling can run well.

##### **2) Obstacle factor**

Awareness of young women about the importance of maintaining vulvar hygiene (genital hygiene) to prevent vaginal discharge in young women is lacking so that the activity process requires a large enough effort to attract interest so that they want to know and practice and listen to counseling. So that communication must be maximized.

### **4. Conclusion**

Reports on community service implementation activities in the form of counseling students/adolescent girls about the importance of maintaining vulvar hygiene (genital hygiene) to prevent vaginal discharge in young women carried out in Environment III Ladang Bambu Village, Medan Tuntungan District, which can be stated as follows: Activities carried out in accordance with the goals and plans. This activity received a good response from the Head of the District, Environmental Kepling, Midwives in the Environment, and their staff. This activity provided a new discourse for young women to be able to disseminate the health information they got and for themselves.

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