

The Relationship between Knowledge and Attitudes of Students About Genetalia Hygiene and Leucorrhoea at Al-Ansor High School, Kec. Bandar Kab. Simalungun Year 2020

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ABSTRACT

Keywords:

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Whitish or often called Flour Albus is a normal vaginal secretion in women. In normal circumstances, a healthy vagina produces fluid to clean the vagina from unwanted foreign objects. The aim of this research is to determine the relationship between knowledge and attitudes of students about genetalia hygiene with the incidence of vaginal discharge in SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020. This research uses a quantitative research type, with a cross-sectional design. This research design uses a cross-sectional design. The population in the study were all students at SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020 as many as 126 people, the sample in this study was 56 random sampling, with the research technique using the Chi Square test. The results of the research on the knowledge of students about genetic hygiene at Al-Ansor High School, the majority in the moderate category were 24 people (42.9%). The attitudes of students about genetic hygiene in SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020 the majority have positive attitudes as many as 30 people (53.6%), The incidence of vaginal discharge in Al-Ansor High School, Kec. Bandar Kab. In 2020, the majority of them experienced physiological vaginal discharge as many as 32 people (57.1%). The conclusion is that there is a significant relationship between the knowledge of students about genetalia hygiene with the incidence of vaginal discharge in SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020. There is a significant relationship between the attitudes of students about genetic hygiene with the incidence of vaginal discharge in SMA Al-Ansor Kec. Bandar Kab. Simalungun year 2020. Adolescent Reproductive Health counseling is recommended in relation to reproductive organs and how to maintain the health of the reproductive organs.

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1. Introduction

Adolescence is a period in which a child will grow and develop into adolescence, covering all developments experienced as preparation for entering adulthood. This development will show various forms of change, both physical and psychological changes [1]. Rapid physical changes include the growth of the reproductive organs (sexual organs) to reach maturity, which is indicated by the ability to carry out reproductive functions. This period for adolescence ranges between 10 and 19 years. It is defined as a period of transition (maturity, relationships, schooling and abilities) to adulthood. Today's adolescents are expected to start paying attention to personal hygiene, especially reproductive health [2].

Reproductive organs are sensitive organs and require special care. Good care behavior is a determining factor for maintaining reproductive health [3], [4]. Care of the genital area is very rarely done and discussed especially by the Indonesian people because it seems taboo and dirty. Hygiene care that is discussed usually only concerns general matters, whereas for reproductive health is very rarely found because it is less comfortable to talk about [5], [6].

The issue of personal hygiene for adolescents is also very important, especially because living in tropical areas like Indonesia makes the body more humid and sweaty [7]. 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 genetalia in women which if allowed to cause infection or other diseases [8], [9]. In order to keep the body in a clean condition, attention must be paid to personal hygiene or personal hygiene, especially the genetalia. One of the effects of lack of maintaining genetalia hygiene is the occurrence of vaginal discharge (Leukorea) [10], [11].

Based on the Riseksdar, it states that the incidence of vaginal discharge in 2015 was 23 people, in 2016 there were 34 people, in 2017 there were 45 people, in 2018 there were 54 people suffering from vaginal discharge. (Ministry of Health, 2019)

Whitish or often called Flour Albus is a normal vaginal secretion in women. Under normal circumstances, a healthy vagina produces fluid to clean the vagina of unwanted foreign objects. The physiological discharge can be watery or sometimes slightly mucus, generally the discharge is small, clear, odorless or does not itch. Meanwhile, abnormal vaginal discharge caused by infection is usually accompanied by itching in the vagina and around the outer vaginal lips, often accompanied by a foul odor, and causes pain during urination and intercourse (Mahannad Shadine, 2018).

The factors that cause vaginal discharge are triggered by viruses, bacteria, germs, overly tired activity, hormonal levels, and vulva hygiene (Bahari, 2018). The cause of vaginal discharge from fatigue is marked to appear only when the body condition has returned to normal. Non-hygienic behavior, such as unclean wipe water, underwear that does not absorb sweat, and use of bad sanitary napkins are one of the factors that cause vaginal discharge (Ayuningsih, Teviningrum and Krisnawati, 2010).

Teenagers should watch out for symptoms of vaginal discharge. Research shows, long discharge even with mediocre symptoms, over time it will damage the hymen. Most of the fluid contains disease germs, and disease germs can damage the hymen almost completely, so that during the first intercourse there is no blood. In addition to damaging the hymen, the occurrence of vaginal discharge due to incorrect maintenance of genitalia can cause discomfort and will cause various genital infections including vulvitis (vulvar infection), candidation vaginitis (thick, itchy vaginal discharge), cervicitis and endometritis (infection of the inner lining of the womb). In order to avoid excessive and disturbing vaginal discharge, it is hoped that women will carry out a clean lifestyle (treatment of external genitalia) so that excessive and disturbing vaginal discharge can be prevented (Suririyah, 2018).

According to WHO in Deissy (2013), almost all women, both adolescents and adults, experience vaginal discharge, 60% in adolescent women aged 15-22 years and 40% in adult women aged 23-45 years. According to data from the Indonesian Adolescent Reproductive Health Survey (SKRRI) in Badaryati (2018), 31.8% of unmarried women or girls aged 15-24 years old are also experiencing vaginal discharge symptoms. Research in East Java shows that 75% of adolescents suffer from vaginal discharge at least once in a lifetime, can experience vaginal discharge twice or more (Aini, 2014). Considering the large number of adolescents in Indonesia, the problems that arise will be so large where the main problem is about reproductive health.

Data obtained from previous studies indicate that pathological vaginal discharge is still very high, especially in adolescents. According to the results of research conducted by Nurlita (2014) regarding the description of the level of knowledge and behavior of maintaining the cleanliness of external genitalia organs in development MI students, there are 3 people (7.7%) who have insufficient knowledge, 19 people (48.7%) have sufficient knowledge and As many as 17 students (43.6%) had good knowledge while 32 students (82.1%) had good behavior in maintaining the cleanliness of external genitalia organs.

Based on the research results that have been described previously, the authors conclude that maintaining reproductive health is very important, especially during adolescence, because maintaining the cleanliness of the reproductive organs is an early step for adolescents to maintain their reproductive health. In addition, at this time adolescent reproductive organs can function properly and sexual activity can begin.

Bad actions in maintaining genital hygiene, such as washing them with dirty water, using excessive antiseptic soap, using underwear that does not absorb sweat, rarely changing underwear, not changing sanitary napkins often can trigger an infection that causes vaginal discharge, making it easier for bacteria, viruses to enter. and parasites that cause STDs into the vagina. Knowledge and action in maintaining clean external genitalia is an important factor in preventing vaginal discharge.

Based on the results of a preliminary study conducted by researchers on Al-Ansor high school students, as many as 10 respondents were asked questions about external genitalia hygiene including knowledge about the care of external genitalia and vaginal discharge. It was found that 7 students knew about external genital hygiene and 3 others did not know about external genital hygiene and it was found that 6 out of 10 students from young women at Al-Ansor High School said they had vaginal discharge, their underwear left yellow spots, and sometimes felt itchy and smelled and 2 of the 4 students used liquid cleaning for female organs.

Some ways that can be done to maintain the cleanliness of the external genital organs include cleaning the genitals from front to back using clean water, drying the genital organs with clean dry

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tissue or towels, using clean sanitary pads and changing regularly 2-3 times a day or every time after urinating, or when the sanitary napkin is full of blood, or when bathing, and using soap when cleaning the genitals (Promotion Center of the Ministry of Health of the Republic of Indonesia, 2018).

Based on the results of an interview with one of the teachers at Al-Ansor High School, he said that guidance from the puskesmas is still rarely carried out, especially regarding adolescent reproductive health. Based on the results of preliminary studies, it shows that many students do not know the cleanliness of external genitalia and there are still many students who experience vaginal discharge. So there needs to be an effort to increase knowledge about external genitalia hygiene, efforts that can be made are providing counseling to Al-Ansor high school girls about reproductive health knowledge, especially external genitalia hygiene.

This shows that knowledge and the formation of attitudes to always maintain personal hygiene for external genital organs are very important so that young women have the habit of maintaining personal hygiene for external genital organs.

2. Method

This study used a quantitative research type, with a cross-sectional design. This research design used a cross-sectional design. The population in this study were all students in SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020 as many as 126 people, the sample in this study was 56 random sampling, with the research technique using the Chi Square test.

3. Results & Analysis

3.1 Results

The characteristics of the respondents in this study were viewed from the age of young women in SMA Al-Ansor Kec. Bandar Kab. Simalungun year 2020. The results of research on the characteristics of respondents can be presented in the table as follows.

Table 1.

Frequency distribution of respondent characteristics based on age in SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020

No	Usia	Frekuensi	Persentase (%)
1	15 tahun	21	37,5
2	16 tahun	26	46,4
3	17 tahun	9	16,1
	Jumlah	56	100,0

Based on table 1 above, it can be seen that the largest number of respondents were 16 years old, namely 26 respondents (46.4%).

a) Student Knowledge About Genitalia Hygiene

The frequency distribution of data on student knowledge about genetic hygiene in SMA Al-Ansor Kec. Bandar Kab. Simalungun 2020 can be seen in table 2 below:

Table 2.

Frequency Distribution of Student Student Knowledge Data About Genitalia Hygiene at Al-Ansor High School, Kec. Bandar Kab. Simalungun in 2020

No	Pengetahuan Pelajar Siswi	Frekuensi	Persentase (%)
1	Baik	15	26,8
2	Cukup	24	42,9
3	Kurang	17	30,4
	Jumlah	56	100

Based on table 2 above, it is known that the majority of students' knowledge of genetic hygiene at Al-Ansor High School is in the sufficient category as many as 24 people (42.9%).

b) Student Attitudes About Genitalia Hygiene

Frequency distribution of students' attitudes about genetic hygiene in SMA Al-Ansor Kec. Bandar Kab. Simalungun 2020 can be seen in table 3 below:

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journal homepage: www.midwifery.iocspublisher.org**Table 3.**

Frequency Distribution of Student Attitudes About Genitalia Hygiene at Al-Ansor High School, Kec. Bandar Kab. Simalungun in 2020

No	Sikap Pelajar Siswi	Frekuensi	Persentase (%)
1	Positif	30	53,6
2	Negatif	26	46,4
	Jumlah	56	100,0

Based on table 3 above, it is known that the attitudes of students about genetic hygiene in SMA Al-Ansor Kec. Bandar Kab. The majority of Simalungun in 2020 have positive attitudes as many as 30 people (53.6%).

c) Incidence of vaginal discharge

Frequency distribution of vaginal discharge in Al-Ansor High School, Kec. Bandar Kab. Simalungun 2020 can be seen in table 4. below:

Table 4.

Frequency Distribution of Leucorrhoea at Al-Ansor High School, Kec. Bandar Kab. Simalungun in 2020

No	Kejadian Keputihan	Frekuensi	Persentase (%)
1	Patologis	24	42,9
2	Fisiologis	32	57,1
	Jumlah	56	100

Based on table 4. above, it is known that the incidence of vaginal discharge in SMA Al-Ansor Kec. Bandar Kab. In 2020, the majority of them experienced physiological vaginal discharge as many as 32 people (57.1%).

d) Bivariate Analysis

Data analysis of the relationship between student knowledge about genitalia hygiene with the incidence of vaginal discharge in SMA Al-Ansor Kec. Bandar Kab. Simalungun 2020 can be seen in table 5 below.

Table 5.

Cross Tabulation of Student Knowledge Relationship between Students and Genitalia Hygiene with the occurrence of vaginal discharge at Al-Ansor High School, Kec. Bandar Kab. Simalungun in 2020

No	Pengetahuan	Kejadian Keputihan				Total	p-value
		Patologis		Fisiologis			
		f	%	f	%		
1	Baik	3	5,4	12	21,4	15	0,038
2	Cukup	10	17,9	14	25,0	24	
3	Kurang	11	19,6	6	10,7	17	
	Total	24	42,9	32	57,1	56	100,0

Based on the data in table 5. above, it can be seen that 12 respondents who had good knowledge experienced physiological events, namely 12 people (21.4%). Furthermore, from 24 respondents who had sufficient knowledge, the majority experienced physiological vaginal discharge, namely 14 people (25.0%). Meanwhile, from 17 respondents who had less knowledge, the majority experienced pathological vaginal discharge as many as 11 people (19.6%).

Based on the results of data processing with chi square, it was found that a significant p-value was 0.038 or p-value <0.05, so H_0 was rejected and H_a was accepted so that in this study there was a significant relationship between students' knowledge about genetic hygiene and the incidence of vaginal discharge in SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020.

Data analysis of the relationship between student attitudes about genetic hygiene with the incidence of vaginal discharge in SMA Al-Ansor Kec. Bandar Kab. Simalungun 2020 can be seen in table 6 below.

Table 6.

Cross tabulation of the Relationship between Attitudes about Genitalia Hygiene and Leucorrhoea at SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020

No	Sikap	Kejadian Keputihan				Total	p-value
		Patologis		Fisiologis			
		f	%	f	%		
1	Positif	9	16,1	21	37,5	30	0,037
2	Negatif	15	26,8	11	19,6	26	
	Total	24	42,9	32	57,1	56	

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Based on the data in table 6 above, it can be seen that 30 respondents who had a positive attitude, the majority of physiological leucorrhoea, were 21 people (37.5%). Furthermore, from 27 respondents who had a negative attitude, the majority experienced pathological vaginal discharge, namely 15 people (26.8%).

Based on the results of data processing with chi square, it was obtained a significant p-value of 0.037 or p-value <0.05, so H_0 was rejected and H_a was accepted so that in this study there was a significant relationship between student attitudes about genetic hygiene and the incidence of vaginal discharge in SMA Al- Ansor Kec. Bandar Kab. Simalungun in 2020.

3.2 Discussion

Based on the research data above, it can be seen that 12 respondents who had good knowledge experienced physiological events, namely 12 people (21.4%). Furthermore, from 24 respondents who had sufficient knowledge, the majority experienced physiological vaginal discharge, namely 14 people (25.0%). Meanwhile, from 17 respondents who had less knowledge, the majority experienced pathological vaginal discharge as many as 11 people (19.6%).

Based on the results of data processing with chi square, it was found that a significant p-value was 0.038 or p-value <0.05, so H_0 was rejected and H_a was accepted so that in this study there was a significant relationship between students' knowledge about genetic hygiene and the incidence of vaginal discharge in SMA Al- Ansor Kec. Bandar Kab. Simalungun in 2020.

Personal hygiene knowledge is very important because good knowledge can improve health status (Ilmiawati and Kuntoro, 2017). The level of knowledge of respondents regarding personal hygiene of external genital organs is classified as good, namely there are 34 respondents (68%), although there are still some respondents who have poor knowledge. This is in line with research by Karnita (2014) which shows that young women in Mts. Guppi Samata, Gowa Regency has good knowledge in maintaining personal hygiene for reproductive organs (60.5%).

Respondents' good knowledge can occur due to several factors including age, education and mass media. The age of the respondent in this case has entered adolescence where the level of understanding and knowledge is also getting higher. According to Nurhayati (2013), it is explained that a person's knowledge is getting better due to age, so that one's power and mindset will develop.

Based on the results of this study, there were 29 respondents (58%) who had accessed or known health promotion media related to personal hygiene for reproductive organs. This shows that the mass media has a role in one's knowledge. The reproductive organs consist of external and internal genital organs (Prawirohardjo, 2014). Based on this, it shows that the respondent has accessed or known health promotion media regarding personal hygiene of external genital organs.

Knowledge is a result of human sensing and experience which is influenced by the intensity of human attention to objects which aims to increase insight that can produce knowledge (Yuliana, 2017). Many factors can affect a person's level of knowledge, including age, education, experience, environment, parents, books, intelligence, mass media exposure, socioeconomic (income), and culture (Notoatmodjo, 2012).

Ayiningtyas and Suryaatmadja (2011) in their research on the Relationship Between Knowledge and Behavior of Maintaining External Genital Hygiene and the Incidence of Leucorrhoea in SMA Negeri 4 Semarang students revealed that the incidence of vaginal discharge was influenced by the level of knowledge about external genital hygiene.

4. Conclusions

Based on the description of the results and discussion, it can be concluded that the majority of students' knowledge of genetic hygiene at Al-Ansor High School is in the enough category as many as 24 people (42.9%), the attitudes of students about genitalia cleanliness in SMA Al-Ansor Kec. Bandar Kab. Simalungun in 2020 the majority have positive attitudes as many as 30 people (53.6%), The incidence of vaginal discharge in Al-Ansor High School, Kec. Bandar Kab. In 2020, the majority of them experienced physiological vaginal discharge as many as 32 people (57.1%). There is a significant relationship between students' knowledge of genitalia hygiene with the incidence of vaginal discharge in Al-Ansor High School, Kec. Bandar Kab. Simalungun in 2020, with a p value = 0.038 (p <0.05) and there is a significant relationship between the attitudes of students

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about genetic hygiene and the incidence of vaginal discharge in SMA Al-Ansor Kec. Bandar Kab. Simalungun 2020, with p value = 0.038 ($p < 0.05$).

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