COUNSELING ON THE PREVENTION OF VAGINAL DISCHARGE IN ADOLESCENTS WITH PERSONAL HYGIENE AT HIDAYATUN NAJAH SAMIRAN VILLAGE PROPO SUB-DISTRICT PAMEKASAN DISTRICT

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ABSTRACT

Women who experience vaginal discharge as much as 75%, mostly 50% occur in adolescents, 25% in women of childbearing age (WUS). Vaginal discharge in adolescents usually occurs before and after menstruation which is physiological. If the behavior of genital hygiene care is not good, it can be the cause of pathological vaginal discharge which causes discomfort and in the long term can cause pelvic infection and infertility. One of the factors inhibiting healthy behavior is the lack of knowledge and awareness of individuals about genital hygiene including the prevention and treatment of vaginal discharge. The purpose of this activity is to determine the relationship between the knowledge of adolescent girls about vaginal discharge and genital hygiene behavior. The targets of this activity are female students at Hidayatun Najah Mts, Samiran Village, Proppo District, Pamekasan. The evaluation provides an opportunity for female students to ask questions and provides an opportunity to explain again about vaginal discharge. Adolescent girls need to be given information on how to clean the reproductive organs properly and correctly. In addition, it is also necessary to encourage them to actively seek out information about reproductive health, especially providing lessons on genital organ care such as toileting techniques, using underpants that are not tight, changing underpants, and using non-perfumed soap.

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1. INTRODUCTION

Adolescents are the population in the age range of 10-19 years (WHO, 2014). Adolescence is the most critical period for its development and gets obstacles. In adolescence, the main obstacle faced is the rapid changes physically and psychologically, so adolescents need special attention in maintaining their health, especially reproductive health (Wulandari, 2012).

Vaginal discharge or flour albus is the condition of the vagina when it secretes fluid or mucus resembling pus caused by germs. Sometimes, vaginal discharge can cause itching, smell bad, and be green in color. Hormonal factors, hygiene, and the pH atmosphere of the vagina also affect the appearance of vaginal discharge symptoms. Vaginal discharge does not actually need to be treated. However, if it starts to bother, such as the appearance of itching and pain, vaginal discharge should really be aware of and should not be underestimated. Because, this disorder can cause infertility and cancer (Sunyoto, 2014).

Reproductive health problems that can occur in adolescence are the occurrence of vaginal discharge (fluor albus). The problem of vaginal discharge is a symptom that is very often experienced by most women. This disorder is the second problem after menstrual disorders. Vaginal discharge is divided into two, namely normal or physiological discharge and abnormal or pathological discharge which can be a clue to the presence of reproductive diseases that are treated immediately (Djuanda, 2015).

To overcome these problems, efforts need to be made to improve adolescent reproductive health. Health workers can provide services, counseling and counseling on reproductive health from an early age to prevent vaginal discharge and solve reproductive hygiene problems so that it can become an understanding, attitude and behavior, especially in adolescents.

2. Methods

The implementation of community service activities took place offline (face-to-face) on Thursday, June 22, 2023 at 15:00-16:00 WIB with the presence of 20 participants of Mts Hidayatun Najah proppo students who were in the Kalimati hamlet of Samiran village, Proppo Kab. Pamekasan. The method used in this activity is lecture and question and answer. Activities in the form of delivering material. Entitled "Prevention of vaginal discharge in adolescents with personal hygiene". After the delivery of the material, the event continued with a discussion and question and answer session, and ended with a post-test to determine changes in knowledge after counseling.

3. Result And Discussion

a. Results

The implementation of community service activities took place offline (face-to-face) which was held on Thursday, June 22, 2023 regarding the prevention of vaginal discharge in adolescents which was attended by 20 participants. Almost all participants can accept and understand the material that has been delivered. In this activity, it began with the opening by the moderator and continued with the percentage of counseling material on the prevention of vaginal discharge. After the presentation of the material, it was continued with a question and answer session then continued with a group photo session.

In this activity, a pre-test was carried out as a basis for the initial knowledge of the participants who participated in this activity and a post-test was carried out as an evaluation of the results of this community service.

<table>
<thead>
<tr>
<th>Knowledge of Vaginal Discharge Prevention</th>
<th>Pre-Test</th>
<th>Post-Test</th>
<th>( a = 0.05 )</th>
</tr>
</thead>
<tbody>
<tr>
<td>Good</td>
<td>42.2%</td>
<td>92.2%</td>
<td>( P = 0.000 )</td>
</tr>
<tr>
<td>Less</td>
<td>57.8%</td>
<td>7.8%</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
<td>100%</td>
<td></td>
</tr>
</tbody>
</table>
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From the results of the pre-test with a total sample of 20 people and obtained there is an increase in knowledge from the average pre-test value obtained the level of knowledge of adolescents about preventing vaginal discharge is less as many as 10 people with a percentage of 57.8% and after the Posttest obtained the level of knowledge of adolescents about preventing vaginal discharge is good as many as 10 people with a percentage of 92.2% with a value of p0.000. which means there is an increase in knowledge about preventing vaginal discharge in adolescents. This is in accordance with the opinion of Sri Juliani who states that adolescents who lack knowledge and information about reproductive health, especially vaginal discharge, will also have an impact on adolescent behavior in maintaining the cleanliness of their genitals. Because knowledge and good care behavior are determining factors in maintaining genital hygiene.

Negative perceptions are shown by adolescents who disagree that during menstruation there is no need to change pads if they feel wet and long. Adolescents think that changing pads twice a day if after bathing. According to (Wahyudin & Perceka, 2021), pads need to be changed about four to five times a day to avoid the growth of bacteria on the pads used and prevent the entry of these bacteria into the genitals. This is influenced by the lack of information obtained about genital hygiene. At school there is also no specific subject that discusses reproductive health. This causes respondents to lack information so that their knowledge about genital hygiene during menstruation is also not good.

According to Army (2007), things that can be done in preventing vaginal discharge include maintaining the cleanliness of the vaginal area. Washing the vulva (outer part of the vagina) every day and keeping it dry must be done to prevent the growth of bacteria and fungi. Teenagers should also use non-perfumed soap when bathing to prevent irritation of the vagina. Avoid using feminine cleansers that contain deodorants and chemicals too much, because it can disrupt the pH of feminine fluids and can stimulate the emergence of fungi or bacteria. Keeping nails clean and short is one way to prevent vaginal discharge in teenagers. Nails can be infected with Candida due to scratching on infected skin. Candida that is deposited under the nail can be transmitted to the vagina when bathing or washing (Army, 2007).

4. Conclusion
The conclusion obtained from counseling about vaginal discharge in adolescents at Mts hidayatun najah village samiran kec. Proppo kab. Pamekasan is: students have realized that the prevention of vaginal discharge is very important, so students will be more careful, especially in personal hygiene can be applied to their daily lives. expected to be able to further improve understanding of health knowledge about the prevention of vaginal discharge.

5. ACKNOWLEDGMENTS
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6. Reference


Maidartati. 2016. Hubungan Pengetahuan Dan Perilaku Vulva Hygiene Pada Saat Menstruasi Remaja

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