

Relationship of Knowledge, Attitude and Behavior Care Hygiene Organ External Genitalia with Vaginal Discharge at SMK Al-Jihad Schoolgirl Jakarta 2020

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Keyword: Vaginal Discharge, Knowledge, Attitude, Behavior.

Abstract: Indonesia is a country with warm weather, so mushrooms are easy to live. resulting in high cases of vaginal discharge for women in Indonesia, as many as 90% of women experience vaginal discharge. In Ari Komariah's research in 2018 at SMAN 1 Tambelang Bekasi as many as 43 students experienced vaginal discharge around 53.8% has low knowledge about the care of external genital organs. Based on a preliminary study conducted by researchers at SMK Al-Jihad Jakarta, it was found that 70% female students experienced pathological vaginal discharge and were wrong in how to maintain the cleanliness of the external genitalia. The purpose of this study was to determine the relationship between knowledge, attitudes and behavior in maintaining the cleanliness of external genital organs with the incidence of pathological vaginal discharge in students of SMK Al-Jihad Jakarta. This research uses quantitative methods with a *cross sectional* research design. This research was conducted at SMK Al-Jihad Jakarta in 2020. The population in this study were all students of SMK Al-Jihad Jakarta, as many as 238 students. The sampling technique was *Proportional Stratified Random Sampling*, which consisted of 85 students. Data collection with Google forms. Data analysis carried out in this study was univariate analysis and bivariate analysis. Univariate results showed that respondents experienced pathological vaginal discharge (24.7%). Then the results of the bivariate variables that showed a significant relationship with the incidence of pathological vaginal discharge were knowledge (*P-Value* 0.000) and behavior (*P-Value* 0.047).

1 INTRODUCTION

Decree of the Minister of Health No. 97 of 2015 adolescent reproductive health is included in one of the 2015 Sustainable Development Goals (SDGs) goal 5, namely, ensuring gender equality and empowering all women as approved by the Program of Action of the International Conference on Population and Development and the Beijing Platform for Action (Purwaningrum, 2017). Poor female reproductive health problems have reached 33% of the total burden of disease suffered by women in the world, one of which is vaginal discharge (Oriza & Yulianty, 2018).

According to a World Health Study, adolescents around the world experience sexually transmitted infections, which is as much as 5% accompanied by vaginal discharge. Indonesia is a country with warm weather, so mushrooms live easily. resulting in high cases of vaginal discharge for women in Indonesia, as

many as 90% of women experience vaginal discharge (Abrori et al., 2017). Women aged 15-24 years will face vaginal discharge around 31.8%, so that adolescents have a greater risk of facing pathological vaginal discharge (Azizah, 2015).

According to a study conducted by the World Health Organization, women in the world do not pay attention to hygiene and do not know about reproductive health problems, resulting in infections in the genital organs of 100 million women, around 10-15% of women who experience candida bacterial infections and experience vaginal discharge (Abrori et al., 2017).

The case of vaginal discharge in Indonesia is increasing. Based on the results of the study, it was stated that in 2010, 52% of women in Indonesia experienced vaginal discharge, then in 2011, 60% of women had experienced vaginal discharge, while in 2012 almost 70% of women in Indonesia had experienced vaginal discharge, and in 2013 from January to August almost 55% of women have

experienced vaginal discharge, then in 2017 around 76.5% of women had experienced vaginal discharge (Darma et al., 2017).

Based on the results of Annisa Nurhayati's research in 2013 in the Pondok Cabe Ilir area, as many as 73 female students experienced pathological vaginal discharge around 56.2% (Nurhayati, 2013). While on Study of Nur Fadilah rahma in 2017 on students of SMAs / MA in PPM Rahmatul Asri Enrekang obtained 46 students experiencing abnormal discharge approximately 71.9% (Rahmah, 2017). Then in Ari Komariah's research in 2018 at SMAN 1 Tambelang Bekasi as many as 43 students experienced vaginal discharge around 53.8% this was due to low knowledge about the care of external genital organs (Komariah & Widaningsih, 2018). From several research results, the authors can conclude that it is important to maintain the cleanliness of the external genital organs in adolescent girls.

Based on a preliminary study conducted by researchers, all students of Al-Jihad Vocational School experienced vaginal discharge but did not know about the problem of vaginal discharge, they also had never received reproductive health education and had never received counseling on adolescent reproductive health, especially regarding the treatment of external genital organs. So from 10 students of SMK Al-Jihad Jakarta, 7 students (70%) experienced pathological vaginal discharge and said it was important to maintain the cleanliness of their external genital organs but they were wrong in how to keep the external genital organs clean, among others, using tight underwear, cleaning the female area from the Anal canal forward, not copying the shame every 4 hours in a day when menstrual bleeding is heavy, not shaving pubic hair once a month, not drying the vaginal area when urinating and defecating and 3 (30%) of the female students experienced physiological vaginal discharge and said it was important in maintaining the cleanliness of the external genitalia but not correct in how to clean it.

From this description, the researcher is interested in knowing the relationship between knowledge, attitudes and behavior in maintaining the cleanliness of the external genital organs with the incidence of pathological vaginal discharge in Al-Jihad Jakarta Vocational High School students in 2020.

2 RESEARCH METHODS

This research is a quantitative research with a cross-sectional research design. This research conducted

from September 2019 to June 2020. The source of data collection in this study is primary data, using questionnaires and google forms as research tools.

The population of this study were all 238 female students of SMK Al-Jihad, North Jakarta. Determination of the sample size in this study was determined by *proportional random sampling* with a sample of 85 students of SMK Al-Jihad Jakarta. After the samples in each class were taken proportionally, took into account the considerations of the elements in the research population, then the collection continued by random choice, namely the sampling technique by drawing each group to be used as research samples.

3 RESEARCH RESULTS

3.1 Univariate Analysis

Table 1: Results of univariate analysis of relationship knowledge, attitude and behavior of the external genitalia Organ Care Cleanliness By Vaginal discharge.

Variable	n	%
Whitish Occurrence (No)	64	75.3
Knowledge (High)	55	64.7
Attitude (Negative)	49	57.6
Behavior (Good)	52	61.2

3.2 Bivariate Analysis

Table 2: Results of Bivariate Analysis of the Relationship of Knowledge, Attitude and Behavior of Maintaining External Genitalia Organ Hygiene with Vaginal Discharge in Al-Jihad Vocational High School Jakarta Students in 2020.

No	Independent Variable	Pathological Vaginal Discharge		PR (95% CI)	P Value
		Yes	No		
1	Knowledge			4,583 (1,987-10,571)	0.000
	Low	50.0%	50.0%		
	High	10.9%	89.1%		
2	Attitude			0,808 (0,385-1,695)	0.574
	Negative	22.4%	77.6%		
	Positive	27.8%	72.2%		
3	Behavior			2,101 (0,996-4,431)	0.047
	Bad	36.4%	63.6%		
	Good	17.3%	82.7%		

3.3 Knowledge

Based on the table above, it shows the distribution of respondents in Al-Jihad Vocational School Jakarta in 2020. In the low knowledge group, 50.0% experienced pathological vaginal discharge. In the high knowledge group, 10.9% experienced pathological vaginal discharge. The results of the Chi square test showed that there was a significant relationship between the knowledge of students in maintaining external genital hygiene and the incidence of pathological vaginal discharge (P-value <0.05). The results of the calculation of the prevalence ratio (PR) stated that respondents with low knowledge had a 4.583 times greater chance of experiencing pathological vaginal discharge than respondents with high knowledge (95% CI 1.987-10.571).

3.4 Attitude

Based on the table above, it shows the distribution of respondents at Al-Jihad Vocational School Jakarta in 2020. In the group with negative attitudes towards maintaining the cleanliness of the external genital organs, as many as 22.4% experienced pathological vaginal discharge. In the positive attitude group, 27.8% experienced pathological vaginal discharge. The results of Chi square show that there is no significant relationship between the attitude of the respondents in maintaining the cleanliness of the external genital organs with the incidence of pathological vaginal discharge (P-value > 0.05). The results of the calculation of the prevalence ratio (PR) stated that respondents with a negative attitude had a 0.808 times greater chance of experiencing pathological vaginal discharge than respondents with a positive attitude (95% CI 0.385-1.695).

3.5 Behavior

Based on the table above, it shows the distribution of respondents in Al-Jihad Vocational School Jakarta in 2020. In the bad behavior group, 36.4% they experienced pathological vaginal discharge. In the good behavior group, 17.3% experienced pathological vaginal discharge. The results of Chi square show that there is a significant relationship between the behavior of the respondents in maintaining the cleanliness of the external genital organs with the incidence of pathological vaginal discharge (P-value <0.05). The results of the calculation of the prevalence ratio (PR) stated that respondents with bad behavior had a 2,101 times

greater chance of experiencing pathological vaginal discharge than respondents with good behavior (95% CI 0.996-4.431).

4 DISCUSSION

Every research is inseparable from the limitations and weaknesses of the study. The limitations of this study among others:

1. The type of research used is a cross sectional design, namely the independent variable and the dependent variable are studied at the same time, so they cannot find a causal relationship and can only show interest or relationships between variables.
2. This data collection uses Google forms is subjective. So the truth of the data in this study is very dependent on the honesty of the respondents.
3. Determination of the incidence of pathological vaginal discharge is not a definite diagnosis because the data is based on Google forms. Then in order to make a definite diagnosis, it should be carried out with supporting examinations such as macroscopic and microscopic.

4.1 Pathological Vaginal Discharge

Based on research has been done on Students at SMK Al-Jihad Jakarta in 2020, found that there were 21 respondents (24.7%) who experience vaginal discharge pathological and 64 respondents (75.3%) had no pathological vaginal discharge. Adolescents around the world experience sexually transmitted infections as much as 5% accompanied by vaginal discharge. Indonesia is a country with warm weather, so mushrooms live easily resulting in high cases of vaginal discharge for women in Indonesia, as many as 90% of women experience vaginal discharge. From the results of the study, it was found that 21 respondents (24.7%) experienced vaginal discharge accompanied by itching, odor, experienced changes in the color of the vaginal discharge such as yellowish/greenish/brown. Chances are pathological vaginal discharge. This figure is still quite high considering the attitude of maintaining the cleanliness of the external genital organs, the majority of which are in the negative category. This is because the knowledge they have is not the same as their attitude and behavior. Attitude is a person's belief in the object and has a certain feeling to choose. Factors that influence attitudes towards the object of attitude include: personal experience, the influence of others,

educational institutions and religious institutions, mass media, cultural and emotional. Attitudes can change according to the situation.

This study is in line with a research conducted by Yuniati on FKIK students majoring in nursing at UIN Alauddin Makassar in 2015 which stated that as many as 27 respondents (21.8%) experienced pathological vaginal discharge and 97 respondents (78.2%) did not experience pathological vaginal discharge. However, there are studies that are not inline with this study that there are 73 respondents (56.2%) experiencing abnormal vaginal discharge while 57 respondents (48.3%) experiencing normal vaginal discharge (Fallis, 2013).

Table 3: Pathological At SMK Al-Jihad School girl Jakarta 2020.

Variable	n	%
Whitish Occurrence(No)	64	75.3
Knowledge (High)	55	64.7
Attitude (Negative)	49	57.6
Behavior (Good)	52	61.2

The table above shows that respondents who did not experience vaginal discharge were 75.3 %, respondents who had high knowledge about maintaining the cleanliness of external genital organs (64.7 %) respondents who had a negative attitude towards maintaining the cleanliness of the genital organs external as many as 57.6% and respondents who have good behavior on the sanitation of the external genitalia organs is 61.2 %.

4.2 Knowledge

Based on the results of research that has been conducted on students at SMK Al-Jihad Jakarta in 2020, it shows that respondents who have low knowledge are 35.3%. This study is in line with other studies which found that respondents with low knowledge were 4.8%, while those with high knowledge were 95.2% (Yunianti, 2015). The results of the bivariate analysis showed a p-value of 0.000, there was a significant relationship between knowledge and the incidence of pathological vaginal discharge. With a PR value of 4.583 (95% CI 1.987-10.571), this means that respondents with low knowledge are 4.583 times more at risk than respondents with high knowledge. This study is in line with other studies which say that there is a relationship between knowledge and the incidence of pathological vaginal discharge with a p-value of 0.002 (Yunianti, 2015).

This shows that although adolescents have high knowledge, they experience vaginal discharge this is due to their negative attitude in protecting the genital organs as a result of lack of understanding, because knowing does not necessarily understand. Purwanto (2010) states that knowledge alone has not become a driving force, as is the case with attitude, knowledge of a new object becomes an attitude if that knowledge is accompanied by readiness and awareness to act in accordance with knowledge of the object.

4.3 Attitude

Based on the results of research that has been carried out on students at Al-Jihad Vocational School Jakarta in 2020, it shows that respondents who have a negative attitude are 57.6%. This study is in line with other studies which found that respondents who had a negative attitude were 53.8%, while those who had a positive attitude were 46.2% (Fallis, 2013).

The results of the bivariate analysis obtained a p-value of 0.574, which means that there is no significant relationship between attitudes and the incidence of pathological vaginal discharge. With a PR value of 0.808 (95% CI 0.385-1.695) this means that respondents who have a negative attitude are 0.808 times more at risk than respondents who have positive attitude. The same study in other studies found that there was no relationship between attitude and the incidence of pathological vaginal discharge with a p-value of 0.806 (Fallis, 2013).

Attitudes are not only obtained from high knowledge, they can also be obtained from age, education and economy which ultimately lead to inappropriate attitudes.

4.4 Behavior

Based on the results of the study, which was carried out on students at Al-Jihad Vocational School Jakarta in 2020, it showed that 38.8% of respondents who had bad behavior. This study is in line with other studies which found that respondents who had bad behavior were 40.7%, while those who had good behavior were 59.3% (Adawiyah, 2015).

The results of the bivariate analysis showed a p-value of 0.047, there was a significant relationship between behavior and the incidence of pathological vaginal discharge. With a PR value of 2.101 (95% CI 0.996-4.431) this means that respondents who have bad behavior are 2.101 times more at risk than respondents who have good behavior. The research is the same with other studies that shows there is a relationship between behavior and the incidence of

pathological vaginal discharge with a p-value of 0.007 (Adawiyah, 2015).

Behavior is a human response based on experience or a person's reaction to external stimuli then accompanied by human interaction in the form of knowledge, attitudes and actions. Respondents have high knowledge but some things have not been practiced well. This can happen due to a lack of motivation to practice the knowledge that the respondent knows. In addition, there are several factors that can influence this behavior, such as public trust, socioeconomic level, availability of health facilities and infrastructure for the community, such as clean water.

5 CONCLUSIONS

Based on the results of research on "Relationship of Knowledge, Attitude and Behavior Care Hygiene Organ external genitalia with Vaginal Discharge at SMK Al-Jihad Schoolgirl Jakarta 2020" it can be concluded that:

1. As many as 24.7% of Al-Jihad Jakarta Vocational School students experienced pathological vaginal discharge.
2. There is a significant relationship between knowledge of maintaining cleanliness of external genital organs and the incidence of pathological vaginal discharge at SMK Al-Jihad Jakarta in 2020 (P-value 0.000).
3. There is no significant relationship between the attitude of maintaining the cleanliness of the external genital organs with the incidence of pathological vaginal discharge at SMK Al-Jihad Jakarta in 2020 (P-value 0.574).
4. There is a significant relationship between the behavior of maintaining the cleanliness of the external genital organs with the incidence of pathological vaginal discharge at SMK Al-Jihad Jakarta in 2020 (P-value 0.047).

6 RECOMMENDATION

It is necessary to provide information on how to maintain good and correct hygiene of the reproductive organs to young women and be given encouragement to actively seek information about reproductive health. For further research, it is necessary to establish a diagnosis of vaginal discharge based on clinical features and supporting examinations to determine physiological or

pathological vaginal discharge with a wider variety of characteristics and a wider location, so as to add more accurate information.

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