

The Correlation of Knowledge and Behaviour of Vulva Hygiene with Vaginal Discharge to New Santriwati at Ponpes Darrul Hijrah Banjarbaru

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Keywords: Vaginal Discharge, Knowledge, and Behaviour.

Abstract: The teenagers' problems of reproduction organ need to have a serious attention. 33% from the total amount of diseases suffered by women in the whole world is vaginal discharge. In Indonesia, 75% women already experience vaginal discharge at least one time in their life and half among them experienced that occurrence twice or more. Vaginal discharge can be detected by the occurrence of leaking liquid from reproductive organ which caused by infection of germs, bacteria, or fungi. The vaginal discharge will get worse because women do not aware how to clean their vagina. Good Knowledge and good treatment are the main factor in maintain the health of reproduction organ. The aim of this study is to know the correlation between knowledge and behaviour vulva hygiene with vaginal discharge of new santriwati Ponpes Darul Hijrah Banjarbaru. The type of research used analytic survey with sectional cross design. The population of this research is all of the population new santriwati Ponpes Darul Hijrah Banjarbaru with sampling 83 people. The data analyse used chi square test. The result showed new santriwati had normal vaginal discharge is 86,7% and uncommon vaginal discharge is 13,3%. There is connection (0.035) between vulva hygiene behaviour with vaginal discharge and there is no connection in knowledge (0,514) with vaginal discharge.

1 INTRODUCTION

The health of teenager reproduction is a health condition related to the system reproduction (function, component and process) in physical, mental, emotional and spiritual. The teenagers' problems of reproduction organ need a serious attention, because the problem often arises in developing countries including Indonesia.

According to World Health Organization (WHO, 2010) women's bad reproductive health problems has reached 33% from the total number of diseases suffered by woman in the world, and one of them is vaginal discharge (Panda, 2013).

The research data about women's reproductive health shows 75% women in the world at least suffer vaginal discharge once in their life and 45% of them can experience vaginal discharge twice or more (Pribakti, 2014). Vaginal discharge occurrences at Europe happen once at 25% of total female, where 40-50% experience recurrence.

In Indonesia, 75% women have experience vaginal discharge at least one in their life and half of them have experience vaginal discharge twice or more. In normal condition vagina produce a clear liquid, odourless, colourless, and the amount is not

excessive. The function of this liquid as a natural protection system, reduce friction in uterine wall when walking and having sex (Pribakti, 2014).

Vaginal discharge is a symptom of a disease which marked by leaking liquid from the reproductive organ and it is not blood. Vaginal discharge can happen because infection of germs, bacteria, or fungi (Pribakti, 2014). Vaginal discharge is mostly caused by bacteria kandidosis vulvovagenitis because many women do not know how to clean their vagina, other causes is vaginitis bacterial and trichomonas vaginalis. Especially in Indonesia, the data about the women who had experience of vaginal discharge is hard to find, this is understandable because there were just a few women who check their reproductive problems (Health Department, 2010).

Reproductive organ is a very sensitive organ and requires special care. Good knowledge and good treatment are the main factor to maintain reproductive health, one of them is genital organs (Ratna, 2010). The habit of maintaining cleanliness, including cleanliness of sexual organs or reproductive is the beginning to keep health, one of them is prevent women genital problem which is vaginal discharge (Pribakti, 2011).

Sari's research(2012) in SMAN 1 Seunuddon North Aceh regency in 2012. There are 72 respondent, 38 respondent (97,4%) have less knowledgeable about vaginal discharge. Mediarti dkk(2016) in SMPN 30 Bandung stated that from 80 respondents, 11,25% of them have less knowledgeable about vulva hygiene. Health Department of RI (2010) said need to provide good information to women to improve their knowledge and awareness of how important to maintain cleanliness especially reproductive organs to avoid genital health problems such as virginal discharge (flour albus) because it is often happening in Indonesia, but most of women do not care about it.

The role of the parents -especially mothers- are expected during growth of teenage girl, including in terms of the guidance about cleanliness of reproductive hygiene. Pondok Pesantren Darul Hijrah is a bilingual boarding school which receives most of Santriwati from all around South Kalimantan. The process of boarding school make them rarely to meet their parents and share information related to sensitive things, so the researcher is interested to examine the level of knowledge and behavior to vaginal discharge, especially to new the santriwati who is graduated from elementary school.

Based from the background, the researcher interested to conduct research entitled "Is There Any Connection Between Knowledge And Behavior Of Vulva Hygiene With Virginal Discharge To New Santriwati Of Pondok Pesantren Darul Hijrah Banjarbaru?".

2 METHOD OF RESEARCH

This kind of research is non-experimental (observation) with cross sectional design, done to all over new santriwati of Pondok Pesantren Darul

Hijrah (83 people). Data collections were questionnaire and measurement.

Sample in this research is the total of 500 santriwati population, it is count with the formula: $n = N / (1 + N(d)^2)$. Bivariate analysis use chi square test with a level of trust 95%.

3 RESULT

The characteristic of respondents in this research are knowledge, behavior of vulva hygiene and vaginal discharge. The result of this research shows the characteristic of respondents which is 86,7% who experienced normal vaginal discharge and 13,3% who experienced uncommon vaginal discharge. The characteristic of respondent based their knowledge about vaginal discharge and vulva hygiene, respondents with good knowledge is 57,8%, and respondents with average knowledge 42,2%. The characteristic respondents based behavior of vulva hygiene is 86,7% the positive ones and 13,3% is the negative one.

3.1 The Correlation between New Santriwati's Knowledge and Vaginal Discharge

This table shows the proportion of respondents which has good knowledge and normal vaginal discharge which amount 89,6% from total respondent, the proportion who has average knowledge and normal vaginal discharge is 82,9%. Based on the statistic test related to knowledge with vaginal discharge to new santriwati in Pondok Pesantren Darul Hijrah on $p.value = 0,514$. The $p.value$ here is bigger than $\alpha (0,05)$, which means in statistically there is connection between knowledge and vaginal discharge to the new santriwati of Pondok Pesantren Darul Hijrah.

Table 1: Respondent Distribution based on Correlation of the New Santriwati with Vaginal Discharge Occurrence.

Knowledge	Vaginal Discharge				F	%	P Value
	Normal		Uncommon				
	n	%	n	%			
Good	43	89,6%	5	10,4%	48	100%	0,514
Enough	29	82,9%	6	17,1%	35	100%	

3.2 Correlation between Vulva Hygiene Behavior and Vaginal Discharge

This table show the proportion of respondents which has positive vulva hygiene behavior and normal

vaginal discharge which amount 90,3% from total respondent, the proportion who has negative vulva hygiene behavior and uncommon vaginal discharge is 36,4%. Based on the statistic test related to vulva hygiene behavior and vaginal discharge occurrence

of the new santriwati in Pondok Pesantren Darul Hijrah, the p.value showed at 0, 035. The p.value here is less than α value (0,05), which means in

statistically there is connection between vulva hygiene behavior and vaginal discharge to the new santriwati of Pondok Pesantren Darul Hijrah.

Table 2: Respondent Distribution based on Correlation of Vulva Hygiene Behavior with Vaginal Discharge.

Behavior	Vaginal Discharge				F	%	P Value
	Normal		Uncommon				
	n	%	n	%			
Positive	65	90,3%	7	9,7%	2	100%	0,035
Negative	7	63,6%	4	36,4%	11	100%	

4 DISCUSSION

As known as to new santriwati who experienced normal vaginal discharge of 86.7% while the proportion of respondents who experienced abnormal vaginal discharge was 13.3%, which means that most respondents experienced normal vaginal discharge until this study was carried out. Vaginal discharge is a natural cycle in every woman, and all women absolutely will experience this. Normally white vaginal discharge is slightly whitish, odorless, and does not cause itching, and most new female students experience vaginal discharge in this category

The Importance of caring reproduction organ from early age need to be done, whether it is the cleanliness of the reproduction organ itself, the moisturize, diet pattern, stress management, tired state, lack of sleep, the tightness of the clothing when using it, and also the water's purity degree when using it. Mostly the factor of vaginal discharge occurs is the use of public toilet, the culture of washing up after defaecating or urinating will trigger the spreading of infectious diseases if the water which used in public toilet has been contaminated by other public toilet user. According to Pribakti (2011), vaginal discharge rarely happen because of the infection caused by germs, bacteria, fungus, or mixed infections.

Meanwhile, the uncommon case of vaginal discharge can be seen by the leaking of yellowish-white or grayish-white vaginal liquid (either it is thick liquid or watery). The liquid sure smells bad and can cause the uncontrollable itchy symptom. Several of the new santriwati experience the case that already stated above. This kind of occurrence cannot be ignored, the further examination and treatment need to be conducted even the statement of Yosephine (2016) explaining about the occurrence of vaginal discharge itself is to clean the womb and vagina from dead cells and bacteria.

The new santriwati experiencing drastically psychological occurrence, far from family, and facing a lot of activities which need to be done by herself. In santriwati's puberty period, they can experience that could be triggering vaginal discharge. According to Republika (2013), the triggers of vaginal discharge are puberty, menstruation, the increase of the daily activity, and stress.

According to Notoatmodjo (2012), the knowledge is the result of experiencing, and this is happen after someone sensing toward some object. Sensing are done by using five human sense, sighting, hearing, smelling, tasting and touching.

The research result which conducted to the new santriwati of Pondok Pesantren Darul Hijrah were taken from the answer of 10 questions about vaginal discharge and vulva hygiene shows that 57,8% of total respondent having good knowledge, 42,2% of total respondent having enough knowledge and none (0%) of respondent having lack of knowledge. From this result shows most of respondent having good knowledge which can be seen the answer from the question of definition of : vaginal discharge, the moment to wash the vagina and also about how many times to change the sanitary napkin. The respondent seems lack to understand about vaginal discharge, type of vaginal discharge and how many times a day to change the pants.

The santriwati having lack of knowledge about vulva hygiene is one of factor that triggering the vaginal discharge. Another trigger of vaginal discharge occurs are environment and stress. Stress also can be occurs just because of the environment, for example the condition in and around of toilet which look dirty, the floor covered by dirty plague, and meanwhile the water to wash up is dirty since the source of water is from raindrop or not from flowing water.

The source of information that the new santriwati get are from pondok's caretakers, from their

seniors' experiences (their senior got their experiences from the health awareness-raising event by medical officers which conducted at pondok), and from their parents before the satriwati become the students of Pondok Pesantren Darul Hijrah. The number respondent which having good knowledge and having normal vaginal discharge is 89,6% from the total responden, the number respondent which having enough knowledge and having normal vaginal discharge is 82,6%. According to the statistical test of relationship between the degree of vaginal discharge knowledge and having vaginal discharge at Pondok Pesantren Darul Hijrah Putri 2017 the p value was showing at 0,514 -which is bigger than α (0,05)-, which means that statistically proven that there is no relation between good knowledge of vaginal discharge and the occurrence of having vaginal discharge at Pondok Pesantren Darul Hijrah Putri 2017.

This research result is having same result with the research that conducted to teenage girls by Safrina (2010). Vaginal discharge can be happened to teenagers which having bad knowledge to take care the sanity of vulva hygiene. Lack of knowledge also can be caused by the lack of information intake to make the brain understood that taking care vulva hygiene could decrease the possibilities having vaginal discharge.

The research result related to the good knowledge of vulva hygiene showing 86,7% from total respondent and the enough knowledge of vulva hygiene is 13,3%. This can be reflected at respondents' statement which claimed that: always wash the genital from the front (vagina) to the rear (anus), shaving the pubes around the vagina, and washes their hands before touching the vagina. Several of the respondents stated that they did not change their underwear twice a day or change it when it the underwear started to become moist.

Knowledge is an important thing to shape someone's behavior (Notoadmojo, 2010). The result of this research shows that proper knowledge will build and shape the good behavior and good understanding in the santriwati's minds. The good understanding about the knowledge will lead into a good behavior.

The respondent which having positive vulva hygiene behavior and having normal vaginal discharge is 90,3% from total respondent, the respondent which having negative vulva hygiene behavior and having normal vaginal discharge is 63.6% from total respondent. According to the statistical relation test between the behavior of vulva hygiene and vaginal discharge occurrence at Pondok

Pesantren Darul Hijrah Putri 2017, the p value of this research was 0,035 -which is smaller than α value(0,05)- which means that statistically there is no meaningful relation between vulva hygiene behavior and vaginal discharge occurrence of new santriwati Pondok Pesantren Darul Hijrah 2017. This research result having similarity with the research which conducted by Annisa(2016) about the knowledge, behavior and personal hygiene medical awareness of female teenagers around 13-17 years old at Pondok Cabe Ilir. With the (n.74), the result shows 59,5% respondent having bad behavior and having uncommon vaginal discharge, meanwhile 51,8% respondent having good behavior and having uncommon vaginal discharge. So, between 2 variables (behavior and having uncommon vaginal discharge), there is no meaningful relation.

The similarity of Annisa's research result and this research result can be caused by several factors, such as the use of vaginal antiseptic, the use of tight pants, and also the lack of effort to take care female genitalia from the moist. Behavior also could be affected by several factors, mainly because of knowledge and attitude. Demographical factor (such as financial status) and supportive factors (facility, infrastructure, environment and friends) also be a part of this similarity.

5 CONCLUSIONS AND SUGGESTIONS

5.1 Conclusions

- Most of new santriwati having normal vaginal discharge (86,7% of total respondent), having good knowledge (57,8% of total respondent) and positive behavior (86,7% of total respondent).
- There is no relation between having knowledge and vaginal discharge occurrences (p. value about this matter in this research is 0.514)
- There is no relation between behavior and vaginal discharge occurrences (p. value about this matter in this research is 0.35)

5.2 Suggestions

- Santriwati must take care of their reproduction organ and take seriously about vaginal discharge matter.
- The parents of santriwati ought to give personal guidance about menstruation, healthy life

- pattern and the sanitation of reproduction organ before the santriwati face the dormitory life.
- Pondok can be a place of medical awareness raising and spreading the information about vaginal discharge.
 - here is a need to conduct further research about another factor which related with vaginal discharge and need to conduct further action with more samples.

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