

Health Education Using Leaflet Media On Female Adolescents' Knowledge About Vaginal Discharge At State Junior High School 2 Semen, Kediri Regency

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ABSTRACT

Lack of reproductive health knowledge about vaginal discharge is caused by limited access to information media and lack of awareness to maintain cleanliness of reproductive organs (personal hygiene) are factors causing vaginal discharge. The purpose of this study was to evaluate the effect of health education using leaflet media on the knowledge of adolescent girls about vaginal discharge. The research design used a pre-experimental one-group pre-post test design. The population was 80 respondents using a simple random sampling technique so that the sample was 67 respondents. The data collection technique used a questionnaire and data analysis used the Wilcoxon test. The results of the study showed that before being given treatment, most respondents (70.1%) had poor knowledge about vaginal discharge and after being given treatment, most respondents (73.1%) had good knowledge about vaginal discharge. The results of data analysis using the Wilcoxon test to analyze obtained a sig value (2-tailed) or p value = 0.000 < 0.05 so that H1 was accepted, meaning that there was an effect of health education using leaflet media on the knowledge of adolescent girls about vaginal discharge at State Junior High School 2 Semen, Kediri Regency. An important role in influencing human behavior such as attitudes, actions and knowledge is to provide health education, because health education is a learning mechanism carried out by individuals or groups.

Keywords : Health Education, Knowledge, Leaflet, Vaginal Discharge

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INTRODUCTION

Adolescents are one of the groups of people who need special attention in the field of reproductive health because they are a group that is vulnerable to the abuse of attitudes and behaviors that deviate from the concept of reproductive health (Ade Tyas Mayasari, Hellen Febriyanti, 2021). In Europe, only 25% of women experience vaginal discharge. This figure is very different from what happens in Indonesia, where the percentage of Indonesian women who have experienced vaginal discharge is quite large, around 75% of the 118 million women in Indonesia (Yulina Dwi Hastuty, Yusniar Siregar, 2023). According to WHO, around 75% of

adolescent women worldwide experience vaginal discharge at least once in their lives and 45% experience it twice or even more. In Indonesia, the incidence of vaginal discharge continues to increase every year to reach 70%, while adolescent girls in Indonesia experience vaginal discharge 50% (Silvi Triana Helmi, Lili Fajria, 2023).

Vaginal discharge is one of the reproductive health problems that is often complained of by women (Hastuty et al., 2023). Vaginal discharge is often experienced by women throughout their life cycle starting from adolescence, reproductive period, and menopause (Afriani, 2023). Vaginal discharge is a condition of discharge of fluid other than blood from the female genitalia. The female reproductive system undergoes changes throughout its development. Vaginal discharge is a normal condition that if left untreated will be at risk of becoming pathological vaginal discharge due to infection, germs, and disease. The balance of the vaginal ecosystem will be disrupted if the vagina is contaminated by parasites, fungi, bacteria, germs, and viruses. Such as Doderlein bacteria or Lactobacilli which previously ate glycogen produced by estrogen, causing the vaginal pH to become acidic. This process is impossible if the vaginal pH is alkaline. Because the pH is alkaline, disease-causing bacteria can thrive in the vagina (Sumardha Nasution & Fahma Harahap, 2022; Yulina Dwi Hastuty, Yusniar Siregar, 2023). The causes of physiological vaginal discharge include hormonal factors, for example before ovulation, before or after menstruation, sexual and psychological stimulation (Destariyani et al., 2023; Hariani, 2024; Juliansyah & Zulfani, 2021).

Several risk factors for pathological vaginal discharge are caused by lack of care for the genitals of adolescent girls, such as washing the vagina with stagnant water in a bucket, using excessive douches, wearing pants made of materials that do not absorb sweat, rarely changing underwear, and not changing pads often during menstruation (Ade Tyas Mayasari, Hellen Febriyanti, 2021). Pathological vaginal discharge can be caused by bacteria, viruses, fungi, fatigue and contraceptives. The causes of vaginal discharge in adolescents are generally poor knowledge and behavior of personal hygiene, namely poor habits after urinating, low awareness of washing hands using vaginal soap, wearing tight pants and frequency of changing pads during menstruation which are triggers for vaginal discharge in adolescents. The knowledge possessed by adolescents will greatly influence their attitudes in maintaining their reproductive health. Lack of reproductive health knowledge regarding vaginal discharge is caused by limited access to information media and lack of awareness to maintain cleanliness of the reproductive organs (personal hygiene) which are factors that cause vaginal discharge (Silvi Triana Helmi, Lili Fajria, 2023). Health education is a learning process in which the process can make changes for the better in individuals, groups or communities (Mamik, 2023; Nispi Yulyana, Elly Wahyuni, Wewet Safitri, 2023).

Health education is a planned effort with the aim of changing the perspective of a person's actions or behavior, a community group towards a clean and healthy lifestyle, by fostering health, preventing disease, resisting disease and improving health by providing information and knowledge and skills to improve health. Health education is a planned effort with the aim of changing the perspective of a person's actions or behavior, a community group towards a clean and healthy lifestyle, by fostering health, preventing disease, resisting disease and improving health by providing information and knowledge and skills to improve health (Nurul Eko Widiyastuti, 2022; Santoso & Desi, 2024; Sulaeman, 2022). Leaflets are sheets of paper containing health messages containing writing and pictures about health topics that are conveyed to the public or readers. Leaflets as a health promotion media can be stored and distributed in various places to provide health information to target groups. In this study, leaflet media was used because it has the advantages of being easy to carry and effective in conveying short messages that can be stored for a long time and can be reopened (Putra Apriadi Siregar, Reni Agustina Harahap, 2020). Leaflet media is also effective in preventing pathological vaginal discharge behavior in women (Miftachul et al., 2023).

Based on a preliminary study at State Junior High School 2 Semen Kediri Regency in March 2024, during an interview with 10 female students about vaginal discharge, 6 female students stated that they often experienced vaginal discharge to the point of emitting a fishy-smelling liquid, often wore tight underwear, and changed their underwear once a day. Meanwhile, 4 female students stated that they sometimes or never experienced vaginal discharge, wore loose underwear that easily absorbs sweat and often changed their underwear. This study aims to evaluate the effect of health education using brochures on the knowledge of adolescent girls about vaginal discharge.

METHODS

The research design used a pre-experiment, one-group pre-post test design. The population was all female adolescents in grade VIII of State Junior High School 2 Semen, Kediri Regency, totaling 80 children, using a simple random sampling technique with a lottery system so that the sample totaled 67 respondents. The research procedure was carried out by the researcher himself using a questionnaire distributed to the selected sample as data before the intervention, given health education in the form of leaflets, then given another questionnaire as data after the intervention. This questionnaire consisted of 12 questions discussing the definition, causes, signs and symptoms, treatment and prevention of vaginal discharge. This pre-post data collection was carried out at one time. Data processing was carried out by editing, coding and scoring. Data analysis used Wilcoxon.

RESULTS

Tabel 1 The characteristics of the respondents based on Age, Information, Information Sources at State Junior High School 2 Semen, Kediri Regency

Characteristics	N	%
Age		
13 Years	6	9,0%
14 Years	48	71,6%
15 Years	13	19,4%
Information		
Never	46	68,7%
Ever	21	31,3%
Information Sources		
Never	46	68,7%
Electronic Media	21	31,3%

Based on table 1, it shows that out of 47 respondents most of the respondents were 14 years old, namely 48 respondents (71.6%), most of the respondents had never received information about vaginal discharge as many as 46 respondents (68.7%), only 21 respondents (31.3%) had received information about vaginal discharge from electronic media, before being given treatment they had less knowledge, then after being given treatment most of the respondents (66.0%) had good knowledge about vaginal discharge.

Table 2 Tabulation of Knowledge of Young Females About Vaginal Discharge Before Being Given Treatment at State Junior High School 2 Semen, Kediri Regency

No	Knowledge	Frequency	Percentage
1	Less	47	70,1%
2	Enough	20	29,9%
3	Good	0	0,0%
Total		67	100%

Based on table 2, it is known that before being given treatment, out of 67 respondents, most of the respondents had less knowledge about vaginal discharge, namely 47 respondents (70.1%).

Table 3 Tabulation of Knowledge of Young Female Students About Vaginal Discharge After Being Given Treatment at State Junior High School 2 Semen, Kediri Regency

No	Knowledge	Frequency	Percentage
1	Less	0	0,0%
2	Enough	18	26,9%
3	Good	49	73,1%
Total		67	100%

Based on table 3, it is known that after being given treatment, out of 67, most of the respondents have good knowledge about vaginal discharge, namely 67 respondents (73.1%).

Tabel 4 Analysis of Health Education Using Leaflet Media on the Knowledge of Young Females About Vaginal Discharge at State Junior High School 2 Semen, Kediri Regency.

Test Statistics ^b	
	Pengetahuan Post Test - Pengetahuan Pre Test
Z	-7.234 ^a
Asymp. Sig. (2-tailed)	.000
a. Based on negative ranks.	
b. Wilcoxon Signed Ranks Test	

Based on table 4 data analysis using the Wilcoxon test to analyze the obtained sig value (2-tailed) or pvalue = 0.000 and the error rate or = 0.05, so $p < 0.000 < 0.05$ so that H1 is accepted, meaning that there is an influence of health education using leaflet media on the knowledge of female adolescents about vaginal discharge at State Junior High School 2 Semen, Kediri Regency.

DISCUSSION

Based on the data obtained, knowledge before treatment was in the category of less than 47 respondents and sufficient for 20 respondents, while after treatment it was sufficient for 18 respondents and good for 49 respondents. This shows that there was an increase in knowledge after being given health education using leaflet media. Health education is a learning process in which the process can make changes for the better in individuals, groups or communities (Nispi Yulyana, Elly Wahyuni, Wewet Safitri, 2023).

According to Notoatmodjo, health education is an effort to persuade or educate the community so that the community is willing to take action to maintain and improve their health (Maulana, 2022). Health education is an educational process that cannot be separated from the learning process, by learning to increase knowledge (Dayaningsih & W, 2022). Providing health promotion or health education with various media can improve community knowledge, attitudes and behavior as well as adolescent actions (Fabanyo & Abdullah, 2024; Miftachul et al., 2023). Health education has an influence on knowledge about vaginal discharge (fluor albus) in adolescent (Murbiah, Virna Elysa, 2023). Health education can increase knowledge and attitudes regarding the dangers of vaginal discharge in adolescent girls (Dewi & Putri, 2024).

Leaflets are a medium for conveying information that contains images and writings that are of an appeal nature and are commonly used in health education. Leaflets are sheets of paper containing health messages that contain writings and images about health topics that are

conveyed to the public or readers that are of an appeal nature and are commonly used in health education. Leaflets as a health promotion medium can be stored and distributed in various places to provide health information to target groups. In this study, leaflet media was used because it has the advantages of being easy to carry and effective in conveying short messages, can be stored for a long time and can be reopened (Putra Apriadi Siregar, Reni Agustina Harahap, 2020; Septiyani Nur Pujiati, Siti Haniyah, 2024).

Based on the results of general data from respondents, it shows that there were 21 respondents (31.3%) who had received information about vaginal discharge from electronic media. Notoatmodjo (2003) explains that knowledge is the result of knowing, where some knowledge is obtained from the sensing process or through the five senses (Sugijati, Jamhariyah, 2023). Sensing occurs through human post-senses, namely the senses of sight, hearing, smell, taste, and touch, which means that knowledge can be obtained from anywhere. Most human knowledge is obtained through the eyes and ears such as posters, magazines, leaflets or sources of information in the form of sound such as seminars, education, or conversations from other people through everyday conversations hari (Miftachul et al., 2023).

The higher a person's knowledge and understanding of health, the more their perspective on health will increase. This level of knowledge is also related to the level of education a person has, where the higher the level of education a person has, the broader their knowledge will be (Sugijati, Jamhariyah, 2023). This is in line with other studies that show the influence of counseling on increasing knowledge with the leaflet method (Aprianti et al., 2024; Murbiah, Virna Elysa, 2023; Retno Utami, Sri Rahayu, Iis Tri Utami, 2024). Vaginal hygiene in the relationship between knowledge level and vaginal discharge among adolescents. By promoting positive hygiene behavior, health care providers and educators can bridge the gap between knowledge acquisition and behavior change, to maintain vaginal health (Miftachul et al., 2023). The limitation of this study is that there is no control group or group using other treatment methods besides leaflets.

CONCLUSION

The results of the study before being given treatment, most respondents (70.1%) had insufficient knowledge, while after being given treatment, most respondents (73.1%) had good knowledge about vaginal discharge. The results of the Wilcoxon statistical test p value 0.000 so that there is an effect of health education using leaflet media on the knowledge of female adolescents about vaginal discharge at State Junior High School 2 Semen, Kediri Regency.

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