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The Relationship Between Female Midwifery Students' Knowledge About Personal Hygiene And The Incidence Of Vaginal Discharge

Afnisa Hariani[1], Mutia Sadya[2]
STIKes Imelda[1,2]

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ABSTRACT

Health is very important for all individuals. According to Republic of Indonesia Law No. 36 of 2009, health can be defined as a state of health both physically, mentally, spiritually and socially and economically. In order for individuals to be productive, they need to maintain their health, one of which is by paying attention to self-care or what is commonly known as personal hygiene. Personal hygiene is an action to maintain a person's cleanliness and health for well-being. General objective. To find out whether there is a relationship between the knowledge of midwifery students about personal hygiene and the incidence of vaginal discharge at the Madina Husada Midwifery Academy, Panyabungan District, Mandailing Natal Regency. To find out the relationship between the knowledge of midwifery students about personal hygiene and the incidence. Vaginal discharge at the Madina Husada Midwifery Academy, Panyabungan sub-district, Mandailing district, Christmas 2023 based on knowledge. To find out the relationship between female midwifery students' knowledge about personal hygiene. Types of research. Analytical research is research conducted on a group of research objects which aims to look at phenomena that occur in certain populations. This type of research is an analytical survey that relates the knowledge of midwifery students about personal hygiene to the incidence of vaginal discharge. Knowledge of midwifery students regarding personal hygiene and the incidence of vaginal discharge at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency in 2023, the majority had sufficient knowledge, 34 people (50.0%). Midwifery students' knowledge about personal hygiene and the incidence of vaginal discharge at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency in 2023, the majority had good knowledge, 14 people (23.5%) and the majority had poor knowledge, 18 people (26.5%)

Email: nasutionsella@gmail.com

INTRODUCTION

Health is very important for all individuals. According to Republic of Indonesia Law No. 36 of 2009, health can be defined as a state of health both physically, mentally, spiritually and socially and economically. In order for individuals to be productive, they need to maintain their health, one of which is by paying attention to self-care or what is commonly known as personal hygiene. Personal hygiene is an action to maintain a person's cleanliness and health for physical and psychological well-being. Individuals who do not pay attention to personal hygiene will experience a lack of self-care, namely a condition where a person is unable to carry out hygiene care for themselves (Taro and Wartonah, 2020). Reproductive health is a state of complete physical, mental and social well-being, not merely free from disease or defects in all matters relating to the reproductive system, as well as its functions and processes. Adolescent reproductive health

development is carried out to provide information and knowledge related to healthy living behavior (Yani Wisdyatuti, 2019 Vaginal discharge is not a disease in itself, but is a symptomatic manifestation of almost all gynecological diseases. An overview of the achievements of people who behave healthily includes lifestyle, regular exercise, washing hands before and after touching genitalia and cleaning genitalia properly (Bahri, 2020).

According to WHO in 2019, around 75% of women in the world will experience vaginal discharge at least once in their lifetime, and as many as 45% will experience it twice or more, while 25% of European women will experience vaginal discharge. The prevalence figures in 2009 were 25% - 50% Candidiasis, 20% - 40% bacterial vaginosis and 5% - 15% trichomoniasis. all women of all ages can experience vaginal discharge (Prabawati, 2019). The incidence of vaginal discharge experienced by women in Indonesia is 25% and this is closely related to humid weather conditions and unhealthy behavior, such as the use of vaginal cleansing fluids, personal hygiene and the use of panty liners which are one of the causes of vaginal discharge (BKKBN, 2016).

Women who experience abnormal vaginal discharge are an indication of various diseases such as vaginitis, candidiasis, and trichomoniasis, which are one of the symptoms of sexually transmitted diseases, especially in women who have changed sexual partners or whose sexual partners have changed sexual partners. Sexually transmitted diseases such as gonorrhea are characterized by vaginal discharge that is like pus. Vaginal discharge is also an indication of an infection in the pelvic cavity, such as an infection in the urinary tract accompanied by severe abdominal pain. Abnormal vaginal discharge that is not handled properly and is experienced for a long time This reproductive tract results in infertility. (Marhaeni, 2016).

The number of women in the world who have experienced vaginal discharge is 75%, while European women who experience vaginal discharge are 25%. In Indonesia, as many as 75% of women have experienced vaginal discharge at least once in their lives and 45% of them have experienced vaginal discharge 2 or more times. More than 70% of Indonesian women experience vaginal discharge caused by fungi and parasites such as pinworms or protozoa (Trchomonas vaginalis). This figure is sharply different from Europe which is only 25% because the weather in Indonesia is humid so it is easy to be infected with the fungus Candida albicans which is one of the causes of vaginal discharge. Many fungi and bacteria grow in unclean and damp conditions. The reproductive organs are a closed and folded area, making it easier for them to sweat, become damp and dirty. To prevent recurrent vaginal discharge, women must always maintain the cleanliness of the external reproductive organs (Sri Juliati, 2018).

METHODS

Research Techniques

Analytical research is research carried out on a group of research objects which aims to see phenomena that occur in certain populations, The sample taken was a total sampling of 68 people. The location of the research was at the Madina Husada Panyabungan Midwifery Academy, Panyabungan District, Mandailing Natal Regency, The research period was carried out from the beginning of the title submission in September until the end of the research in February 2023 Data collection was carried out using primary data methods and respondents through questionnaires

RESULTS AND DISCUSSION

Discussion of results

Univariate Analysis Results

This univariate analysis aims to describe each relationship between the variables studied. Namely, looking at the relationship between Madina Husada Panyabungan Midwifery Student Knowledge, namely

Table 1. Frequency Distribution of Responses Based on Age Characteristics of Respondents at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency 2023

No	Age	Frequency	Presentation (%)
1	18 years	11	16.2
2	18-20 years old	42	61.8
3	20-23 years old	15	22.1
	Total	68	100.0

(Source: Primary Data, 2023)

Based on table 1. the results of statistical tests show that the majority of respondents are 18-20 years old, 42 people (61.8%), while the minority are 18 years old, 11 people each (16.2%).

Table 2. Response Frequency Distribution Based on Respondents' Environmental Characteristics at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency 2023

No	Environment	Frequency	Presentation (%)
1	Family	40	58.8
2	Public	7	10.3
3	Friend	17	25.0
4	Relatives	4	59,
	Total	68	100.0

(*Source: Primary Data, 2023)*

Based on table 2. the statistical test results show that the majority of respondents' environment is family, 40 people (58.8%), while the minority is relatives, 4 people (59%).

Table 3. Response Frequency Distribution Based on Respondent Information Sources at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency 2023

No	Resources	Frequency	Presentation (%)
1	Print media	7	10.3
2	Public	33	48.5
3	Parent	8	11.8
4	Health workers	20	29.4
	Total	68	100.0

(Source: Primary Data, 2023)

Based on table 3, the statistical test results show that the majority of information sources are 33 knowledgeable people (48.5%), while the minority are 11 people (16.2%) print media information sources.

Table 4. Response Frequency Distribution Based on Respondents' Knowledge Characteristics at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency 2023

No	Knowledge	Frequency	Presentation (%)

1	Good	16	23.5
2	Enough	34	50.0
3	Not enough	18	26.5

Based on table 4, from the results of statistical tests, the data shows that the majority of knowledge is good knowledge, 16 people (23.5%), while the minority is quite knowledgeable, 34 people (50.0%).

Bivariate Analysis

To test the relationship between the independent variables which include age, environment, sources of information, with the dependent variable, namely the knowledge of midwifery students about personal hygiene and the incidence of vaginal discharge, using bureaucratic analysis using the Chi-square test with α=0.05

Table 5. Response Frequency Distribution Based on Respondents' Knowledge Characteristics at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency 2023

No	Age	Knowledge						
		Good		Enough		Not enough		
		F	%	f	%	F	%α	
1.	18 years	2	29	5	72	4	5.9	
2.	18-20 years old	6	8.80	23	33.8	13	19.1	p-value 0.029
3.	20-23 years old	8	11.8	6	8.8	1	1.5	
4.	Total	16	23.5	34	50.0	18	26.5	

moderate knowledge as many as 4 people (5.9%). Furthermore, respondents aged 20-23 years had less knowledge by 1 (1.5%). The results of the chi-aquare statistical test mean the relationship between midwifery students' knowledge about personal hygiene and the incidence of vaginal discharge (0.029).

Table 6. Response Frequency Distribution Based on Respondents' Knowledge Characteristics at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency 2023

No	Environment	Knowledge						
		Good		Enough		Not enough		
		F	%	F	%	F	%	
1.	Family	12	17.6	22	32.4	6	8.8	
2.	Public	1	1.5	5	7.4	1	1.5	p-value 0.045
3.	Friend	3	4.4	6	8.8	3	5.9	
4.	Relatives	0	0	1	1.5	3	4.4	
	Total	16	23.5	34	50.0	18	26.5	

The results of the analysis of the relationship between female midwifery students' knowledge about personal hygiene and the incidence of vaginal discharge were obtained by families with moderate knowledge of 6 people (8.8%). Furthermore, 3 (4.4%) relatives had less knowledge. The results of the chi-aquare statistical test mean the relationship between female midwifery students' knowledge about personal hygiene and the incidence of vaginal discharge (0.045).

Table 7. Frequency Distribution of Responses Based on Respondents' Knowledge Characteristics at the Madina Husada Panyabungan Midwifery Academy, Mandailing Regency, Natal 2023

No	Resources	Knowledge Good		Enough		Not enough		
		F	%	F	%	F	%	
1.	Print media	1	1.5	5	7.4	1	1.5	
2.	Social media	4	5.9	19	27.9	10	14.7	
3.	Parent	1	1.5	3	4.4	4	5.9	p-value 0.031
4.	Health workers	10	14.7	7	10.3	3	4.4	
	Total	16	23.5	34	50.0	18	26.5	

The results of the analysis of the relationship between sources of information on female midwifery students' knowledge about personal hygiene and the incidence of vaginal discharge were obtained by medium print media of 1 person (1.5%). Furthermore, there were less than 3 health worker respondents (4.4%). The results of the chi-aquare statistical test mean the relationship between female midwifery students' knowledge about personal hygiene and the incidence of vaginal discharge (0.031%). Based on the research results, it was found that of the 68 respondents who had been given a questionnaire on the knowledge of midwifery students regarding personal hygiene and the incidence of vaginal discharge, the majority of respondents with a total of 34 people (50.0%) had sufficient knowledge. The remaining 18 people (26.5%) had poor knowledge and 14 people (23.5%) had good knowledge. From the results of the research above, it shows that the respondents' knowledge about personal hygiene and the incidence of vaginal discharge is still quite sufficient. Education, age, and information have a huge influence on the respondent's own knowledge. Most of the respondents have secondary education, namely they are still at their final level of education, namely high school and are currently studying at university. Even though the respondents are of productive age, knowledge of sources of information about personal hygiene and the incidence of vaginal discharge is still minimal and there is a lack of attitude towards caring about personal hygiene which causes respondents to experience vaginal discharge. This is in accordance with Notoatmodjo's theory which states that a person's knowledge will be good if they receive good information so that this information will have an influence on a person's level of knowledge (Notoatmodjo, 2018)

CONCLUSION

Based on the description of the results and discussion, it can be concluded that the majority of female midwifery students' knowledge about personal hygiene and the incidence of vaginal discharge at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency in 2023 has sufficient knowledge, as many as 34 people (50.0%). Midwifery students' knowledge about personal hygiene and the

incidence of vaginal discharge at the Madina Husada Panyabungan Midwifery Academy, Mandailing Natal Regency in 2023, the majority had good knowledge, 14 people (23.5%) and the majority had poor knowledge, 18 people (26.5%). There is a significant relationship between female students' knowledge about personal hygiene and the incidence of vaginal discharge at the Madina Husada Panyabungan midwifery academy, Panyabungan district, Mandailing Natal district. There is a significant relationship between female students' knowledge about personal hygiene and the incidence of vaginal discharge at the Madina Husada Panyabungan midwifery academy, Panyabungan district, Mandailing Natal district.

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