

The Relationship Of The Use Of Female Cleansing Liquid And Pantyliners To The Causes Of Whitening The Pathophys Of Adolescent Women In Hamlet Ii, Bakaran Batu Village, Batang Kuis District, Deli Serdang Regency

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ABSTRACT

Vaginal discharge is discharge other than blood from the vaginal canal out of the ordinary, either smelly or not accompanied by local itching. According to WHO (World Health Organization) Almost all women and adolescents have experienced vaginal discharge, 60% in adolescents (15-22 years) and 40% in women (23-45 years). And as much as, 75% of Indonesian women must experience vaginal discharge at least 1 time in their life. The purpose of this study was to determine the relationship between the use of feminine hygiene fluids and pantyliners on the causes of pathological vaginal discharge in adolescent girls in Dusun II, Bakaran Batu Village, Batang kuis District. The relationship between the use of feminine hygiene fluids and pantyliners on the causes of pathological vaginal discharge in adolescent girls in Dusun II. This research was conducted from February to June with a population of 68 and a sample of all respondents and sampling using total sampling with the research instrument, namely the questionnaire. Management of data by editing, coding, tabulating, and data entry research results the majority of pathological vaginal discharge 26 respondents (65.0%) used chemical-based feminine hygiene fluids, the majority 31 (77.5%) used pantyliners which used the majority 27 (67.5) %, the study of the relationship between the use of feminine hygiene fluids to the cause of pathological vaginal discharge was obtained (OR) = 5,750% CI = 1,158-28,551 and P. value 0,044 < 0,05, the relationship between the use of pantyliners was obtained (OR) = 0,090% CI = 0,010-0,790 and P. value 0.015 < 0.05, indicating that there is a significant relationship between the use of feminine hygiene fluids and pantyliners on the causes of pathological vaginal discharge. Young women are expected not to use feminine hygiene fluids and pantyliners because they can interfere with vaginal pH, making the vagina moist, which will lead to vaginal discharge

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1. Introduction

Reproductive problems that can occur in adolescence is flour albus. Fluor albus is a sign that is very vulnerable to occur in adolescence. Fluor albus is often not taken seriously by adolescents, even though excessive flour albus is an indication of a disease. In general, almost all women have experienced flour albus and it is characterized by clear or white, odorless fluid that is common. But

there is also flour albus that is not good or pathological characterized by considering flour albus in women is a natural thing to happen. This opinion is not entirely correct, because there are several factors that can cause flour albus. Flour albus that is not good in color is yellowish or green and has a pungent unpleasant odor which can indicate an abnormality or disease that must be treated (Nurhasanah, 2019....1).

Behavior that is not good in maintaining the cleanliness of the reproductive organs such as cleaning with unclean water, excessive use of feminine hygiene soap, using tight or non-absorbent underwear, rarely changing underwear and not changing sanitary napkins often are the triggers for infections that cause infection. pathological flour albus (Kusmiran, 2012). Phenomena that occur in society are many who ignore the occurrence of abnormal Flour Ablus, they don't care whether they are adult women or teenagers. Adolescence is often influenced by peers to try to use vaginal cleaning fluids without knowing the effects of using vaginal cleaning fluids, besides that teenagers are also often affected by vaginal cleaning advertisements with various brands (Masruro et al, 2019....3)

The use of pantyliners is one of the predisposing factors for vaginal discharge, according to Farage's research, panty liners increase the population of Eubacterium species in the vagina and reduce the number of Lactobacillus species in the vagina as normal flora. non-breathable liners can increase the risk of candidiasis. Using pantyliners during vaginal discharge can increase the growth of bad bacteria in the vagina. The use of pantyliners within 6 months and the frequency of changing pantyliners every 5 hours does not reduce the amount of fluid that comes out of the vagina, but instead will come out more (Isnaniar et al, 2018....12).

According to Farage (2007) the use of pantyliners during vaginal discharge will increase the growth of bad bacteria in the vagina. The use of pantyliners within 6 months and the frequency of changing pantyliners every 5 hours does not reduce the fluid that comes out of the vagina, instead it will increase the amount of fluid. In addition to pantyliners, other factors that are associated with the risk of vaginal discharge are physical fatigue and a stressed body condition, wearing tight pants, excessive use of vaginal cleaning fluids and obesity (Astuti, 2016.....7).

According to WHO (World Health Organization) Almost all women and adolescents have experienced vaginal discharge, 60% in adolescents (15-22 years) and 40% in women (23-45 years). And as much as, 75% of Indonesian women must experience vaginal discharge at least 1 time in their life. Vaginal discharge is discharge other than blood from the vaginal canal out of the ordinary, either smelly or not, and is accompanied by local itching. Abnormal vaginal discharge can be caused by infection/inflammation that occurs due to washing the vagina with dirty water, improper internal examination, excessive use of vaginal rinse, unhygienic examination, foreign body in the vagina, and pants that do not absorb. , 2018....1)

In Indonesia, about 90% of women have the potential to experience vaginal discharge because Indonesia has a tropical climate, so it is easy for fungi to grow which results in many cases of vaginal discharge. Symptoms of vaginal discharge are also experienced by unmarried women or young women aged 15-24 years, which is around 31.8%. This shows that adolescents are more at risk of vaginal discharge (Abrori et al, 2017....10).

Research data on women's reproductive health shows that 75% of women in Indonesia have used vaginal cleansers that have become part of routine personal hygiene. In fact, what is commonly used is (51%) soap (18%) liquid cleanser from various brands (Septian, 2009). The use of vaginal douching is not only used in adult women but is also found in adolescents and young adults (Masruro et al, 2019.....4).

The results of a preliminary survey conducted on February 5, 2021 in Hamlet II, Bakaran Batu Village, Batang Kuis District, Deli Serdang Regency in 2021. There were 10 teenagers, 6 teenagers experienced vaginal discharge and used feminine hygiene fluids and pantyliners and 4 teenagers did not experience vaginal discharge either. do not use feminine hygiene fluids and pantyliners. From the survey results, 6 people think that using feminine washes and pantyliners can overcome natural vaginal discharge.

2. Method

In this study, the researcher used an analytical descriptive design using a cross sectional approach. This type of research emphasizes the time of measuring or observing independent and

dependent variable data only once, at a time, namely when the examination or assessment is carried out once with no follow-up.

The population in this study were young women from Dusun II, Bakaran Batu Village, Batang Kuis Subdistrict, from the age of 10-19 years, totaling 68 people. The sample is part of the population to be studied or part of the number of characteristics possessed by the population (Hidayat, 2010 p. 68). As for the sample in this study, the authors took young women in Hamlet II, Bakaran Batu Village, Batang Kuis District, namely 40 young women

The sampling technique in this study uses a non-probability technique, namely a saturated sample or often called total sampling. Saturated sample is a sampling technique by taking all members of the population as respondents or samples. So the sample in this study was all the young women of Dusun II, Bakaran Batu Village, Batang Kuis Subdistrict, totaling 40 people.

Data analysis with Univariate Analysis Performed by univariate and bivariate methods by presenting the data that has been collected in the frequency distribution table. Univariate analysis aims to explain or describe the characteristics of each research variable, bivariate analysis if the univariate analysis has been carried out the results will be known the characteristics or distribution of each variable and can be continued with bivariate analysis carried out on two variables that are suspected to be related or correlation if the value of <0.05 means that there is a significant relationship, if > 0.05 , it means that there is no relationship between one variable and another.

3. Results and Discussion

Vaginal discharge or fluor albus is an abnormal vaginal secretion in women. Vaginal discharge is discharge other than blood from the vaginal canal that is out of the ordinary, either smelly or not, and is accompanied by local itching. The cause of vaginal discharge can be normal (physiological) which is influenced by certain hormones. Vairanya white, odorless, and if the laboratory examination did not show any abnormalities. This can be seen in women who are aroused during intercourse or during the fertile period (ovulation) (Rosyida, 2019 p 35). Vaginal discharge often occurs due to fungal, bacterial, or parasitic infections. The fungus that often infects is candida or monilia, which appears due to changes in hormone levels, blood sugar, or low immunity. Meanwhile, the bacteria that most often causes vaginal discharge is Hemophilus vaginalis which is classified as bad bacteria and can be transmitted through sexual intercourse.

Table 1

Distribution of the frequency of vaginal discharge in adolescent girls in Hamlet II, Bakaran Batu Village, Batang Kuis District

No.	vaginal discharge	Amount (n)	Presentase (%)
1	Experiencing whiteness	26	65,0
2	No vaginal discharge	14	35,0
Total		40	100

According to the researcher, all young women in Dusun II of Bakaran Batu Village about vaginal discharge, experienced by young women experience more vaginal discharge because they use products for female organs that are sold freely in the market such as feminine hygiene fluids and pantyliners that are influenced by peers and see advertisements. on television they think using these products so that their female organs are kept clean and dry without knowing the consequences of using feminine hygiene fluids and pantyliners.

Table 2

Frequency Distribution of Use of Feminine Cleansing Fluids in Young Women in Hamlet II, Bakaran Batu Village, Batang Kuis District

Feminine cleansing fluid	Amount (n)	Presentase (%)
Using feminine hygiene fluid	31	77,5
Do not use feminine hygiene	9	22,5
Total		40
		100

The use of feminine hygiene fluids that are widely sold in the market will actually disrupt the

ecosystem in the vagina, especially the pH and the life of good bacteria. If the pH is disturbed, the bad bacteria will easily grow more and the vagina will be susceptible to diseases, one of which is marked by vaginal discharge.

According to research by Annisa Masruro et al in 2019 about "The Relationship between Vaginal Douching Use with Flour Albus Incidence in Young Women at Al Mansyuriyah Islamic Boarding School in Bukit Raya, Tenggara Seberang District". This great curiosity makes teenagers tend to want to try things that have never been known or experienced. So the use of vaginal douching is influenced by this. The results of statistical tests using chi square can be concluded that the p value = 0.043 which means $p < \alpha$ (0.05) so it can be concluded that there is a relationship between the use of vaginal douching and the incidence of flour albus. It also obtained an OR value of 4.048, meaning that respondents who did vaginal douching were 87 (62%) likely to experience flour albus 4.048 times compared to respondents who did not do vaginal douching.

Table 3

Frequency Distribution of Pantyliner Use in Young Women in Dusun II, Bakaran Batu Village, Subdistrict Quiz Bar

<i>Pantyliner</i>	Jumlah (n)	Presentase (%)
Use	27	67,5
Do not use	13	32,5
	40	100

Pantyliner is a base that looks like a sanitary napkin but is much smaller and thinner than regular sanitary napkins. Generally, women use pantyliners during vaginal discharge or when excessive mucus discharges from the vagina (Lotfira, 2012). Pantyliner has 3 layers, namely the surface layer, middle layer and bottom layer. The surface layer functions to absorb liquid so that it enters the middle layer, the bottom layer serves to accommodate liquid so that it does not penetrate into the underwear (Isaniar et al, 2018.....1)

If you don't need it, don't use pantyliners too often. Women often misunderstand about the use of pantyliners. They feel comfortable if their underwear is always clean, so they are more concerned with the cleanliness of their underwear than the cleanliness of their feminine area. If you still want to use pantyliners, at least change them every 4 hours. And pantyliners are not recommended to be used too often because it will make the vagina more moist (Hasanah et al, 2018.....14).

Table 4

Relationship between the use of feminine hygiene fluid and pathological vaginal discharge in adolescent girls in Hamlet II, Bakaran Batu Village, Batang Kuis District

Feminine cleansing fluid	Keputihan pada remaja puteri				Total		OR (95%CI)	P Value
	vaginal discharge Pathology		vaginal discharge Physiology		N	%		
	N	%	N	%	N	%		
Chemical	23	74.2 %	8	25,8%	31	100,0	5,750	0,044
Non chemical	3	33.3 %	6	66,7%	9	100,0	(1,158- 28,551)	
Total	26	65,0 %	14	35,0%	40	100,0		

The results of the analysis of the relationship between the use of feminine hygiene fluid and the causes of pathological vaginal discharge showed that the statistical test results obtained an Odd Ratio (OR) = 5.750%. CI=1.158-28.551 and P value 0.044 < 0.05, which means that there is a significant relationship between the use of feminine hygiene fluid and the causes of pathological vaginal discharge.

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This research is also supported by the research of Indriani Biga, Afnal Asrifuddin, Belly j Kepel with the title Relationship of Personal Hygiene and the use of vaginal douching with the incidence of pathological flour albus. Seeing the relationship between personal hygiene and the incidence of pathological flour albus showed that the p-value $< \alpha$ (0.05) was 0.000. Meanwhile, the relationship between the use of vaginal douching and the incidence of pathological flour albus in Man 1 Manado students showed that the results of statistical tests using chi square showed that there was a relationship between the use of vaginal douching and the incidence of pathological flour albus experienced by students of Man 1 Manado where the p results were $0.000 < 0,05$.

Table 5

The Relationship between the Use of Pantyliners on Pathological Leucorrhoea in Young Women in Hamlet II, Bakaran Batu Village, Batang Kuis District

Pantyliner	Vaginal discharge in young women				Total		OR (95%CI)	P Value
	vaginal discharge Pathology		vaginal discharge Physiology		N	%		
	N	%	N	%			N	%
Chemical	14	51,9%	13	48,1%	27	100,0	0,090	0,015
Non chemical	12	92,3%	1	7,7%	13	100,0	(0,010-0,790)	
Total	26	65,0%	14	35,0%	40	100,0		

The results of the analysis of the relationship between the use of pantyliners to the cause of pathological vaginal discharge showed that the statistical test results obtained an Odd Ratio (OR) = 0.090%. CI = 0.010-0.790 and P value $0.015 < 0.05$, which means that there is a significant relationship between the use of pantyliners on the causes of pathological vaginal discharge.

According to Diva Nurhasanah et al's 2019 research on "The Relationship of Pantyliner Use Behavior with Flour Albus Incidents in Young Women at Al-Masyhuriyah Islamic Boarding School Bukit Raya Subdistrict" The results of statistical tests using chi-square can be concluded that there is a significant relationship between pantyliner usage behavior and the incidence of flour albus in adolescent girls at Pondok Pesantren Al-Masyhuriyah Bukit Raya, Tenggara Seberang District, because the significant value of p-value = $0.000 < 0.05$, so H_a is accepted and H_0 is rejected, which means there is a significant relationship between the behavior of using pantyliner with the incidence of flour albus in adolescent girls at the Al-Masyhuriyah Islamic Boarding School Bukit Raya, Tenggara Seberang District. From the results of the data analysis above, the odds ratio value = 7.909, which means that those who use pantyliners are 7.9 times more likely to experience flour albus, when compared to those who do not use pantyliners.

Pantyliner is an absorbent material used for women's hygiene which is worn in women's panties. The use of pantyliners is one of the predisposing factors for vaginal discharge. Where the wearer will increase the temperature by $1.5^\circ C$, increase humidity, and increase pH by 0.6 in the vulva and perineal area. This situation will increase the possibility of the growth of pathogenic germs and fungi that cause vaginal discharge (Oriza et al, 2018.....2).

4. Conclusion

That of the 40 respondents there were 14 respondents (51.9%) who used pathological vaginal discharge, 13 respondents (48.1%) experienced physiological vaginal discharge, 12 respondents (92.3%) who did not use pantyliner experienced pathological vaginal discharge, 1 respondent (7.7%) did not use pantyliner experienced physiological vaginal discharge. From the statistical test results obtained the value of Odd Ratio (OR) = 0.090% CI = 0.010-0.790 and P value $0.015 < 0.05$,

which means that there is a significant relationship between the use of pantyliners on the cause pathological vaginal discharge in adolescent girls.

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