

EFFECT OF KNOWLEDGE ATTITUDES OF VULVA HYGIENE BEHAVIOR IN FEMALE ADOLESCENT AT SMAN 1 SUKAKARYA BEKASI PERIOD FEBRUARY 2022

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ABSTRACT

Lack of knowledge and information regarding the health of reproductive organs is the cause of the growth of microorganisms that interfere with the function of the reproductive organs. The results of the preliminary study between SMAN 1 SUKAKARYA and SMAN 1 SUKATANI, it was found that the knowledge of students about vulva hygiene behavior was 30% less than that of students at SMAN 1 SUKATANI by 70%. The purpose of this study was to determine the effect of knowledge and attitudes on vulva hygiene behavior in adolescent girls at SMAN 1 Sukakarya, Bekasi Regency period 2022. This method used in this study used a cross sectional research design. The sampling technique used is accidental sampling with a sample of 67 respondent. The results of the analysis using the chi square test and the p-value is greater than $\alpha = 0.05$, so there is no relationship between the knowledge and attitudes of young women with vulva hygiene behavior at SMA Negeri 1 Sukakarya, Bekasi Regency period 2022.

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1. Introduction

Reproductive health is a state of complete physical, mental and social well-being and the absence of diseases or disorders related to the reproductive system, its functions and processes. According to the World Health Organization, adolescents are people between the ages of 10 and 19 years. 2/3 of Indonesia's population is of working age, of which 17% are teenagers aged 10-19 years, or 46 million Indonesians, of which are 48% women (Syamson, M.M, 2017). Due to the lack of knowledge and information about the health of the reproductive organs, the growth of pathogens such as bacteria, fungi and viruses that interfere with the function of the reproductive organs increases (Yeni Devita, 2018).

The health problem of female organs that often occurs in adolescent girls is vaginal discharge (Flour Albus). Vaginal discharge is characterized by the discharge of large amounts of fluid. Vaginal discharge can be physiological or pathological. The frequency of vaginal discharge in adolescent girls is considered quite high because of the lack of information about good and correct vulva hygiene. Vulva hygiene is an effort made by someone to practice personal hygiene so as not to get sick (Permata, 2019). Based on the results of the study, it is stated that the incidence of vaginal discharge in Indonesia increases by 70% every year and it is estimated that up to 50% of young women in Indonesia experience vaginal discharge (Ida Ayu, et al, 2019). The above conditions are caused by poor vulva hygiene. This problem can be overcome by developing good vulva hygiene habits.

The results of another study mention the distribution of knowledge about vulva hygiene in adolescent girls and vaginal discharge that occurs in adolescent girls is due to lack of awareness of the importance of personal hygiene as many as 23 respondents (46%) (Ilmiawati & Kuntoro, 2017). A personal hygiene study stated that up to 70% of students do not know how to clean their genitals

properly. So it was concluded that most of the young women did not have good enough knowledge regarding personal hygiene (Irwan, 2017). Based on this, researchers feel the need to conduct research to determine the influence of knowledge and attitudes on vulva hygiene behavior in adolescent girls at SMAN 1 SUKAKARYA.

2. Method

The strategy used in this study uses quantitative technique, using a cross sectional research design, at SMAN 1 SUKAKARYA on street Sukamakmur, Sukalaksana Village, Sukakarya District, Bekasi Regency, Period February 2022. The population in this study were 716 female students at SMAN 1 SUKAKARYA. The testing strategy used accidental sampling, with a sample of 67 respondents. Inclusion criteria were all young female students registered as students of SMAN 1 SUKAKARYA and all young women who were present and wanted to become respondents by filling out the consent form at the time of data collection. Exclusion criteria were students who when distributing questionnaires were sick and students who were unable to complete filling out the questionnaires. The information collection tool uses an information collection strategy using a square test or square test with help of SPSS version 25. In this study, data were obtained from the research sample using a research instrument, namely a questionnaire distributed to young women at SMAN 1 SUKAKARYA. The instrument in this study used a questionnaire adapted from previous research, then the questions were shortened and several questions were added to correct the research. Before filling out the questionnaire, respondents who wished to become respondents voluntarily signed an informed consent form.

3. Result and Discussion

3.1 Result

1. Univariate Analysis

a. Vulva hygiene behavior

TABLE 1
DISTRIBUTION OF THE FREQUENCY OF VULVA HYGIENE BEHAVIOR IN SMA NEGERI 1
SUKAKARYA, BEKASI REGENCY PERIOD FEBRUARY 2022

Category <i>Vulva Hygiene</i>	F	%
Good	29	43.3
Less	38	56,7
Total	67	100

From table 1 of 67 respondents, respondents with a category of vulva hygiene that is less as many as 38 people (56.7%). Respondents with a good of category vulva hygiene are 29 people (43.3%).

b. Young Women Knowledge Level

TABLE 2
FREQUENCY DISTRIBUTION OF KNOWLEDGE OF YOUNG WOMEN'S IN SMA NEGERI 1
SUKAKARYA, BEKASI REGENCY PERIOD FEBRUARY 2022

Level Information/Knowledge	F	%
Good	50	74.6
Less	17	25.4
Total	67	100

From table 2 of 67 respondents, respondents with a young women level of knowledge with a good level of knowledge category are 50 people (74,6%) and with a category of young women level of knowledge that is less as many as 17 people (25,4%).

c. Young Women's Attitude

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TABLE 3
FREQUENCY DISTRIBUTION OF YOUNG WOMEN'S ATTITUDES IN SMA NEGERI 1 SUKAKARYA, BEKASI REGENCY PERIOD FEBRUARY 2022

Attitude	F	%
Positive	36	53.7
Negative	31	46.3
Total	67	100

From table 3 of 67 respondents, respondents with positive attitudes was 36 people (53.7%) more than respondents with negative attitudes were 31 people (46.3%).

2. Bivariate Analysis

a. The Relationship of Young Women's Knowledge with Vulva Hygiene Behavior

TABLE 4
RELATIONSHIP OF YOUNG WOMEN'S KNOWLEDGE WITH VULVA HYGIENE BEHAVIOR IN SMA NEGERI 1 SUKAKARYA, BEKASI REGENCY PERIOD FEBRUARY 2022

Young Women's Knowledge	Vulva hygiene behavior				Total		p-value	OR
	Good		Less		n	%		
	n	%	n	%				
Good	8	46	9	30.2	17	100		
Less	30	60,4	20	36.6	50	100	0,348	0,573
Total	38	57.1	29	42.9	67	100		

From table 4 it can be seen that of the 17 respondents with good knowledge the majority behave well in terms of vulva hygiene, are 8 respondents (46%) and of 50 respondents with less knowledge most have poor knowledge as many as 20 respondents (36.6%). In the chi-square test, p-value of 0.348 > (0.05) indicates that there is no relationship between knowledge of adolescent girls and vulva hygiene behavior at SMA Negeri 1 Sukakarya and OR value of 0.573 indicates that female adolescents have good knowledge of 0.573 times doing the vulva. hygiene correctly more often than girls with less knowledge.

b. Relationship of Young Women's Attitudes with Vulva Hygiene Behavior

TABLE 5
RELATIONSHIP OF YOUNG WOMEN'S ATTITUDES WITH VULVA HYGIENE BEHAVIOR IN SMA NEGERI 1 SUKAKARYA, BEKASI REGENCY PERIOD FEBRUARY 2022

Young Women's Attitudes	Vulva hygiene behavior				Total		p-value	OR
	Good		Less		n	%		
	n	%	n	%				
Positive	21	69	10	31	31	100		
Negative	17	47.1	19	52.9	36	100	0,080	2500
Total	38	57.1	29	42.9	67	100		

Seen from table 5, it tend to be seen from 67 repondents there are 31 respondents who have a positive attitude of vulva hygiene, most of them have good behavior, including 21 respondents (69%) and of the 36 respondents with a negative attitude, most of the hygiene behavior does not exist including 19 respondents (52.9%). The results of the chi-square test obtained p-value of 0.080 > (0.05) indicating that there is no interaction between the attitudes of young women with vulva hygiene behavior in SMA Negeri 1 Sukakarya, Bekasi Regency in 2022 with an OR value of 2500. Those who have a positive attitude towards Vulva Hygiene behavior is 2,500 times more likely to maintain good vulva hygiene than girls with a negative attitude.

3.2 Discussion

The results of study of Effect Knowledge and Attitudes on Vulva Hygiene Behavior in Female Adolescent at SMA Negeri 1 Sukakarya, Bekasi Regency Period February 2022. Based on the chi square test the relationship between knowledge of young women's and vulva hygiene behavior, it is known that from 17 respondents who have good knowledge, most of them have vulva hygiene behavior including 8 respondents (46%) and of 50 respondents with less knowledge, the majority

had poor vulva hygiene behavior, as many as 20 respondents (36.6%). The results of the above study are in line with the research which stated that the level of knowledge of the variable with vaginitis symptoms showed an insignificant relationship ($p = 0.558$), which means that the level of knowledge did not affect the presence or absence of vaginitis symptoms in the population (Khatib et al., 2019).

This is in line with the concept which states that the more open the knowledge of young women's in seeking information about the cleanliness of their reproductive organs, the better their knowledge and understanding of reproductive health. The results of the low knowledge of hygiene in some young women's indicate that it is necessary to teach good and correct behavior in maintaining vulva hygiene. Approaches that can be used include families, young women groups and school institutions.

Based on the results of the research and discussion above the researcher assumes that most of the samples have less knowledge. This is due to the low awareness of respondents and the lack of information received about vulva hygiene. This is due to the difficulty of accessing information because they live in the village. In general, when it is easier to obtain information, the faster one learns new knowledge. Therefore, it is necessary to consult and convey information from the teacher in collaboration with health workers about the importance of maintaining vulva hygiene so that problems do not arise in the female reproductive organs.

Different characteristics, adolescent respondents believe that maintaining vulva hygiene is not so important, they prefer modern models, such as the use of tight pants, chemical cleaners, the use of panty liners without indications and others. As they get older, their understanding and ways of thinking develop, so the knowledge they gain is getting better. A lot of experience can also be used as a way to replenish knowledge and the more experience a person has, the more knowledge he receives. Environmental factors are driving knowledge for humans both in the physical, biological and social environment. Adaptation environment to the process of entering knowledge.

Based on the chi square test, the relationship between the attitudes of young women's towards vulva hygiene behavior, it is known that of the 31 respondents with positive attitudes, most of them have good vulva hygiene behavior, are 21 respondents (69%) of 36 respondents with negative attitudes and the majority do not have positive attitudes in vulva hygiene behavior are 19 respondents. (52.9%). The results of the chi-square test showed p-value of $0.080 > (0.05)$ indicating that there was no relationship between the attitude of young women's and vulva hygiene behavior in SMA Negeri 1 Sukakarya with an OR value of 2500 compared to girls with a negative attitude.

The results of this study are supported by previous research conducted by Humairoh (2018) which shows are p-value of $0.087 > (0.05)$ which means there is no relationship between attitudes towards vulva hygiene behavior (Fathin Humairoh, Syamsulhuda Budi Musthofa, 2018). Conceptually the factors that influence attitudes, including those that can affect behavior. Attitudes are not only influenced by good and bad knowledge, but also by education, age and social status, which can lead to differences of opinion. Human behavior is not only influenced by knowledge attitudes, but also by many factors, including environmental supporting factors, and the desire to act positively (Sabatini et al., 2021).

The results of the chi-square test show that there is no interaction or relationship between the attitudes of young women towards vulva hygiene behavior in SMA Negeri 1 Sukakarya with an OR value of 2500. Good vulva hygiene compared to adolescent girls with a negative attitude. This means that girls with positive attitudes are 2,500 times more likely to maintain good vulva hygiene than girls with negative attitudes.

From these results, the researcher concluded that respondents with positive attitudes were more likely to perform vulva hygiene well. There are several supporting factors that can influence individual attitudes, including: personal experience, both direct experience and family members. This is a factor that influences the formation of a person's attitude towards good behavior. The influence of others and family can be important in shaping a person's positive attitude. Culture also has a great influence on the formation of individual attitudes. Easy access to information through print and electronic media can shape individual opinions and beliefs about the need for positive attitudes and behaviors. A person's level of education is one of the other factors that can influence the formation of attitudes, so it is hoped that the higher the level of individual education will affect the level of knowledge and can form a positive attitude towards the individual. Given the above factors, young women may be 2,500 times more likely to practice vulva hygiene.

Based on the results of the research and discussion above, the researcher concludes that

respondents with negative attitudes are young women who generally do not maintain vulva hygiene. This is caused by more dominant factors such as: internal factors and external factors. Many factors can influence student attitudes, factors that play a role in shaping individual attitudes include cultural influences, emotional factors, other people's influences, religion, personal experience and media influences.

The need to practice good, clean and healthy habits, especially maintaining the cleanliness of the reproductive organs and taking full responsibility for their health. Adolescent girls who are good at maintaining the health of their reproductive organs will be responsible for the health of their reproductive organs and will keep their feminine area clean every day. Misunderstanding about the importance of keeping the feminine area clean is one of the factors that affect health. So by getting used to washing femininity with clean water, drying femininity after defecating and urinating, and other positive things, it is hoped that it will eliminate various types of bacteria that cause diseases in the reproductive organs, such as vaginal discharge and other health problems.

4. Conclusion

According to the discussion of the results of the research "Effect of Knowledge and Attitudes on Vulva Hygiene Behavior in adolescent at SMA Negeri 1 Sukakarya, Bekasi Regency Period February 2022" that knowledge and attitude factors do not effect vulva hygiene behavior. There is no statistical relationship between them. However, judging from the knowledge factor, the wider a person's understanding and understanding of their reproductive health, the greater their understanding of an object will be. Other factors such as ease of access to information, age, environmental factors effect knowledge and experience making people have more developed thinking, therefore the knowledge gained can increase. Several things can affect individual attitudes, for example the influence of peers and other people, low levels of education, lack of information and ease of access. Receive information through print and electronic media that can contribute to obtaining new information for the formation of positive attitudes in everyday life. Young women at SMA Negeri 1 Sukakarya need counseling both about reproductive health and how to maintain the cleanliness of the feminine area through collaboration between their respective schools. For educational institutions at SMA Negeri 1 Sukakarya, it is necessary to form a community or organization that handles reproductive health issues in the school environment, where teachers and students participate. Therefore, it is expected that students of SMA Negeri 1 Sukakarya have the best knowledge and experience on how to maintain proper feminine hygiene. For further researchers, it is used as a reading baseline to compare further research with variables and a more in-depth analysis level about the impact of attitudes and knowledge on vulva hygiene.

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