

## **Relationship Between Personal Hygiene and The Incidence of Vaginal Discharge (Fluor Albus) in Adolescent Girls in The DIII Nursing Study Program, Sidoarjo**

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### **ABSTRACT**

Vaginal discharge is a discharge or fluid that comes out of the vaginal opening, excluding excess blood. Vaginal discharge can be normal (physiological) or abnormal (pathological) caused by an imbalance in the pH or acidity of the vagina. Cases of vaginal discharge are common among adolescent girls due to lack of knowledge, which has an impact on the attitude of not keeping the genital area clean properly and correctly. This study used a quantitative analytic type of research using a Cross Sectional approach. This study uses correlation research methods. The population in this study were young women in the Sidoarjo D3 Nursing Study Program. The results showed that the characteristics of respondents totaling 64 people obtained from the results of the study the majority of respondents aged 19-20 years and the majority of respondents' education level was level 3. Most of the young women in Prodi D3 Nursing Sidoarjo experience physiological vaginal discharge. Most of the young women in Prodi D3 Nursing Sidoarjo have poor personal hygiene. There is a relationship between personal hygiene and the incidence of vaginal discharge or fluor albus in adolescent girls in Prodi D3 Nursing Sidoarjo in 2023 with a p-value of 0.051 < 0.10. Based on the researcher's analysis, there is a relationship between personal hygiene and the incidence of vaginal discharge in adolescent girls due to poor personal hygiene due to lack of knowledge and attention to personal hygiene in the genitalia area. Therefore, personal hygiene must be considered in order to prevent the occurrence of diseases, one of which is vaginal discharge.

**Keywords:** Personal Hygiene, Incidence of Vaginal Discharge, Adolescent Girls

### **INTRODUCTION**

According to WHO (World Health Organization) reproductive health is a state of complete physical, mental and social well-being free from disease or disability in matters related to the reproductive system, both its functions and processes starting in adolescence (Reza, 2021).

According to (WHO, 2018), poor female reproductive health accounts for 33% of diseases experienced by women worldwide, one of which is vaginal discharge, and 75% of women worldwide have experienced vaginal discharge at least once in their lifetime and in Europe the incidence of vaginal discharge is only 25%. Adolescent genital problems are common in developing countries such as Indonesia, where up to 50% of women experience vaginal discharge. The incidence of vaginal discharge increases every year to reach 70% (Bagus and Aryana, 2019). In 2019, as many as 75% in Indonesia experienced vaginal discharge at least once in their lifetime, and 5% of them experienced vaginal discharge twice or more (Depkes RI, 2019).

Vaginal discharge is a discharge or fluid that comes out of the vaginal opening, excluding excess blood. Sukanto et al (2018) state that vaginal discharge can occur normally (physiological) or abnormally (pathological).

The high incidence of vaginal discharge in women is caused by several factors such as knowledge factors, attitude factors and personal hygiene factors. Personal hygiene factors are very influential on the problem of vaginal discharge. Unhygienic behavior such as rarely changing pads during menstruation and not changing underwear when it is damp can cause vaginal discharge.

Therefore, personal hygiene must be considered to maintain the cleanliness of the genital area to avoid vaginal discharge. Factors that influence the occurrence of vaginal discharge are hormonal factors, physical and mental fatigue, and the presence of foreign objects in the genital organs are factors that influence the formation of vaginal discharge. Other triggering factors can include economic conditions, the use of antiseptic liquids that disturb the pH balance, daily

water use, the use of panties or underwear, and personal hygiene behavior (Umi and Hesti, 2018).

The impact of vaginal discharge due to lack of personal hygiene can be seen from pathological vaginal discharge, untreated vaginal discharge can be dangerous for women's lives, for example the development of infertility, endometritis and salpingitis.

From the description of the research problems above, the authors are interested in conducting research with the title "Relationship between Personal Hygiene and the Incidence of Fluor Albus in Adolescent Girls at D3 Nursing Study Program Sidoarjo".

## METHOD

This research design uses a type of quantitative analytical research using a Cross Sectional approach. Cross Sectional is a study to study the dynamics of the correlation between risk factors and effects, by means of an observation or data collection approach at one time (point time approach) (Marwani & Hayani, 2021). The use of quantitative research forms because researchers want to find and know whether there is a relationship or correlation between two variables, namely the independent variable or X personal hygiene with the dependent variable or Y, namely the incidence of vaginal discharge (fluor albus) in adolescent girls.

## RESULT

### Frequency Distribution of Vaginal Discharge in Adolescent Girls at D3 Nursing Study Program Sidoarjo

**Tabel 1**

#### Frequency Distribution of Vaginal Discharge Events in Adolescent Girls at D3 Nursing Study Program Sidoarjo in March 2023

Indicator	N	%
Vaginal Discharge Events		
- Experienced	64	100
- Not Experienced	0	0
Vaginal Discharge Conditions		
- Physiological	44	68,7
- Pathological	20	31,3

Source: Primari data 2023

Based on table 1, of the 64 respondents studied, it is known that all respondents experienced vaginal discharge as many as 64 people (100%), of these 64 people most of the respondents experienced physiological vaginal discharge, namely 44 people (68.7%) and a small proportion of respondents experienced

pathological vaginal discharge, namely 20 people (31.3%).

### Frequency Distribution of Personal Hygiene of Adolescent Girls in D3 Nursing Study Program Sidoarjo

**Tabel 2**

#### Frequency Distribution of Personal Hygiene of Adolescent Girls in Sidoarjo D3 Nursing Study Program in March 2023

Personal Hygiene	N	%
Bad	40	62,5
Good	24	37,5
Amount	64	100

Source: Primary data 2023

Based on table 2, of the 64 respondents studied, it is known that most respondents have poor personal hygiene, namely 40 people (62.5%) and a small proportion of respondents have good personal hygiene, namely 24 people (37.5%).

### The Relationship between Personal Hygiene and the Incidence of Vaginal Discharge in Adolescent Girls at D3 Nursing Study Program Sidoarjo

**Tabel 3**

#### Cross Tabulation of the Relationship between Personal Hygiene and the Incidence of Vaginal Discharge in Adolescent Girls at D3 Nursing Study Program Sidoarjo

<i>Personal Hygiene</i>	Vaginal Discharge				Amount	
	Physiologi		Pathologi			
	N	%	N	%	N	%
Good	13	20,3	11	17,2	24	37,5
Bad	31	48,4	9	14,1	40	62,5
Total	44	68,7	20	31,3	64	100
Asymp-Sign	0,051					

Source: Primary data 2023

Based on table 3, of the 64 respondents studied, it is known that most of the respondents had poor personal hygiene, 40 people (62.5%) with physiological vaginal discharge as many as 31 people (48.4%) and experienced pathological vaginal discharge as many as 9 people (14.1%), while a small proportion of respondents had good personal hygiene as many as 24 people (37.5%) with physiological vaginal discharge as many as 13 people (20.3%) and experienced pathological vaginal discharge as many as 11 people (17.2%). Based on the results of the chi square statistical test with a meaning limit of 90% with a significant value of  $\alpha = 0.10$ , a p-value of  $0.051 < 0.10$  was obtained, which means that there is a significant relationship between personal hygiene of

adolescent girls in Prodi D3 Nursing Sidoarjo with the incidence of vaginal discharge.

## DISCUSSION

### 1. Incidence of vaginal discharge in adolescent girls

Based on the results of the study, it is known that of the 64 respondents studied, 44 respondents experienced physiological vaginal discharge (68.7%) and 20 respondents (31.3%) experienced pathological vaginal discharge. The majority of young women in the Sidoarjo D3 Nursing Study Program experience physiological vaginal discharge where vaginal discharge is not accompanied by itching and odor in the genital area.

This is in line with the theory (Winkjosastro, 2010), vaginal discharge is something normal among adolescent girls if the discharge does not interfere with their activities. Vaginal discharge is divided into two, namely physiological discharge and pathological discharge.

Based on the data in table 1, many adolescent girls experience physiological vaginal discharge rather than pathological discharge. Physiological vaginal discharge in adolescence is usually caused by hormonal factors before or after menstruation but is also often caused by a lack of understanding of good and correct personal hygiene, especially in the genitalia area. So it can be concluded that physiological and pathological vaginal discharge is caused by a lack of attention to personal hygiene, especially in the genitalia area so that it can cause infection from bacteria or fungi.

### 2. Personal hygiene about vaginal discharge

From the results of the study it is known that of the 64 respondents who had poor personal hygiene, there were 40 people (62.5%) and those who had good personal hygiene were 24 people (37.5%). The majority of young women in Sidoarjo D3 Nursing Study Program have poor personal hygiene due to lack of knowledge.

This is in line with the theory (Kristanti & Sebtalezy, 2019) that factors that can affect personal hygiene include body image, social practices, socioeconomic status, knowledge, culture, one's habits, and physical conditions. In this study, researchers did not observe the factors in personal hygiene. However, one of the factors that influence personal hygiene or actions taken to maintain cleanliness is the knowledge factor.

Based on the data in table 2, most of the young women in the Sidoarjo D3 Nursing Study Program have poor personal hygiene, this is due to a lack of knowledge about personal hygiene, especially in

the genital area, many still do not know how to clean the vagina properly.

So it can be concluded that due to a lack of knowledge or seeking information about personal hygiene and a lack of awareness to apply education about personal hygiene, it can cause vaginal discharge. So someone needs to dig up information about the cleanliness of the genital area and make themselves aware not to be lazy to maintain the cleanliness of the genital area in order to avoid diseases, one of which is vaginal discharge.

### 3. The relationship between personal hygiene and the incidence of vaginal discharge in adolescent girls

From the results of the study it is known that of the 64 respondents studied, 40 respondents (62.5%) with poor personal hygiene experienced physiological vaginal discharge as many as 31 people (48.4%) and 9 people (14.1%) experienced pathological vaginal discharge, while 24 respondents (37.5%) with good personal hygiene experienced physiological discharge as many as 13 people (20.3%) and 11 people (17.2%) experienced pathological discharge.

Based on the results of the chi square statistical test with a meaning limit of 90% with a significant value of  $\alpha = 0.10$ , a p-value of  $0.051 < 0.10$  was obtained, which means that there is a significant relationship between personal hygiene of adolescent girls in D3 Nursing Study Program Sidoarjo with the incidence of vaginal discharge.

This is in line with previous research conducted by Anita Ramayanti from the Faculty of Health Sciences, University of 'Aisyiyah Yogyakarta in 2017 explaining that there is a relationship between personal hygiene and the incidence of vaginal discharge in adolescent girls at SMA Muhammadiyah 5 Yogyakarta with a significant value of  $\alpha = 0.05$  in the results showing a p-value of  $0.034 < 0.05$ .

In the research I have done, most of the adolescent girls have poor personal hygiene towards the incidence of vaginal discharge. This is because respondents do not understand how to take care of their own personal hygiene. Management should be done as early as possible as well as to rule out the possibility of other causes such as cervical cancer, so that respondents will not panic and worry if they know how to manage excessive vaginal discharge. So it can be concluded that there is a relationship between personal hygiene and the incidence of vaginal discharge in adolescent girls due to poor personal hygiene and fatigue or stress factors as well as hormonal factors.

## CONCLUSION

Based on the results of the discussion that has been presented, the researcher can conclude several things based on the objectives achieved in the research conducted at the D3 Nursing Study Program in Sidoarjo, namely as follows:

1. Most of the young women in Prodi D3 Nursing Sidoarjo experienced physiological vaginal discharge (68.7%).
2. Most of the young women in Prodi D3 Nursing Sidoarjo have poor personal hygiene (62.5%).
3. There is a relationship between personal hygiene and the incidence of vaginal discharge or fluor albus in adolescent girls in Prodi D3 Nursing Sidoarjo in 2023 with a p-value of  $0.051 < 0.10$ .

## SUGGESTION

Based on the conclusions of the research results and the benefits of this study, the suggestions that the authors can convey are as follows:

1. For Research Respondents  
It is hoped that young women in general have the motivation to increase knowledge and seek information about personal hygiene behavior to prevent vaginal discharge or other health problems both through counseling and from various media.
2. For Educational Institutions  
It is hoped that efforts can be made by educational institutions to improve their services by providing correct information by providing counseling on the importance of personal hygiene in adolescent girls so that they can prevent vaginal discharge problems or other health problems.
3. For further researchers  
In further research, it is necessary to conduct a more detailed study in sufficient time and a larger number of respondents to analyze the importance of personal hygiene to prevent vaginal discharge

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