

The Relationship between Knowledge Level and Attitude About Leucorrhoea with Vaginal Prevention Behavior in Adolescents

Eli Nita Yulia, Pirlina Umiastuti, Lestari Sudaryanti

Undergraduate Midwifery Study Program, Faculty of Medicine, University of Airlangga, Indonesia

eli.nita.yulia-2018@fk.unair.ac.id, pirlina-u@fk.unair.ac.id,
lestari.sudaryanti@vokasi.unair.ac.id

Article Information

Submitted: 8 February 2022

Accepted: 10 February 2022

Online Publish: 20 February 2022

Abstract

Background: Adolescents are a population group aged 10-19 years. Knowledge and attitudes of young women about vaginal discharge affect the behavior of preventing vaginal discharge which aims to maintain the cleanliness of the genital organs. Normal physiological vaginal discharge is white or clear. Methods: This research method is an analytic observational cross-sectional. The number of samples was 107 students of class XI with a sampling technique using total sampling. The independent variable used is the level of knowledge and attitudes about vaginal discharge in SMA Negeri 1 Umbulsari, the dependent variable is the behavior of preventing vaginal discharge in adolescents at SMA Negeri 1 Umbulsari. The instrument used is a questionnaire. Data analysis includes univariate and bivariate analysis using the chi square test. Results: The results showed that most of the students' knowledge had a pretty good category of 64.5%. The attitude variable in the category of moderately agrees is 65.4%. The behavior of preventing vaginal discharge as much as 56.1% had good vaginal discharge prevention behavior. The results of the test of the chi square relationship between knowledge and attitude towards whiteness $p = 0.00$ ($p < 0.05$). The relationship between vaginal discharge attitudes and vaginal discharge prevention behavior was $p = 0.031$ ($p < 0.05$). Conclusion: These data indicate that there is a relationship between the level of knowledge and the attitude of vaginal discharge and there is a relationship between attitudes and behavior to prevent vaginal discharge.

Keywords: *knowledge; attitude; behavior to prevent vaginal discharge;*

How to Cite

DOI
e-ISSN/p-ISSN
Publish by

Eli Nita Yulia, Pirlina Umiastuti, Lestari Sudaryanti /The Relationship between Knowledge Level and Attitude About Leucorrhoea with Vaginal Prevention Behavior in Adolescents. Vol. 1, No. 5, February 2022
<https://doi.org/10.54543/kesans.v1i5.62>
2808-7178 / 2808-7380
Rifa' Institute

Introduction

Adolescents are a population group aged 10-19 years (WHO). Adolescence is divided into three stages, namely early adolescence (11-14 years), middle adolescence (14-17 years), and late adolescence (18-20 years) (Wulandari, 2014). Vaginal discharge is a common complaint that occurs in women. Normal physiological vaginal discharge is white or clear. Abnormal vaginal discharge is characterized by changes in color, consistency, volume, odor, and may be associated with symptoms of itching, pain, dysuria, pelvic pain, or intermenstrual or bleeding postcoital. (Rao and Mahmood, 2020). Factors that influence pathological vaginal discharge in adolescents are knowledge of vulvar hygiene, vaginal cleaning movements, using vaginal cleaners, using tight underwear, and using public toilets. (Abrori, Hernawan and Ermulyadi, 2017). There are two types of vaginal discharge, namely physiological vaginal discharge and pathological vaginal discharge.

Vaginal discharge is a discharge that is sometimes accompanied by itching, burning, burning sensation on the lips of the genitals, followed by a foul odor, and causes a burning sensation when urinating (Nanlessy, Hutagaol and Wongkar, 2013). There are two types of vaginal discharge, namely physiological vaginal discharge and pathological vaginal discharge. Physiological vaginal discharge is normal vaginal discharge that usually appears before and after menstruation, sexual stimulation, severe stress, pregnancy, or experiencing vaginal discharge. The fluid that comes out of the vaginal canal is clear or yellowish in color and odorless, physiological vaginal discharge is not accompanied by itching and discoloration, this type of vaginal discharge is normal vaginal discharge so it does not need medical action (Tresnawati and Rachmatullah, 2019). Pathological (abnormal) vaginal discharge is characterized by changes in color, consistency, volume, and odor. Factors that cause pathological vaginal discharge include foreign bodies in the vagina, infections caused by fungi, germs, viruses, and tumors (Putri, 2014)

Knowledge is the result of knowing and this occurs after a person perceives an object. Sensing occurs through the five human senses, namely, the senses of hearing, sight, smell, feeling, and touch. Some human knowledge is obtained through the eyes and ears. Knowledge is one's own experience, over time one's knowledge will be wider (Notoatmodjo, 2010). The factors that influence knowledge are education level, occupation, age, interests, experience, environment, and information obtained.

Attitude is an individual's reaction or response that is still closed to a certain stimulus or object, which has related aspects of the comments and the emotions concerned (happy-not happy, agree-disagree, good-bad, likes-dislikes, and so on) (Notoatmodjo, 2010). The factors that influence a person's attitude are personal experience, other people, culture, mass media, and emotional factors.

Behavior from a biological point of view is an action, activity, activity (living things) concerned. So human behavior is activities carried out by humans, both seen directly and not seen by outsiders. Behaviors that are not seen by outsiders are emotions, thinking, and perceptions, while behaviors seen by outsiders are laughing, walking,

The Relationship between Knowledge Level and Attitude About Leucorrhoea with Vaginal Prevention Behavior in Adolescents

talking, happy, crying, and so on. (Notoatmodjo, 2010)

Method

This research method is analytic cross-sectional observational. The sample is a class XI teenage girl at SMA Negeri 1 Umbulsari with a total of 107 students. The sampling technique used was total sampling. The independent variable used is the level of knowledge and attitudes about vaginal discharge in SMA Negeri 1 Umbulsari, the dependent variable is the behavior of preventing vaginal discharge in adolescents at SMA Negeri 1 Umbulsari. The instrument used is a questionnaire with an ordinal data scale. Data analysis includes univariate and bivariate analysis using test chi-square. The following are operational definitions and research variables.

Table 1 Operational definitions of research variables

No	Research Variables	Operational Definition	Measuring Instruments	Score	measuring scale
1	Dependent Vaginal discharge prevention behavior	Efforts to prevent vaginal discharge by performing clean and healthy behavior	questionnaire	Assessment criteria: Good: total score is 31-40 passable: total score is 21-30 Poor: total value is 10-20	Ordinal
2	Independent Knowledge	Everything that teenagers know about vaginal discharge and vaginal hygiene	questionnaire	Assessment criteria: Good: total score is 46-60 passable: total score is 31-45 Poor: total score is 15-30	Ordinal
3	Attitude	The attitude of all activities or habits of teenagers to avoid vaginal discharge	questionnaire	Assessment criteria: Good: total score is 43-56 passable: total score is 29-42 Poor: total score is 14-28	Ordinal

Data collection in this study was carried out in April - November 2021 starting with the determination of the population and research samples. Before conducting research on respondents, the questionnaire was tested for validity and reliability indicating the extent to which the instrument can be trusted. Then given to respondents a questionnaire of knowledge, attitudes and behavior to prevent vaginal discharge in adolescents to be filled. Data processing is done by editing, coding, tabulating, processing, cleaning. The data collected were analyzed univariate and bivariate with the test data analysis technique chi

The Relationship between Knowledge Level and Attitude About Leucorrhoea with Vaginal Prevention Behavior in Adolescents

square with the help of SPSS software for windows.

Result

1. Knowledge

Knowledge is divided into three categories, namely good, Passable and Poor.

Table 2 Frequency Distribution of Knowledge Levels About Leucorrhoea

Knowledge level of vaginal discharge	Percentage category	Frequency	Percentage
Good	46-60	38	35,5
Passable	31-45	69	64,5
Poor	15-30	-	-
Amount		107	100,0

In table 2 shows that most of the students as many as 69 (64.5%) students have Passable knowledge.

2. Attitude

Attitude are divided into three categories, namely agree, quite agree, and disagree.

Table 3 Frequency Distribution of Attitudes of Research Subjects About Leucorrhoea

Attitude of vaginal	Percentage category	Frequency	Percentage
Agree	43-56	37	34,6
Quite Agree	29-42	70	65,4
Disagree	14-28	-	-
Amount		107	100,0

In table 3 shows that most of the students, as many as 70 (65.4%) students have a fairly agree attitude.

3. Prevention behavior

Prevention behavior is divided into three categories, namely good, Passable and Poor.

Table 4 Frequency Distribution of Vaginal Prevention Behavior

Prevention behavior of Vaginal	Percentage Category	Frequency	Percentage
Good	31-40	60	56,1
Passable	21-30	47	43,9
Poor	10-20	-	-
Amount		107	100,0

The Relationship between Knowledge Level and Attitude About Leucorrhoea with Vaginal Prevention Behavior in Adolescents

In Table 4 shows that most of the students are 60 (56.1%) students have a good whiteness prevention behavior.

4. Relationship between Knowledge and Attitude of Vaginal

Knowledge Level Relationship with Attitude of vaginal tested using chi-square. This can be seen in the following table:

Table 5 Levels of Knowledge of Leucorrhoea with Vaginal Attitude

Knowledge	Attitude				Total		P value	Contingency Coefficient
	Agree		Quite Agree					
	F	%	F	%	F	%		
Good	24	63	14	37	38	100	0.00	0,407
Passable	13	19	56	81	69	100		
Total	37	34,5	70	65,5	107	100		

Based on the statistical analysis test using the program SPSS using the test chi square, the results obtained were $p = 0.00$. With $p = 0.00$ ($p < 0.05$) it means that there is a significant relationship between the level of knowledge of vaginal discharge and attitudes towards vaginal discharge with a contingency coefficient of 0.407, the strength of the relationship is moderate.

5. Hubungan Sikap dengan Perilaku Pencegahan Keputihan

Hubungan Sikap Keputihan dengan Perilaku Pencegahan Keputihan diuji menggunakan *chi square*. Hal tersebut dilihat pada tabel berikut:

Tabel 6 Sikap Keputihan dengan Perilaku Pencegahan Keputihan

Attitude	Prevention behavior				Total		P value	Contingency Coefficient
	Good		Passable		F	%		
	F	%	F	%				
Agree	26	70	11	30	37	100	0.031	0,204
Quite Agree	34	48,5	36	51,5	70	100		
Total	60	56	47	44	107	100		

Based on a statistical analysis test using SPSS version 25 program using the test chi-square, the results obtained were $p = 0.031$. With $p = 0.031$ ($p < 0.05$) it means that there is a significant relationship between vaginal discharge attitudes and vaginal discharge prevention behavior with a contingency coefficient of 0.204, the strength of the relationship is low.

Discussion

Table 2 shows that adolescents have sufficient and good knowledge. Most of the teenagers have a fairly good level of knowledge, namely 69 students (64.5%), while 38 students have good knowledge (35.5%). A person's perception of knowledge is different from an object. The factors that influence the level of knowledge of adolescents are age, education, and environment. The older a person gets, the more knowledgeable they are, they are easy to absorb information, the mindset is more mature so they will be careful in acting. (Pradnyandari, Surya and Aryana, 2019)

The results of the research that has been done in table 3 show the results agree and quite agree. Most of the teenagers 70 people (65.4%) had a moderately agreeable attitude and 37 (34.6%) people had an agreeable attitude. Attitude is a response that is still closed to a stimulus or object. From the knowledge possessed, one can know that maintaining vaginal hygiene is something that must be agreed upon to prevent vaginal discharge. The factors that shape a person's attitude are personal experience, the influence of others who are considered important, the influence of culture, religion, education, mass media, emotional factors, and the knowledge a person gains (Astuti and Hartinah, 2016)

Table 4 shows good and quite good results. More than some respondents have good preventive behavior, namely 60 people (54.1%) and 47 people (43.9) quite well. Behavior is a person's experience interacting with his environment. Behavior can be obtained by someone through knowledge and agreeable attitude. prevention behavior in Vaginal hygiene vaginal hygiene can prevent pathological vaginal discharge, this is also influenced by a less agreeable attitude in maintaining the cleanliness of the genital organs. Habits that are considered normal even though can cause vaginal discharge such as the habit of cleaning the vagina from back to front when washing, using antiseptic soap on the pubic area, not changing underwear when wet and being lazy to change sanitary napkins during menstruation (Zalni, 2018)

The results of statistical analysis obtained on the knowledge and attitude variables, obtained a p value of 0.00 ($p < 0.05$) which indicates that knowledge of vaginal discharge is related to vaginal discharge attitudes in adolescents. The results of this study are in line with various studies that have been carried out previously, namely a study entitled The Relationship of Knowledge with Young Women's Attitudes About Leucorrhoea at SMP Negeri 11 Gorontalo City showed that there was a bivariate relationship between knowledge and attitudes of young women about vaginal discharge, p of 0.002 ($p < 0, 05$) (Putri, 2014). Respondents who have good knowledge understand about vaginal discharge, causes of vaginal discharge, classification of vaginal discharge, and prevention of vaginal discharge. Meanwhile, respondents who have sufficient knowledge do not understand what vaginal discharge is, the causes of vaginal discharge, classification of vaginal discharge, and prevention of vaginal discharge (Indrajati, 2020). Based on the results of the study in table 5 of 56 students who have good enough knowledge, they quite agree. This is because students who have poor knowledge will act quite agreeably, for

The Relationship between Knowledge Level and Attitude About Leucorrhoea with Vaginal Prevention Behavior in Adolescents

example, students who have poor knowledge about the correct way of cebok, namely from front to back will have a negative attitude.

The results of statistical analysis obtained on the variables of attitude and prevention behavior, obtained p of 0.031 ($p < 0.05$) which shows the attitude variable is related to preventive behavior. This study is in line with various previous studies, namely a study entitled Relationships, Perceptions, Attitudes, and Behaviors of Young Women About Personal Genital Hygiene with Fluor Albus Incidence, which stated that there was a relationship between young women's attitudes about personal hygiene genitalia with the incidence of fluor albus, the p value was obtained. 0.00 ($p < 0.05$). There are two factors for the formation and change of attitude, namely internal factors how a person responds to the outside world, external factors, namely circumstances that exist outside a person are able to change attitudes, so that someone can prevent vaginal discharge from eating too often, it is necessary to change the attitude of agreeing (positive) (Nur, 2018). Based on the results of the study in table 6 of 26 (70%) students have an agreeable attitude and good preventive behavior, while 36 (51.5%) have a fairly agreeable attitude and are quite good. The attitude is quite agreeable and quite good is based on the lack of motivation from the respondents to take care of the genital organs, such as doing the washing method incorrectly, rarely changing sanitary napkins, there are advertisements in the mass media about genital care using antiseptic soap that make teenagers try to use it. The absence of counseling in schools and the home environment about personal hygiene so that teenagers are less concerned about maintaining cleanliness.

Conclusion

It can be concluded that there is a relationship between the level of knowledge and attitudes towards vaginal discharge and there is a relationship between attitudes and behavior to prevent vaginal discharge in SMA Negeri 1 Umbulsari..

The Jember District Health Office can carry out counseling on the importance of leucorrhoea knowledge which is useful for maintaining the cleanliness of the genital organs and preventing vaginal discharge. Students are expected to maintain the cleanliness of the genital organs to avoid vaginal discharge.

References

- Abrori, A., Hernawan, A. D. and Ermulyadi, E. (2017) 'Faktor yang berhubungan dengan kejadian keputihan patologis siswi SMAN 1 Simpang Hilir Kabupaten Kayong Utara', *Unnes Journal of Public Health*, 6(1), pp. 24–34.
- Astuti, S. and Hartinah, H. (2016) 'Gambaran Pengetahuan, Sikap Dan Perilaku Remaja Putri Dalam Penanganan Keputihan Di Desa Cilayung', *Jurnal Sistem Kesehatan*, 2(1).
- Indrajati, R. (2020) 'HUBUNGAN PENGETAHUAN DENGAN SIKAP REMAJA PUTRI TENTANG KEPUTIHAN DI KELAS X SMA SWASTA PENCAWAN MEDAN TAHUN 2019'.
- Nanlessy, D. M., Hutagaol, E. and Wongkar, D. (2013) 'Hubungan Antara Pengetahuan Dan Perilaku Remaja Putri Dalam Menjaga Kebersihan Alat Genitalia Dengan Kejadian Keputihan Di SMA Negeri 2 Pineleng', *Jurnal Keperawatan*, 1(1).
- Notoatmodjo, S. (2010) 'Ilmu perilaku kesehatan'.
- Nur, H. A. (2018) 'Hubungan Persepsi , Sikap , dan Perilaku Remaja Putri Tentang Personal Hygiene Genitalia dengan Kejadian Fluor Albus (Keputihan)', *Jurnal Profesi Keperawatan*, 5(1), pp. 1–13.
- Pradnyandari, I. A., Surya, I. G. and Aryana, M. B. (2019) 'Gambaran Pengetahuan, Sikap dan Perilaku Tentang Vaginal Hygiene Terhadap Kejadian Keputihan Patologis Pada Siswi Kelas 1 Di SMA Negeri 1 Denpasar Periode Juli 2018', *Jurnal Intisari Sains Medis*, pp. 125–134.
- Putri, O. A. (2014) 'Gambaran Tingkat Pengetahuan Dan Sikap Remaja Putri Terhadap Keputihan Di SMA Negeri 2 Pontianak Tahun 2013', *Jurnal Mahasiswa PSPD FK Universitas Tanjungpura*, 1(1).
- Rao, V. L. and Mahmood, T. (2020) 'Vaginal discharge', *Obstetrics, Gynaecology and Reproductive Medicine*, 30(1), pp. 11–18. doi: 10.1016/j.ogrm.2019.10.004.
- Tresnawati, W. and Rachmatullah, F. (2019) 'Hubungan Personal Hygiene dengan Terjadinya Keputihan Pada Remaja Putri', *Jurnal Penelitian Kesehatan*.
- Wulandari, A. (2014) 'Karakteristik Pertumbuhan Perkembangan Remaja dan Implikasinya Terhadap Masalah Kesehatan dan Keperawatannya', *Jurnal Keperawatan Anak*, 2, pp. 39–43. Available at: <https://jurnal.unimus.ac.id/index.php/JKA/article/view/3954>.

Eli Nita Yulia, Pirlina Umiastuti, Lestari Sudaryanti / **KESANS**

The Relationship between Knowledge Level and Attitude About Leucorrhoea with Vaginal Prevention Behavior in Adolescents

Zalni, R. I. (2018) 'Hubungan Pengetahuan dan Sikap Remaja Putri Tentang Vulva Hygiene dengan Tindakan Pencegahan Keputihan', Ensiklopedia of Journal, 1(1).

Copyright holder:

Eli Nita Yulia, Pirlina Umiastuti, Lestari Sudaryanti (2022)

First publication right:

KESANS: International Journal Health and Science