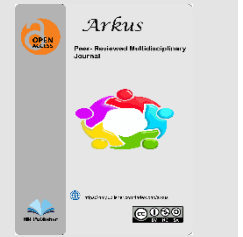




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The Relationship between Knowledge and Attitudes about Maintaining Genital Hygiene and the Incidence of Fluor Albus in Young Girls at SMA Negeri 1 Purwakarta, Purwakarta Regency, Indonesia

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ABSTRACT

Proper knowledge and attitudes regarding genital hygiene can help young women maintain overall reproductive health. This is because proper hygiene practices can also protect the genital area from infections and other disorders, as well as promote general health and comfort. This study aimed to determine the relationship between knowledge and attitudes about maintaining genital hygiene with the incidence of fluor albus in adolescent girls at SMA Negeri 1 Purwakarta, Purwakarta Regency, Indonesia. This study is an analytical observational research with a cross-sectional approach. This study uses primary data obtained from the research subject interview process. A total of 211 research subjects took part in this study. In conclusion, no relationship between knowledge and attitudes about maintaining genital hygiene and the incidence of vaginal discharge in adolescent girls at SMA Negeri 1 Purwakarta, Purwakarta Regency, Indonesia.

1. Introduction

Fluor albus in adolescent girls is an ordinary reproductive health problem women face worldwide, including in Indonesia. Vaginal discharge is when fluid comes out of the vagina, which can be normal or a symptom of various health conditions. It is important to remember that normal vaginal discharge is a natural part of the female reproductive cycle and functions as the body's mechanism to clean and protect the genital area. However, excessive or abnormal vaginal discharge can indicate a health problem that needs attention. One factor that can influence the risk of abnormal vaginal discharge is maintaining genital hygiene. Good genital hygiene is essential in maintaining reproductive health,

especially during adolescence when the body is undergoing significant changes. During adolescence, women experience significant physical, hormonal, and emotional changes. These hormonal changes can affect the condition of the vagina and make it more susceptible to changes in fluid output. Therefore, knowledge and practice of maintaining genital hygiene is essential in preventing reproductive health problems, including abnormal vaginal discharge.¹⁻³

Adequate knowledge about maintaining genital hygiene enables young women to take appropriate and effective measures in caring for their genital area. This can include understanding how to clean the area properly, using clean underwear, and avoiding using chemicals harmful to vaginal health. Apart from that,

a positive attitude towards maintaining genital hygiene is also essential. A positive attitude will encourage young women to carry out hygiene practices consistently and responsibly. This includes awareness of always maintaining genital hygiene as part of their self-care routine. Beyond preventing vaginal discharge, good knowledge and attitudes regarding genital hygiene can help young women maintain overall reproductive health. This is because appropriate hygiene practices can also protect the genital area from infections and other disorders, as well as support general health and comfort.⁴⁻⁶ This study aimed to determine the relationship between knowledge and attitudes about maintaining genital hygiene with the incidence of vaginal discharge in adolescent girls at SMA Negeri 1 Purwakarta,, Purwakarta Regency, Indonesia.

2. Methods

This study is an analytical observational research with a cross-sectional approach. This study uses primary data obtained from the research subject interview process. A total of 211 research subjects participated in this study, where the research subjects met the inclusion criteria. The inclusion criteria in this study were female teenagers from SMA Negeri 1 Purwakarta, Purwakarta Regency, Indonesia. Observations of the research subjects' knowledge and

attitudes towards genital hygiene were carried out using questionnaires. Data analysis was carried out using SPSS version 25 software univariately and bivariate to assess each variable's frequency distribution and the influence of the research conducted, with a p-value <0.05.

3. Results and Discussion

From Table 1, it can be seen that of the 211 female adolescent respondents at SMAN 1 Purwakarta, most had good knowledge about maintaining genital cleanliness, with the incidence of vaginal discharge being 102 respondents (65.8%). In contrast, the female adolescents had a poor level of knowledge about maintaining genital cleanliness with the incidence of vaginal discharge, as many as 38 respondents (67.9%). From the Chi-Square calculation results, a p-value of 0.068 was obtained because the result was $0.068 > 0.05$, so it can be concluded that there is no significant relationship between knowledge about maintaining genital hygiene and the incidence of vaginal discharge in young women at SMAN 1 Purwakarta. From the results of the Chi-Square calculation, the p-value was 0.214 because the p-value was $0.214 > 0.05$, so it can be concluded that there is no significant relationship between attitudes about maintaining genital hygiene and the incidence of vaginal discharge in young women at SMAN 1 Purwakarta (Table 2).

Table 1. Relationship between knowledge and fluor albus.

Knowledge	Fluor albus occurrence				p-value*
	Yes		No		
	F	%	F	%	
Poor	38	67,9	18	32,1	0,068
Good	102	65,8	53	34,2	
Total	140	66,4	71	33,6	

*Chi-square, $p > 0,05$.

Table 2. Relationship between attitude and fluor albus.

Attitude	Fluor albus occurrence				p-value*
	Yes		No		
	F	%	F	%	
Negative	137	65,9	71	34,1	0,214
Positive	3	100	0	0	
Total	140	66,4	71	33,6	

*Chi-square, $p > 0,05$.

This study's results show no relationship between knowledge about maintaining genital hygiene and the incidence of vaginal discharge in adolescent girls. This is because respondents who have good knowledge obtained information from close friends/relatives who had experienced vaginal discharge before or had experienced vaginal discharge. However, it is not just pure knowledge; there are several other supporting factors, namely from the family and from the surrounding environment, which can cause the high incidence of vaginal discharge by teenagers, including the lack of awareness of teenagers about the importance of maintaining genital hygiene, lack of motivation from people closest to the patient and environmental factors can cause negative attitudes in maintaining genitalia cleanliness.⁷⁻¹⁰

This study's results show no relationship between attitudes about maintaining genital hygiene and the incidence of vaginal discharge in adolescent girls. This is consistent with someone taking action because of their will. However, several other supporting factors can cause high attitudes and high incidences of vaginal discharge by these teenagers. The attitude of young women regarding the behavior of maintaining genitalia cleanliness shows that more young women have a negative attitude due to a lack of motivation from the family, namely that learning and information about the importance of reproductive health is significantly lacking, giving rise to a lack of concern for reproductive health in maintaining genitalia cleanliness. Surrounding environmental conditions, such as school toilets that are not clean, can cause discomfort and influence attitudes towards maintaining genitalia cleanliness. Negative attitudes can be influenced by personal experience, both one's own experience and the experience of other people who can support one's attitude. In contrast, a person's experience can influence a person's attitude. Not only do a high level of knowledge and an adequate living environment support a response to an object, but other supporting factors can help assess a person's attitude toward an object.¹¹⁻¹⁵

4. Conclusion

There is no relationship between knowledge and attitudes about maintaining genital hygiene and the incidence of fluor albus in adolescent girls at SMA Negeri 1 Purwakarta, Purwakarta Regency, Indonesia.

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