

Relationship of Exposure Information with Prevention on Adolescent in Sma Al Ulum Medan Year Of 2017

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Abstract: Fluor Albus (vaginal discharge) are often experienced by women if the vaginal discharge is physiological, but it would be risky if the experience is pathologically characterized by yellowish to greenish liquid, the numbers are exaggerated, thick, foul-smelling, itchy or hot and cause injuries so we need prevention. Prevention of whiteness is a form of health behavior, and this study aims to determine the relationship of exposure with prevention information Fluor Albus in middle adolescence. This research is an analytic survey with a cross-sectional study conducted in Al-Ulum Private High School. The study population as many as 262 people and obtained a sample of 100 people. Sampling with purposive sampling technique and analysis data using univariate, bivariate analysis are using chi-square test at 95% confidence level ($\alpha = 0.05$). The results showed that most respondents are less exposed to information about the whiteness and its prevention (53.0%), respondents exposed to information (47.0%). Most respondents do prevention as well (57.0%), which is to prevent poor discharge (43.0%). There is a significant relationship between exposure prevention information with Fluor Albus in SMA Al-Ulum Medan 2017, $p\text{-value} = 0.001 < 0.05$. Private schools are advised to head Al-Ulum for cooperation with NGOs working in the field of adolescent reproductive health, and health workers from matcum health centers Medan City by providing health education and prevention of vaginal discharge

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I. INTRODUCTION

Reproductive health problems that can occur in adolescence, namely the vaginal discharge (fluor albus). Fluor Albus is a very frequent symptom experienced by most women. This disorder is a second problem after menstrual disorders. Fluor Albus normal (physiological) is a natural thing. However, abnormal discharge (pathological) may be indicative of a disease that should be treated (Juanda, 2015).

Based on data on women's reproductive health research shows 75% of women in the world would suffer from vaginal discharge. As many as 5% of adolescents in the world infected with Sexually Transmitted Diseases (STDs) with symptoms of vaginal discharge every year, even in the United States 1 of 8 adolescents have symptoms of vaginal discharge. This figure contrasts sharply with Europe by only 25% while 40-50% will relapse (Maritime, 2012). According to the World Health Organization (WHO) declared the problem a poor reproductive health of women has reached 33% of the total burden of illness of women in the world one of which is Fluor Albus (Paryono, 2016).

Research conducted Rabi (2010) in Nigeria reported that unhealthy behaviors in maintaining the cleanliness of the genitalia is the most dominant cause of the discharge is equal to 44.6% compared to the result of sexually transmitted infections by 44.1%. Based on the results of Panda S. ET. Al. (2013) that out of 50 women of childbearing age in South Asia, especially India detected *Trichomonos vaginalis* 3 cases (6%) and *Candida albicans* in 26 cases (52%). Infected *Trichomonos vaginalis* and *Candida albicans* as much as 4 cases (8%). Nearly 83% of the causes of vaginal discharge is bacteria *Candida albicans* are more common in women of childbearing age.

More than 70% of Indonesian women experience vaginal discharge caused by fungi and parasites such as pinworm or protozoa (*Trichomonas vaginalis*) due to the humid weather in Indonesia so easily infected with fungus *Candida albicans*, which is one cause of vaginal discharge (Maritime, 2012). According to statistics of Indonesia in 2012 from 43.3 million adolescents aged 15-24 years in Indonesia unhealthy behavior. Indonesia Young women from 23 million 15-24 year olds 83.3% had sexual intercourse, which is one cause of vaginal discharge (Fauziah, 2012). Farming Research Private high school in 2014 in St. Thomas 2 Terrain that Fluor

Albus figure is as high as 96% of respondents had experienced vaginal discharge and 89.5% had pathological vaginal discharge.

Young women is one of the most vulnerable age suffer from vaginal discharge. Understanding adolescent reproductive health would be the provision youth in healthy behavior and responsible, but not all teenagers obtain sufficient and correct information about reproductive health. Lack of knowledge and understanding can bring teens towards risky behavior (Kumalasari and Andhyantoro, 2012).

Research Badaryati (2012) at SMAN 2 and at SMK 3 Banjarbaru shows that there is a significant relationship between knowledge, attitude, perception, health care and exposure information with behavioral prevention and treatment of vaginal discharge pathologic student at SMAN 2 and SMK State 3. An understanding adolescent reproductive health would be the provision youth in healthy behavior and responsible, but not all teenagers obtain sufficient and correct information about reproductive health. Lack of information, knowledge and understanding can bring teens towards risky behavior (Kumalasari and Andhyantoro, 2012).

This research in one high school in the city of Medan, SMA Al-Ulum which is one of the private high school distinctively Islamic teachings that stood since 1991. The preliminary survey that researchers do in two high schools, namely SMA Al- Ulum Medan and SMA Muhammadiyah Medan by interviewing 15 students SMA Al-Ulum daughter Medan and 15 girls in SMA Muhammadiyah Medan on the incidence of vaginal discharge and their efforts for the prevention of vaginal discharge. Results of the answers in SMA Al-Ulum Medan found that as many as 3 people (20%) have never experienced vaginal discharge, while 12 (80%) had experienced vaginal discharge: 7 (58.3%) experienced a physiological vaginal discharge and 5 (41.7 %) experienced a pathological vaginal discharge. Results of the answers in SMA Muhammadiyah Medan found that as many as 4 people (26.7%) have never experienced vaginal discharge, while 11 (73.3%) had experienced vaginal discharge: 7 (63.6%) experienced a physiological vaginal discharge and 4 (36 , 4%) had a pathological vaginal discharge.

An Answer of 30 young women that they are about the efforts made to prevent the occurrence of discharge (fluor albus) that they do not know how to do prevention Fluor Albus correct, most just wash with water after urination, frequent use of antibiotics and give powder if there is itching in the area of femininity, but is less precise measures to prevent discharge. Reproductive health outcomes in adolescents who experience vaginal discharge which is an infection of the reproductive tract, and will eventually lead to infertility.

II. METHODS

This research is an analytic survey with cross-sectional. This research was conducted in Al-Ulum Private School Medan. The population in this study were all students of teenage girls in the class X and class XI SMA Al-Ulum 262 people. Samples were obtained as many as 100 people. The data used are primary data and secondary data. Data analysis was performed by means of univariate and bivariate analysis usingtest Chi-square at 95% confidence level($\alpha= 0.05$)

III. RESULT AND DISCUSSION

Characteristics of respondents by age and class that most respondents 16 years old and as many as 52 people (52.0%), a small portion of respondents aged 18 years as many as 2 (2.0%). Respondents class X as much as the class XI respectively of 50 (50.0%).Based on the research, exposure information is given on the following table.

Table 1.Frequency Distribution of Respondents Based on Information Exposure in SMA Al-Ulum Medan

No	Exposure information	Quantity	Percentage (%)
1	Good	47	47
2	Less	53	53
Total		100	100

The above table shows that most respondents are less exposed information about the whiteness and prevent as many as 53 people (53.0%). A small portion of respondents exposed to information about the excellent whiteness and its prevention with as many as 47 people (47.0%).

1. Discharge Prevention

Based on the research, prevention Fluor Albusrespondents can be seen in the following table

Table 2.Frequency Distribution of Respondents by Discharge Prevention in SMA Al-Ulum Medan

No	Discharge Prevention	Quantity	Percentage (%)
1	Good	47	47
2	Less	53	53
Total		100	100

The above table shows that most respondents do prevention good whiteness with as many as 57 people (57.0%), while those making less good whiteness prevention as much as 43 people (43.0%).

2. Relations Exposure Prevention Information with Vaginal Discharge (Fluor Albus)
 Relationshipexposure to the prevention of vaginal discharge information can be seen in the following table.

Table 2.Frequency Distribution of Respondents Based on Prevention Fluor Albus in SMA Al-Ulum Medan

No	ExposureInfor mation	Prevention				Total		p-value
		less		Good		f	%	
		f	%	f	%			
1	Less	31	58.5	22	41.5	53	100.0	0.001
2	Good	12	25.5	35	74.5	47	100.0	

The above table shows that of the 53 respondents who are less exposed to information about the prevention of whiteness and whiteness prevention majority poor as many as 32 people (58.5%). Of the 47 respondents who are exposed to information about the whiteness and its prevention by both majority prevention fine Fluor Albus many as 35 people (74.5%). Bivariate test resultsusing the chi-square obtained p-value of 0.001 <0.05 means there is a significant relationship between exposure prevention information with Fluor Albus in SMA Al-Ulum Medan 2017.

Based on the results showed that there is a significant relationship between exposure information with Fluor Albus prevention in SMA Al-Ulum Medan in 2017, $p = 0.001 < 0.05$. The results are consistent with research Badaryati (2012) in the Ms. Senior High School or equivalent in Banjarbaru were examined between variable exposure of information on the prevention and treatment of vaginal discharge pathological obtained by value $p = < 0.001$ means there is a significant association between exposure to information about the prevention and treatment of vaginal discharge pathological , Other research by Imania (2011) at SMU Plus 17 Palembang that there is a significant correlation between factors (media publication) and the prevention and treatment of pathological vaginal discharge with a value of $p = 0.009 < 0.05$.

Exposure of juvenile information can be obtained from various sources such as from the extension of health workers to improve their knowledge of whiteness and prevention. Based on research conducted by Palinglin (2015) in Madrasah Aliyah Negeri 2 Yogyakarta get results that behavioral hygiene genital organs of the female students MAN 2 Yogyakarta before counseling was well-behaved much as 43.3%, as much as 51.7% to behave fairly and as much as 5% misbehave. After the extension, all respondents (100%) well behaved. Results of analysis p value <0.05 so there is the effect of counseling on behavior change grader XI MAN 2 Yogyakarta.

Based on the theory Snehandu B. Karr in Notoatmodjo (2015) identifies the accessibility of information greatly influence the actions to be taken by someone. Exposure information here includes two things: the exposure of Fluor Albus material learned and what resources the most they use to obtain information about the whiteness. It stands to schoolgirls in general information/knowledge about reproductive health one of Fluor Albus correctly. Also from the sources of information that can be accounted for, such as teachers, health workers, parents and all agencies have a duty and responsibility to adolescent health services (Badaryati, 2012).

According to investigators, information about the whiteness and its prevention is vital owned by each young woman. Seen from this research that there are many young women in Al-Ulum Private high school that has not been exposed to well inform about the whiteness and prevention. Teenagers who are able to do prevention well-tended more exposed to good information from books, magazines, newspapers, leaflets, internet or mobile phone (HP), television, radio, newsletters, teacher, or peer. More and more teens are exposed to information about the whiteness and its prevention the better the action of the juvenile in preventive Fluor Albus

Information exposure in young women can be active or passive. Active nature that teens should find out about the whiteness and good prevention of mass media such as print media, electronic media, as well as of teachers in schools, and others. Passive, i.e. by informing young women in high school Al-Ulum field through counseling or periodic health education about how the cleanliness of the reproductive organs is good and right. In this study also seen that there are many young women get information about the whiteness of their peers so that sometimes the information provided is not appropriate so that the daughter of prevention is also less precise, for example in the use of pads (panty liner) many girls who encourage her to use dressings containing perfume

when it actually will cause Fluor Albus. There are also young women who claim that using the tights are not potential occurrence of Fluor Albus especially when using the tights on the part of young women has become a trend.

IV. Conclusion

This study proves that girls are less exposed to information about the whiteness and its prevention (53.0%). Most respondents do prevention whitish well (57.0%), which is to prevent poor discharge (43.0%). Statistical test results that there is a significant relationship between exposure prevention information with whitish in SMA Al-Ulum Medan 2017, p-value = 0.001

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