



**ADOLESCENT GIRLS' THOUGHT PATTERNS ON VAGINAL DISCHARGE (FLOUR ALBUS) AT VOCATIONAL SCHOOL 1 KEPENUHAN HULU
ROKAN HULU REGENCY**

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A B S T R A C T

Vaginal discharge refers to vaginal secretions other than blood. It is crucial for teenagers, especially young women, to understand vaginal discharge, including its signs, symptoms, causes, and prevention. This research aimed to assess the knowledge of young women about vaginal discharge (Fluor Albus) at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency. The study employed a quantitative research method with a descriptive design and a cross-sectional approach. The sampling technique used was saturated sampling, involving 100 young women at SMKN 1 Kepenuhan Hulu. Data analysis was conducted univariately. The results showed that 38 respondents (38.0%) had good knowledge about vaginal discharge, 21 respondents (21.0%) had sufficient knowledge, and 41 respondents (41.0%) had less knowledge. It is recommended that young women enhance their knowledge about vaginal discharge. Additionally, schools should provide information resources such as books, magazines, or articles related to vaginal discharge to help young women broaden their understanding.

INTRODUCTION

Vaginal discharge is a problem that is often experienced by women of reproductive age. Poor behavior, lack of attitude and knowledge in maintaining the cleanliness of the external genitalia (outer part of the genitals) can be factors that trigger vaginal discharge (Mutiarra Andjani Arsyad, 2023). Vaginal discharge (Flour Albus) is a condition of the reproductive organs when they produce a solution or thick liquid similar to pus. Vaginal discharge is divided into 2 types, namely normal or physiological vaginal discharge and abnormal or pathological. Natural or physiological vaginal discharge occurs before and after menstruation, with the type of discharge being clear, not excessive, odorless and does not cause a feeling of tingling or tingling. On the other hand,

abnormal or pathological vaginal discharge is indicated by a large amount of discharge, white in color like smelly milk, yellow or greenish, twisted, and accompanied by a rancid or rotten odor. If not treated properly, vaginal discharge can have serious consequences, such as infertility and ectopic pregnancy, which can be one of the effects of vaginal discharge. Early detection of uterine cancer generally begins with vaginal discharge (Hamid, 2022). The incidence of vaginal discharge is estimated at 35-42% of people between the ages of 10-18 years who experience infections in their reproductive organs, and 27-33% who experience infections in their reproductive organs between 18-22 years experience infections. (Juwitasari et al, 2020).

According to a study by the World Health Organization, poor reproductive health problems accounted for 33% of cases, one of which was vaginal discharge experienced by women (Hamidah, 2019). The difference in climatic conditions between humid Indonesia and dry Europe has an impact on the incidence of vaginal discharge in women. Women in Indonesia are more susceptible to vaginal discharge because of the humid climate, while women in Europe tend to be more protected because of the dry climate. According to data from WHO (2021), the prevalence of vaginal discharge in women in Indonesia reached 75% in 2021, with the majority experiencing vaginal discharge at least once in their lives. In addition, 45% of women in Indonesia have experienced vaginal discharge more than once. This figure is not comparable to the incidence rate of vaginal discharge in women in Europe, which is only around 25% (Zulfamidah, 2023). Several studies report that there is a relationship between adolescent girls' knowledge and behavior in preventing vaginal discharge among female high school students (Sulanty, A., Fitriana, N., & Azriani, 2021). Then several studies stated that after health education was carried out for adolescent girls regarding vaginal discharge, there had been an increase in the level of knowledge about vaginal discharge ((Prasetyo, 2020). In line with the results of research (Eni Siswati, 2022) regarding the relationship between knowledge about vaginal discharge and efforts to prevent vaginal discharge in These teenagers showed that 12 respondents (20.7%) had good knowledge about vaginal discharge and good vaginal discharge prevention efforts. as many as 9 respondents (15.5%). Meanwhile, from the Spearman rho test, the sig value (2-tailed) or ρ value was 0.001 (because ρ value < 0.05), so H_0 was rejected and H_1 was accepted.

A preliminary survey was conducted at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency, which revealed that the total number of female students at the school was 100. As part of the survey, researchers interviewed 5 female students to assess their knowledge of vaginal discharge, including its definition, signs, characteristics, prevention, and treatment. Surprisingly, none of the students were able to answer the questions about vaginal discharge. Based on these findings, the researcher became interested in exploring this issue further through a study titled **"Thought Patterns of Young Women about Vaginal Discharge at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency."**

Formulation of the problem

What are the perceptions and thought patterns of young women regarding vaginal discharge (Fluor Albus) at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency?

Research purposes

General Objective:

This research aims to determine the perception of young women regarding vaginal discharge (Fluor Albus) at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency.

Specific Objectives:

1. To explore the knowledge of young women about vaginal discharge (Fluor Albus), including its definition.
2. To assess the knowledge of young women regarding the classification of vaginal discharge (Fluor Albus).
3. To examine the knowledge of young women about the impacts of vaginal discharge (Fluor Albus).
4. To identify the knowledge of young women about the causes of vaginal discharge (Fluor Albus).
5. To evaluate the knowledge of young women regarding the signs of vaginal discharge (Fluor Albus).
6. To determine the knowledge of young women about the types of vaginal discharge (Fluor Albus).
7. To understand the knowledge of young women regarding the prevention of vaginal discharge (Fluor Albus).
8. To investigate the knowledge of young women about the treatment of vaginal discharge (Fluor Albus).

Benefits of the Research:

1. For SMKN 1 Kepenuhan Hulu:

This research is expected to enhance the mindset and awareness of students at SMKN 1 Kepenuhan Hulu regarding vaginal discharge (Fluor Albus).

2. For Young Women:

The findings of this study can serve as a valuable source of information to increase young women's knowledge about vaginal discharge (Fluor Albus), including its causes, signs, prevention, and treatment.

3. For the Faculty of Health Sciences:

This research is anticipated to contribute to the existing literature and knowledge base, thereby improving the quality of education for D-III Midwifery program students. It may also provide useful insights for conducting similar studies in the future.

4. For Future Researchers:

The study will enhance researchers' knowledge and insights, and its results can be utilized as educational material for the community, helping to raise awareness about vaginal discharge (Fluor Albus).

REVIEW OF THEORY

Characteristics of Growth and Development

During adolescence, physical growth occurs rapidly and reaches its peak speed. In the early teenage phase (11–14 years), secondary sex characteristics begin to emerge. For instance, teenage girls may experience breast development, while teenage boys may notice testicular enlargement. Additionally, the growth of armpit and pubic hair becomes evident in both genders during this phase. These secondary sex characteristics become more prominent and well-developed during

the middle adolescent stage (14–17 years). By the late adolescent stage (17–20 years), the reproductive structures and physical growth are nearly complete, and adolescents typically achieve physical maturity.

METHODS

Types and Design of Research

This research employs a quantitative approach with a descriptive design. According to Fitria (2023), descriptive research is conducted to assess the value of one or more independent variables without making comparisons with other variables. The purpose of this study is to determine the knowledge of young women about vaginal discharge (Fluor Albus) at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency. The research design utilizes a cross-sectional approach, which aims to provide a snapshot of young women's knowledge about vaginal discharge (Fluor Albus) among female students at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency. This method enables the researchers to analyze the level of understanding within the target population at a specific point in time.

Population, Sample and Sampling Techniques

The research population consists of all respondents involved in this study, specifically teenage female students at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency. Based on the data for the year 2024, there are 100 young women enrolled at the school. These students form the basis for the study's investigation into their knowledge of vaginal discharge (Fluor Albus).

The research sample represents a portion of the population being studied. In this case, the sample includes all 100 teenage female students at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency. The inclusion criteria for participants are as follows: they must be young female students enrolled at the school and willing to participate as respondents in the study.

The sampling technique used in this research refers to the process and method of selecting samples to represent the population (Fitria et al., 2022). This study employs a **saturated sampling technique**, which involves using the entire population as the sample. By including all members of the population, this method ensures comprehensive data collection and a thorough analysis of the subject matter.

RESULT

The research on young women's knowledge about vaginal discharge was conducted in April 2024 at SMKN 1 Kepenuhan Hulu. The study involved a total of 100 respondents, providing valuable insights into their understanding of this important health topic.

Table 1 Frequency Distribution of Young Women Based on Knowledge at SMKN 1 Kepenuhan Hulu Rokan Hulu Regency in 2024 (n=100).

NO	Knowledge	F	%	N
1	Not enough	41	41.0	100
2	Enough	21	21.0	
3	Good	38	38.0	
Total		100	100.0	

Table 1 presents the knowledge levels of young women at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency, regarding vaginal discharge. The findings reveal that 41 respondents (41.0%) have limited knowledge, 21 respondents (21.0%) possess moderate knowledge, and 38 respondents (38.0%) demonstrate good knowledge on the topic.

Table 2 Frequency Distribution of Respondents According to Age Among Female Adolescents at SMKN 1 Kepenuhan Hulu Rokann Hulu Regency in 2024 (n=100).

Age	Frequency	Percentage
15 Years old	12	12.0%
16 Years old	37	37.0%
17 Years old	28	28.0%
18 Years old	23	23.0%
Total	100	100.0

Table 2 provides an overview of the ages of young women at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency. The data shows that 12 respondents (12.0%) are 15 years old, 37 respondents (37.0%) are 16 years old, 28 respondents (28.0%) are 17 years old, and 23 respondents (23.0%) are 18 years old.

DISCUSSION

The research results revealed the knowledge levels of female adolescent respondents about vaginal discharge at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency. Out of a total of 100 respondents, 41 respondents (41.0%) fell into the poor knowledge category, 21 respondents (21.0%) were in the sufficient knowledge category, and 38 respondents (38.0%) were in the good knowledge category. The majority of respondents with poor knowledge were aged 16–17 years. The study highlights a relationship between knowledge and age, as evidenced by the findings. It suggests that as individuals grow older, their knowledge tends to improve, reflecting the developmental correlation between age and understanding.

In line with the findings of Eni Siswati (2022) regarding the relationship between knowledge about vaginal discharge and efforts to prevent it in adolescents, the study showed that 12 respondents (20.7%) had good knowledge about vaginal discharge and made good efforts to prevent it. Additionally, 9 respondents (15.5%) had good knowledge but only adequate efforts to prevent vaginal discharge. The Spearman rho test results yielded a significance value (2-tailed) of 0.001. Since the p-value was less than 0.05, the null hypothesis (H0) was rejected, and the alternative hypothesis (H1) was accepted.

Knowledge is influenced by formal education and is closely related to it. Higher education levels are associated with broader knowledge. However, increased knowledge is not solely obtained through formal education; it can also be acquired through non-formal education. According to Notoatmodjo (2018), knowledge about an object contains both positive and negative aspects, which influence attitudes. The more positive aspects of an object that are known, the more likely individuals are to develop positive attitudes toward it.

The lack of knowledge among young women at SMKN 1 Kepenuhan Hulu, Rokan Hulu Regency, regarding vaginal discharge may be influenced by several factors. These include living in remote areas with limited internet access, lack of exposure to reproductive health education, low self-awareness, and the absence of active school organizations. As a result, these young

women often lack understanding about vaginal discharge and are unaware of how to maintain the cleanliness of intimate organs when experiencing it. Addressing these challenges requires targeted interventions to improve access to information and promote self-awareness.

CONCLUSION

The results showed that 38 respondents (38.0%) had good knowledge about vaginal discharge, 21 respondents (21.0%) had sufficient knowledge, and 41 respondents (41.0%) had less knowledge. It is recommended that young women enhance their knowledge about vaginal discharge. Additionally, schools should provide information resources such as books, magazines, or articles related to vaginal discharge to help young women broaden their understanding.

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