


## Relationship between knowledge, attitude and action of adolescent girls with hygiene of external reproductive organs in the Oeolo health center working area

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| Article Info   | ABSTRACT  |
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| <b>Keywords:</b><br>Knowledge,<br>Attitude,<br>Action,<br>External Reproductive Organs   | Reproductive organs get less attention in everyday life, this is due to our culture that sometimes feels uncomfortable talking about sexual matters. In fact, these organs really need attention, especially their health and hygiene. This study aims to determine the knowledge, attitudes and actions towards the practice of maintaining the hygiene of reproductive organs of female students in the Oeolo Health Center working area. This type of research is descriptive research. The population of this study were all female students of the Oeolo Health Center working area, totaling 279 people, and a sample of 55 people was obtained. The results of this study showed that students with good knowledge were 47 people (85.5%), 8 people (14.5%) had sufficient knowledge. For a good attitude as many as 5 people (9.1%), 46 people (83.6%) and less attitude 4 people (7.3%). For good action 5 people (9.1%), sufficient action 19 people (34.5%) and less action 31 people (56.4%). The research suggestion is that in order to produce healthy offspring, it is also necessary to maintain the health of the reproductive organs. The school should include reproductive health education as an additional curriculum in the subject. The Education Office needs to provide training on how to maintain the hygiene and health of female reproductive organs facilitated by the local Health Office on reproductive health education to schools. |
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### INTRODUCTION

In this era of globalization and modernization, there have been changes and progress in all aspects in dealing with developments in the environment, health and hygiene, where women are required to always maintain physical cleanliness and body organs.(Azis et al., 2020; Azis & Handoko, 2021; Rahmadhani et al., 2023; Setyaningsih, 2022). One of the important and sensitive organs in the body that requires special care is the reproductive organs(Sary & Zuhriyah, 2019). Knowledge and good care are determining factors in maintaining reproductive health. If the reproductive organs are not kept clean, it will cause infection, which can ultimately lead to disease(Lubis & Putri, 2023; Wahyuni & Fitria, 2020).

The reproductive organs in women are different from men, especially in the function of the reproductive organs themselves (Simanjuntak et al., 2022). So special care is needed to maintain cleanliness because of the reproductive organs in women much more 'complicated' and more susceptible to disease (Purba et al., 2021). This is because anatomically the location of the female reproductive organs is in the body. So women are very easily affected by feminine problems such as vaginal itching, irritation, or infections that are not easily cured (Rania et al., 2019; VILLAGE, 2019). These things are caused by a lack of awareness of the hygiene of female organs (Hermawati et al., 2021).

Research conducted in Serbajadi Hamlet, Natar District, South Lampung regarding genital hygiene during menstruation from 69 respondents who were in the good category, namely 36 people (52.17%), 30 people (43.48%) adequate and 3 people less (4.35%) (Beautiful, 2010). Meanwhile, the results of research conducted by Dai'yah at SMU Negeri 2 Medan in 2004 regarding the care of the external reproductive organs of 8 respondents, which had a good category of 25.86%, sufficient 67.24% and a poor category of 6.8% (Elza, 2008).

Based on a preliminary survey conducted on 10 students, out of the number of female students in the Oeolo Health Center working area consisting of 279 people and based on the results of interviews with 10 students, 7 (70%) of them did not know how to keep the external reproductive organs clean and often experienced vaginal discharge and 3 (30%) of them know how to keep their external reproductive organs clean. From this description, to be able to solve the problem of how to keep the external reproductive organs clean, the author conducted research on maintaining the cleanliness of the external reproductive organs, so that it can provide an understanding of knowledge, attitudes and behavior, especially in young women. Especially for young women in the Oeolo Community Health Center Working Area in 2023.

## METHODS

### Method of collecting data

1. Primary data

The required primary data is obtained from distributing questionnaires to the field which are distributed to respondents and contain a list of questions and answer choices that have been prepared.

2. Secondary Data

The required secondary data was obtained from the Oeolo Community Health Center Work Area Administration office, namely data regarding the total number of students and the number of classes.

3. Types of research

This type of research is descriptive survey research. Descriptive research is a research method with the aim of creating an objective picture or description of a situation, to solve or answer the problems being faced, especially health problems.

### Population and Sample

1. Population

The population in this study were 279 female students in the Oeolo Health Center Working Area. Where there are 90 class I female students, 82 class II female students, 107 class III female students.

## 2. Sample

Sampling was carried out using the formula for determining sample size according to Vincent Gaspersz, as follows:

$$n = \frac{Z^2 \cdot P(1-P)N}{d^2(N-1) + Z^2 \cdot P(1-P)}$$

$$n = \frac{(1.96^2) \cdot 0.3(1-0.3)279}{0.1^2(279-1) + (1.96^2)0.3(1-0.3)}$$

$$n = \frac{196,45}{2,78 + 0,81}$$

$$n = \frac{196,45}{3,59}$$

72 = 55 Respondents

Information:

N = Population Size

n = Sample Size

D = Estimation Error (0.1)

Z = Reliability Level (95%=1.96)

P = Population Proportion (0.3) = At the time of the initial survey it was known that the number of students who knew about maintaining the cleanliness of external reproductive organs was 3 out of 10 students inoeolo Community Health Center Working Area.

Based on calculations carried out using the formula above, it is known that the sample size from a population of 279 people resulted in a research sample of 55 respondents. Sampling was carried out using systematic random sampling using intervals / multiples of k. As a sampling frame, namely the attendance list of all students in classes X, XI and

$$K = \frac{N}{n}$$

Information :

N= Overall Population

n= Sample/respondent

K= Sample interval

$$K = \frac{279}{55}$$

$$= 5$$

## RESULTS AND DISCUSSION

**Table 1.** Distribution of Respondents Based on Class and Gender in the Oeolo Community Health Center Work Area in 2023

| Class  | Gender |       |          |       | Amount |     |
|--------|--------|-------|----------|-------|--------|-----|
|        | Son    |       | Daughter |       | N      | %   |
|        | N      | %     | N        | %     |        |     |
| I      | 68     | 43.04 | 90       | 56.96 | 158    | 100 |
| II     | 82     | 50.00 | 82       | 50.00 | 164    | 100 |
| III    | 90     | 45.69 | 107      | 54.31 | 197    | 100 |
| Amount | 240    | 46.24 | 279      | 53.76 | 519    | 100 |

\*) data source: Author's data processing results

In table 1 above, it shows that overall the number of girls is more dominant, namely 279 people (53.5%) while the number of boys is 243 people (46.5%). Based on class, the highest number was in class I, namely 199 people (100%), the number of daughters was more dominant, namely 113 people (56.8%) while the sons were 86 people (43.2%).

**Table 2.** Distribution of Respondent Characteristics Based on Mother's Education in the Oeolo Community Health Center Work Area in 2023

| Mother's education | N  | %    |
|--------------------|----|------|
| SENIOR HIGH SCHOOL | 23 | 41.9 |
| College            | 32 | 58.1 |
| <i>Total</i>       | 55 | 100  |

\*) data source: Author's data processing results

Based on Table 2, it can be seen that respondents in the Oeolo Community Health Center working area, judging from the mother's education, had the highest level of tertiary education, namely 32 people (58.1%).

**Table 3.** Distribution of Respondent Characteristics Based on Information Sources in the Oeolo Health Center Working Area in 2023

| Resources        | N  | %    |
|------------------|----|------|
| Teacher          | 12 | 21.9 |
| Family           | 24 | 43.6 |
| Print media      | 8  | 14.5 |
| Electronic Media | 6  | 10.9 |
| Health workers   | 3  | 5.5  |
| Friend           | 2  | 3.6  |
| <i>Total</i>     | 55 | 100  |

\*) data source: Author's data processing results

Based on Table 3, it can be seen that respondents in the Oeolo Community Health Center working area, seen from the source of information, were mostly from the family, namely 24 respondents (43.6%)

### **Characteristics of Female Students in the Oeolo Health Center Working Area in Maintaining the Cleanliness of External Reproductive Organs**

Based on the research results, it is known that the majority of female students in the Oeolo Health Center working area who were respondents in this study were from class I, aged 15 years, their mother's education was tertiary, and information about the cleanliness of reproductive organs was most often obtained from the family. Reproductive organ hygiene is an effort to maintain or improve the health of the reproductive organs by maintaining the reproductive organs, which in this study are the external reproductive organs.

Closeness to both parents, especially mothers, is something that influences adolescent hygiene behavior. Teenagers can share about the youth problems they experience. The family, especially the mother, is the earliest place of education for a child before he or she receives education elsewhere.

Parents, especially mothers, can provide initial information about maintaining reproductive health for their teenage children correctly. Moreover, if the mother has a high level of education, the better the information conveyed will be so that the child can have a positive attitude and have good actions in taking care of it.

### **Knowledge of female students in the work area of Oeolo Health Center in maintaining the cleanliness of external reproductive organs**

Based on the results of this research, personal knowledge of hygiene of external reproductive organs of female students in the Oeolo Health Center working area is good, where 47 female students (85.5%) have good knowledge and 8 female students (14.5%) have moderate knowledge. Most female students can differentiate between the internal reproductive organs and the external reproductive organs. Most female students also know the consequences of poor hygiene behavior on their reproductive organs. However, many female students think that changing sanitary napkins and underwear too often is not that important. This may also later be related to their actions.

The lack of knowledge of young women and appropriate information about the health of their reproductive organs can possibly lead to a lack of responsibility for the health of their reproductive organs. So it is necessary to provide complete and up-to-date information to young women to increase their knowledge and awareness of the importance of maintaining personal hygiene, especially the reproductive organs, including the risks if it is not maintained, especially during menstruation.

Before someone behaves in a new way, he must first know what the meaning or benefits of that behavior are for him or his family. Knowledge is the result of knowing, and this occurs after people sense a particular object. Knowledge or cognitive is a very important domain in shaping a person's actions (overt behavior).

## **Attitudes of Female Students in the Oeolo Community Health Center Working Area in Maintaining the Cleanliness of External Reproductive Organs**

Based on the results of this research, the personal hygiene attitude of female students in the Oeolo Health Center working area is moderate, where 46 female students (83.6%) have a moderate attitude, 5 female students have a good attitude (9.1%) and 4 female students (7, 3%) who have a bad attitude. Most of them already have a fairly good view of maintaining their reproductive health organs.

This research is in line with the results of research conducted at Al-Wasliyah High School, that the attitude of female students at this high school is good and is assumed to influence the students' actions in maintaining the cleanliness of their external reproductive organs in the future. Attitude is a person's closed response to a stimulus or object, both internal and external, so that its manifestation cannot be seen directly, but can only be interpreted first from closed behavior. Attitudes in reality show the suitability of responses to certain stimuli. Attitudes can be positive and can be negative. In a positive attitude, the action tendency is to approach, like, and hope for a certain object, whereas in a negative attitude there is a tendency to avoid, avoid, hate, or dislike certain objects.

### **Actions of female students in the Oeolo Community Health Center working area in maintaining the cleanliness of external reproductive organs**

Based on the results of this research, the personal hygiene practices for the external reproductive organs of female students in the Oeolo Health Center working area are poor, where 5 female students (9.1%) have good actions, 19 female students (34.5%) have moderate attitudes, and 31 female students (56%) .4%) who have less action. Maintaining the success of sexual or reproductive organs is the beginning of efforts to maintain health. Sweat can make the body moist, especially the closed and folded sexual and reproductive organs, so that it can help the growth of bacteria and fungi

There is a way to care for the external female reproductive organs, namely the ancient method which is now starting to become popular again, namely vaginal spa. This treatment can prevent and treat vaginal discharge, maintain the immunity of intimate organs which are used to maintain body health. If not controlled, the use of vaginal washing materials and the use of sanitary napkins during menstruation will actually cause harm to the external reproductive organs and the frequency of changing sanitary napkins.

The results of research conducted by SMP Negeri 2 Limbangan showed that the actions of female students in SMP were classified as inadequate. This is probably because teenagers feel that maintaining the cleanliness of their intimate organs is very troublesome. For example, you must always bring underwear to change, change sanitary napkins as often as possible, flush the toilet before using it and so on.

The lack of knowledge of young women and appropriate information about the health of their reproductive organs can possibly lead to a lack of responsibility for the health of their reproductive organs. So it is necessary to provide complete and up-to-date information to young women to increase their knowledge and awareness of the importance of maintaining personal hygiene, especially the reproductive organs, including the risks if it is not maintained, especially during menstruation.

## CONCLUSION

Based on the results of the research analysis and discussion, it can be concluded that the behavior of maintaining the cleanliness of external reproductive organs in the Oeolo Health Center working area is: 1) Most of the female students in the Oeolo Health Center working area are 15 years old (43.6%), are in class I (50.9% ), the mother's education came from college (58.1%), and the largest source of information came from the family (43.6%). This means that knowledge about the reproductive organs is mostly obtained from the family, especially the mother. Mothers who have a high level of education can provide information about reproductive organs so that the information obtained will be better. 2). Most of the female students in the Oeolo Community Health Center work area have good knowledge (85.5%). This means that female students' good knowledge about reproductive organ health can give them responsibility for the health of their reproductive organs. 3). Most of the female students in the Oeolo Community Health Center work area had moderate or quite good attitudes (83.6%). This means that most of them already have a fairly good view of maintaining their reproductive health organs. 4). Most of the female students in the Oeolo Community Health Center working area had less action (56.4%). This means that good knowledge does not influence good actions either.

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