

IMPROVING KNOWLEDGE ABOUT THE IMPORTANCE OF VULVA HYGYNE AS AN EFFORTS TO PREVENT VAGINAL DISCHARGE IN ADOLESCENT FEMALES AT SDN RINGINSARI, KEDIRI DISTRICT

By Lestari et al



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ABSTRACT

Ringin Sari Village is a fairly advanced village, but many of its people are not yet aware of the importance of knowledge, especially parents who are not yet aware of providing knowledge about reproduction to their children, especially those who are about to face menarche, they let their children get knowledge from various sources whose truth cannot be accounted for. Teachers sometimes still consider it taboo to provide education related to reproduction to their students. This Community Service was carried out at SDN Ringin Sari Kediri, carried out during student class hours. This community service activity aims to increase awareness of early age adolescent girls regarding vulva hygiene care in preventing vaginal discharge. Community service activities are carried out through direct counseling at school using leaflet media and activities are carried out with the following stages: Pre-test

activity, a test is carried out to determine the picture of adolescent girls' knowledge regarding vulva care. This activity is carried out by asking adolescent girls to fill out a questionnaire containing 10 questions related to the material to be delivered, Delivery of material about the importance of being aware of nutritional status and nutritional intake in adolescents carried out by the Head of Community Service as an educator assisted by health promotion tools in the form of leaflets containing information related to the material provided. After the material was delivered by the educator, the respondents were then given the opportunity to ask questions about the material that had been delivered (question and answer), Post-test activities, tested how much knowledge and respondents had increased regarding the material that had been delivered, Monitoring and evaluation activities were carried out after the promotional activities were carried out. The number of students who attended was 60 people consisting of classes 4,5 and 6. The expected output of the community service activities is in the form of articles published in community service journals and leaflets that will be Haki Kan.

Keywords: Vulva hygiene care education, adolescent girls aged 9-12 years, vaginal discharge

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INTRODUCTION

Many beliefs in society say that vaginal discharge is caused by consuming cucumbers and has nothing to do with incorrect vulva hygiene. In fact, this is wrong, because vaginal discharge has nothing to do with consuming cucumbers, this is because one of them is incorrect vulva hygiene. All women of all ages can experience vaginal discharge. Based on research data on women's reproductive health, 75% of women in the world must

suffer from vaginal discharge, at least once in their lives. While 75% of Indonesian women themselves must have experienced vaginal discharge at least once in their lives. Symptoms of vaginal discharge are also widely experienced by unmarried women or teenage girls aged 15-24 years, which is around 31.8%. More than 70% of Indonesian women experience vaginal discharge caused by fungi and parasites such as pinworms or protozoa

(*Trichomonas vaginalis*) (Lipsky, 2011).

This figure is very different from Europe, which is only 25% because the weather in Indonesia is humid, making it easy to be infected with the *Candida albicans* fungus, which is one of the causes of vaginal discharge (Febiliawanti, 2011).

OBJECTIVE

General purpose

- 1) To increase the knowledge of adolescent-12 year old students about preparing to face stunting

Special purpose

- a. Improving the knowledge of teenage students about stunting
- b. Improving the knowledge of teenage female students about the signs of menstruation
- c. Improving the knowledge of adolescent female students about managing menstrual pain
- d. Improving the knowledge of teenage female students about how to perform vulva hygiene.

ACTION PLAN

Strategic Plan

Gathering students from grades 7, 8, and 9 to be given counseling in the same place

Implementation

Providing counseling using leaflets and posters

Arrangement

Classroom of Ringin Sari Elementary School, Kediri

Target

Teenage students (grades 4,5,6)

RESULTS AND DISCUSSION

The community service activity that will be carried out is one of the community service activities in the Potekkes Kerta Cendekia Sidoarjo institution in collaboration with Stikes Widyagama Husada Malang. This community service activity is routinely carried out by lecturers and education staff every year by raising topics according to the scientific fields of each lecturer and the problems currently being faced by the community. This activity involves students so that it not only provides primary benefits to the community in the form of efforts to overcome health problems but also becomes one of the learning media for students in increasing their experience in communicating with the community. The community service activity that will be carried out raises the topic of "Empowering Adolescents to be Aware of Nutritional Status as an Effort to Prevent Stunting" with the following community service team;

CONCLUSION

This Community Service was carried out at SDN Ringin Sari Kediri, carried out there, 60 students attended consisting of grades 4, 5 and 6.

The teachers accompany them and sometimes they also provide answers to the children who ask questions to their teachers.

First, before we present the material, we give a pretest with 5 multiple-choice questions. The students answered enthusiastically even though many of their answers were wrong. After that, we present the material by giving examples of demonstrations to the phantom vagina. They and the teachers are also enthusiastic in listening and paying attention. After finishing, we do another post-test with the

during student class hours and was happily received by the principal and the teachers

same questions and the results are satisfactory.

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