

INFORMATION ABOUT PREVENTING ABNORMAL WHITE (FLOUR ALBUS) IN ADOLESCENT FEMALES: LITERATURE REVIEW

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ABSTRAK : INFORMASI TENTANG PENCEGAHAN KEPUTIHAN ABNORMAL (FLOUR ALBUS) PADA REMAJA PUTRI: TINJAUAN LITERATUR

Latar Belakang: Keputihan, yang disebabkan oleh fluor albus dan infeksi seperti kanker dan candida albicans, mempengaruhi 90% anak-anak di Indonesia karena iklim tropis dan kurangnya pendidikan, sehingga menyoroti perlunya kesehatan reproduksi yang lebih baik.

Tujuan: untuk mengidentifikasi pengetahuan pencegahan keputihan abnormal (Flour Albus) pada remaja putri.

Metodologi: Penelitian ini menggunakan tinjauan pustaka. Pencarian artikel menggunakan Google Scholar dan Pubmed berdasarkan tahun 2020-2024, Berdasarkan hasil seleksi literatur, terdapat 20 penelitian tentang Informasi, Tepung Albus, Remaja Wanita dengan menggunakan metode studi kasus eksperimental, cross sectional, analitik

Hasil: Tinjauan literatur berfokus pada pentingnya pendidikan kesehatan dalam mencegah keputihan pada remaja. Ini mencakup 20 jurnal pendukung, 11 di antaranya eksperimental dan 9 non-eksperimental. Ulasan tersebut menyoroti peran media pembelajaran audiovisual dalam menyampaikan pengetahuan tentang keputihan dan pencegahannya.

Kesimpulan: Pengetahuan remaja tentang keputihan masih terbatas sehingga berdampak pada sikap dan tindakan pencegahannya. Informasi yang salah dan kurangnya perhatian dari orang-orang terdekat, khususnya para ibu, berkontribusi terhadap perilaku buruk, sehingga menyoroti perlunya peningkatan pendidikan dan kesadaran.

Saran :Bagi peneliti selanjutnya disarankan melakukan tinjauan komprehensif terhadap keputihan pada remaja, meningkatkan kesadaran remaja putri tentang menjaga kebersihan, dan mengingatkan layanan kesehatan untuk memberikan informasi yang akurat.

Kata Kunci :Edukasi, Flour albus, Keputihan Abnormal

ABSTRACT

Background: Vaginal discharge, caused by fluor albus and infections such as cancer and candida albicans, affects 90% of children in Indonesia due to the tropical climate and lack of education, thus highlighting the need for better reproductive health.

Purpose: to identify the knowledge of prevention of abnormal vaginal discharge (Flour Albus) in adolescent females.

Method : This study used a literature review. Article search using Google Scholar and Pubmed based on 2020-2024, Based on the results of literature selection, there are 20 studies on Information, Flour Albus, Adolescent Women using experimental, cross sectional, analytical case study methods.

Results: The literature review focused on the importance of health education in preventing vaginal discharge in adolescents. It included 20 supporting journals, 11 of which were experimental and 9 non-experimental. The review highlighted the role of audiovisual learning media in conveying knowledge about vaginal discharge and its prevention.

Conclusion: Adolescents' knowledge about vaginal discharge is limited, which impacts their attitudes and preventive measures. Misinformation and lack of attention from loved ones, especially mothers, contribute to poor behavior, highlighting the need for increased education and awareness.

Suggestion: Future researchers are advised to conduct a comprehensive review of vaginal discharge in adolescents, raise awareness of adolescent girls about maintaining hygiene, and remind health services to provide accurate information

Keywords: Abnormal Vaginal Discharge, Education, Flour albus

INTRODUCTION

Fluor albus, a clinical symptom of various infections, cancers, or benign tumors of the reproductive organs, is a discharge from the genitals other than blood (Monintja and Anandani 2020). A more precise description of leucorrhea is a fungal infection of the female genitals, or candida albicans, which is caused by a yeast-like organism. Many young people do not give much thought to the condition of their internal intimate organs, and prefer to focus on their external appearance only (Hidayah, Sari, and Peu 2021).

Wanito, dkk. (2022) claimed that young women who place a high value on appearance could also be the cause of this negative behavior. Similar to the average research respondent who indicated that they often wear tight pants or jeans. Wearing jeans is not recommended because the pores are so narrow that they restrict airflow near the intimate organs. Teenagers' ignorance of the importance of keeping their genitals clean is one of the reasons why this happens so often. If this problem is not addressed now, it will cause problems in the future (Wanito Ambarsari 2022). Although not all adolescents get adequate and accurate information about reproductive health, adolescents who have a basic awareness of the topic will be more capable of healthy and responsible behavior. Adolescents can engage in dangerous activities due to lack of information and understanding (Nurchandra, Mirawati, and Aulia 2020).

According to the Indonesian Ministry of Health (2017) in Darmala (2018), due to Indonesia's tropical environment, about 90% of women may experience vaginal discharge. The fungus spreads quickly so it often causes vaginal discharge. Unmarried women or adolescent girls aged 15-24 years reported symptoms of vaginal discharge, accounting for about 31.8%.

This shows that more and more teenagers are at risk of developing vaginal discharge (Astutie n.d.). In fact, flour Albus should be recognized as soon as possible because it is a sign of almost all gynecological disorders. Mulyanti (2022) distinguishes two types of vaginal discharge, namely normal physiological vaginal discharge, and pathological vaginal discharge that is deviant or diseased. Normal vaginal fluid appears clear, watery, white, or watery when dried on clothing (Mulyanti et al. 2022).

Throughout a woman's lifetime, 75% worldwide will experience vaginal discharge at least once, and up to 45% will experience it two or more times. Candida albicans is the most common cause of vaginal discharge. About 90% of women in

Indonesia are at risk of leucorrhea due to the country's tropical climate which facilitates the growth of fungi and increases the chances of leucorrhea. Vaginal discharge symptoms are also reported in single women and young women (15-24 years old), which is about 31.8% of cases. This indicates that vaginal discharge is more common in adolescents (Asri, Harlita, and Azahra 2023). Poor vaginal discharge prevention behavior, namely poor hygiene after urination and defecation, is the cause of vaginal discharge in adolescents. Lack of hand washing can cause irritation or germ contamination of the vulva (Umami et al. 2022). Irritation can also occur from underwear that does not absorb sweat and tight clothing. Adolescent reproductive problems must be taken seriously, says Marpaung, because many of these problems originate in Indonesia, where one of the main causes is lack of knowledge and treatment of vaginal discharge (Chitra Dewi, Marisna Eka Yulianita, and Annisa Khaerani 2022).

Early education about vaginal discharge and its causes is important for adolescent girls. As a woman's physiology changes as she grows from childhood to adulthood, particularly in the area of her reproductive organs, adolescents may experience problems if they are not aware of them, and young women may not have experienced such changes before (St. Nurul Izzah Habibarrahman, Muhammad Khidri Alwi, and Nurul Ulfah Mutthalib 2021). The high percentage of adolescent girls in this study who occasionally engage in activities that risk vaginal discharge indicates that many of them still lack a thorough understanding of these activities (Miftachul, Syafirasari, and Hayyun 2023). Therefore, it is important to educate young women about vaginal discharge and how to prevent it through behavior. As stated by Yulianty and Oriza (2018). The incidence of vaginal discharge is strongly influenced by knowledge, attitude, use of pantyline, and use of vaginal cleansers. The two factors that have the greatest influence on the incidence of vaginal discharge are attitude and the use of pantliners (Oriza and Yulianty 2024).

Naturally, the impact of vaginal discharge is not only disturbing, but also more likely to cause new risks. These risks include the development of health problems in the reproductive system, especially in women, which makes it easier for diseases that cause excessive vaginal discharge or "flour albus" to attack the intimate organs. It is usually yellow in color. Gonorrhoea, uterine myoma, cervical cancer, and uterine cancer are among the serious diseases that cause disorders of the female reproductive organs and are characterized by profuse vaginal discharge. The harmony of intimate relationships and home life

is negatively affected by vaginal discharge, especially if it affects pregnant women. If preventive measures are not taken, this can lead to fetal problems, such as early birth (Oriza and Yulianty 2024)

Abnormal vaginal discharge (abnormal) is usually caused by bacteria, fungi, viruses, and stress. It can also result in vaginal discharge accompanied by itching and unpleasant odor in the genital area. Adolescent reproductive health must be maintained in order to improve quality of life and ensure long-term health. Therefore, to prevent abnormal vaginal discharge, adolescent girls should take care of their genitals by keeping the vulva clean. Many people still do not know how to properly clean their genitals after urinating and defecating. Some common mistakes include cleaning in the wrong direction, using too much soap, and not wearing underwear when cleaning. Pads used during menstruation are rarely changed because they are comfortable to use and do not absorb sweat. According to Winna (2020), this disease can cause vaginal discharge which can be caused by infectious factors or the presence of foreign objects in the reproductive organs (Winna Kurnia Sari. AZ 2020)

Many women in Indonesia do not know about vaginal discharge so they consider vaginal discharge as a common thing and not to worry about, in addition to embarrassment when women / adolescents experience vaginal discharge which makes women / adolescents not consult a doctor (Riza Tsalatsatul Mufida et al. 2023). Vaginal discharge cannot be considered a common thing, because the consequences of untimely treatment of vaginal

discharge can not only lead to infertility or pregnancy outside the womb, vaginal discharge can also be the beginning of cervical cancer (cervical cancer) which can lead to death if not consulted to health workers early on (Ilmiawati and Kuntoro 2017)

We conducted a literature review as one of the initiatives to stop and educate the public about the incidence of vaginal discharge (Flour Albus) in adolescents. The purpose of this literature review is regarding the prevention of abnormal vaginal discharge in adolescent girls.

RESEARCH METHODS

This research method is a literature review that aims to obtain a theoretical basis that can support the solution of the problem under study and reveal various theories that are relevant to the case found. Based on the results of the literature search in the database, researchers found 1985 articles using Google Scholar and Pubmed. The keywords selected in the search "Information, Flour Albus, Adolescent Female" Furthermore, the search results obtained were filtered based on the 2020-2024 title and full text availability so that 830 were obtained. Then, 20 articles were excluded because they did not meet the inclusion criteria, and 25 articles were obtained.

RESEARCH RESULTS

Based on the results of literature selection, there were 20 studies on Information, Flour Albus, Adolescent Female using experimental, cross sectional, analytic, case study methods (Table 1)

Table 1
Flour Albus Information In Adolescents

Title/author/year/location	Research Method	Intervention	Result
Effect of Health Education Using Audiovisual Media on Level of Knowledge about Leucorrhea (Flour Albus)(Eka Noviyanti, Sunanto, and lis Hanifah 2023) Eka Noviyanti, Sunanto, lis Hanifah Probolinggo, Indonesia	pre-experimental method with one group pretest and post-test design	40 young women were in the form of answers to a questionnaire	The analysis results with the Wilcoxon test obtained a significant value of 0.05 and p-values of 0.001. It can be concluded that health education with the audiovisual method influences the knowledge of vaginal discharge (flour albus) in young women in Randutatah Village, Probolinggo Regency
Effectiveness Test of Sunkist Orange Peel Ethanol Extract (Citrus Sinensis L. Osbeck) on the	laboratory experimental design (true experiment)	The inhibition test was carried out using the agar	Sunkist orange peel extract has significant antifungal effectiveness against

<p>Growth of <i>Candida Albicans</i> Mushrooms as a Cause of Fluor Albus a Woman</p> <p>Yolanda Eliza Putri Lubis, Widya Pasca Amir</p> <p>Medan, Indonesia</p>	<p>with a post-test control group design only approach</p>	<p>diffusion method according to McFarland standards</p>	<p><i>Candida albicans</i> fungus and the higher the concentration of the extract given, the larger the diameter of the inhibition zone formed</p>
<p>The effect of health education on the prevention of flour albus in lhoking Prison, The District of Aceh Besar</p> <p>Miftahul Jannah, Fitriani, Anita</p> <p>Aceh Besar, Indonesia</p>	<p>This study was quasi-experimental with a one-group pretest-posttest design.</p>	<p>Data were collected by questionnaires and was conducted on March 22, 2019. A total sampling technique was used in this study. Sampling was done using. Data analysis using Wilcoxon test.</p>	<p>The results showed that out of 27 respondents, 3.33% had negative attitudes before being given health education and 59.3% had positive attitudes after being given health education, and after statistical testing with the wilcoxon test, the p-value was 0.020 ($p \leq 0.05$)</p>
<p>The Effect of Health Education on Knowledge, Attitudes, and Actions in Prevention of Leukorrhea in Adolescent Girls</p> <p>Iswatun Iswatun, Kusnanto Kusnanto, Abd Nasir, Lailatul Fadliyah, Endah Sri Wijayanti, Joko Susanto, Amellia Mardhika, Arifal Aris, Ni wayan Suniyadewi.</p>	<p>This study used a pre-experimental research design with a one group pre-post test design approach with a purposive sampling of 150 students</p>	<p>The research data were obtained by means of a questionnaire and tested using the Wilcoxon Signed Rank Test with a significance level of $p < 0.05$</p>	<p>The results of statistical tests showed that there were significant differences in knowledge ($p = 0.000$), attitude ($p = 0.000$) and action ($p = 0.000$) after being given health education. Providing health education is an alternative in increasing the knowledge, attitudes and actions of adolescents. It is expected that, after this, the respondent can understand the concept of leukorrhea and can prevent the occurrence of leukorrhea pathology</p>
<p>The Influence of Peer Group Education on Menstrual Hygiene on Knowledge of Pruritusvulvae Prevention in Adolescent Girls at SMP Muhammadiyah 4 Medan</p> <p>Heni Triana, Lilis Pujiati, Suherni</p> <p>Medan, Indonesia</p>	<p>The practical approach used for participant training can directly apply knowledge gained during the presentation and questioning process.</p>	<p>activities evaluated use pre-test and post-test questionnaires, as well as practice education, health, and counseling.</p>	<p>Result of activity: This is an enhancement knowledge participant about health reproduction among teenagers of 8.28 and peer education of 5.17 after the follow-up activity. Participants are also capable of recognizing health problems, common reproduction that appears in adolescence, and manner prevention.</p>
<p>The Influence of Sources of Information and the Role of Parents on Vaginal Discharge Prevention Behavior in Adolescent Girls</p>	<p>This research aims to determine the direct and indirect influence as well as the magnitude of</p>	<p>The instrument used is a closed questionnaire. This research uses saturated sampling.</p>	<p>The results of the study showed that the behavioral variable for preventing vaginal discharge in young women at SMA 38 Jakarta</p>

<p>Ageng Septa Rini Jakarta, Indonesia</p>	<p>information sources and the role of parents on vaginal discharge prevention behavior among young women at SMA 38 Jakarta in 2023. Crosssectional research design using a quantitative approach</p>	<p>Sample of 90 Young Women. The data analysis used is Structural Equational Model (SEM) using Smart PLS 2.0</p>	<p>was directly influenced by the source of information (29.24%) and the role of parents (31.4%), while other factors not studied influenced the behavioral variable by 2.74%. It is recommended that young women get clear sources information and the role of parents and schools should provide information about vaginal discharge prevention behavior</p>
<p>Reduce the Incidence of Flour Albus Using the Betel Leaves Extract Risman Tunny, Aulia Deby Pelu, Jarmil Souliassa Maluku, Indonesia</p>	<p>It is a quantitative research by using quasyexperiment design to determine the existence of vaginal discharge (pre-test) and examine the effectiveness of the betel leaves extract after treatment (post-test)</p>	<p>The sample were 18 respondents with observation sheet given</p>	<p>Research result shows that 13 of 18 respondents who experienced vaginal discharge cured after being treated in the form of betel leaves extract. Itcan be concluded that vaginal discharge before and after the treatment is given for the provision of betel leaves extract is different or experience the healing significantly</p>
<p>Knowledge of preventing abnormal vaginal discharge (flour albus) in adolescent girls Nurul Husna, Agustine Ramie, Marwansyah Banjarmasin, Indonesia</p>	<p>This study used a descriptive method with a population of 376 female students of SMAN 1 Martapura with a sample size of 194 respondents, selected by proportional stratified random sampling.</p>	<p>data were collected using questionnaires and presented using frequency distribution tables.</p>	<p>The results showed that the majority of respondents had sufficient knowledge about the prevention of abnormal vaginal discharge (Flour Albus), namely 51%, knowledge of the use of underwear in the sufficient category as much as 74.7%, knowledge of caring for genitalia in the majority of sufficient categories as much as 86.1%, knowledge of the use of genital cleansing fluids in the majority of sufficient by 78.4% and knowledge of the use of pantyliner in the majority of sufficient by 68%</p>
<p>The Relationship Of The Use Of Female Cleansing Liquid And Pantyliners To The Causes Of Whitening The Pathophys Of Adolescent Women In Hamlet li, Bakaran Batu Village, Batang Kuis District, Deli Serdang Regency</p>	<p>In this study, the researcher used an analytical descriptive design using a cross sectional approach</p>	<p>population of 68 and a sample of all respondents and sampling using total sampling with the research instrument, namely the</p>	<p>indicating that there is a significant relationship between the use of feminine hygiene fluids and pantyliners on the causes of pathological vaginal discharge. Young women are</p>

Erin Padilla Siregar and Sri Rezeki Deli serdang, Indonesia		questionnaire	expected not to use feminine hygiene fluids and pantyliners because they can interfere with vaginal pH, making the vagina moist, which will lead to vaginal discharge
The Effectiveness Of Between Leaves Booked Water For Overcoming Leucorrhoea In Grade X Adolescents At Hafsyah Medan Health Vocational School In 2021 Maulina Mawaddah , Eka Sylviana Siregar Medan, Indonesia	This type of research was a pre-experimental design study with the one group pretest-post test method	The population in this study is 20 students who have vaginal discharge problems.	The results of the study Before being given boiled water of betel leaf there were the majority of teenagers who experienced vaginal discharge with an abnormal scale of 20 Orang respondents (100%). After being given boiled water of betel leaf, there were the majority of teenagers with a normal scale of 20 respondents (100%). The T test was carried out in the control group before being given boiled water for betel leaves and after being given boiled water for betel leaves, there was a value of -2.517 with a p-value of 0.021
Evaluation: Media Booklet About Education on Prevention of Flour Albus for Teenage Girl Cahaya Hidayati, Ei Wah Phyu Thet, Phonethipsavanh Nouanthong Jambi Indonesia	The research method used is RnD with a 4D design. Defining needs was carried out through questionnaires to determine the needs of student. Design was created based on the results of the definition	The development of a media booklet about Flour Albus prevention education for young women in high schools was validated by experts with results that were suitable for use and had a significant positive impact in increasing students' knowledge about reproductive health problems.	The main findings show that the use of the booklet has succeeded in increasing awareness of adolescent girls about the signs and symptoms of Flour Albus, as well as the preventive steps they can take.
The Effect of Reproductive Health Education with Video Learning Multimedia and Education on the Increasing of Knowledge and Attitude About Prevention of Fluor Albus Pathology of Female Adolescent	The research method uses a quasi-experimental design with pre-test post-test control group design. The study sample was 44 young women. Paired t-test and	Intervention through health learning models using multimedia can change the knowledge, attitudes, and behavior of preventing albus	The analysis showed that there were significant differences in the increase in the average value of knowledge (p = 0,000), attitudes (p = 0,001), and behavior (p = 0,000) after receiving multimedia and educational video learning

<p>Nurhumairah, Ummu Salmah, Muhammad Tamar</p> <p>Makassar, Indonesia</p>	<p>Anova test were applied to analyze data</p>	<p>fluorine in young women.</p>	
<p>The Relationship of Knowledge about Personal Hygiene with Preventive Behavior of Flour Albus in Young Women in Taeng Village, Pallangga District</p> <p>Aulia Mutmainnah, Agustina Ningsi, Wirawati Amin, Indriani</p> <p>Makassar, Indonesia</p>	<p>Analytic Survey research type with Cross Sectional Study approach.</p>	<p>taken from primary data, unmarried adolescent girls aged 12-25 years in Taeng Village, RW 004 Kec. Pallangga, Gowa kab as many as 98 people.</p>	<p>The results of statistical tests with Chi-square obtained a value of = 0.001. The conclusion in this study is that there is a relationship between knowledge about personal hygiene and the behavior of preventing flour albus in adolescent girls in Taeng Village, Pallangga District. Therefore, it is recommended for young women to increase their knowledge by reading books or looking for information on the internet about personal hygiene in the prevention of vaginal discharge and can also ask directly to teachers or parents so that appropriate and correct information about genital personal hygiene is obtained</p>
<p>Effectiveness of Red Betel and Green Betel Decoction in the Management of Flour Albus in Adolescent Girls at PMB Herlina in 2023</p> <p>Angga Aprianti, Magdalena Tri Putri, Uci Ciptiasrini</p> <p>Jakarta, Indonesia</p>	<p>The research design used is using the Study Case Literature Review method with a case study approach.</p>	<p>In this study, there were 2 samples where 1 sample used the intervention of giving red betel juice and 1 sample with green betel juice.</p>	<p>The study used univariate analysis to describe midwifery care and to determine the effectiveness of red betel and green betel decoction in managing flour albus in adolescent girls at PMB Herlina in 2023.</p>
<p>The effect of vulva hygiene education video media on the knowledge level and attitude of adolescent women with flour albus</p> <p>Riski Novita Ratna, Ana Mariza, Ike Ate Yuviska, Ratna Dewi Putri</p> <p>Lampung, Indonesia</p>	<p>Method This type of research is quantitative, the research design is a pre-experimental method with a One group pretest - posttest design approach.</p>	<p>Vulvar hygiene educational video media on the level of knowledge and attitude of adolescent girls towards fluor albus treatment</p>	<p>Results The average knowledge before being given vulva hygiene educational video media with an average of 59.710 after being given vulva hygiene educational video media with an average of 76.004. The average attitude before being given vulva hygiene educational video media the average is 42. After being given vulva hygiene educational video</p>

			media the average is 72.54. The results of bivariate data analysis using the t test obtained a p value of 0.000 <0.05.
<p>The Effect of Reproductive Health Education with Multimedia Video Learning on the Improvement of Fluor Albus Prevention Behavior Young Woman Pathologist</p> <p>A.Ummu Saadah Mukhtar, Budu, Yusring, Nasruddin, Azniah</p> <p>Makassar, Indonesia</p>	<p>This type of research is Quasy-experimental with Pre-test Post-Test Control Group Design</p>	<p>Based on the determination of the number of samples, the sample in this study amounted to 18 respondents, in anticipation of dropping out of 77 respondents from the study, the researchers set 20% so that the number of respondents was 22 respondents in each group (Using 1:1:1) so the sample in this study amounted to 66 people with Purposive Sampling technique.</p>	<p>The results of the study indicate that there is an effect of reproductive health education with multimedia video learning on the improvement of behavior/prevention of pathological fluor albus (leucorrhoea) in adolescent girls</p>
<p>Effectiveness decoction of red betel leaves (piper crocantum) against decreased symptoms of flour albus in high school girls</p> <p>Rosa Purwanti, Niken Grah Prihartanti, Rini Hayu Lestari</p> <p>Jombang, Indonesia</p>	<p>his study uses quasi-experimental research design with one group undertaking pre- and post-tests.</p>	<p>It involved 20 adolescent girls of Al-Adzkiya Sentul Boarding School in which the sample was taken using purposive sampling techniques. Further, a closed ended questionnaire is used to collect data, then analyzed using paired T-test</p>	<p>The results showed a meaningful difference before being given treatment for 13.40. After treatment the value became 8.27 with a p-value < of α (0.005)</p>
<p>Education on Adolescent Personal Hygiene Behavior: Efforts to Prevent Fluor Albus in Sabilil Muttaqien Islamic Boarding School</p> <p>Cintika Yorinda Sebtalesy, Lucia Ani Kristanti</p> <p>Madiun, Indonesia</p>	<p>The method used in this educational activity uses health education techniques through lectures and questions and answers through face-to-face or offline.</p>	<p>held health education about personal hygiene to prevent the occurrence of flour albus with lecture and question and answer methods.</p>	<p>The result of this activity is that students know about personal hygiene, so their behavior will change.</p>
<p>The Correlation of Knowledge with Leucorrhoea in Female Students of MTsN Batang</p> <p>Toru Fitri Khairani, Asfriyati, Fazidah Aguslina Siregar</p>	<p>This is a cross sectional study that was conducted data collection and the measurement</p>	<p>this research were all of female students class of 7 th and 8 th of MTsN Batang Toru South Tapanuli District as</p>	<p>The results of research by bivariate analysis shows that there was a relationship between knowledge and leucorrhoea ($p < 0,001$). From the</p>

Sumatera Utara, Indonesia	variable of female students' knowledge of leucorrhoea and the variable of leucorrhoea incidence was only once at the same time	many as 259 respondents	results obtained, it is advisable to female student of MTsN Batang Toru to find more information and read books about leucorrhoea and its impact on reproductive health, especially for adolescents so that it can motivate themselves to know more about prevention
Differences In The Effectiveness Of Green Belt Leaf Boiled Water And Soursop Leaves On Which White In Adolescent Girls At SMAN 4 Serang City, Banten, 2023 Uli Anitasari Matanari, Tetin Rismayanti Jakarta, Indonesia	The research used was a Quasy Experiment type of research to determine the difference in the effectiveness of giving boiled water from green betel leaves and soursop leaves on vaginal discharge in young women at SMA Negeri 4 Serang Banten with a Two Group Pretest - Posttest research design	Respondents were divided into 2 groups, namely the betel leaf group and the soursop leaf group, each group numbering 45 people.	the results of the Wilcoxon test, which obtained a significance value of 0.001 ($p < 0.05$), it can be concluded "there is a significant difference in the effect of boiled green betel leaf water on vaginal discharge" and the results of the Wilcoxon test obtained a significance value of 0.000 ($p < 0.05$)

DISCUSSIONS

Based on the results of journal analysis, researchers found 20 supporting journals to strengthen this literature review, of the 20 journals found, they were analyzed according to their characteristics and components, it was found that 11 journals were experimental research and 9 journals were non-experimental research.

As an example of pre-experiment research in accordance with the characteristics of the literature review by Eka Noviyanti, Sunanto, Iis Hanifah said that health education is an important issue that needs attention for all parties. Problems often faced by women related to reproductive health are vaginal discharge, audiovisual learning media can be interpreted as a means or media that combines sound and moving images to help convey learning material delivered by the teacher so that students can receive it well and be accepted and understood more easily so that it can be concluded that Health Education with audiovisual methods affects knowledge about vaginal discharge (flour albus) in adolescents. Health workers are expected to evaluate and conduct early education to adolescent girls about vaginal discharge (flour albus) to prevent

abnormal vaginal discharge (pathological flour albus) so as to improve the quality of health, especially in reproductive health (Eka Noviyanti et al. 2023). research by Maulina Mawaddah in 2021 with the title Efficacy of Message Water Between Leaves to Overcome Vaginal Discharge in Class X Adolescents of Hafsyah Health Vocational School, research by Riski Novita Ratna with the title The effect of vulvar hygiene education video media on the level of knowledge and attitudes of adolescent girls with flour albus (Maulina Mawaddah 2020) Research by Iswatun Iswatun, with the title The Effect of Health Education on Knowledge, Attitudes, and Actions in Preventing Vaginal Discharge in Adolescent Girls concluded that after being given health education. Providing health education is an alternative in improving knowledge, attitudes and actions of adolescents. It is hoped that after that respondents can understand the concept of leukorrhoea and can prevent leukorrhoea pathology (Iswatun et al. 2021)

Other supporting journals are 5 journals with quasy-experiment research by Miftahul Jannah in 2019 with the title The Effect of Health Education on the Prevention of Tepung Albus in Lhoking Prison, Aceh Besar Regency (Jannah, Fitriani, and Anita

2022), research by Nurhumairah, entitled The Effect of Reproductive Health Education with Multimedia Video Learning and Education on Increasing Knowledge and Attitudes About Prevention of Fluor Pathology Albus Adolescent Girls, (Salmah and Tamar 2020), research by A. Ummu Saadah Mukhtar. Ummu Saadah Mukhtar, with the title Effect of Reproductive Health Education with Multimedia Video Learning Improving Prevention of Fluor Albus Pathology Young Women Behavior, (Mukhtar et al. 2022), research by Uli Anitasari Matanari in 2023 the difference in the efficacy of boiled water of green belt leaves and white soursop leaves in adolescent girls at SMAN 4 Kota Serang Banten (Anitasari Matanari and Rismayanti 2024), research by Risman Tunny with the title Reducing the Onset of Tepung Albus Using Betel Leaf Extract It can be concluded that vaginal discharge before and after being given the treatment of giving betel leaf extract is significantly different or experiencing healing (Tunny, Pelu, and Soulissa 2021).

As an example for laboratory experimental design research by Yolanda Eliza Putri Lubis with the title Effectiveness Test of Ethanol Extract of Sunkist Orange Peel (*Citrus Sinensis* L. Osbeck) Against the Growth of *Candida Albicans* Fungi as the Cause of Fluor Albus a Woman Sunkist orange peel extract has significant antifungal effectiveness against *Candida albicans* fungi and the higher the concentration of extract given, the greater the diameter of the inhibition zone formed. (Lubis and Amir 2020)

Other supporting journals are 2 journals with descriptive research by researcher Nurul Husna with the title Knowledge of prevention of abnormal vaginal discharge (flour albus) in adolescent girls, research by Erin Padilla Siregar with the title The Relationship between the Use of Feminine Cleansing Fluids and Pantyliner with the Causes of Whitening Pathophysical Adolescent Women in Dusun li Village Bakaran Batu District Batang Kuis Deli Serdang Regency (Husna, Ramie, and Marwansyah 2023)

For research Crosssectional research design using a quantitative approach by Ageng Septa Rini with the Effect of Information Sources and the Role of Parents on Vaginal Discharge Prevention Behavior in Adolescent Girls (Rini 2023)

The activities were evaluated using pre-test and post-test questionnaires, as well as education, health, and counseling practices. by Heni Triana with the title Effect of Peer Group Education on Menstrual Hygiene on Knowledge of Prevention of Pruritusvulvae in Adolescent Girls at SMP Muhammadiyah 4 Medan, 1 study The method used in this educational activity uses health education

techniques through lectures and questions and answers through face-to-face or offline by Cintika Yorinda Sebtalezy with the title Personal Hygiene Behavior Education for Adolescents: Efforts to Prevent Fluor Albus at Pondok Pesantren Sabiliil Muttaqien. 1 pseudo-experimental research study by Rosa Purwanti with the title Effectiveness of red betel leaf decoction (*piper crocantum*) on reducing symptoms of flour albus in high school students. 1 research using the Study Case Literature method (Triana, Lilis Pujiati, and Suherni 2024)

Review with a case study approach by Angga Aprianti in 2023 with the title Effectiveness of Red Betel Boil and Green Betel Boil in the Management of Tepung Albus in Adolescent Girls at PMB Herlina (Aprianti 2024) As an example for research The research method used is RnD with a 4D design. research by Cahaya Hidayati states that the development of booklet media on Flour Albus prevention education for adolescent girls in secondary schools has been validated by experts with results that are feasible to use and have a significant positive impact on increasing students' knowledge of reproductive health problems (Cahaya Hidayati, Ei Wah Phyu Thet, and Phonethipsavanh Nouanthong 2024) using a Cross Sectional Study approach. by Aulia Mutmainnah, the results obtained in this study are that there is a relationship between knowledge about personal hygiene and preventive behavior of flour albus in adolescent girls in Taeng Village, Pallangga District. Therefore, it is advisable for adolescent girls to increase their knowledge by reading books or looking for information on the internet about personal hygiene in the prevention of vaginal discharge and can also ask directly to teachers or parents in order to get the right and correct information about genital personal hygiene. comparable.

comparable to the journal Toru Fitri Khairani because the method used is the same so that the results of the study are a significant increase in knowledge of children who are given health education about the Relationship between Knowledge and Vaginal Discharge (Mutmainnah et al. 2021)

This is in accordance with the journal by Cahaya Hidayati in 2024, The development of booklet media on Tepung Albus prevention education for adolescent girls in secondary schools has been validated by experts with results that are feasible to use and have a significant positive impact on increasing students' knowledge about reproductive health problems. can be concluded The findings show that the use of booklets has succeeded in increasing adolescent girls' awareness of the signs

and symptoms of Tepung Albus, as well as the preventive steps they can take (Cahaya Hidayati et al. 2024)

Knowledge is everything that is known in relation to the learning process. Knowledge is the result of human sensing or the result of someone knowing objects through their senses (eyes, nose, ears, and so on). Many young women do not have knowledge about vaginal discharge today. The lack of knowledge of adolescent girls about flour albus can affect their attitudes that are less concerned with the incidence of vaginal discharge or flour albus they experience.

Another factor that causes low knowledge of adolescents about vaginal discharge is that adolescents consider vaginal infections trivial so they do not seek further information about behaviors that can cause vaginal discharge.

CONCLUSIONS

Knowledge among adolescents about how to care for, behave and keep genital organs clean from vaginal discharge is very important considering the consequences caused by vaginal discharge such as unpleasant odor, itching, providing information to adolescents starting from the surrounding environment, schools, information media and health workers need to be improved considering most of the knowledge of adolescents about the problem of vaginal discharge both the impact, causes, risky habits, and so on is still low. The low knowledge has implications for the attitude of adolescents in preventing

The low knowledge has implications for adolescents' attitudes in preventing vaginal discharge both from the habit of maintaining intimate organ hygiene is still low. This shows that there is a positive relationship between knowledge about vaginal discharge and attitudes and actions taken for prevention. The better the knowledge of adolescents about vaginal discharge, the better the preventive measures taken. Vice versa, if the knowledge of adolescents is low, it will have an impact on the attitude and behavior of adolescents in the management of vaginal discharge prevention. Poor behavior in the management of vaginal discharge is caused by adolescents being exposed to misinformation about vaginal discharge and lack of attention from close people, especially the attention of a mother to provide guidance on the prevention of vaginal discharge.

SUGGESTIONS

The article review suggests that future researchers should conduct a larger review of

various journals and populations to better understand the issue of vaginal discharge in adolescents. Adolescent girls should be encouraged to maintain hygiene by adopting a clean lifestyle. Health services should provide accurate information on how to care for genital organs from vaginal discharge.

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