

THE RELATIONSHIP BETWEEN MOTIVATION TOWARD VAGINAL DISCHARGE PREVENTION BEHAVIOR IN ADOLESCENTS

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ABSTRAK : HUBUNGAN MOTIVASI TERHADAP PERILAKU PENCEGAHAN KEPUTIHAN PADA REMAJA

Latar Belakang: Semua wanita termasuk remaja mengalami keputihan fisiologis tapi tidak semua wanita mengalami keputihan patologis. Apabila motivasi remaja kurang maka bisa menyebabkan keputihan fisiologis tidak ditangani dan dicegah dengan benar sehingga akan beresiko menjadi keputihan patologis yang bisa berakibat fatal seperti kemandulan, kehamilan ektopik, dan infeksi saluran kemih (ISK) dan Infeksi saluran reproduksi (ISR).

Tujuan: Penelitian ini bertujuan untuk menilai hubungan motivasi remaja terhadap perilaku pencegahan keputihan pada remaja.

Metode: Metode penelitian dilakukan dengan pendekatan cross sectional. Populasi penelitian ini adalah seluruh Remaja Putri di Desa Cileunyi Kulon 2023 dengan total populasi 773 remaja putri. Jumlah sampelnya sebanyak 52 orang yang diambil secara proportionate random sampling. Penelitian berlangsung ditanggal 7 September – 19 Oktober 2023. Analisis penelitian menggunakan uji univariat dan bivariat.

Hasil: Hasil penelitian secara univariat diperoleh bahwa sebagian besar 42 (80.8%) responden memiliki perilaku sedang dan 28 (53.8%) responden memiliki motivasi kurang. Hasil analisis bivariat menggunakan uji Spearman menunjukkan bahwa terdapat hubungan antara motivasi terhadap perilaku pencegahan keputihan pada remaja dengan p-value= 0,007.

Kesimpulan: Berdasarkan hasil penelitian, dinyatakan bahwa terdapat signifikansi secara statistik antara motivasi dan perilaku, yang berarti H_0 ditolak dan H_a diterima dengan interpretasi bahwa terdapat hubungan antara motivasi dengan perilaku pencegahan keputihan.

Saran: Diharapkan agar motivasi tinggi pada remaja untuk menjaga organ reproduksi selalu ditingkatkan dalam kehidupan sehari-hari melalui pembelajaran di kelas, ekstrakurikuler di sekolah, dan kerjasama pihak sekolah dengan fasilitas kesehatan setempat agar perilaku baik dalam mencegah keputihan dapat terlaksana dengan benar sesuai dengan standar operasional prosedur kesehatan.

Kata Kunci: Motivasi; Pencegahan Keputihan; Perilaku; Remaja

ABSTRACT

Background: All women include adolescents experience physiological vaginal discharge but not all women experience pathological discharge. If the motivation of adolescents is lacking, it can cause physiological vaginal discharge to not be treated and prevented properly so that it will risk becoming pathological vaginal discharge which can have fatal consequences such as infertility, ectopic pregnancy, and urinary tract infections (UTI) and reproductive tract infections (RTI).

Objectives: This study aims to assess the relationship between adolescent motivation and vaginal discharge prevention behavior in adolescents.

Methods: The research method was conducted with a cross sectional approach. The population of this study were all adolescent girls in Cileunyi Kulon Village 2023 with a total population of 773 adolescent girls. The number of samples was 52 people taken by proportionate random sampling. The research took place on September 7 - October 19, 2023. The research analysis used univariate and bivariate tests.

Results: The results of univariate research obtained that most of the 42 (80.8%) respondents had moderate behavior and 28 (53.8%) respondents had less motivation. The results of bivariate analysis using the

Spearman test showed that there was a relationship between motivation and vaginal discharge prevention behavior in adolescents with a p-value = 0.007.

Conclusion : Based on the results, it was stated that there was statistical significance between motivation and behavior, which meant that H_0 was rejected and H_a was accepted with the interpretation that there was a relationship between motivation and vaginal discharge prevention behavior.

Suggestion: It is expected that high motivation in adolescents to maintain reproductive organs is always improved in daily life through classroom learning, extracurricular activities at school, and cooperation between schools and local health facilities so that good behavior in preventing vaginal discharge can be carried out properly in accordance with standard operating health procedures.

Keywords: Motivation; Vaginal Discharge Prevention; Behavior; Adolescents

INTRODUCTION

Vaginal discharge is a discharge other than blood from the vaginal opening, whether odorous or not, and is accompanied by local itching. The liquid is white, odorless, and if a laboratory examination is performed, it does not show any abnormalities. The cause of vaginal discharge can be normal which is influenced by certain hormones (Fitriyya & Hidayah, 2021). Vaginal discharge that occurs in women can occur at any age, vaginal discharge in women can be normal and abnormal. Most women do not know about vaginal discharge and the causes of vaginal discharge. If not treated properly, vaginal discharge is usually fatal, infertility and ectopic pregnancy (pregnant outside the womb) can be one of the consequences of vaginal discharge. Early symptoms of uterine cancer usually begin with vaginal discharge (Noor et al., 2020).

According to the World Health Organization (WHO), the incidence of vaginal discharge in women due to poor vulva hygiene is 35%. Indonesia as one of the tropical countries in Southeast Asia makes the body sweat more easily and makes closed and folded areas of the body, including the genitals, more humid which can trigger reproductive tract infections (Rahmani et al., 2024). Especially in adolescence (10-19 years old), most Indonesian adolescents are very susceptible to experiencing vaginal discharge, more than 90% of adolescent girls complain of experiencing vaginal discharge at least once, and 70% of them complain of recurrent vaginal discharge (Purwanto et al., 2024). According to data from the Central Statistics Agency (BPS) and Bappenas, 63 million adolescent girls in Indonesia tend to have unhealthy behaviors related to genital hygiene (Hanifah, 2022). According to data that has been surveyed by the Indonesian Adolescent Reproductive Health (SKRRI) in 2018, it is suspected that women aged 15-24 years mostly experience vaginal discharge, there is always an increase every year up to 70% and data obtained as

much as 50% of adolescent girls experience vaginal discharge (Hanifah et al., 2023).

Cases of vaginal discharge are more prone to occur in adolescent girls due to factors of attitude, knowledge, motivation, information exposure, the role of parents, and vulva hygiene (Amalia et al., 2022; AZ, 2019; Noor et al., 2020). According to previous research, the factor of poor motivation is the factor with the highest presentation of the cause of vaginal discharge in adolescence (Amalia et al., 2022). Adolescence is a transitional period or puberty, which means the time between childhood and adulthood when the ovaries function is the beginning of puberty. Puberty in adolescent girls is of course a time when physical changes occur and an increase in the hormones LH (Luteinizing Hormone) and FSH (Follicle Stimulating Hormone), which results in maturity in the reproductive system (Hapsari, 2019). Lack of maintaining the hygiene of the genitalia properly and correctly, this results in adolescents becoming less concerned and concerned about the hygiene of their genital organs (Noor et al., 2020). So, one of the ways that can be done to deal with cases of vaginal discharge in order to avoid UTI and RTI in adolescents is to increase their motivation to prevent vaginal discharge (Amalia et al., 2022).

The results showed that the higher the motivation of adolescents, the higher the desire and awareness to prevent vaginal discharge. Conversely, the lower the motivation of adolescents, the lower the desire and awareness to prevent vaginal discharge (Septinora, 2018). For someone who has strong beliefs and has strong motivation to maintain the cleanliness of the genital organs so as not to get vaginal discharge, but on the contrary for those who do not have strong beliefs tend to think that vaginal discharge is a natural thing (Amalia et al., 2022; Septinora, 2018). Motivation is the desire contained in an individual that encourages him to carry out actions, actions, and behavior (AZ, 2019). Behavior change is not only influenced by biological

factors, but also psychological factors. Self-motivation is one of the psychological factors that will predict the provision and be formed naturally in the target behavior into consideration. (Usrina et al., 2023). Based on this, it can be concluded that the lower the motivation of adolescent girls, it will greatly affect an adolescent girl to prevent vaginal discharge. Respondents who have low motivation have experienced more vaginal discharge because these respondents are not encouraged to take care of the vulva, causing vaginal discharge (AZ, 2019).

After the researcher conducted a survey and data collection, it was found that all adolescent girls in Cileunyi Kulon Village, Bandung Regency, totaled 773 adolescent girls consisting of 26 neighborhoods (RW), then the researcher conducted an interview survey about the incidence of vaginal discharge to 30 adolescent girls from the results of the interview 7 of the 30 adolescent girls also complained of experiencing vaginal discharge which was milky white with a thick texture, yellowish, itchy and smells bad, 12 adolescent girls complained of vaginal discharge but did not smell, did not itch, had a liquid and clear texture, 11 adolescent girls had no complaints of vaginal discharge, from the results of these interviews the researcher just found the most cases of vaginal discharge. Based on these problems, the authors are interested in examining "The relationship between adolescent motivation and vaginal discharge prevention behavior in Cileunyi Kulon Village in 2023".

RESEARCH METHODS

This research design is an analytic descriptive study with a cross sectional approach. The population of this study were all adolescent girls in Cileunyi Kulon Village 2023 with a total population of 773 adolescent girls. By using the Slovin formula, the sample size was 52 people ($d = 15\%$ with researcher adjustments). The sample in this study was taken using proportionate random sampling, which is a technique used to perfect the RW sampling technique with sampling balanced or proportional to the number of subjects of each RW.

This research was conducted on September 7 - October 19, 2023. Data were analyzed univariately and bivariately with the Spearman test.

RESEARCH RESULTS

This study was conducted to examine the relationship of teenagers motivation toward the behavior of vaginal discharge prevention with 52 respondents.

Univariate Analysis

Distribution of motivation and behavior classification.

Table 1
Distribution of variable classification

Variable	Respondents	
	N	%
Motivation classification		
High	2	3.8
Moderate	22	42.3
Low	28	53.8
Behavior classification		
Good	9	17.3
Enough	42	42.3
Poor	1	1.9

Based on table 1 shows that the motivation of the 52 respondents studied, most respondents had low motivation, namely 28 respondents (53.8%), while respondents with high motivation were only 2 respondents (3.8%).

Based on table 1 shows that the vaginal discharge prevention behavior of 52 respondents studied, most of the respondents had enough behavior of 42 respondents (37.1%), while respondents with good behavior were only 9 respondents (17.3%).

Bivariate Analysis

The relation of teenagers motivation toward the behavior of vaginal discharge prevention.

Tabel 2
The relation of teenagers motivation toward the behavior of vaginal discharge prevention

Motivation	Behavior						Total		P Value
	Good		Enough		Poor				
	f	%	f	%	f	%	f	%	
High	2	3.8	5	9.6	2	3.8	9	17.3	0.007
Moderate	0	0.0	17	32.7	25	48.1	42	80.8	
Low	0	0.0	0	0.0	1	1.9	1	1.9	

Based on table 2, the cross table between motivation and vaginal discharge prevention behavior shows that out of 9 respondents with high motivation, there were 2 (3.8%) respondents with good behavior, while out of 42 respondents with moderate motivation, there were no respondents with good behavior (0%) as well as with low motivation (0%). The results showed that adolescents with high motivation had a tendency to behave well in vaginal discharge prevention behavior than adolescents with moderate and low motivation. Most adolescents with moderate motivation (80.8%) had poor behavior (48.1%) in the prevention of vaginal discharge. Based on the results of the Spearman test (data not normally distributed) obtained a p-value (0.007), there is statistical significance between motivation and behavior, which means H_0 is rejected and H_a is accepted with the interpretation that there is a relationship between motivation and vaginal discharge prevention behavior.

DISCUSSION

The results of research on motivation variables, where the motivation referred to in this study is the impetus to move adolescents to behave appropriately in the prevention of vaginal discharge. From the 52 respondents studied, most respondents had low motivation, namely 28 respondents (53.8%), while respondents with high motivation were only 2 respondents (3.8%). However, there were also respondents who had moderate motivation of 22 respondents (42.3%). According to previous research, respondents with poor motivation have a 1.649 times higher chance of having bad behavior compared to respondents with good motivation (Gunawan & Mudayana, 2016). Based on the behavior variable, it shows that the vaginal discharge prevention behavior of 52 respondents studied, most of the respondents had enough behavior of 42 respondents (37.1%), while respondents with good behavior were only 9 respondents (17.3%).

Based on table 2, the cross table between motivation and vaginal discharge prevention behavior shows that out of 9 respondents with high motivation, there were 2 (3.8%) respondents with good behavior, while out of 42 respondents with moderate motivation, there were no respondents with good behavior (0%) as well as with low motivation (0%). The results showed that adolescents with high motivation had a tendency to behave well in vaginal discharge prevention behavior than adolescents with moderate and low motivation. Most adolescents with moderate

motivation (80.8%) had poor behavior (48.1%) in the prevention of vaginal discharge. Poor motivation can be caused by several other factors such as lack of strict enforcement of regulations, if sanctions about preventive behavior such as vulva hygiene can affect behavior change, rewards for students who are disciplined in performing vulva hygiene are very important in encouraging the desire of workers in behaving well to protect reproductive organs. Good motivation can encourage students to always maintain genitalia hygiene. The results of this study agree with Stooner, who states that motivation is something that causes and supports a person's actions or behavior (Gunawan & Mudayana, 2016).

Based on the results of the bivariate test using Spearman test (data not normally distributed) obtained a p-value (0.007), it is stated that there is statistical significance between motivation and behavior, which means H_0 is rejected and H_a is accepted with the interpretation that there is a relationship between motivation and vaginal discharge prevention behavior. Also supported by research which states that the p value is 0.000 which means that there is a relationship between motivation and the incidence of vaginal discharge in adolescent girls at MAN 1 Bukittinggi City (Amalia et al., 2022). The results of another study analysis showed that there was a relationship between adolescent motivation and vaginal discharge prevention behavior in adolescents, with a p-value = 0.000 (Lidya, 2017). This is in line with other studies which state that there is a relationship between adolescent motivation and vaginal discharge prevention behavior in adolescents with a p-value of 0.000. The results of other studies stated that there were still many respondents who showed low motivation in preventing vaginal discharge due to the absence of encouragement in themselves either due to internal factors due to lack of knowledge or health information (Septinora, 2018).

Many women who experience abnormal vaginal discharge think it is normal. Wrong perceptions will encourage a person to have an incorrect attitude towards vaginal discharge. Inappropriate perceptions and attitudes will weaken a person's motivation to behave healthily in an effort to prevent and treat pathological vaginal discharge (AZ, 2019). Adolescent girls who have good motivation are very influential on the incidence of vaginal discharge because the motivation of adolescent girls is one of the determining factors for the occurrence of vaginal discharge because motivation has a very important role for vaginal discharge. Motivation from oneself is an important supporting factor to encourage these adolescent

girls to prevent vaginal discharge which is part of healthy living behavior (Amalia et al., 2022).

Behavior is influenced by values and expectations. People who believe they are highly susceptible to a disease or condition may be more likely to change behavior, whereas those who do not feel susceptible have little motivation to change behavior. Beliefs are a part of predisposing factors or often referred to as factors related to the motivation of a person or group to take any action, based on assumptions about behavior change (Pakpahan et al., 2021). There must be a trigger that motivates someone to change behavior. One of the barriers that can affect behavior change according to the Health Belief Model theory is lack of motivation. Such barriers often need to be overcome when starting the change process by raising awareness of self-evaluation (Pakpahan et al., 2021). There are several factors that hinder healthy behavior in preventing pathological vaginal discharge, namely the low knowledge of individual adolescents about the prevention of vaginal discharge, inappropriate attitudes that weaken a person's motivation for healthy living behavior (Yulfitria et al., 2021). The factors that influence behavior according to Notoatmodjo are internal factors, one of which is motivation. Meanwhile, according to Green's theory, predisposing factors are factors that can facilitate and underlie changes in behavior or actions in individuals and society. Predisposing factors include knowledge, attitudes and behaviors (Rachmawati, 2019).

Motivation is the desire contained in an individual that encourages him to carry out actions, actions, and behavior (AZ, 2019). The motivation of adolescent girls for handling vaginal discharge depends on their drives that work on the behavior of handling vaginal discharge. For adolescent girls who have strong beliefs have strong motivation to maintain the cleanliness of genital organs so as not to get vaginal discharge, but on the contrary for those who do not have strong beliefs tend to think that vaginal discharge is a natural thing. The lack of motivation is caused by the daily attitudes of adolescents such as wearing underwear that does not absorb sweat, wearing tight jeans, washing every time they defecate from back to front and using talcum powder, tissue or soap with fragrance in the vaginal area. There are still many respondents who show low motivation in preventing vaginal discharge due to the absence of encouragement in themselves either due to internal factors due to lack of knowledge or health information (Lidya, 2017).

The lower the motivation of adolescent girls, the more it will affect an adolescent girl to perform vulva hygiene so that it will cause vaginal discharge. The higher the motivation of adolescents, the higher the desire and awareness to prevent vaginal discharge. Conversely, the lower the motivation of adolescents, the lower the desire and awareness to prevent vaginal discharge (Amalia et al., 2022). This happens because most of the female students have unfavorable perceptions, unfavorable attitudes, and unfavorable behavior about genital hygiene, causing the incidence of frequent vaginal discharge. In order to realize optimal perceptions, attitudes, and behaviors, motivation and support are needed in maintaining and maintaining genital hygiene, for example by providing health education about genital hygiene, and vaginal discharge. To increase the positive perception of female students about genital hygiene and vaginal discharge, it is necessary to have stimulation within the individual (self-motivation) and stimulation from outside the individual (counseling / health education). In order to prevent the occurrence of vaginal discharge that is too frequent, it is necessary to change attitudes to be more agreeable / positive / good with the influence of internal factors and external factors that can provide motivation for changes in attitude and behavior (Nur, 2018).

CONCLUSION

It can be concluded that the majority of 42 (80.8%) respondents have enough behavior and 28 (53.8%) respondents have low motivation. Based on the cross table between motivation and vaginal discharge prevention behavior, it shows that out of 9 respondents with high motivation, there were 2 (3.8%) respondents with good behavior, while out of 42 respondents with moderate motivation, there were no respondents with good behavior (0%) as well as with low motivation (0%). The results showed that adolescents with high motivation had a tendency to behave well in vaginal discharge prevention behavior than adolescents with moderate and low motivation. Most adolescents with moderate motivation (80.8%) had poor behavior (48.1%) in the prevention of vaginal discharge. Based on the results of the Spearman test, the value of p-value (0.007) was obtained, it was stated that there was statistical significance between motivation and behavior, which meant that H_0 was rejected and H_a was accepted with the interpretation that there was a relationship between motivation and vaginal discharge prevention behavior.

SUGGESTION

Suggestions from researchers hope that high motivation in adolescents to maintain reproductive organs is always improved in daily life through classroom learning, extracurricular activities at school, and cooperation between schools and local health facilities so that good behavior in preventing vaginal discharge can be carried out properly in accordance with standard operating health procedures. It is hoped that in the future further research can be carried out with more varied variables to determine other factors associated with vaginal discharge prevention behavior.

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