

THE EFFECT OF VULVA HYGIENE EDUCATION VIDEO MEDIA ON THE KNOWLEDGE LEVEL AND ATTITUDE OF ADOLESCENT WOMEN WITH FLUOR ALBUS

Riski Novita Ratna¹, Ana Mariza^{2*}, Ike Ate Yuviska³, Ratna Dewi Putri³

^{1,2,3,4}DIV Kebidanan Universitas Malahayati Bandar Lampung

*Korespondensi e-mail : anamariza@malahayati.ac.id

ABSTRAK : PENGARUH MEDIA VIDEO VULVA HYGIENE EDUCATION TERHADAP TINGKAT PENGETAHUAN DAN SIKAP REMAJA WANITA YANG MENGGUNAKAN FLUOR ALBUS

Latar Belakang Remaja putri Indonesia dari 23 juta penduduk usia 15-24 tahun, 83% pernah melakukan hubungan seksual, yang berarti remaja berpotensi mengalami PMS yang merupakan salah satu penyebab keputihan. Sekitar 90% wanita di Indonesia berpotensi mengalami keputihan karena Indonesia merupakan daerah dengan iklim tropis sehingga fungsinya mudah berkembang yang mengakibatkan banyak kasus keputihan. Gejala keputihan juga dialami oleh wanita yang belum menikah atau wanita muda usia 15-24 tahun yaitu sekitar 31,8%. SMK Bumi Nusantara Wonosobo Tanggamus diperoleh data dari hasil wawancara dengan 15 siswa SMK Bumi Nusantara Wonosobo Tanggamus, 10 siswa mengatakan mengalami keputihan dengan ciri berwarna putih kental, tidak berbau dan tidak gatal dan 5 siswa lainnya mengatakan mengalami keputihan dengan ciri berwarna putih, keruh, bau, dan gatal.

Tujuan penelitian ini adalah untuk mengetahui pengaruh media video edukasi vulva hygiene terhadap tingkat pengetahuan dan sikap remaja putri terhadap perawatan fluor albus di SMK Bumi Nusantara Wonosobo Tanggamus Tahun 2022.

Metode Jenis penelitian ini adalah kuantitatif, desain penelitiannya adalah metode pre-experimental dengan pendekatan One group pretest – posttest design, populasi dan sampel penelitian ini adalah remaja putri kelas 10 dan 11 SMK Bumi Nusantara Wonosobo Tanggamus tahun 2022. sebanyak 56 siswa, teknik purposive sampling, analisis data univariat dan bivariat menggunakan uji wilcoxon.

Hasil Rata-rata pengetahuan sebelum diberikan media video edukasi vulva hygiene dengan rata-rata 59,710 setelah diberikan media video edukasi vulva hygiene dengan rata-rata 76,004. Rata-rata sikap sebelum diberikan media video edukasi vulva hygiene rata-ratanya adalah 42. Setelah diberikan media video edukasi vulva hygiene rata-ratanya adalah 72,54. Hasil analisis data bivariat dengan menggunakan uji t diperoleh nilai p sebesar $0,000 < 0,05$.

Kesimpulan ada pengaruh media video edukasi vulva hygiene terhadap tingkat pengetahuan dan sikap remaja putri terhadap pengobatan fluor albus di SMK Bumi Nusantara Wonosobo Tanggamus Tahun 2022

Saran hasil penelitian ini dapat menjadi sumber informasi bagi remaja putri dalam meningkatkan upaya remaja putri dalam menjaga dan merawat kesehatan organ reproduksi wanita melalui video edukasi yang telah disediakan, atau dapat diakses di kanal YouTube dengan tema kesehatan reproduksi.

Kata Kunci : Video Edukasi Vulva Hygiene, Pengetahuan, Sikap, Fluor Albus

ABSTRACT

Background Indonesian adolescent girls out of 23 million people aged 15-24 years, 83% have had sexual intercourse, which means that adolescents have the opportunity to experience STDs, which is one of the causes of vaginal discharge. About 90% of women in Indonesia have the potential to experience vaginal discharge because Indonesia is an area with a tropical climate, so fungi are easy to grow which results in many cases of vaginal discharge. Symptoms of vaginal discharge are also experienced by unmarried women or young women aged 15-24 years, which is around 31.8%. SMK Bumi Nusantara Wonosobo Tanggamus obtained data from interviews with 15 students at SMK Bumi Nusantara Wonosobo Tanggamus, 10 students said they had vaginal discharge with thick white characteristics, odorless and not itchy and 5 other students said they had vaginal discharge with white characteristics. cloudy, smelly, and itchy.

The purpose of this study was to determine the effect of vulva hygiene educational video media on the level of knowledge and attitudes of young women towards the treatment of fluor albus at SMK Bumi Nusantara Wonosobo Tanggamus in 2022.

Methods This type of research is quantitative, the research design is pre-experimental method with a One group pretest – posttest design approach, the population and sample of this research are teenage girls in grades 10 and 11 of SMK Bumi Nusantara Wonosobo Tanggamus in 2022 as many as 56 students, purposive sampling technique, univariate and bivariate data analysis using the Wilcoxon test.

Result The average knowledge before being given the vulva hygiene educational video media with a mean of 59.710 after being given the vulva hygiene educational video media a mean of 76.004. The average attitude before being given the vulva hygiene educational video media means 42. After being given the vulva hygiene educational video media the mean is 72.54. The results of bivariate data analysis using the t-test obtained a p-value of $0.000 < 0.05$.

Conclusion that there is an influence of vulvar hygiene education video media on the level of knowledge and attitudes of young women towards the treatment of fluor albus at SMK Bumi Nusantara Wonosobo Tanggamus in 2022

Suggestion that the results of this study will be a source of information for young women in increasing the efforts of young women to maintain and care for the female reproductive health organs through educational videos that have been provided, or can access on YouTube channels with the theme of reproductive health.

Keywords : Vulva Hygiene Educational Video, Knowledge, Attitude, Fluor Albus

INTRODUCTION

Fluorine albus is an excessive fluid that comes out of the vagina. (Aryani, 2010; Mariza, 2020). The problem of vaginal discharge or commonly called flour albus is a problem that has long been a problem for women. Normal vaginal discharge (physiological) will release a clear liquid (clear), odorless, not itchy and not in excessive amounts. When the liquid turns yellow, and accompanied by itching, pathological vaginal discharge has occurred (Aulia, 2016).

According to WHO in (2018) that about 75% of women in the world will definitely experience vaginal discharge at least once in their lifetime, and as many as 45% will experience two or more times, while women in Europe who experience vaginal discharge by 25% (Anggraini, 2018). Research in India shows a high prevalence of vaginal discharge of 95% among adolescent female students (Prabawati, 2019).

Indonesian young women of 23 million people aged 15-24 years 83% have had sexual intercourse, which means teenagers experience PMS which is one of the causes of vaginal discharge. Research on reproductive health shows vaginal discharge is the second disorder after menstrual disorders that often occur in adolescents. Of the 85% of women in the world suffer at least once in a lifetime, 45% of them can experience 2 or more times (Maysaroh, 2021).

As many as 90% of women in Indonesia experience vaginal discharge and as many as 60% are experienced by young women (Prabawati, 2019). About 90% of women in Indonesia have the potential to experience vaginal discharge because the country of Indonesia is a tropical region, so the fungus is easy to develop which resulted in many

cases of vaginal discharge. Symptoms of vaginal discharge are also experienced by unmarried women or young women aged 15-24 years, which is about 31.8%. This, shows that adolescents are more at risk of vaginal discharge (Azizah in Mularsih, 2019).

Reproductive health according to ICPD (International Conference on Population and Development) in 1994 is a state of complete physical, mental, and social well-being, not solely free from disease or disability, but in all matters relating to the reproductive system and its functions and processes (Kemenkes RI, 2015). Reproductive health is a priority program in SDG's (Sustainable Development Goals), namely in the 5th program regarding maternal mortality rates that must be reduced, where this program is listed on universal and individual reproductive health access, including HIV/AIDS examination and control of other sexually transmitted infectious diseases (South Sumatra Government Health Office, 2019).

Reproductive health problems in young women are often experienced one of them is the problem of vulva hygiene, where young women do not know how to maintain the cleanliness of the genital organs. The impact that occurs if the behavior of vulva hygiene is not done or bad, it will risk the occurrence of several infectious diseases such as candidiasis, bacterial vaginosis, vaginal discharge, irritation, dermatitis, and the presence of symptoms of reproductive tract infections (ISR), including sexually transmitted diseases HIV/AIDS which can increase the risk of vulva hygiene, uterine cancer, and can even cause death (Maidartati, Hayati, & Nurhida, 2016).

Vulva hygiene is very necessary and important to do, because it can minimize the vaginal

infection. Vulva hygiene is the act of maintaining and maintaining cleanliness and health of the reproductive organs for physical and psychological well-being (Tarwoto & Wartonah, 2010). The purpose of vulva hygiene is to take care of the reproductive system and prevent infections and irritations, because infections can occur in all women, vaginal infections occur due to fungi, bacteria and viruses. In order for young women to be able to perform good vulva hygiene, behavioral changes must be made.

Knowledge about reproductive health is very important for teenagers because teenagers will experience puberty. At this time, young women will experience menstruation, where some young women before or after menstruation will experience vaginal discharge. Therefore, young women must understand about vaginal discharge. If young women experience vaginal discharge they will know how to maintain the cleanliness of their reproductive organs (Suryani, 2019).

Adolescents need assistance in order not to receive the wrong information, in addition to adolescents who are in a difficult period, uncertain, and tend to be unstable will be easily affected by global information through visual information that is increasingly accessible but minin reproductive health, limited knowledge about reproductive health, parents can also be the originator of unhealthy behavior in adolescents (Irawati, 2013).

Based on the above problems, it is necessary to establish a youth health care program based on the behavior of teenagers who are embarrassed to do the examination and treatment to health workers. Not a few who think that vaginal discharge is a natural thing and does not need to be treated, but vaginal discharge can be the beginning and a sign of a severe disease. In this case the role of nurses is very important in accordance with the Ministry of Health No. 360/Menkes/SK/III/2007.

In this case, nurses participate in providing reproductive health education and vulva hygiene behavior for the prevention and treatment of vaginal discharge problems in order to minimize the risk of various diseases caused by vaginal discharge. Knowledge is considered very important, so with a good level of knowledge, can prevent the occurrence of infection. The risk of infection caused by poor vulvar hygiene behavior can lead to vaginal discharge/pathological vaginal discharge.

Videos and lectures are media that can be used in conducting counseling. Video Counseling provides information through two sources of stimulation, namely audiovisual stimulation, while lectures are a form of audio stimulation. Multimodal

stimulation is more than one rangang source that can achieve higher memory retention than unimodal stimulation derived from a single excitatory source (Udomon I, 2013).

The results of preliminary studies conducted at SMK Bumi Nusantara Wonosobo Tanggamus obtained data from interviews with 15 students at SMK Bumi Nusantara Wonosobo Tanggamus obtained 10 students said they had vaginal discharge with thick white characteristics, odorless and not itchy and 5 other students said they had vaginal discharge with cloudy white characteristics, smelling, and itching.

RESEARCH METHODS

This type of quantitative research, pre – experimental method research design with one group pretest-posttest design approach, population and sample of this study for girls in Grades 10 and 11 of SMK Bumi Nusantara Wonosobo Tanggamus in 2022 as many as 56 students, purposive sampling techniques, univariate and bivariate data analysis using wilcoxon test.

RESULTS

Variable Knowledge

Table 1
Average knowledge before given Vulva Hygiene Education Video Media at SMK Bumi Nusantara Wonosobo Tanggamus Year 2022

Knowledge	Mean	SD	SE	Min-Max	N
Pretest	59,710	8,5046	1,1365	37,5-75,0	56

Knowledge	N	Frequency	Percentage
Good	56	45	80,4
Less Good	56	11	19,6

Table 2
Average knowledge after being given Vulva Hygiene educational Video Media at SMK Bumi Nusantara Wonosobo Tanggamus Year 2022

Knowledge	Mean	SD	SE	Min-Max	N
Postes	76,004	6,0510	0,80869	62,5-87,5	56

Knowledge	N	Frequency	Percentage
Good	56	56	100,0
Less Good	-	-	-

Based on Table 1 above, it can be explained that the average knowledge before being given vulva

hygiene educational video media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022 with a mean of 59.710 standard deviation of 8.5046 standard error of 1.1365 the lowest score was 37.5 and the highest score was 75.0.

Based on Table 2 above, it can be explained that the average knowledge after being given vulva hygiene educational video media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022 with a mean of 76.004 standard deviation of 6.0510 and standard error of 0.80869, the lowest score was 62.5 and the highest score was 87.5.

Attitude Variable

Table 3
Average attitude before being given Vulva Hygiene educational Video Media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022

Attitude	Mean	SD	SE	Min-Max	N
Postes	42,64	8,385	1,120	20-58	56

Attitude	N	Frequency	Percentage
Good	56	27	48,2
Less Good	56	29	51,8

Bivariate Analysis

Table 5
Effect of Vulva Hygiene educational Video media on the level of knowledge of young women on the handling of fluorine Albus at SMK Bumi Nusantara Wonosobo Tanggamus Year 2022

Variable		Mean±SD	SE	P-value*
Knowledge	Pretest	59,710+ 8,50461	1,120	0,000
	Postes	76,004+4,208	0,562	

Based on Table 5 above, the average knowledge before being given vulva hygiene educational video media with mean 59,710 the average knowledge after being given vulva hygiene educational video media with mean 76,004.

The results of bivariate data analysis using the t-Test Test obtained a p-value of 0.000 < 0.05, it can be concluded that there is an influence of vulva hygiene educational video media on the level of knowledge of adolescent girls on the handling of fluorine albus at SMK Bumi Nusantara Wonosobo Tanggamus in 2022.

Berdasarkan tabel 6 di atas, dapat rata-rata sikap sebelum diberi media video edukasi *vulva hygiene* dengan mean 42,64 rata-rata sikap sebelum diberi media video edukasi *vulva hygiene* dengan mean 72,54.

Berdasarkan tabel 3 di atas, dapat dijelaskan rata-rata sikap sebelum diberi media video edukasi *vulva hygiene* di SMK Bumi Nusantara Wonosobo Tanggamus Tahun 2022 dengan mean 42,64 standar deviasi 8,385 standar eror 1,120 skor nilai terendah 20 dan skor nilai tertinggi 58.

Tabel 4
Rata-Rata Sikap Sebelum Diberi Media Video Edukasi *Vulva Hygiene* Di SMK Bumi Nusantara Wonosobo Tanggamus Tahun 2022

Attitude	Mean	SD	SE	Min-Max	N
Postes	72,54	4,208	0,562	60-78	56

Attitude	N	Frequency	Percentage
Good	56	39	69,6
Less Good	56	17	30,4

Based on Table 4 above, it can be explained the average attitude before being given vulva hygiene educational video media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022 with a mean of 72.54 standard deviation of 4.208 standard error of 0.562 the lowest score of 60 and the highest score of 78.

Tabel 6
Pengaruh Media Video Edukasi *Vulva Hygiene* Terhadap Tingkat Pengetahuan Dan Sikap Remaja Putri Terhadap Penanganan *Fluor Albus* Di SMK Bumi Nusantara Wonosobo Tanggamus Tahun 2022

Variabel		Mean±SD	SE	P-value*
Sikap	Pretes	42,64+ 8,385	1,120	0,000
	Postes	72,54+ 4,208		

Hasil analisa data bivariat menggunakan uji *t-tes* didapat nilai *p-value* 0,000 < 0,05 maka dapat ditarik kesimpulan bahwa terdapat pengaruh media video edukasi *vulva hygiene* terhadap sikap remaja

putri terhadap penanganan *fluor albus* di SMK Bumi Nusantara Wonosobo Tanggamus Tahun 2022.

DISCUSSION

Univariate Analysis

Average knowledge before being given Vulva Hygiene educational Video Media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022

The average knowledge before being given vulva hygiene educational video media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022 with a mean of 59.710 standard deviation of 8.5046 standard error 1.1365 the lowest score was 37.5 and the highest score was 75.0.

The results of this study are in line with research conducted by Masluha (2021) on the effect of Vulva Hygiene behavior education with Video Media and lectures on Vulva Hygiene behavior in students at risk of pathological vaginal discharge at Pondok Pesantren Raudhatul Malikiyah, Probolinggo city. Knowledge of vulva hygiene in santriwati risk of pathological vaginal discharge in the intervention group after the provision of questionnaires with the education of knowledge changes with the results of P value $0.000 > \alpha 0.05$.

In line with the opinion expressed by Notoatmodjo (2003; Nursalam, 2018) knowledge is the result of "knowing" and this happens after people do sensing of a particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most human knowledge is acquired through the eyes and ears, that is, the process of seeing and hearing. In addition, through the eyes and ears, namely the process of seeing and hearing, then the process of experience and the learning process in formal and informal education.

In this study the average of all respondents have a percentage value of 59 in the first measurement, this is due to lack of information obtained by the respondent, according to researchers information is needed to improve one's knowledge, because of the information received will change attitudes and behavior through sensing.

According to researchers, knowledge is a tool for driving, or encouragement to make changes such as changes in behavior and changes in attitudes that are not good for the better, or negative to positive. Knowledge can change at any time depending on the information received by a person.

Average knowledge before being given Vulva Hygiene educational Video Media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022

The average knowledge after being given vulva hygiene educational video media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022 with a mean of 76.004 standard deviation of 6.0510 and standard error of 0.80869 the lowest score was 62.5 and the highest score was 87.5.

The results of this study are in line with research conducted by Masluha (2021) on the effect of Vulva Hygiene behavior education with Video Media and lectures on Vulva Hygiene behavior in students at risk of pathological vaginal discharge at Pondok Pesantren Raudhatul Malikiyah, Probolinggo city. Knowledge of vulva hygiene in santriwati risk of pathological vaginal discharge in the intervention group after the provision of questionnaires with the education of knowledge changes with the results of P value $0.000 > \alpha 0.05$.

In line with the theory put forward by according to Agrina, Rini & Hairitama (2011) the level of education of a person can be used as an indicator and description of a person's ability to improve science and apply a healthy lifestyle, especially for the Prevention of disease, the higher education of a person will be easier to capture information and knowledge is wider than the low level of education of a person.

In this study, after being given health promotion, knowledge increased with an average true score of 76 percent according to researchers, the accuracy of the information sources provided by the speakers will increase one's knowledge, in line with the opinion expressed by Induniasih (2019) which states that the main target goal of health promotion is to be able to change behavior. Behavior change in society (primary target), but also the behavior of community leaders (secondary target), and the behavior of policy makers (tertiary target) at all levels of institutions, both government and non-government.

Based on the description of the results of the study above, the knowledge of respondents has increased significantly with a change in the mean of respondents who initially averaged 59 changed to 76. Researchers' assumption This is influenced by the education of respondents are teenagers with high school status. SMK which means it is included in the category of higher education so that this becomes a factor that makes it easier to receive and manage the information it receives, in addition it can be seen from the awareness of respondents to seek information about the Prevention of vaginal discharge through vulvahygiene.

Average attitude before being given Vulva Hygiene educational Video Media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022

The average attitude before being given vulva hygiene educational video media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022 with a mean of 42.64 standard deviation 8.385 standard error 1.120 the lowest score was 20 and the highest score was 58.

In line with research conducted by Nurhayati (2013) the relationship of knowledge, attitudes, and behavior of Vaginal Hygiene to the incidence of pathological vaginal discharge in adolescent girls aged 13-17 years in the area of Pondok Cabe Ilir. Based on 130 samples obtained 50% of adolescents have bad knowledge, 53.8% have a negative attitude, and 56.9% have bad behavior with abnormal vaginal discharge incidence of 56.2%.

In line with the opinion expressed by Notoatmodjo (2012) attitude is a relationship or response that is still closed from a person to a stimulus or object. Attitude is the organization of a person's opinions, beliefs about a relatively stable object or situation, which are accompanied by certain feelings, and provide a basis for the person to make a response or behave in a certain way he chooses (Azwar, 2016).

In this study, the average attitude of respondents with a likert scale score of 42, according to researchers, changes in a person's attitude are related to the knowledge gained, because knowledge will change a person's behavior, in accordance with the Induniasih theory (2019) which suggests that as a primary target, people are expected to have the right knowledge and understanding of Health. The existence of true knowledge about health is then expected to make people have a positive attitude about health.

According to researchers this attitude function is associated with practical reasons or benefits, and describes a state of desire. As we understand that to achieve a goal, a means called attitude is needed. Health promotion is influential in giving a response that comes from outside. Highly educated people will respond more rationally to the information that comes. With higher education, a person will tend to get information, both from other people and from the mass media. Knowledge is closely related to education where it is expected that someone with higher education, then the person will also broaden their knowledge and will have an impact on attitude change.

Rata-Rata Sikap Sebelum Diberi Media Video Edukasi *Vulva Hygiene* Di SMK Bumi Nusantara Wonosobo Tanggamus Tahun 2022

The average attitude before being given vulva hygiene educational video media at SMK Bumi Nusantara Wonosobo Tanggamus in 2022 with a mean of 72.54 standard deviation 4.208 standard error 0.562 the lowest score was 60 and the highest score was 78.

In line with research conducted by Nurhayati (2013) the relationship of knowledge, attitudes, and behavior of Vaginal Hygiene to the incidence of pathological vaginal discharge in adolescent girls aged 13-17 years in the area of Pondok Cabe Ilir. Based on 130 samples obtained 50% of adolescents have bad knowledge, 53.8% have a negative attitude, and 56.9% have bad behavior with abnormal vaginal discharge incidence of 56.2%.

In line with the opinion expressed by Azwar (2016) attitude is the readiness to respond positively or negatively to an object or situation consistently. Attitude structure according to Azwar Saifuddin (2016) quoted by Sunaryo (2009) that attitude has three components that form the structure of attitude, which all three support each other, namely Cognitive, Affective, and conative components.

In this study, the average change in attitude is an average of 72 scores based on the likert scale. According to the researcher, to improve students' knowledge, socialization or health education is needed, especially about handling and preventing vaginal discharge through vulva hygiene education. One of the efforts that can be done in order to improve the knowledge and attitudes of young women is to provide health education through one of the health education media. Media as an intermediary message from the sender to the recipient of the message.

In this study obtained a change in attitude from before and after being given health promotion. Fitriani (2011) defined health promotion as "the process of enabling individuals and communities to increase control over the determinants of health and there by improve their health".

Attitude has several functions, namely the function of knowledge, that is, the individual has the impulse to want to understand with his experiences. This means that when a person has a certain attitude towards an object, it shows about people's knowledge of the object of the attitude in question.

Bivariate Analysis

The effect of Vulva Hygiene educational Video Media on the level of knowledge and attitude of young women towards handling fluorine Albus at SMK Bumi Nusantara Wonosobo Tanggamus in 2022

Average knowledge before given vulva hygiene educational video media with mean 59,710 average knowledge after given vulva hygiene educational video media with mean 76,004. The results of bivariate data analysis using the t-Test Test obtained a p-value of $0.000 < 0.05$, it can be concluded that there is an influence of vulva hygiene educational video media on the level of knowledge of adolescent girls on the handling of fluorine albus at SMK Bumi Nusantara Wonosobo Tanggamus in 2022.

The results of this study are in line with research conducted by Hermansess (2022) on the effect of Health Education with Audiovisual Media on knowledge about fluorine Albus in adolescent girls of Smp Negeri 9 Ambon. The results showed that the average value of knowledge about the meaning, symptoms, causes and Prevention of fluorine albus has increased after health education using mediaudiovisual with p-value of $0.000 < \alpha (0.005)$, meaning that there is a significant effect of the mean before and after the intervention.

In line with the theory proposed by Notoadmodjo (2011) application is defined as the ability to use the material that has been learned in real situations or conditions (actually). Application here can be defined as the application or use of laws, formulas, methods, principles, and so on in other contexts or situations.

In this study there is an increase in knowledge and attitudes after being given counseling, but there is a difference in the mean score this is due to the difference in the number of questions and scores on the questionnaire of knowledge and attitudes, where the questionnaire of knowledge using questions with a choice of answers right wrong score 1 and 0, while

Educational Video is an educational process through one of the video media that presents information or messages audiovisually. The advantages of video media according to Susilana & Riyana, (2019), can convey messages or information in the form of two types, namely in the form of sound (audio) and images (visual) to provide messages that can be received evenly. Information displayed through video media can provide a more complete, clear, varied, interesting, repeatable, and fun learning experience.

Video Media is also more flexible in sharing information and easy to publish (Lee & Owens, 2004 in Mawan, Indriwati, & Suhadi, 2017). Researchers

provide learning media using video by uploading it on social media such as youtube, because this research is carried out online and can be repeated. Educational video media researchers create with powtoon application. Powtoon applications can provide learning to be more interactive, can provide feedback, and motivate. Evidenced by active respondents in asking questions about vulva hygiene through the wa group, respondents provide good feedback evidenced by respondents filling out posttest questionnaires, and respondents also said the material that has been obtained about reproductive health about vulva hygiene will help them in learning science subjects at school so that respondents say it makes it easier for them to learn and better understand the material to be delivered by their teachers.

The majority of young women experience increased knowledge evidenced from the results of analysis using statistical tests obtained marginal homogeneity p-value of $0.000 (p < 0.05)$ increased knowledge of young women can occur because of new information obtained by young women through health education in the form of educational video media. According to Nursalam and Efendi (2011) stated that health education is a consciously planned process in order to improve knowledge.

In line with the results of research conducted by Hayati, Fevriasanty, and Kursani (2018) showed that audiovisual media as one of the media in health education that is able to increase knowledge about the behavior of hygiene of the external genitalia. Supported by Wahyuni, Widiyatmoko, and Akhlis (2015) audiovisual or video media is able to make the memory of the material longer, because it involves all the senses, especially the senses of sight and hearing.

The effect of Vulva Hygiene educational Video Media on the level of knowledge and attitude of young women towards handling fluorine Albus at SMK Bumi Nusantara Wonosobo Tanggamus in 2022

Average attitude before given vulva hygiene educational video media with mean 42,64 average attitude before given vulva hygiene educational video media with mean 72,54.

The results of bivariate data analysis using the t-test obtained a p-value of $0.000 < 0.05$, it can be concluded that there is an influence of vulva hygiene educational video media on the attitude of young women towards handling fluorine albus at smk bumi nusantara wonosobo tanggamus in 2022.

The results of this study are in line with research conducted Nurhayati (2013) the

relationship of knowledge, attitudes, and behavior of Vaginal Hygiene to the incidence of pathological vaginal discharge in adolescent girls aged 13-17 years in the area of Pondok Cabe Ilir. Based on 130 samples obtained 50% of adolescents have bad knowledge, 53.8% have a negative attitude, and 56.9% have bad behavior with abnormal vaginal discharge incidence of 56.2%. Chi Square test results obtained knowledge relationship with the incidence of vaginal discharge $p=0.008$, attitude relationship with the incidence of vaginal discharge $P=0.806$, and behavior relationship with the incidence of vaginal discharge $p=0.38$.

In line with The Theory of Suliha et al (2001; Nurmala et al. 2018) behavior change can be done with a variety of strategies, which are preceded by a change in knowledge and attitudes. This change in knowledge is carried out one of them by the Health Extension Method. Health education is an activity carried out using the principle of learning so that people get a change of knowledge and willingness, either to achieve the desired living conditions or to get how to achieve these conditions, individually or together.

In the opinion of researchers, attitude is a relationship or response that is still closed from a person to a stimulus or object. Attitude is the organization of a person's opinions, beliefs about an object or situation that are relatively stable, accompanied by certain feelings, and provide a basis for the person to make a response or behave in a certain way he chose.

One of the efforts that can be done in order to improve the knowledge and attitudes of young women is to provide health education through one of the health education media. Media as an intermediary message from the sender to the recipient of the message. There are various health education media, one of which is educational or audiovisual video media. Video or audiovisual Media is one of the media that presents information or messages audiovisually itself is education. Educational Video is a learning process through video media that presents information or messages audiovisually.

Researchers assume that the information obtained by young women can change the attitude of young women related to maintaining and maintaining the cleanliness of the feminine area conveyed by this educational video media is good for raising awareness of young women to vulva hygiene attitudes in order to avoid reproductive health problems that will occur. The attitude of young women who were previously negative became a positive attitude because the respondents had been

exposed to information or knowledge from education that had been given through educational video media about vulva hygiene

CONCLUSION

The results of bivariate data analysis using the t-Test Test obtained a p-value of $0.000 < 0.05$, it can be concluded that there is an influence of vulva hygiene educational video media on the level of knowledge of adolescent girls on the handling of fluorine albus at SMK Bumi Nusantara Wonosobo Tanggamus in 2022. The results of bivariate data analysis using the t-test obtained a p-value of $0.000 < 0.05$, it can be concluded that there is an influence of vulva hygiene educational video media on the attitude of young women towards handling fluorine albus at SMK Bumi Nusantara Wonosobo Tanggamus in 2022.

SUGGESTIONS

It is expected that the results of this study will be a source of information for young women in improving the efforts of young women to maintain and care for female organs such as how to wash the vaginal area properly and banr, namely washing the female area from the front to the back. Actively seek accurate information in the treatment of vaginal discharge by watching educational videos that have been given researchers, or through the internet

REFERENCES

- Agrina, A., Rini, S. S., & Hairitama, R. (2011). Compliance elderly hypertensive patients in compliance with hypertensive diet. *Highlight*, 6(1), 46-53.
- Arifiani, I. R. D. U., & Samaria, D. U. (2021). OVERVIEW OF KNOWLEDGE, ATTITUDES, AND MOTIVATIONS RELATED TO VULVA HYGIENE IN ADOLESCENT WOMEN IN RW 02 BOJONG MENTENG, BEKASI. *Journal Of Nursing Widya Gantari Indonesia Vol*, 5 (1).
- Arikunto. S. (2010). *Research Procedures A Practical Approach*. Jakarta: Rineka Cipta.
- Azwar. S. (2016). *Human Attitudes Theory And Its Measurement*. Yogyakarta: Student Library.
- Budiman & Riyanto. (2013). *Measurement of attitudes and knowledge*. Salemba Medical: Jakarta.
- Darma, M., Yusran, S., & Fachlevy, A. F. (2017). The relationship of knowledge, Vulva Hygiene, stress, and diet with the incidence of infection with Flour Albus (vaginal discharge) in adolescent students of Sma Negeri 6 Kendari 2017 (Doctoral dissertation, Haluoleo University).

- Fitriani., Hulu, V. T., Pane, H. W., Tasnim, T., Zuhriyatun, F., Munthe, S. A., Hadi, S., ... & Mustar, M. (2011). Public health promotion. Our Foundation Writes.
- Hayati, U.F., Fevriasanty, F.I., & Choiriyah, M. (2018). The effect of health education with audio-visual media towards external genital hygiene behaviors to pregnant women in primary health care of Malang working area. *Journal Of Nursing*, 6(1), 124 - 133
- Helmy et al. 2016. Personal Knowledge Hygiene Young Women In The Case Of Vaginal Discharge. Faculty Of Society. Airlangga University: Surabaya.
- Hygiene to the incidence of vaginal discharge in 2014 students of the Faculty of Medicine, University of Hasanuddin Makassar. Faculty Of Medicine Hasanuddin University Makassar.
- Indriyani, R. Indriyawati, Y. & Pratiwi, IG. 2012 the relationship of Personal Hygiene with the incidence of pain in siwi MA Al-Hikmah Aeng Deke Bluto.
- Induniasih, & Ratna, W. (2018). Health Promotion. Bantul: new library. PRESS.
- Mariza, A., Nathaniel, S., & Yuviska, I. A. (2020). Counseling About fluorine Albus (vaginal discharge) in young women in SMPN 27 Bandar Lampung. *Journal of community service creativity (PKM)*, 3(2), 244-249.
- Masluha, S. L., Rohman, H. F., & Hidayat, A. N. (2021). The Effect Of Vulva Hygine Behavior Education With Video And Lecture Media On Vulva Hygine Behavior In Pathological Vaginal Discharge Students At Pondok Pesantren Raudhatul Malikiyah Probolinggo. *Journal Of Muhammadiyah Nursing*, 6 (2).
- Niven, Neil. (2012). Health Psychology: An Introduction To Nurses & Other Health Professionals. Jakarta: EGC.
- Notoadmodjo, S. (2012). Public Health Sciences. Jakarta: Rineka Cipta
- Notoadmodjo, S. (2014). Health education and behavior, Jakarta: Rineka Cipta.
- Notoadmodjo. (2012). Health Promotion And Health Behavior. Jakarta: Rineka Cipta.
- Notoadmodjo. (2018). Nursing Research Methodology. Jakarta: Rineka Cipta.
- Notoadmodjo. (2018). Health Promotion And Health Behavior. Jakarta: Rineka Cipta.
- Nurmala, I., & KM, S. (2020). Health Promotion. University Press.
- Pertiwi, D. The Effect Of Health Education On Vulva Hygiene On The Knowledge And Attitude Of Young Women In The Prevention Of Vaginal Discharge (Fluor Albus) In Smp Negeri 1 Labuhan Deli In 2018.
- Pinem, Saroha. (2016). Reproductive Health Andcontraception. Jakarta: Trans Info Media.
- Prawirohardjo. (2016). Obstetric Science. Bina Pustaka Foundation Sarwono Prawirohardjo. EGC. Jakarta.
- Pudiasuti, R. Dwi. (2010). The Importance Of Maintaining Female Organs. Jakarta: Index.
- Rita. (2014). The Level Of Knowledge Of Young Women About Vaginal Discharge In Smk Muhammadiyah 1 Imogiri Bantul. Sekolah Tinggi Ilmu Kesehatan Jenderal Ahmad Yani: Yogyakarta.
- Sibagariang, Ellya Eva. (2016). Women's Reproductive Health. Jakarta: Trans Medical Info
- Sugiyono. (2015). Quantitative, qualitative and R & D research methods. Bandung: Alfabeta.
- Syriac, L. (2019). Factors that influence the behavior of young women about personal hygiene during menstruation in SMP Negeri 12 Kota Pekanbaru. *JOMIS (Journal of Midwifery Science)*, 3(2), 68-79.
- Syalfina, A. D., Irawati, D., Priyanti, S., & Sulistyawati, W. (2013). EFFORTS TO IMPROVE THE QUALITY OF WUS REPRODUCTIVE HEALTH THROUGH HEALTH EDUCATION ABOUT VAGINAL DISCHARGE IN TANGUNAN VILLAGE PURI HEALTH CENTER WORKING AREA, MOJOKERTO REGENCY. *BERNAS: Journal of Community Service*, 3 (3), 334-340.
- Umami, H., Rahmawati, F., & Maulida, M. N. (2021). The effect of educational Video Media about Vulva Hygiene on the level of knowledge and attitude of young women. *Saemakers PERDANA Health journal (JKSP)*, 4(1), 42-50.
- Wijayanti, T. (2019). The Relationship Of Family Support With The Incidence Of Vaginal Discharge In Young Women At Pondok Pesantren Al Mansyuriah In Bukit Raya Tenggara Seberang. *Borneo Student Research(BSR)*, 1 (1), 27-31.