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SCRAPBOOKING RELATED TO PERSONAL HYGIENE HABITS AND PREVENTION BEHAVIOR OF PATHOLOGICAL LEUCORRHOEA

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ABSTRACT

Background: Leucorrhoea is the vaginal secretion in term of physiological or pathological. Around 90% of girls in Indonesia have the potential to experience leucorrhoea. Personal hygiene habit is one of the factors that play an important role in avoiding infections that can cause vaginal discharge. Scrapbooking is the art of attaching photos or images on print media and decorating them into creative works. This concept was developed in this study as an alternative media for teenagers to make it easier to remember the health messages. This study aims to determine the effect of scrapbooking on personal hygiene habits and prevention behavior of pathological leucorrhoea for Islamic boarding students (santri).

Methodology: The design of this study was a quasi-experimental design with pre-posttest design with control group. The research subjects were 150 female students (75 as a control group and 75 as an experiment group) from the Islamic Boarding School (PP) Ali Maksum Bantul, PP. Salman Al Farisi Sleman and PP. Bina Umat Sleman. Data was analyzed by using univariate and bivariate (paired t-test and independent sample t-test).

Results: Most of students have experienced pathological leucorrhoea (80%). Scrapbooking and giving leaflets both have a significant influence on improving personal hygiene habits ($p = 0.000$) and prevention behavior of pathological leucorrhoea ($p = 0.001$). There was a scrapbooking effect on personal hygiene habits ($p = 0.029$) and prevention behavior of pathological leucorrhoea ($p = 0.000$).

Conclusion: There was an effect of scrapbooking on personal hygiene habits and prevention behavior of pathological leucorrhoea. The Boarding school officials can actively participate to motivate students for maintaining personal hygiene through various media that make more interesting. Health workers can use various media to provide counseling about personal hygiene and leucorrhoea prevention.

Keywords: Scrapbooking, Personal Hygiene Habits, Leucorrhoea

INTRODUCTION

According to WHO, the reproductive health problems of poor women have reached 33% of the total burden of disease that attacks women throughout the world [1]. Reproductive health problems in Asia are as many as 76% of those who have vaginal discharge or leucorrhoea [2]. Based on the results of the study, states that every year in Indonesia the incidence of leucorrhoea is increasing. In 2002, 50% of women in Indonesia had leucorrhoea, in 2003, as much as 60%, and in 2014 as many as 70% at least once a living well [3].¹ According to Kusmiran in Sunarti, about 90% of girls in Indonesia have the potential to experience leucorrhoea because Indonesia is a tropical climate, so that fungi, viruses and bacteria are easy to grow and develop which results in many cases of leucorrhoea in Indonesian young women. This shows that young women have a higher risk of infection or pathological leucorrhoea [4,5].

According to Saraswati in Paryono in 2016 the cause of vaginal discharge due to behavior or habits of someone who does not pay attention to the cleanliness of their reproductive organs and hygiene, it is often called personal hygiene [6,7].

Personal hygiene habits are one of the factors that play an important role in avoiding infections that can cause vaginal discharge. Infection even results in infertility and ectopic pregnancy [8]. In this context, the environment of Islamic boarding schools becomes interesting to study because Islamic boarding schools have their own culture that is different from the general public [9]. Life in a boarding school environment prioritizes limitations and simplicity. This makes one of the factors that influence the behavior of santri's healthy behavior such as poor personal hygiene, resulting in the quality of adolescent health in this case the santri is not guaranteed. Scrapbooking is the art of attaching photos or images on print media and decorating them to become creative works. This habit began in the 15th century, popular in England, emerged as a way to gather information that included recipes, quotes, letters, poetry and many things. Each book is usually unique in accordance with the personality and desires of the scrapbook maker. This concept was developed by researchers in this study as a media for adolescents to deliver health messages.

METHODS

This type of research is Quasi Experiment with an experimental design pre-post test design with control group. Independent variable was scrapbooking and the dependent variables were personal hygiene habits and prevention behavior of pathological leucorrhoea. This research took place at the Ali Maksum Islamic Boarding School in Bantul Regency and the Salman Al Farisi Islamic Boarding School & Bina Umat Islamic Boarding School in Sleman Regency. The research period was from May to October 2018. The number of research subjects was 150 santri using the calculation formula for the sample for unpaired categorical-numerical analytical research, with 75 people for the intervention group and 75 for the control group. The subjects were selected with lottery using the list of santri who lived in Islamic Boarding School in women's section. They were students with an average age 12-14 years old, living there more than one year and already got periods.

This study has obtained an ethical clearance from the Ethics Committee of Poltekkes Kemenkes Yogyakarta with No. LB.01.01 / KE-02 / XXVI / 664/2018 dated July 24, 2018. Data collection was carried out with a questionnaire about personal hygiene habits and pathological vaginal prevention behavior. The questionnaire has been validated and consulted with the expert (lecturer of nursing in personal hygiene) and only used for this study so far. The intervention group was given a treatment by scrapbooking. In the control group with standard treatment by counseling using leaflets. Data analysis used univariate for description of leucorrhoea and bivariate (paired t-test and independent sample t-test) by t-test to determine the effect of scrapbooking on personal hygiene habits and prevention behavior of pathological vaginal.

RESULTS

1. Description of Physiological and Pathological Leucorrhoea

Table 1. Description of Physiological and Pathological Leucorrhoea

Variable	Control Group		Intervention Group	
	f	%	f	%
Physiological Leucorrhoea	14	19	15	20
Pathological Leucorrhoea	61	81	60	80
Total	75	100	75	100

Based on Table 1, the majority of students had experienced pathological leucorrhoea, with almost the same percentage in control group and intervention group (80%). This proved the fact from Indonesia Health Departement that most women have experienced pathological leucorrhoea.

2. *Effects of Scrapbooking on Personal Hygiene Habits and Prevention Behavior of Pathological Leucorrhoea*

Table 2. Bivariate Analysis of Personal Hygiene Habits and Prevention Behavior of Pathological Leucorrhoea

Variable		n	Mean	Deviation Standart	p value
Personal Hygiene Habits					
Intervention	Pre-test	75	133,85	10,03	0,000
	Post-test	75	139,64	11	
Control	Pre-test	75	126,94	8,86	0,000
	Post-test	75	135,6	11,44	
Prevention Behavior of Pathological Leucorrhoea					
Intervention	Pre-test	75	77,76	4,99	0,000
	Post-test	75	80,6	6,022	
Control	Pre-test	75	73,98	8,62	0,001
	Post-test	75	76,68	7,05	

Table 2 shows that the average value of the personal hygiene habits in the intervention group at pretest was 133.85 and increased 5.79 at posttest to 139.64. Whereas in the control group, the average value of personal hygiene was 126.94 and increased 8.66 to 135.6. In addition, the average value of prevention behavior of pathological vaginal discharge in the intervention and control groups also increased. In the intervention group, the pretest value was 77.76 and increased 2.84 to 80,6. While the average value of the control group increased from the pretest value of 2.7.

The Paired-T-Test test results on the personal hygiene habits in the pretest-posttest of the two groups were significantly different with a value of $p < 0.05$. The p value in the intervention group was 0,000 and the p value in the control group was 0,000. It can be seen that scrapbooking and leaflet giving both have a significant influence on the increase in respondents' personal hygiene habits.

Whereas in prevention behavior of pathological vaginal, the Paired T-test results for the control group and intervention group showed that the two groups were significantly different with $p < 0.05$. The p value in the intervention group was 0,000 and the p value in the control group was 0.001. It can be seen that scrapbooking and leaflet giving both have a significant influence on prevention behavior of pathological leucorrhoea. Analysis continued to independent sample t-test to compare between two groups interventions.

Table 3. Bivariate Analysis of Personal Hygiene Habits and Prevention Behavior of Pathological Leucorrhoea on Posttest in the Intervention and Control Group

Variable		n	Mean	SD	T-Test	P-Value
Personal Hygiene Habits						
Intervention		75	139,64	11	2,204	0,029
Control		75	135,6	11,4		
Prevention Behavior of Pathological Leucorrhoea						
Intervention		75	80,6	6,02	3,659	0,000
Control		75	76,68	7,05		

Table 3 used Independent Sample T-test, It shows that on personal hygiene habits has p-value 0,029. The prevention behavior of leucorrhoea has p-value 0,000. That means there is an effect of scrapbooking on personal hygiene habits and prevention behavior of pathological leucorrhoea.

DISCUSSION

The results showed that 80% of santri had experienced pathological leucorrhoea. This is in accordance with statistical data in 2009, the number of female adolescents in DIY, namely 2.9 million people aged 15-24 years, 68% experienced pathological leucorrhoea [2].

Personal hygiene is self-care for maintaining health, both physically and psychologically [10].¹ Personal hygiene habits are personal care habits to maintain health, and are influenced by values and skills [11]. Personal hygiene is needed for individual comfort, safety, and health. Good personal hygiene habits aim at improving health where the skin is the first body line of defense against infection.

Santri in Islamic boarding schools have social practices that are formed naturally and uniquely because santri for almost 24 hours interact with the same social environment and have almost the same social activities. In addition, the facilities available such as bathrooms, bedrooms and environment greatly affect the habits of students in maintaining personal hygiene.

The results showed that there was a scrapbooking effect with personal hygiene habits and prevention behaviors of pathological leucorrhoea. Scrapbooking in this study is an activity to make a scrap book containing health messages in the form of photos, cards and stickers and then decorated according to the interests of the santri. Scrapbooking in this study was used as a method in health promotion, especially related to personal hygiene habits and prevention of pathological leucorrhoea. Photos, cards and stickers made in Islamic nuances that attracted the attention of santri. This scrapbooking activity is also interesting for students who in fact are young women so it is not boring. Santri can build creativity and pour ideas according to their interests. Health messages are more effectively conveyed in this way. Farias et al's 2015 study of Scrapbook as an innovation to conduct qualitative study interviews showed that scrapbook proved to be valid for facilitating data collection in qualitative studies. Pictures in the scrapbook can build perceptions and express respondent's feelings chronologically in health education [12].

The results of this study indicate that with scrapbooking santri can improve their personal hygiene habits and pathological vaginal prevention behavior. Leaflet media used in the control group also significantly improved. The 2017 Sumarah et al. Study found that the Vaginal Higinie Module can improve the pathological whiteness prevention behavior in junior high school adolescents. The module used is self learning methods to be used in delivering health messages [13].

Various interesting media can continue to be explored to optimize the young women in motivating to always maintain personal hygiene and prevent pathological leucorrhoea. The more alternative media for health promotion, the easier it is for health workers to deliver health messages. The recipient of the message is also increasingly easy to accept so that it is expected to be able to apply it in daily life.

CONCLUSION

The majority of santri had experienced pathological leucorrhoea. The description of personal hygiene habits and prevention behavior of pathological leucorrhoea in the intervention group and the control group both increased after being given treatment. There is an effect of scrapbooking on personal hygiene habits and prevention behavior of pathological leucorrhoea.

Recommendation for boarding school officials can actively participate to motivate students for maintaining personal hygiene through various media that make more interesting. Health workers can use various media to provide counseling about personal hygiene and leuchorrhoea prevention.

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