



THE RELATIONSHIP OF REPRODUCTIVE HEALTH AND PERSONAL HYGIENE BEHAVIOR ON THE INCIDENCE OF VUCILITY IN ZIADATUL IRFAN TARUMAJAYA JUNIOR HIGH SCHOOL STUDENTS, BEKASI, 2025

Indah Yuliani¹, Hasipah Nurseha²

STIKES Abdi Nusantara Jakarta

hasipahseha@gmail.com

Abstract

Reproductive health is a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity, in all matters relating to the reproductive system and its functions and processes. According to the WHO (2023), the prevalence of reproductive organ diseases in women includes bacterial vaginosis at 23-29%, trichomoniasis at 156 million women worldwide, chlamydia infections at 128.5 million, and 500 million women experiencing sexually transmitted infections characterized by vaginal discharge. A person's knowledge of personal hygiene also influences their behavior in maintaining and caring for their reproductive health. Health education about reproductive health is important for adolescents so they have the correct information and knowledge about reproductive health. Research objective to determine the relationship between reproductive health knowledge and personal hygiene with the incidence of vaginal discharge in female students at SMP Ziadatul Irfan Tarumajaya Bekasi in 2025. Research method this research method uses a descriptive analytical approach with a cross-sectional method. Using the Chi-square test, the data collection involves independent variables (risk) and dependent variables (risk) carried out at the same time. Research results statistical tests using the Chi-Square test showed that respondents with a P-value of $0.05 < 0.005$ for reproductive health behaviors indicated a significant relationship between reproductive health knowledge and vaginal discharge. Furthermore, for personal hygiene behaviors, the P-value was $0.375 > 0.05$, indicating no significant relationship between personal hygiene behaviors and vaginal discharge. Conclusions and recommendations as input or reference for further research on Reproductive Health and Personal Hygiene Behaviors on Vaginal Discharge. Overall, reproductive health knowledge and personal hygiene behaviors play an important role in preventing vaginal discharge. Therefore, efforts to improve reproductive health education accompanied by the implementation of good personal hygiene are essential as preventative measures.

Keywords: Adolescent Knowledge, Vaginal Discharge, Personal Hygiene, Reproductive Health

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* Corresponding author :

Address : Jl. Swadaya No. 7 RT. 001/014, Jatibening, Kec. Pd. Gede Kota Bekasi 17412

Email : hasipahseha@gmail.com

INTRODUCTION

Reproductive Health is a state of complete physical, mental and social well-being, which is not merely free from disease or disability, in all matters relating to the reproductive system, as well as its functions and processes. Based on data from the World Health Organization (2010), poor female reproductive health problems have reached 33% of the total burden of disease suffered by women in the world, one of which is vaginal discharge. The number of women in the world who have experienced vaginal discharge is 75%, while European women who experience vaginal discharge are 25%. This figure is greater than reproductive problems in men which only reach 12.3% at the same age as women. Data (WHO, 2019) shows that around 33% of the total burden of disease affecting women throughout the world is a problem of poor female reproductive health. (WHO, 2019) states that 5% of teenagers in the world are infected with sexually transmitted diseases (STDs) with symptoms of vaginal discharge every year, even in the United States 1 in 8 teenagers (Muhamad et al., 2019). The prevalence in 2016 states that 25% - 50% is caused by candidiasis, 20% - 40% bacterial vaginosis, and 5% - 15% trichomoniasis. In addition, around 75% of women in the world will definitely experience vaginal discharge at least once in their lifetime, and as many as 45% will experience it twice or more, while 25% of women in Europe experience vaginal discharge. Often teenagers experience vaginal discharge due to their lack of knowledge about reproductive health. Vaginal discharge is an unusual discharge other than blood from the vaginal canal, whether it smells or not, and is accompanied by local itching. The cause of vaginal discharge can be normal (physiological) which is influenced by certain hormones. Abnormal vaginal discharge can be caused by infection/inflammation that occurs due to washing the vagina with dirty water, improper internal examination, excessive use of vaginal rinses, unhygienic examinations, and the presence of foreign objects in the vagina. Apart from infection, vaginal discharge can also be caused by hormonal problems, pants that do not absorb sweat, and sexually transmitted diseases. According to the Indonesian Ministry of Health (2017) in Darmala (2018), a lack of knowledge means that the problem of vaginal discharge is often considered neglected by young women. In fact, a small number are embarrassed to admit the vaginal discharge they are suffering from. Symptoms of

uterine cancer can also start from pathological vaginal discharge. This is a very dangerous disease that if not treated properly can lead to death in women (Julasmi Eduwan, 2022). In Indonesia, 23 million young women aged 15-24 years, 83% have had sexual intercourse, meaning that teenagers have the opportunity to experience sexually transmitted infections (STIs) which is one of the causes of vaginal discharge. Around 90% of women in Indonesia have the potential to experience vaginal discharge, this is because Indonesia has a tropical climate, so fungi can easily grow. Symptoms of vaginal discharge are also experienced by unmarried women or young women aged 15-24 years, namely around 31.8%. This shows that teenagers are more at risk of experiencing vaginal discharge (Juwita et al., 2025). Vaginal discharge infects 50% of the female population and affects all ages. From the results of research on women's reproductive health, 75% of women experience vaginal discharge at least once in their lives and 45% may experience it twice or more. Vaginal discharge is an unusual discharge other than blood from the vaginal canal, whether smelly or not, accompanied by local itching. The cause of vaginal discharge can be normal (physiological) which is influenced by certain hormones. The fluid is white, odorless, and laboratory examination does not show any abnormalities. As a result of poor vulvar hygiene, a woman will experience discomfort in the vulva, such as vaginal discharge and fungal infections. If this condition is not prevented, it can progress to cervical cancer (Nopiyannah & Futriani, 2023). A person's knowledge about personal hygiene also has an influence on a person's behavior in maintaining and caring for their reproductive health. Health education about reproductive health is important for teenagers so that they have the correct information and knowledge about reproductive health. Personal hygiene refers to the understanding, attitudes and practices carried out by individuals to improve health status, maintain personal hygiene, increase self-confidence, create beauty, and prevent the emergence of disease. Maintaining perineal hygiene on the genitalia is maintaining individual cleanliness and health which is carried out in daily life so as to avoid reproductive disorders and obtain physical and psychological well-being and improve the level of health. According to previous research at Darusallam High School, Garut district in 2023 The results of the study showed that of 46 teenage girls with poor personal hygiene, 34 teenagers

(73.9%) experienced vaginal discharge, while 12 teenagers (26.1%) did not experience it. Meanwhile, of 38 teenage girls with good personal hygiene, it was found that 13 teenagers (34.2%) experienced vaginal discharge and 25 teenagers (65.8%) did not experience vaginal discharge. Based on the results of the Chi-Square test, p-value = 0.000 ($p < 0.05$), which shows that there is a significant relationship between personal hygiene and the incidence of vaginal discharge in adolescent girls. The Odds Ratio (OR) value of 5.449 indicates that young women with poor personal hygiene habits have a 5.449 times greater

risk of experiencing vaginal discharge than those who have good personal hygiene.

METHODS

This type of research uses a descriptive analytical approach with a cross sectional method. By using the Chi-square test, the data collection was carried out using a research instrument using a questionnaire that concerns independent variables, namely risk, and dependent variables, namely the time period that corresponds to the population of the research, namely students and Ziyadatul Irfan Middle School students with a total of 55 respondents.

RESULT AND DISCUSSION

1. Frequency Distribution of Knowledge, Personal Hygiene Behavior and Vaginal Discharge Incidence

	Knowledge	Frequency	Percent
	Bad	11	20,0
	Mid	17	30,9
	Good	27	49,1
	Total	55	100.0
Personal Hygiene Behavior			
	Bad	4	7,3
	Good	51	92,7
	Total	55	100.0
Vaginal Discharge Incidence			
	Ya	29	52,7
	No	25	45,5
	Total	55	100.0

Based on the table above, the majority of respondents showed a good level of knowledge, as many as 27 people (49.1%), most had good personal hygiene behavior, as many as 51 people (92.7%), and more than half of the respondents experienced vaginal discharge, namely 29 people (52.7%).

2. Cross Tabulation of the Relationship between Knowledge and Personal Hygiene Behavior

		Vaginal discharge incident			Pvalue
		Yes	Not	Total	
Knowledge	Bad	8(14,5%)	3(5,5%)	11(20,0%)	0,005
	Mid	13(23,6)	4(7,3%)	17(30,9%)	
	Good	8(14,5%)	18(32,7%)	27(49,1%)	
Total		29(52,7%)	26(45,5%)	55(100%)	

Based on the table above regarding the cross tabulation between the level of knowledge and the incidence of vaginal discharge, it is known that respondents with low and sufficient levels of knowledge are partly from a total of 55 respondents, as many as 29 respondents (52.7%) experienced vaginal discharge and 26 respondents (45.5%) did not experience vaginal discharge. Respondents with a low level of knowledge mostly experienced vaginal discharge, namely 8 people (14.5%), while in the moderate knowledge category there were 13 respondents (23.6%) who experienced vaginal discharge. Conversely, in respondents with a high level of knowledge, the majority did not experience vaginal discharge as many as 18 people (32.7%). The results of the Chi-Square test showed a p value = 0.005 ($p < 0.05$) which indicates a significant relationship between the level of knowledge and personal hygiene behavior towards the incidence of vaginal discharge.

3. Cross Tabulation of the Relationship between Personal Hygiene Behavior and the Incidence of Vaginal Discharge

		Vaginal discharge incident		
		Yes	Not	p value

Personal					
Hygiene	Bad	3	4	5	0,375
Behavior	Good	26	24	50	
Total		29	26	55	

Based on the table that describes the cross tabulation between personal hygiene behavior and the occurrence of vaginal discharge, it is known that in respondents with poor personal hygiene behavior, there are 3 people who experienced vaginal discharge and 4 people who did not experience it, while in respondents with good personal hygiene behavior, the number of respondents who experienced vaginal discharge was 26 people and those who did not experience vaginal discharge were 24 people. The results of the analysis using the Chi-Square test showed a p value = 0.375 which is greater than α (0.05), so it can be concluded that there is no significant relationship between personal hygiene behavior and the occurrence of vaginal discharge. This shows that personal hygiene behavior in respondents in this study is not statistically related to the occurrence of vaginal discharge.

Discussion

The respondents' situation illustrates that some young women still have limited knowledge of reproductive health and less than optimal personal hygiene practices. This is consistent with the characteristics of respondents in their early to middle teens, where understanding of bodily changes and reproductive health is still heavily influenced by their environment, sources of information, and the role of parents and schools. Theoretically, reproductive health knowledge is a crucial factor in shaping adolescents' awareness of their own bodies. Adolescents with good knowledge are better able to recognize physiological changes and early signs of reproductive health disorders, including vaginal discharge. Conversely, limited knowledge can lead adolescents to consider vaginal discharge a normal condition without understanding the difference between physiological and pathological vaginal discharge. This aligns with health behavior theory, which states that knowledge is the foundation for developing healthy attitudes and behaviors (Notoatmodjo, 2010). The results of this study also indicate that respondents' personal hygiene practices vary. Some respondents have not yet implemented optimal feminine hygiene practices, such as proper genital hygiene, frequency of underwear changes, and clothing material selection. Non-empirically, this condition can be influenced by daily habits, social norms,

embarrassment in asking questions, and a lack of structured reproductive health education.

According to the researchers, these univariate findings confirm that vaginal discharge in adolescent girls is not only related to biological factors but is also influenced by behavioral and cognitive factors. A limitation of this study is the self-report method of data measurement, which relies heavily on the honesty and understanding of respondents when completing the questionnaire.

The data show a p-value of 0.008 ($p < 0.05$). This result indicates a significant relationship between reproductive health knowledge and the incidence of vaginal discharge among female students at Ziyadatul Irfan Junior High School, Bekasi Regency, in 2025. Therefore, the alternative hypothesis (H_a) is accepted and the null hypothesis (H_o) is rejected. Theoretically, these results can be explained by the concept that knowledge is a predisposing factor for health behaviors. Adolescents with good knowledge tend to have a higher awareness of reproductive health, including recognizing signs of abnormal vaginal discharge and taking preventive measures. Conversely, adolescents with less knowledge are at higher risk of experiencing vaginal discharge due to a lack of understanding of how to maintain reproductive organ hygiene and the associated risk factors. The results of this study align with those of Nopiyanah & Futriani (2023), which showed a significant relationship between knowledge level and the incidence of vaginal discharge in adolescent girls, with a p-value < 0.05 . This study stated that adolescents with low knowledge experienced more vaginal discharge than those with good knowledge. Similar findings were also reported by (2021 & Rohmah, n.d.), who found that the high incidence of vaginal discharge in adolescents was associated with low knowledge of reproductive health.

According to the researchers, this relationship occurs because adolescents with low knowledge tend to view vaginal discharge as a normal condition without taking appropriate preventive measures or treatment. However, this study cannot explain a direct causal relationship due to its cross-sectional design, therefore, further research using a longitudinal design is recommended.

The analysis results showed that the chi-square test between personal hygiene behavior and

the incidence of vaginal discharge obtained a p-value of 0.000 ($p < 0.05$). This result indicates a highly significant relationship between personal hygiene behavior and the incidence of vaginal discharge in adolescent girls. Theoretically, personal hygiene is a behavioral factor that plays a direct role in maintaining the balance of the reproductive organs. Improper genital hygiene habits, infrequent underwear changes, and wearing tight, non-absorbent clothing can create humid conditions that support the growth of fungi and bacteria that cause vaginal discharge. This aligns with reproductive health theory, which states that feminine hygiene is a key factor in preventing pathological vaginal discharge.

These results align with research by Hanifah et al., 2023, which found a significant relationship between personal hygiene and the incidence of vaginal discharge, with a p-value of 0.000, and a higher risk of vaginal discharge in adolescents with poor personal hygiene. Research by Safitri and Afriandi (2025) also supports these findings by showing that although some adolescents have good knowledge, inconsistent personal hygiene practices still contribute to the high incidence of vaginal discharge.

In the researchers' opinion, these results demonstrate that increasing knowledge alone is insufficient without being accompanied by concrete behavioral changes in daily life. A limitation of this study is that it did not examine other factors such as stress, hormonal changes, and diet, which can also influence the incidence of vaginal discharge. Therefore, future research is recommended to include these variables to obtain a more comprehensive picture.

CONCLUSION

The analysis results show a significant relationship between reproductive health knowledge and the incidence of vaginal discharge, with adolescents with less knowledge tending to experience more frequent vaginal discharge. Furthermore, poor personal hygiene practices have also been shown to be associated with an increased incidence of vaginal discharge in adolescent girls. Overall, reproductive health knowledge and personal hygiene practices play a crucial role in preventing vaginal discharge. Therefore, efforts to improve reproductive health education, along with the implementation of good personal hygiene, are essential as preventative measures. Schools are expected to increase reproductive health education activities through collaboration with health

workers, particularly nurses, so that adolescent girls receive accurate and ongoing information about reproductive health and the importance of maintaining personal hygiene.

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