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Effect of Health Education Using Audiovisual Media on Level of Knowledge about Leucorrhea (Fluor Albus)

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Abstract:
Health education is an important issue that needs attention from all parties. The problem women often face regarding reproductive health is vaginal discharge. Leucorrhea is discharge or discharge from the vagina that is not blood. Leucorrhea is normal and abnormal. Normal vaginal discharge is characterized by a clear to whitish color, odorless and itchy, while abnormal vaginal discharge is characterized by a yellow to greenish color, smells, and causes itching. This study aims to analyze the effect of Health Education on the level of knowledge of young women about vaginal discharge. The research design used the pre-experimental method with one group pretest and post-test design. The sampling technique used is total sampling. The number of samples in this study was 40 adolescents. Data were collected using questionnaires and then analyzed using the Wilcoxon test. Based on the Wilcoxon test analysis results, the p-value was 0.001. The conclusion of this study showed that there was an effect of health education on the level of knowledge of young women about vaginal discharge (fluor albus). Health workers are expected to evaluate and conduct early education for young women regarding vaginal discharge (fluor albus) to prevent abnormal vaginal discharge (pathological fluor albus) so that they can improve the quality of health, especially in reproductive health.

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INTRODUCTION

The health of the reproductive organs is an important issue and is a focus in health development, especially the health of the reproductive organs in adolescents. Problems with the reproductive organs are still commonly found in adolescents due to a lack of information about their reproductive health. Teenagers also often ignore problems with their reproductive organs (Rakhmilla et al., 2016). Leucorrhea is discharge other than blood from the vaginal canal out of habit, whether smelly or not, accompanied by local itching that can normally occur (physiologically) or abnormally (pathologically) (Kusmiran, 2013). Leucorrhea is said to be pathological (abnormal) if it is followed by a change in smell and color which shows signs of being abnormal (Kurniati et al., 2022). Stress can affect fluor albus because it can affect changes in hormonal balance in the body (Afkarina et l., 2022).

According to the World Health Organization, the number of women worldwide who have experienced vaginal discharge is 75%, while European women who have experienced vaginal discharge is 25%. The data shows that vaginal discharge in women worldwide is relatively high. Reproductive health among women must receive serious attention, including the female sexual

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organs (Juliansyah & Zulfani, 2021). Nearly 75% of Indonesian women experience vaginal discharge; in this case, young women are no exception. Women have experienced vaginal discharge at least once, and half have experienced vaginal discharge twice or more. This is related to the humid weather, which makes it easier for Indonesian women to experience vaginal discharge, where the humid weather can facilitate the development of fungal infections (Sarmila, 2018).

Based on a preliminary study conducted on April 8, 2022, on ten young girls through open interviews regarding their opinions about fluor albus, 3 out of 10 (30%) girls only knew about the definition of fluor albus. Whereas 7 out of 10 (70%) of young women who were conducted in open interviews thought that fluor albus prevention measures needed to be taken, young women needed to understand the types of actions to prevent fluor albus.

Efforts to prevent problems in the reproductive organs are by paying attention to personal hygiene. If someone pays less attention to personal hygiene, bacteria will multiply in the body, which can cause disease. The impact of not doing personal hygiene, especially on the genitalia correctly, is the occurrence of fluor albus. Fluor albus can disturb the patient's discomfort because an unpleasant odor or even itching accompanies it. If fluor albus is not treated immediately, this can result in irritation, infection, and more severe disease (Mancuso & Ryan, 2015).

Health education is an effort made by a person, group, or community to achieve relationships and abilities toward a good direction in everyday life (Setioputro et al., 2022). Health promotion is an effort or activity to create community behavior conducive to health (Aisyiah et al., 2021). Health workers are responsible as educators for conveying information to motivate patients about the importance of learning (Kurniyawan et al., 2023). Increasing youth knowledge can be done with the help of promotional media (Nurani et al., 2022).

Audiovisual media is a complete means of collaborating visual forms with audio. This media is used to help the teacher's explanation as a reinforcement or a means of being explored. This media is not only developed in the form of films but can be developed through computer facilities using PowerPoint techniques and flash players. Running this media requires special skills and tools. Audiovisual learning media can be interpreted as a means or media that combines sound and moving images to help convey learning material delivered by the teacher so that students can receive it well and be accepted and understood more easily (Ruanto, 2021). This study aims to analyze the effect of Health Education on the level of knowledge of young women about vaginal discharge.

METHOD

The research design is quantitative with a correlational design using a cross-sectional study approach. The independent variable in this study was Health Education with the audiovisual method, and the dependent variable was the level of knowledge of young women about whiteness vaginal discharge (Fluor Albus). The population in this study were 40 young women in Randutatah Village, Probolinggo Regency. The sampling technique used in this research is total sampling. The samples were young women in Randutatah Village, Probolinggo Regency, with 40 respondents. The primary data in this study were in the form of answers to a questionnaire about the effect of health education using the audiovisual method on the level of knowledge of vaginal discharge (fluor albus). The data collection method that the authors use is a pre-experimental method with one group pretest post-test design. Data processing techniques are editing, scoring, coding, and tabulating. The data analysis technique used was univariate analysis with frequency distribution and bivariate analysis with the Wilcoxon test.

RESULT

Distribution of Respondent Characteristics

Table 1. Characteristics of Respondents (n=40)

Variables	Frequency	Percentage
Age (years)		
10-12	12	30
13-15	18	45
16-18	10	25
Education		
Elementary	12	30
Junior high school	18	45
Senior high school	10	25

Based on Table 1. it can be illustrated that the majority are 13-15 years old (45%), namely, 18 respondents. Almost half of the respondents are aged 10-12 years (30%), namely 12 respondents, and at least 16-18 years old (25%), namely ten respondents. It can be illustrated that most respondents had junior high school education (45%), namely 18 respondents. Almost half had elementary school education (30%), namely 12 respondents, and the least were high school educated (25%), namely ten respondents.

Analyzing the Influence of Knowledge Level about Vaginal Discharge (Fluor Albus) On Young Women through Health Education Using Audiovisual

Table 2. The Effect of Health Education Using the Audiovisual Method on The Knowledge Level of Vaginal Discharge (Fluor Albus) among Female Adolescents

Knowledge Level	Pretest	Posttest	p-value
	n (%)	n (%)	
Good	8 (20.0)	20 (50.0)	0.001
Enough	29 (72.5)	20 (50.0	
Poor	3 (7.5)	0 (0.0)	
Total	40 (100.0)	40 (100.0)	

Based on Table 2, it can be described that before being given health education using the audiovisual method on the level of knowledge of vaginal discharge (fluor albus) in young women, a small proportion of respondents had good knowledge, namely eight respondents (20%). Almost all had sufficient knowledge, namely 29 respondents (72.5%). After being given health education using the audiovisual method, the knowledge level of vaginal discharge (fluor albus) in young women became 20 respondents (50%), and 20 respondents (50%) had sufficient knowledge.

Based on the research results, it was found that the data analysis showed an influence of health education using the audiovisual method on the knowledge of vaginal discharge (fluor albus) in young women in Randutatah Village, Probolinggo Regency. The analysis results with the Wilcoxon test obtained a significant value of 0.05 and p-values of 0.001. It can be concluded that health education with the audiovisual method influences the knowledge of vaginal discharge (fluor albus) in young women in Randutatah Village, Probolinggo Regency.

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DISCUSSION

Knowledge level of vaginal discharge (fluor albus) in female adolescents before health education using the audiovisual method

It can be described before conducting health education using the audiovisual method on the knowledge level of vaginal discharge (fluor albus) in young women that most respondents had sufficient knowledge (72.5%) or 29 respondents. Respondents had good knowledge (20%) or eight respondents, and a small portion of less knowledgeable (7.5%), namely three respondents.

Leucorrhea or fluor albus is a symptom of genital disorders experienced by women in the form of yellowish-white or grayish-white discharge from the vagina. Typically, women can experience vaginal discharge. However, you must be aware that vaginal discharge can also occur due to infections caused by bacteria, viruses, and fungi (Tjitraresmi et al., 2010). Every woman can experience leucorrhea. Leucorrhea in white liquid usually smells terrible and causes itching around the vagina.

Leucorrhea is a female reproductive health problem that is often experienced. Normal vaginal discharge is colorless or clear, odorless, not excessive, and does not cause complaints. In this condition, secretions increase, especially before ovulation, emotional stress, and when sexually aroused. Leucorrhea to watch out for is if the secretions are yellow or green-gray, smell bad, are large in number, and cause complaints such as itching and burning in the intimate area, sometimes feeling hot and painful after urinating and during intercourse. A fungal infection causes this, Candida albicans (Widarti, 2010).

The reproductive organs are one of the most sensitive organs in the body and require special care. Good knowledge and care are determining factors in maintaining reproductive health. One of the symptoms of abnormalities or diseases of the reproductive organs is vaginal discharge. Leucorrhea is a symptom that most women often experience. Leucorrhea can be a physiological or pathological vaginal discharge (Susilawati et al., 2018).

Teenagers have less knowledge about vaginal discharge (fluor albus) due to age and education, which can affect a person's level of knowledge. Knowledge about vaginal discharge (fluor albus) is fundamental for respondents to know because, with youth health education, they can know about the characteristics and classification of vaginal discharge (fluor albus), which are very important for young women. After all, it is one of the reasons to prevent vaginal discharge (pathological fluor albus), which can prevent complications caused by the presence of pathological vaginal discharge (fluor albus). The application can be interpreted as a person's ability to use a material studied in situations or conditions.

Some factors thought to influence the respondents' knowledge before being given health education using the audiovisual method about leucorrhea (fluor albus) were illustrated by sufficient knowledge. Some of the respondents' knowledge needed to be improved. This is because vaginal discharge (fluor albus) is a new thing, and the respondents lack knowledge about vaginal discharge (fluor albus) and the lack of interest of respondents in studying and reading articles related to vaginal discharge (fluor albus).

Most of the respondents had sufficient knowledge (72.5%), namely 29 respondents because they were influenced by age and education factors, as well as a lack of knowledge about vaginal discharge (fluor albus). The facts and theories mentioned above are the basis for research to argue that preventing pathological vaginal discharge (fluor albus) can be done by providing health education about vaginal discharge (fluor albus).

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Knowledge level of vaginal discharge (fluor albus) in female adolescents after health education using the audiovisual method

Before being given health education with the audiovisual method on the knowledge level of vaginal discharge (fluor albus) in young women, it can be described that half of the respondents had good knowledge (50%) or 20 respondents. Respondents who had sufficient knowledge (50%), namely 20 respondents, and none of them knew less (0%).

Audiovisual media is a complete means of collaborating visual forms with audio. This media is used to help the teacher's explanation as a reinforcement or a means of being explored. This media is not only developed in the form of films but can be developed through computer facilities using PowerPoint techniques and flash players. Running this media requires special skills and tools. Audiovisual learning media can be interpreted as a means or media that combines sound and moving images to help convey learning material delivered by the teacher so that students can receive it well and be accepted and understood more easily (Ruanto, 2021).

This study uses the audiovisual method, a complete means, or media for collaborating visual forms with audio. This media is used to assist the researcher in explanation, confirmation, or as a means of being explored. This media is beneficial for researchers in researching because using this method is an excellent method and easy for the eyes to catch. Because they do not only hear but hear and see so that it is easy to understand and capture by the brain. Animation or videos make it easier for respondents to understand the explanation and what was conveyed by the researcher.

Respondents' knowledge after being given Health Education with the audiovisual method about leucorrhea (fluor albus) was described as having good knowledge, and a small proportion had sufficient knowledge. This is because there is influence after the Health Education is given, so the respondents understand and are interested in learning about leucorrhea (fluor albus).

Health education should be given using the audiovisual method because it is easy to support health education regarding the examination of vaginal discharge (fluor albus). The audiovisual method makes it easier for respondents to understand what researchers convey. Because in addition to hearing, this method uses listening techniques and viewing in the form of video recordings that contain elements of images and sound so that respondents are energized in seeing and understanding the material presented by researchers. Moreover, it can be assumed that respondents who were given health education without using audiovisual methods were quickly bored. Therefore, based on facts and opinions, the audiovisual method benefits researchers in providing health education about vaginal discharge (fluor albus) to detect abnormal vaginal discharge early (pathological fluor albus).

The effect of health education using the audiovisual method on knowledge of vaginal discharge (fluor albus) on young women

It can be described that before being given health education using the audiovisual method on the knowledge level of vaginal discharge (fluor albus) in young women, a small proportion of respondents had good knowledge, namely eight respondents (20%). Almost all had sufficient knowledge, namely 29 respondents (72.5%). Furthermore, after being given health education using the audiovisual method, the knowledge level of vaginal discharge (fluor albus) in young women became 20 respondents (50%) had sufficient knowledge. The analysis results with the Wilcoxon test obtained a p-value of 0.001. It can be concluded that health education using the audiovisual method influences young women's knowledge level of vaginal discharge (fluor albus).

Abnormal vaginal discharge caused by abnormalities of the genitals as a result of congenital defects such as rectovaginal and vesicovaginal fistulas; birth injuries and genital cancer radiation;

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foreign bodies left in the vagina such as condoms and pessaries left behind for hernia sufferers; various benign tumors that grow into the lumen; in menopause due to vaginal dryness so itching and sores often arise; and some venereal diseases caused by certain types of microorganisms and viruses (Nufus, 2021).

Health workers who function as educators and counselors are expected to continue to provide information to families and young women about leucorrhea (fluor albus) in order to prevent abnormal vaginal discharge (pathological fluor albus) from improving the quality of health, especially in reproductive health (Kurniyawan et al., 2023). Therefore, based on facts and opinions, health education is beneficial for young women in knowing and understanding the causes and danger signs of leucorrhea (fluor albus) to detect abnormal vaginal discharge early (pathological fluor albus).

CONCLUSION

Health education using audiovisual media affects the knowledge level of vaginal discharge (flour albus) in young women. Health workers are expected to evaluate and conduct early education for young women regarding vaginal discharge (flour albus) to prevent abnormal vaginal discharge (pathological flour albus) so that they can improve the quality of health, especially in reproductive health.

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CONFLICT OF INTEREST

There is no conflict of interest.

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