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Descriptive Study of Knowledge About Leucorrhoea and Personal Hygiene Attitudes of Young Girls at Muhammadiyah 5 Junior High School Yogyakarta

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Abstract
Leucorrhoea is still a major burden of disease in developing countries and is a classic problem for women. Many women in Indonesia do not know about vaginal discharge, so they perceive vaginal discharge as a common and trivial matter. Based on BKKBN data, as many as 45% of young women aged 15-24 years in Yogyakarta have experienced vaginal discharge (Shadine in Masyaroh, 2021). Sufficient knowledge about leucorrhoea is very important so that they know how to deal with leucorrhoea. This study aims to describe knowledge about vaginal discharge and attitudesPersonal Hygienein young women at SMP Muhammadiyah 5 Yogyakarta. This type of research is quantitative with a descriptive design. The population of this study were young women at SMP Muhammadiyah 5 Yogyakarta, grades VII and VIII. A sample of 116 people, the sampling technique in the study usedaccidental sampling. Data collection was carried out using a questionnaire. Data analysis using univariate. The results showed that the level of knowledge of young women about vaginal discharge was in the good category, 84 people (72.4%), 26 people (22.4%) enough, 6 people (5.2%) lacking, and. Attitudepersonal hygienewith good category 21 people (18.1%) enough 93 people (80.2%), and less 2 people (1.7%), so it can be concluded that knowledge about vaginal discharge is dominated by good category. While the attitude of young women aboutpersonal hygienemoderately dominated.
Keywords: Knowledge, Leucorrhoea, Attitude, Personal Hygiene.

INTRODUCTION

Leucorrhoea is still a major burden of disease in developing countries, including infections caused by a combination of physiological and pathological factors. Leucorrhoea is all the genital discharge that is not blood. Leucorrhoea or fluor albus is a liquid that comes out of the vagina that is white, watery or thick, not bloody, accompanied by an odor and discoloration and an abnormal amount. It is also accompanied by itching, genital edema, dysuria, lower abdominal or lower back pain. Under normal conditions, when clothes are dried, vaginal discharge looks watery, clear/beige/colorless, and has no odor (Mutianingsih et al., 2022).

Leucorrhoea is also a classic problem in women. Most women do not know about vaginal discharge and the causes of vaginal discharge. Many women in Indonesia do not know about vaginal discharge, so they perceive vaginal discharge as a common and trivial matter. In addition, the feeling of embarrassment when experiencing vaginal discharge often makes women reluctant to consult a doctor. If not handled properly, vaginal discharge can be fatal, infertility and ectopic pregnancy (pregnancy outside the womb) can be one of the results of vaginal discharge. Early symptoms of uterine cancer usually start with vaginal discharge (Oriza, 2018).

Symptoms of vaginal discharge are also experienced by unmarried women or young women aged 15-24 years, which is around 31.8%. This shows that teenagers are more at risk of vaginal discharge (Azizah in Mularsih, 2019). In Indonesia, about 90% of women have the

potential to experience vaginal discharge and as many as 60% are experienced by young women (Prabawati, 2019). According to data from the 2016 Indonesian Youth Reproductive Health Survey (SKRRI), 31.8% of unmarried women or young women aged 15-24 years experience vaginal discharge. As many as 75% of Indonesian women have experienced vaginal discharge with an incidence of 50% in adolescents and 25% in women of childbearing age.

The incidence of vaginal discharge in Indonesia is increasing every year. As many as 85% of Indonesian women suffer at least for life, 45% of them can experience 2 or more times (Maysaroh, 2021). Based on BKKBN data, as many as 45% of young women aged 15-24 years in Yogyakarta have experienced vaginal discharge (Shadine in Masyaroh, 2021). Based on statistical data from the Special Region of Yogyakarta (DIY) Health Office (2021), the number of young women is 260,258 (7.1%) aged 15-24 years (BPS DIY, 2021). The impact of leucorrhoea can cause discomfort and will cause various genital infections including vulvitis (vulvar infection), candidiasis vaginitis (lumpy lumpy thick and feels very itchy), cervicitis and endometritis (infection of the inner lining of the uterus).

Factors causing vaginal discharge are internal factors consisting of hormones, fungi, bacteria, viruses, physical fatigue, stress and contraceptives, while one of the external factors is attitudes in maintaining vaginal hygiene (Bahari, 2016). Hormonal factors before and after menarche, this is due to the influence of changes in the increase in the hormone estrogen. Leucorrhoea that comes out of the vagina is also caused by the hormone progesterone which changes the vaginal flora and pH, so that fungi easily grow in the vagina and cause vaginal discharge (Muryadi, 2017). Leucorrhoea can also be caused by personal hygiene behavior factors. Personal hygiene is a factor that plays an important role in avoiding infection in the genital area.

Knowledge of reproductive health is very important for women, especially vaginal discharge so that they know how they should deal with vaginal discharge which will later be related to the vaginal discharge they experience. For women who lack knowledge and information about the cleanliness of the genital organs, it will also have an impact on maintaining the cleanliness of the genital organs. Because good knowledge of genital care is a determining factor in maintaining genital hygiene (Hanifah et al., 2021; Mutianingsih et al., 2022). The attitude of maintaining personal hygiene also greatly affects the occurrence of vaginal discharge. This shows that caring for the reproductive organs by carrying out hygiene measures including washing the intimate organs with clean water, keeping the intimate organs moist can affect the occurrence of vaginal discharge in adolescents (Bagus and Aryana, 2019).

On December 20, 2022 a preliminary study was carried out at SMP Muhammadiyah 5 Yogyakarta, by meeting the school principal and administration to obtain information about the number of students, namely 163 people, then the principal directed them to meet the homeroom teacher for class VIII B as the coordinator. The homeroom teacher for class VIII B welcomed after receiving an explanation of the aims and objectives. The homeroom teacher for class VIII B stated that there was no outside agency that conveyed knowledge of vaginal discharge with a personal hygiene attitude. Homeroom teacher does not provide information related to knowledge of vaginal discharge with personal hygiene attitudes. The homeroom teacher provided support and allowed to conduct research and asked 3 female student representatives to be interviewed regarding knowledge and personal hygiene attitudes of young women towards vaginal discharge. Based on the results of interviews that were conducted with 3 people who had been appointed by the teacher, they said they did not know about the causes of vaginal discharge, how to overcome them, and the types of vaginal discharge. They only say that vaginal discharge is white that comes out of the uterus, while there are many types of vaginal discharge and they only know what it means. The student also

did not know about maintaining genital hygiene. Students are still confused about maintaining personal hygiene attitudes towards vaginal discharge. The attitude of personal hygiene towards vaginal discharge used by the student is that the student washes the genitals by wiping the wrong way from the back to the front. The student also admitted that she had experienced vaginal discharge, so they felt confused about taking action to deal with vaginal discharge. Based on the problems above, the researcher is interested in researching "Descriptive Study of Levels of Knowledge About Leucorrhoea with Personal Hygiene Attitudes for Young Girls at SMP Muhammadiyah 5 Yogyakarta"

Theoretical basis

Teenager

Adolescence is a period of transition from childhood to adulthood. The basic understanding of youth is growth towards maturation. This period is described by psychologists as a period filled with stress and strain, because their maturity growth is only in the physical aspect, while their psychological state is still immature when they face the rapid changes from childhood to adulthood. experience uncertainty while searching for position and identity. The term youth or youth comes from the Latin word adolesencere (the noun, adolescentia which means youth) which means "to grow" or "to grow into adulthood". Youth is the age at which individuals integrate with adult society,

Characteristics of Adolescents

It is said early youth is 12-15 years. This period lasts only a short time. This period is characterized by negative traits in adolescents so that they are often referred to as symptoms such as restlessness, lack of enthusiasm for work, pessimism, and so on. It is characterized by the appearance of instability of feelings and emotional states. The characteristic of mid-adolescence is the search for self-identity, the desire to date arises, has a deep sense of love, develops the ability to think abstractly and fantasize about sexual activity.

It is said that late adolescence is 19-22 years old. This period is a time of finding a life position and then entering into adulthood. In this period the process of perfecting physical growth and psychological development. As well as being marked by stability begins to emerge and the psychological aspect increases. Began to show stability and do not change position. Facing problems more maturely. The thinking ability of a teenager who is more perfect is supported by a realistic attitude. (Erni, 2021)

The physical changes experienced by young women are changes in physical appearance, body shape, and body proportions, while the physiological changes experienced by adolescents during puberty include the maturity of the sexual organs (Priyanti & Syalfina, 2017). Changes in psychiatric processes consist of emotional changes characterized by sensitivity (easiness to cry, anxiety, frustration and laughter), aggressive and easy to react to influential external stimuli. (Irianto, 2015).

vaginal discharge

Leucorrhoea is a liquid other than urine and blood that comes out of a young woman's vagina. Leucorrhoea can also be interpreted as excessive discharge from the vagina (vagina), which is sometimes accompanied by itching, pain, burning sensation on the lips of the genitals, cramps accompanied by a foul odor, and causes pain during urination or intercourse (Marhaeni, 2018). Leucorrhoea (Leukorea, Fluor Albus) is an early symptom of a disease in the presence of fluid secreted from the genitals that is not blood (Sukamto, 2018). The symptom of vaginal discharge that is most often found in gynecological sufferers is that this symptom is known to

sufferers because of the presence of secretions that stain their pants (Ayu, 2019). Leucorrhoea that is not treated can cause serious problems for women such as infertility (infertility),

Types of vaginal discharge are divided into normal (physiological) vaginal discharge. Normal vaginal discharge occurs according to the menstrual process. Symptoms of normal vaginal discharge are odorless, clear, not itchy, and not sore (marhaeni.GA2018). then pathological (abnormal) leucorrhoea is discharge from the vagina which is thick white, yellowish white, greenish white or grayish white from the vaginal canal, this discharge can be watery or thick in texture, sticky and sometimes frothy, this liquid emits quite an odor stinging, in certain patients it can be accompanied by itching which can cause irritation to the vagina, sometimes it can also cause pain when urinating (Riza, Qariati, & Asrinawati, 2019). The main cause of vaginal discharge is a type of one-celled animal called Trichomonas vaginalis. Leucorrhoea due to these germs will cause white discharge, some feel itchy and hot. The arrival of this germ infection can come on its own, for example from hands or pants accidentally, or exchanging clothes. Another cause that often arises is a kind of fungus. The difference between this type of vaginal discharge is that it is extremely itchy and can occur at any time. Another cause of leucorrhoea is bacteria of many kinds.

In accordance with the causative factors, the symptoms that arise due to vaginal discharge vary. The fluid that comes out can be very large, so you have to change your underwear many times, even use pads, but it can also be very little. The color of the liquid that comes out can also vary, such as being whitish (but clear), grayish, greenish, or yellowish. The level of viscosity of the liquid also varies, ranging from runny, frothy, thick, to lumps like "heads" of milk. The liquid can also smell bad, although there is also a whitish discharge that doesn't smell. Some sufferers of leucorrhoea complain of itching in the genitals and folds around the thighs, a burning feeling on the "lips" of the vagina, and pain when urinating. The itching may be constant or only occasionally.

Model Theory of Planned Behavior(TPB)

Theory of Planned Behavior is a theory that predicts considerations in human behavior. Psychologically, the nature of human behavior can be considered and planned (Kruger and Carsrud, 1993; Ajzen, 1991). Ajzen (1991), states, Theory of Planned Behavior has advantages over other behavioral theories. Theory of Planned Behavior is a behavioral theory that can recognize a person's form of belief in control over something that will happen as a result of behavior. From this, differences in behavior, between someone who wants, and someone who doesn't, can be distinguished (Dewi & Antawati, 2016).

The theory of planned behavior distinguishes between three types of beliefs, namely behavioral beliefs, normative beliefs, and control beliefs, where these are related to attitude construction, subjective norms, and perceived behavior control. . It can suffice to say that all beliefs associate attractive behavior with an attribute of some kind, be it an outcome, normative expectations, or the resources needed to perform the behavior. Thus, it is possible to integrate all beliefs about a given behavior to obtain an overall measure of behavioral disposition. The main objection to such an approach is that it obscures interesting distinctions, both from a theoretical and from a practical standpoint. Theoretically,

Intention is the main predictor of behavior, given skills/abilities and environmental factors. There are three things that influence intention, attitude toward behavior, perception of norms, and perceived behavioral control. Someone will do something if they have a positive attitude towards the behavior and they feel the norms around them oblige them to do it. In addition, assessment of one's own ability to perform the behavior is also important. However, these three aspects have different levels of consideration based on certain beliefs, norms and

controls. This explains why different people with the same attitudes, norms, and perceptions of the same control may behave differently, depending on which factor is more influential.

Knowledge

Knowledge is the result of "knowing" and this occurs after people sense a certain object. Sensing of objects occurs through the five human senses, namely sight, hearing, smell, taste and touch alone. At the time of sensing to produce this knowledge is strongly influenced by the intensity of perceptual attention to objects. Most of human knowledge is obtained through the eyes and ears (Wawan & Dewi, 2018.) According to Rogers in (Wawan & Dewi, 2018.) reveals that before people adopt new behaviors, within that person a sequential process occurs, namely Awareness (awareness), where the person is aware in the sense of knowing beforehand the stimulus (object). Interest (feeling attracted) to the stimulus or object. Here the attitude of the subject has begun to emerge. Evaluation (weighing) the individual will consider whether the action against the stimulus is good or bad for him, this means that the respondent's attitude is good again. Trial, where the subject has started trying to do something with what the stimulus wants. Adoption, where the subject has a new behavior according to his knowledge, awareness, and attitude towards the stimulus. According to (Notoatmodjo, 2012), the level of knowledge is divided into 6 levels namely know, understand, application, analysis, synthesis and evaluation. where the subject has started trying to do something with what the stimulus wants. Adoption, where the subject has a new behavior according to his knowledge, awareness, and attitude towards the stimulus. According to (Notoatmodjo, 2012), the level of knowledge is divided into 6 levels namely know, understand, application, analysis, synthesis and evaluation. where the subject has started trying to do something with what the stimulus wants. Adoption, where the subject has a new behavior according to his knowledge, awareness, and attitude towards the stimulus. According to (Notoatmodjo, 2012), the level of knowledge is divided into 6 levels namely know, understand, application, analysis, synthesis and evaluation.

According to Budiman and Riyanto (2013) factors that influence a person's knowledge include the level of education, information or mass media, social, cultural and economic, environment, experience and age. Knowledge can be measured through interviews or questionnaires which state the material content of an object to be measured from a research object or respondent. Knowledge according to Arikunto (2016), can be categorized where knowledge is good, if the respondent answers questions with a total correct score of 76-100% of the questions asked. Knowledge is sufficient, if the respondent can answer questions with a total correct score of 56-75% of the questions asked . Lack of knowledge, if the total score is <56% of the questions asked.

Attitude to Maintain Personal Hygiene

Attitude according to Wawan (2016) is a readiness or willingness to act and is not an implementation of certain motives, that attitude is still a closed reaction, not an open reaction or open behavior. Attitude is a readiness to react to objects in a certain environment as an appreciation of objects (Azwar, 2015). Meanwhile, personal hygiene is the act of caring for oneself, including maintaining the cleanliness of body parts such as hair, eyes, nose, mouth, teeth and skin (Nurudeen and Toyin, 2020). Personal hygiene is an effort made by someone to maintain and care for personal hygiene so that individual comfort is maintained (Asthiningsih and Wijayanti, 2019).

RESEARCH METHODS

This study uses a quantitative research approach. Quantitative research relies very strongly on data collection in the form of numbers resulting from measurements. Therefore the

data collected must be processed statistically so that it can be estimated properly (Arikunto, 2016). The design used in this research is descriptive research. Descriptive research is research conducted to determine the value of independent variables, either one variable or more (independent) without making comparisons, or connecting with other variables (Sugiyono, 2018). This research was conducted at SMP Muhammadiyah 5 Yogyakarta, Jl. Patehan Lor No.25, Patehan, Kraton District, Yogyakarta City, Yogyakarta Special Region 55133, research time from January to June 2023. According to Suharsimi Arikunto (2013), the meaning of the population is the entire research subject or the total number of a sample which is a very important source of data. The population in this study were all young women at Muhammadiyah 5 Yogyakarta Middle School in 2022 with a total of 163 class VII and VIII students. According to Arikunto (2017) the sample is part of the number and characteristics possessed by the population. The size of the research sample is determined using the slovin formula with a known population size:

$$n = \frac{N}{1 + Ne^2}$$

Information:
n = number of samples
N = total population
e = sampling error = 5% (0.05)

Using the formula above, the number of samples obtained is 115.8 which is then rounded up to 116 people. The sampling technique in this study is Incidental/Accidental sampling. Accidental sampling is a sampling technique based on coincidence, that is, any respondent who meets the researcher by chance can be used as a sample, if it is deemed that the person met by chance is suitable as a data source. (Sugiyono, 2016). The sampling method was by distributing questionnaires to each respondent, namely 116 young female students in grades VII and VIII.

Research variable

The research variable is the size or characteristic possessed by members of a group that is different from that of other groups (Notoatmodjo, 2012). The variable in this study is a single variable, namely knowledge about vaginal discharge and personal hygiene attitudes.

Operational Definitions and Variable Demographics

Table 1. Operational Definition

	Variable	Operational definition	Measuring instrument	Results Measure	Measure Scale
Research variables					
1	Knowledge level	Everything that the respondent knows about leucorrhoea regarding the meaning, causes, impact, prevention, ways to overcome, treatment, good habits to prevent leucorrhoea.	Knowledge Questionnaire	1. Less if the value of the respondent's answer (56%) 2. Enough if the value of the respondent's answer (56-75%) 3. Good if the value of the respondent's answer (76-100%) (Arikunto, 2016)	Ordinal

	Variable	Operational definition	Measuring instrument	Results Measure	Measure Scale
2	Personal Hygiene attitude	All the habits of teenagers to maintain cleanliness regarding good and bad personal hygiene in the reproductive organs	Attitude Questionnaire	1. Less if the value of the respondent's answer (56%) 2. Enough if the value of the respondent's answer (56-75%) 3. Good if the value of the respondent's answer (76-100%) (Arikunto, 2016)	Ordinal
Characteristics of respondents					
3	Age	The unit of time measured from the time the respondent was born until the time the research was conducted	Questionnaire	1. Early adolescence (12-15 years) 2. Late adolescence (16-18 years) (Mongks et al., 2014)	Ordinal
4	Father's education	The last level of formal education is taken by the father of the young woman	Questionnaire	1. Basic (SD/MI, SMP) 2. Intermediate (SMA/SMK/MA) 3. High (PT/equivalent)	Ordinal
5	Mother's education	The last level of formal education is taken by the mother of the young woman	Questionnaire	1. Basic (SD/MI, SMP) 2. Intermediate (SMA/SMK/MA) 3. High (PT/equivalent)	Ordinal

Research Tools and Materials

Knowledge questionnaire. Knowledge is the result of "knowing" and this occurs after people sense a certain object. A knowledge questionnaire about personal hygiene for vaginal discharge was created to measure the subject's ability in terms of personal hygiene knowledge. Attitude questionnaire, Attitude is a readiness or willingness to act and is not an implementation of certain motives, that attitude is still a closed reaction, not an open reaction or open behavior. The attitude questionnaire about personal hygiene towards vaginal discharge was created to measure the subject's ability in terms of personal hygiene attitudes. Data collection materials in this research use data sources and theories that can be obtained from various sources such as books, journals, official websites and articles.

Validity and Reliability Test

Validity test

According to (Zulgenef, 2006) Validity is the level of reliability and authenticity of the measuring instrument used. The instrument is said to be valid, meaning that the measuring instrument used to obtain data is valid or can be used to measure what should be measured. The research instrument that will be tested in this study is a questionnaire sheet containing questions related to the variables to be studied. The validity test of this research will be carried out at Sewon 2 Public Middle School because it has the same characteristics, the location for the validity test does not include the location of the research sample. The results of the validity test on the knowledge variable obtained rcount ranging from 0.195 to 0.787. The initial number of questions was 20 questions, it was found that there were 2 invalid questions with question numbers 17 and 19 because they had a correlation smaller than 0.361 (r table n = 30). The final

total number of knowledge variable questions that were declared valid was 18 items. The attitude variable obtained rcount ranges from 0.476 to 0.672. The initial number of questions was 10 questions, it was known that all questions were declared valid because they had a correlation greater than 0.361. The final total number of attitude variable questions that were declared valid was 10 items. Items that were not valid in this study were discarded/not used in the study. The attitude variable obtained rcount ranges from 0.476 to 0.672. The initial number of questions was 10 questions, it was known that all questions were declared valid because they had a correlation greater than 0.361. The final total number of attitude variable questions that were declared valid was 10 items. Items that were not valid in this study were discarded/not used in the study. The attitude variable obtained rcount ranges from 0.476 to 0.672. The initial number of questions was 10 questions, it was known that all questions were declared valid because they had a correlation greater than 0.361. The final total number of attitude variable questions that were declared valid was 10 items. Items that were not valid in this study were discarded/not used in the study.

Reliability Test

After conducting a validity test, then a reliability test was carried out to determine the extent to which the instrument can be trusted with its constraint coefficient. According to Polit et al., in 2007 the kappa statistic is a quantitative method. This technique is used by several researchers such as Wynd, Schmidt, and Schaefer (2003) who used CVI and a kappa multi-rater to validate the contents of the enhanced scale. Experts argue that kappa statistics are an important complement to the CVI, but not a replacement. Kappa are more likely to provide information at the agreement stage (Hendryadi, 2017). Kappa statistic or interrater reliability is a scale for testing agreement between two examiners and examiners on categorical variables. The multi-reter kappa technique can be used if there are more than two raters, the statistical measure of inter-rater reliability was Cohen's Kappa which usually ranged from 0 to 1.0 although a negative number was corroborated with a large value indicating better reliability, a value closer to 0 or less than 0 indicated that agreement was purely coincidental. The results of the reliability test for the knowledge variable were 0.894 and the motivation variable was 0.746. It was found that the value of Cronbach's alpha was > 0.7 so that the question items were declared reliable.

Data Processing and Analysis Methods

Data processing

Following is the data processing process according to Heryana (2019):

1. Data Check (Editing). In carrying out activities checking this data includes calculations and additions and corrections (checking data completeness, data continuity and data uniformity).
2. Coding (Coding). Coding is the activity of changing data in the form of words into numbers to make it easier to do tabulations. The number code used for each variable according to the criteria described in the operational definition of the variable.
3. Transferring data (Transfering). Transferring is an activity of entering coded information into a data processing program on a computer.
4. Compiling data (Tabulating). Tabulating is the stage of compiling and displaying data briefly in tabular form, so that the data is ready for analysis.

Data analysis

Univariate analysis is an analysis of each variable to describe the mean, median, mean, mode, proportion. Univariate analysis aims to explain or describe the characteristics of each

research variable. Univariate data analyzed in this study, namely the level of knowledge with personal hygiene attitudes using the percentage formula. The percentage formula used is as follows:

$$p = \frac{x}{n} \times 100\%$$

Information:
p = Percentage
× = Number of correct answers
n = Total number of items

RESEARCH RESULTS AND DISCUSSION

Research Subject Character

Table 2. Characteristics of young women at SMP Muhammadiyah 5 Yogyakarta

Variable	Frequency (f)	Percentage (%)
Age		
13 years old	32	27,6
14 years	53	45,7
15 years	30	25,9
16 years	1	0.9
Father's Education		
Elementary School	1	0.9
Junior High School	23	19,8
Senior High School	75	64,7
College	17	14,7
Mother's Education		
Elementary School	2	1,7
Junior High School	17	14,7
Senior High School	82	70,7
College	15	12,9
Total	116	100.0

Based on Table 2, it shows that the characteristics of respondents at SMP Muhammadiyah 5 Yogyakarta are the majority aged 14 years as many as 53 (45.7%), father's education is high school as much as 75 (64.7%) and mother's education is high school as much as 82 (70.7%) .

An Overview of Knowledge about Leucorrhoea for Young Women at SMP Muhammadiyah 5 Yogyakarta

Table 3. Overview of Knowledge of Leucorrhoea for Young Women at SMP Muhammadiyah 5 Yogyakarta

Variable	Frequency (f)	Percentage (%)
Level of Knowledge About Leucorrhoea		
Not enough	6	5,2
Enough	26	22,4
Good	84	72,4
Definition of Leucorrhoea		
Not enough	12	10,3
Enough	10	8,6
Good	94	81.1
Causes and Impact of Leucorrhoea		
Not enough	23	19,8
Enough	24	20,7
Good	69	59.5

Preventionvaginal discharge		
Not enough	5	4,3
Enough	27	23,3
Good	84	72,4
Total	116	100.0

Based on Table 3, it shows that the majority of respondents in the good category Knowledge of Leucorrhoea for Young Women at SMP Muhammadiyah 5 Yogyakarta. The level of knowledge about leucorrhoea is less than 6 (5.2%). The level of knowledge about leucorrhoea was sufficient as much as 26 (22.4%) while the level of knowledge about vaginal discharge was good as much as 84 (72.4%). The meaning of vaginal discharge was lacking by 10 (8.6%) meaning while the understanding of good vaginal discharge was 94 (81.1%). The causes and effects of poor vaginal discharge were 23 (19.8%) The causes and effects of sufficient vaginal discharge were 24 (20.7%), while the causes and effects of good vaginal discharge were 69 (59.5%). Less prevention was 5 (4.3%), Adequate prevention was 27 (23.3%), while good prevention was 84 (72.4%).

Description of Personal Hygiene Attitudes for Young Women at SMP Muhammadiyah 5 Yogyakarta

Table 4. Description of Personal Hygiene Attitudes for Young Girls at SMP Muhammadiyah 5 Yogyakarta

Variable	Frequency (f)	Percentage (%)
Personal Hygiene Attitude of Young Women		
Not enough	2	1,7
Enough	93	80,2
Good	21	18,1
Attitudes towards Prevention		
Not enough	8	6,9
Enough	94	81.0
Good	14	12,1
Attitudes towards Impact		
Not enough	4	3,4
Enough	85	73,3
Good	27	23,3
Total	116	100.0

Based on Table 4, it shows that the personal hygiene attitude of young women is sufficient as many as 93 (80.2%), good as many as 21 (18.1%), and less as many as 2 (1.7%). Based on the indicators of adequate prevention attitudes, there were 94 (81.0%), good as many as 14 (12.1%), and less than 8 (6.9%). Based on the attitude indicator, the impact was sufficient as many as 85 (73.3%), good as many as 27 (23.3%), and less than 4 (3.4%).

Discussion

An Overview of Knowledge about Leucorrhoea for Young Women at SMP Muhammadiyah 5 Yogyakarta

Based on Table 3, the description of knowledge of young women about vaginal discharge is known to be in a good category (72.4%) but there are also those who have less knowledge (5.2%). The description of the knowledge of young women based on indicators of understanding vaginal discharge, the causes and effects of vaginal discharge, and the prevention of the majority have good knowledge. The understanding of vaginal discharge was lacking (8.6%) while the understanding of vaginal discharge was good (81.1%). The causes and effects of vaginal discharge are less (19.8%), sufficient (20.7%), while good (59.5%).

Prevention is less (4.3%), sufficient (23.3%), while good (72.4%). Overall knowledge about vaginal discharge, the majority have good knowledge, but there are also those who have less knowledge. In line with research (Hanipah & Nirmalasari, 2020) it is known that the majority of female adolescents' vaginal discharge in handling vaginal discharge is in the good category (72.4%). Likewise, another study by Sismiani et al., (2023) found that young women have a good level of knowledge.

Research studies in Sri Lanka found that most respondents (97.1%) had a low level of knowledge (<50%) about vaginal discharge. Key areas of knowledge deficit include causes of pathological vaginal discharge and reproductive tract infections. Culture-specific health education intervention measures need to be targeted to increase their knowledge, attitudes, and practices towards abnormal vaginal discharge (Ilankoon et al 2022). Problems related to genital hygiene are not adequately recognized and have not received proper attention during the adolescent phase which impairs the health of girls and there is an increased susceptibility to reproductive tract infections and pelvic inflammatory disease and other complications. A study in Nepal showed that adolescents had inadequate knowledge which led to poor genital hygiene practices. Awareness of the need for information about good genital hygiene practices is essential (Shah et al., 2019).

Knowledge about vaginal discharge in adolescents is very important, proper information about vaginal discharge can help adolescents prevent and treat vaginal discharge. Mostly obtaining a lot of information or knowledge will affect a person's behavior according to the knowledge they have (Sismiani et al., 2023). Based on the type of information source that students get about vaginal discharge knowledge, there are 60 respondents (42%) through internet media (Eduwan, 2022). Students said that the source of information was from some students who stated that there was no counseling from local health workers, but even though young women had not received information from local health workers, young female students had received their sources of information through social media regarding reproductive health (Sari et al. , 2023).

Good knowledge means that respondents will also have good actions in keeping their female organs clean and protected from leucorrhoea. Good knowledge and based on awareness create positive and long-lasting behavior. Looking for information about leucorrhoea and how to prevent it, how to increase knowledge which then makes a person take the attitude to do it immediately, for example, such as how to do the correct washing from front to back, not using other people's toiletries, flushing the toilet before using it, not using other materials which are irritants to the genitalia, and are able to manage thoughts and emotions thus, correct and appropriate behavior is formed to maintain genital hygiene and avoid vaginal discharge (Hamida, 2023).

This study found that the majority of young women have good knowledge about leucorrhoea prevention. Knowledge of young women about prevention of leucorrhoea, where knowledge of young women influences the occurrence of leucorrhoea, this will help to understand the changes in the body during vaginal discharge so as not to cause misunderstandings in dealing with it. Therefore, how to prevent and treat leucorrhoea greatly influences their behavior to prevent and treat leucorrhoea (Sismiani et al., 2023). Likewise, as stated by Pondaang that the knowledge of a young woman can influence her mindset which in turn will increase awareness to maintain her reproductive health so that vaginal discharge can be avoided.

This research is known that there are still students who have less knowledge. In line with previous research that most young women have less knowledge about the management of vaginal discharge. This is because they receive less information or have never received

information about leucorrhoea (Haruddin & Hasnawati, 2023). Based on knowledge indicators, the majority of young women have good knowledge about vaginal discharge, but there are also those who have poor knowledge. Good knowledge is supported by the information obtained by young women about vaginal discharge. The better young women know and understand the information obtained, the better their knowledge and behavior will be in preventing or dealing with leucorrhoea when it occurs.

Description of Personal Hygiene Attitudes for Young Women at SMP Muhammadiyah 5 Yogyakarta

Based on Table 4, it shows that the personal hygiene attitude of young women is sufficient (80.2%), good (18.1%), and lacking (1.7%). Based on the attitude indicator, prevention is sufficient (81.0%), good (12.1%), and lacking (6.9%). Based on the attitude indicator the impact is sufficient (73.3%), good (23.3%), and less (3.4%). The personal hygiene attitude of young women is known to be in the pretty good category. Likewise, based on the attitude indicators, it is known that attitudes in prevention and attitudes towards the impact of personal hygiene give an overview of many young women in the sufficient category. This study supports previous research conducted by Fadilasani et al (2023) that the majority of young women have positive personal hygiene attitudes. With a positive personal hygiene attitude, it is hoped that female students will avoid various intimate organ diseases caused by bacteria. Another study conducted by Aprita & Susianawati (2023) showed that of the 34 respondents the attitude of the highest adolescents was in the good category at 70.6%, as much as 26.5% was sufficient. This research is in line with previous research which found that the results of the attitude frequency distribution showed that 54.1% of respondents had a bad attitude in personal hygiene (Nurhayati & Wuri, 2020). As many as 53.3% of young women have a negative attitude towards personal hygiene. Continuously poor personal hygiene can increase the risk of pathological vaginal discharge in young women. Young women to reduce dependence on pantyliners, wear underwear that absorbs sweat, and avoid tight underwear (Krisdayanti & Hasyim, 2021).

The results of previous studies showed that young women had a supportive attitude towards maintaining vaginal hygiene, as seen from the young women who already knew attitudes including how to wash the genital area after defecating or urinating, using tissue or a small towel to dry the genital area, not using vaginal soap and not using dirty underwear. made from non-absorbent sweat (Destariyani et al., 2023). Likewise, what was conveyed by Aprita & Susianawati (2023) that students who have a good attitude about personal hygiene during menstruation, because according to them, if the underwear used is damp, it should be changed quickly so that infection does not occur in the vaginal area. Meanwhile, the attitude of the students regarding personal hygiene during menstruation is sufficient because according to them, if you are menstruating, the pads must be changed frequently (no more than 6 hours/if they are full of menstrual blood) because otherwise an infection will occur. Young women who are reluctant to clean their bodies are likely to have vaginal discharge. Teenagers who are lazy to clean their bodies are likely to have bacteria or fungi enter the female organs, if bathing the female organs are not cleaned, they do not change their underwear up to 3 times a day and do not use clean underwear made of cotton. Rarely wash hands before touching the vagina (Hamida, 2023). Young women who are reluctant to clean their bodies are likely to have vaginal discharge. Teenagers who are lazy to clean their bodies are likely to have bacteria or fungi enter the female organs, if bathing the female organs are not cleaned, they do not change their underwear up to 3 times a day and do not use clean underwear made of cotton. Rarely wash hands before touching the vagina (Hamida, 2023). Young women who are reluctant to clean their bodies are likely to have vaginal discharge. Teenagers who are lazy to clean their bodies

are likely to have bacteria or fungi enter the female organs, if bathing the female organs are not cleaned, they do not change their underwear up to 3 times a day and do not use clean underwear made of cotton. Rarely wash hands before touching the vagina (Hamida, 2023).

This study found that adolescents have less personal hygiene attitudes. According to previous research, attitude in caring for the reproductive organs is a major factor in the health of the reproductive organs. The existence of a bad attitude in keeping the genital area clean such as washing with dirty water, using rinse aid excessively, using pants that do not absorb sweat, rarely changing underwear and not changing pads frequently can be a factor in the occurrence of vaginal discharge in adolescents. Attitudes are determined by knowledge, individual beliefs, responses to stimuli, and the influence of the surrounding environment. The lack of good adolescent personal hygiene attitudes is caused by the lack of information obtained and the lack of communication between parents and their children regarding personal hygiene during menstruation. The attitude of young women in terms of prevention attitudes and the impact of personal hygiene is known to be quite good. The majority of adolescents who have a fairly good attitude in personal hygiene can be supported by the knowledge that has been obtained. Adolescent girls who lack a supportive attitude in personal hygiene may be due to a poor absorption of the information obtained previously.

CONCLUSION

The description of knowledge about vaginal discharge in young women at SMP Muhammadiyah 5 Yogyakarta is good as many as 84 (72.4%), enough as many as 26 (22.4%) and lacking as many as 6 (5.2%). There were 93 (80.2%) good attitudes towards personal hygiene for young women at SMP Muhammadiyah 5 Yogyakarta, 21 (18.1%) good, and 2 (1.7%) lacking.

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