

THE INFLUENCE OF VULVA HYGIENE HEALTH EDUCATION USING THE GALLERY WALK METHOD ON THE ABILITY TO TREATMENT OF LEUCORRHOEA IN BOARDING SCHOOLS

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ABSTRAK

Vulva hygiene is an individual effort to maintain the cleanliness of the private area which all women should do. But not all women, especially young women are able to do it properly and correctly. The prevalence of leucorrhoea management in adolescents in Islamic boarding schools shows that 51.3% of students do not manage it properly. One effort to increase knowledge and change adolescent behavior is by providing health education using the gallery walk method. The purpose of this study was to determine the influence of vulva hygiene health education using The gallery Walk method on the ability to treatment of leucorrhoea In boarding schools. this research is a quasi-experimental design type of One Group Pre-Post Test Design Without Control Group, the population is 52 respondents with a total sampling technique. Results: the research shows that the age characteristics of the majority of respondents are 16 years old and the majority are from class X (46.2%). After conducting health education using the gallery walk method, knowledge increased (9.5%), attitudes increased (100%), and abilities increased (96.2%). The results of statistical tests using Chi Square showed that there was an influence of vulva hygiene health education using the gallery walk method on the ability to manage leucorrhoea at the Darul Muqorrobun Islamic Boarding School with a probability value of 0.05.

Keywords: gallery walk method; treatment of leucorrhoea; vulva hygiene

INTRODUCTION

Adolescence is a transitional period from childhood to adulthood (Ertiana, Agy, Aprilia, Endang, & Yayuk, 2020). Changes in growth in female adolescents are marked by enlarged breasts, widened hips, growth of hair in the armpits and genital area (Freska, 2022). Genital organs are an important part of maintaining health, especially during adolescence. Because adolescence is the best time to build behavior to maintain the cleanliness of the genital organs (Marcelina, 2021). If the practice of cleaning the genital organs is not good, it will have the impact of infectious diseases such as candidiasis, bacterial vaginosis, vaginal discharge, irritation, dermatitis, and symptoms of reproductive tract infections (Umami, Rahmawati, & Maulida, 2021).

The behavior of adolescents in carrying out vulva hygiene is still not in accordance with what is exemplified, namely cleaning the genital organs from the back to the front (Cahyani, Kurniasih, & Komalawati, 2022). There are still teenagers who do not perform vulva hygiene (Zalni, 2018). According to (Ministry of Health, 2018) caring for the reproductive organs, namely after urinating clean the genital organs, use a soft towel to wipe, and wear underwear that absorbs sweat. The prevalence of personal hygiene behavior in America is 60%, Sweden is 72% and in Indonesia is 55% (Khasanah, 2021). 81% of the personal hygiene of young women in Kendal Regency is in the good category (Puji, 2016; Widayati & Homisiatur, 2019). The prevalence of vaginal discharge in adolescents in Islamic boarding schools shows that the majority (51.3%) do not treat vaginal discharge (Sari Rina, 2018). The diseases that arise are in young women in the world of candidiasis (25% -50%), bacterial vaginosis (20-40%), trichomoniasis (5-15%). Kusumastuti,

Kulsum, & Riski (2021) and according to the World Health Organization (WHO) in 2018 vaginal discharge in Europe was 25% (Anggraini, 2018; Astuty, Dwiana, & Indrika, 2022). Research in India shows a high prevalence of vaginal discharge, namely 95% (Prabawati, 2019; Astuty, Dwiana, & Indrika, 2022). In Central Java, the incidence of candidiasis and cervicitis occurs in young women as much as 79.4%. Based on statistical data from Central Java in 2013, 45% of young women have experienced vaginal discharge (Wahyuni, 2018).

The health education method that can be used is the counseling method. Counseling methods are able to change adolescent behavior (Ariyanti, Sariyani, & Utami, 2019). The method that can be used for health education is the gallery walk. Gallery walk is called a walking exhibition which is a way to assess and remember what students have learned (Amin, Linda, & Yurike, 2022). Form small groups, determine topics, group results are posted in front, each group corrects the results of other groups and corrects them together (Ramdani, 2017). The advantages of the gallery walk are strengthening students' understanding, training students to respect the opinions of others, and training students to give criticism and accept criticism (Gufron, 2011; Ramdani, 2017). The results of a preliminary study conducted through interviews with 16 female students obtained results, 16 female students experienced leucorrhoea, 10 female students practiced improper vulva hygiene. Among them when experiencing vaginal discharge, they only wash with soap by washing from the back to the front and don't dry it. As many as 6 students were correct in practicing vulva hygiene.

METHOD

This type of research is a quantitative research with a quasi-experimental research design type One Group Pre-Post Test Design Without Control Group. The stage of the research that will be carried out is to carry out a pre-test after which it is given treatment by providing health education using the gallery walk method and the final stage is to carry out a post-test. The sampling technique in this study used total sampling, the population in this study were 52 female students, the sample in this study were female students, this research was conducted at the Darul Muqorrobin Islamic boarding school, Kendal Regency.

RESULTS AND DISCUSSION

Table 1.
 Frequency Distribution of Respondents by Age (n= 52)

Variabel	Mean	Median	Standar Deviasi	Min	Max	95%	
						Lower	Upper
Usia	16.27	16.00	0.992	14	18	15.99	16.55

Table 1 shows that the average age of the respondents is 16.55 years with the youngest age being 14 years and the oldest being 18 years.

Table 2.
 Frequency Distribution of Respondents Based on Vulva Hygiene Knowledge (n = 52)

Knowledge of <i>vulvahygiene</i>	<i>Pre Test</i>		<i>Post Test</i>	
	f	%	f	%
Good	0	0	5	9,5
Enough	52	100	47	90,4

Table 2 shows the frequency distribution of respondents based on their knowledge of vulva hygiene before being given health education using the gallery walk method, most of them were in the moderate category, with 52 (100%) respondents. The frequency distribution of the characteristics of respondents based on knowledge of vulva hygiene after being given health education using the gallery walk method was mostly in the moderate category as many as 47 (90.4%) of respondents and there were 5 (9.5%) of respondents with good knowledge category.

Table 3.
 Frequency Distribution of Respondents Based on Vulva Hygiene Attitudes (n= 52)

Sikap vulva hygiene	Pre Test		Post Test	
	f	%	f	%
Good	50	96,2	52	100
Enough	2	3,8	0	0

Table 3 can be seen the frequency distribution of respondents based on vulva hygiene attitudes before being given health education using the gallery walk method, most of them were in the good category as many as 50 (96.2%) of respondents and there were 2 (3.8%) respondents in the category of moderate attitude . Frequency distribution of the characteristics of the respondents based on the attitude of the vulva hygiene after given health education using the gallery walk method were all in the good category as many as 52 (100%) of the respondents.

Table 4.
 Frequency Distribution of Respondents Based on Vulva Hygiene Ability After Being Given Health Education Using the Gallery Walk Method January 2023 (n = 52)

Vulva hygiene Ability	Pre Test		Post Test		P value
	f	%	f	%	
Enough	48	92,3	50	96,2	0,044
Less	4	7,7	2	3,8	

Table 4 can be seen the results of the chi square test based on the ability of vulva hygiene before and after being given health education using the gallery walk method, obtaining a p value of 0.044 <0.05, so there is a significant difference or it means that there is an influence of vulva hygiene health education using the method gallery walk on the ability to manage vaginal discharge at the Darul Muqorrobin Islamic Boarding School.

Characteristics of Respondents Responden

The results showed that the average age of the respondents was 16.55 with the youngest being 14 years old and the oldest being 18 years old. This age is included in the middle adult category and is of productive age, this is in line with the theory of Potter & Perry (2010); Azhim, Maulana (2020), explains that psychologically middle adulthood has achieved optimal cognitive development. Cognitive development is one aspect of human development related to understanding (knowledge) (Al-faruq & Sukatin 2020). In Piaget's view, early adolescents can actively build their cognition, where the information obtained is not immediately accepted by their cognitive schemes. Early adolescents are already able to distinguish between ideas or ideas that are more important than other ideas or ideas (Sary, 2017). Teenagers are no longer limited to real and concrete experiences as a basis for thinking (Surwono, 2005; Ramadani, 2017).

Knowledge of Vulva Hygiene

There was an increase in knowledge about the management of vulva hygiene by 9.5%. The results of this study are in line with the research conducted by Ramdani (2017) which showed an increase in female students' knowledge about leucorrhoea prevention by 4.97%. Other research that supports the results of this study is research conducted by (Nopri, 2018) found that after being given health education using the gallery walk method, young women's knowledge had good knowledge of 74.3%. Supported by research conducted by Hartini (2021) that after receiving a health education intervention there was an increase in knowledge with a score of 15. So it can be concluded that health education using the gallery walk method can increase knowledge. Most human knowledge is obtained through the eyes and ears, for example sources of information that are heard such as seminars or counseling (Efendi et al, 2009; Ramadani, 2017). Providing good information is information that is given directly, one of which is by providing health education using the gallery walk method (Siberman 2010; Ramdani 2017).

In using the gallery walk method, there are several stages, namely respondents seeing directly in the form of interesting media, group work, conveying information to other groups and clarification (Ramdani, 2017). So that knowledge processes can occur in adolescents, namely knowing is interpreted only as recalling existing memories before observing something, in this case everything that is seen in terms of experience and has been seen with the five senses (Notoadmojo, 2012; Nopri, 2018).

Vulva Hygiene Attitude

Septidiningrum & Dayaningsih (2022), showed that there was an increase in attitudes after health education was carried out by 40.83%. Supported by other research conducted (Gampu et al., 2018; Hanipah & Nirmalasari 2021) that there are good attitudes of young women in 28 respondents (66.7%). Attitude is a personal response to certain stimuli or objects that involve personal opinions or emotions. Factors that influence attitudes are personal experience, external influences, culture, media, educational institutions, and emotional problems (Rakhmila, 2016; Hanipah & Nirmalasari 2021). One way that educational institutions can change attitudes is to provide health education, one of which is using the gallery walk method, the gallery walk is a method that can change the formation of attitudes to be positive (Silberman 2014; Ronoili, Imamora, & Lizelwati 2019). Gallery walks provide a different way of imparting or acquiring knowledge by means of students participating in the delivery of material so that they appear to understand more so that they can change attitudes (Nopri, 2018).

Vulva Hygiene Ability

Terjadi peningkatan kemampuan tentang tindakan tatalaksana keputihan (*vulva hygiene*) sebesar (96,2%) pada kemampuan kurang dari 4 menjadi 2 setelah dilakukan pendidikan kesehatan dan pada kemampuan cukup dari 48 menjadi 50 setelah dilakukan pendidikan kesehatan. Penelitian ini sejalan dengan penelitian yang dilakukan (Arianti & Soimah 2017) didapatkan bahwa setelah dilakukan pendidikan kesehatan terdapat perubahan perilaku pencegahan keputihan. Hal ini sesuai dengan penelitian Masluha, Rohman, & Hidayat, (2021) dengan hasil adanya peningkatan pada siswi mengenai tindakan *vulva hygiene* setelah diberikan edukasi. Penelitian lain yang dilakukan oleh Muthoharoh & Widiyawati (2018); Toibah (2021) mendapatkan hasil setelah dilakukan health education there is an increase in vulva hygiene behavior of 68.8%. According to

Notoatmodjo (2014); Harwijayanti et al., (2022) said that behavior change is basically the same as the learning process, one of the lessons that can be given is health education which is a way to improve skills and knowledge that aims to change one's life behavior (MOH RI, 2002; Hulu et al., 2020). One of the factors that can change the ability or behavior of adolescents is the provision of health education.

The Effect of Health Education (Gallery Walk) on the Ability to Manage Leuchorrhoea

The results of the chi square test based on the ability of vulva hygiene before and after being given health education using the gallery walk method obtained a p value of 0.044 (<0.05), so statistically there was a significant or significant difference at a probability of 0.05. This is in accordance with research conducted by Septiati, Kusumawati, & Kurniati (2019) who found that the application of the gallery walk method was able to increase 61.32% creative thinking ability and 72.32% mathematical communication ability. In line with research conducted by (Bestari, 2022) it was found that the gallery walk method had an effect on increasing critical thinking skills 81.83. Counseling methods are able to change adolescent behavior (Ariyanti, Sariyani, & Utami, 2019). One effort to improve adolescent behavior and knowledge is to provide health education using the gallery walk method (Notoatmojo, 2010; Ramdani, 2017). In theory, changes in behavior in a person's life go through 3 stages, namely knowledge, attitudes, and actions (Notoatmodjo 2003; Shah 2022).

The success of health education is inseparable from the techniques and media used (Manurung, 2006; Ramadani, 2017). Developing technique being able to increase student motivation, knowledge, and change in attitude, one of which is by using the gallery walk method technique (Amin, Linda, & Yurike, 2022). In the gallery walk method, it is easier for students to remember because this method involves audiovisual activities such as reading, looking at pictures, and listening to material presentation (Ramdani, 2017). According to Edgar Cone (1996); Ramadani (2017) says that by hearing someone will be able to remember 20% of what he hears, by seeing someone will be able to remember 30% of what he saw, and by hearing and seeing someone will be able to remember 50% of what he heard and saw, so that the gallery walk method is effectively used in conveying information.

CONCLUSION

The average age of respondents was 16.55 years with the youngest age being 14 years and the oldest being 18 years. Most of the respondents came from tenth class. After conducting health education using the gallery walk method, it was shown that the knowledge, attitudes, abilities of female students had increased and there was an influence of vulva hygiene health education using the gallery walk method on the ability to manage vaginal discharge at the Darul Muqorrobun Islamic Boarding School Kendal

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