



THE EFFECTIVENESS OF GIVING BETEL LEAVES IN OVERCOMING FLOUR ALBUS TEENAGERS

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ABSTRACT

Flour albus is a vaginal condition when discharge or mucus resembles pus. Leucorrhoea is not always a disease because there is also normal Flour Albus In Indonesia, about 90% of women have the potential to experience Flour Albus Leucorrhoea experienced by adolescent women aged 15-24 years, which is around 31.8%. One of the non-pharmacological treatments for leucorrhoea is betel leaf. Betel leaf contains essential oils, phenyl propane, estragol, kavicol, hidroksikavicol, kavibetol, caryophyllene This study aims to determine the effectiveness of giving betel leaf stew in overcoming vaginal discharge in adolescents in Bambankerep Village, Kedungpani Subdistrict, Mijen District, Semarang City. The research used a descriptive method with a case approach to adolescents suffering from vaginal discharge from 26 July to 1 August 2020. The instrument used was a data observation sheet using assessment by interviewing. The targets are adolescents with betel leaf therapy given for 7 days, twice a day as much as 100 cc. Respondents before being given betel leaf decoction therapy often experienced vaginal discharge so that the respondents felt uncomfortable. After being given betel leaf decoction therapy, the vaginal discharge decreased. This study is proven to be effective in giving betel leaf stew to reduce vaginal discharge.

Keyword: flour albus; piper betel; teenager

INTRODUCTION

The reproductive organs are sensitive organs and require special care. The reproductive organ health starts from maintaining personal hygiene, including vaginal hygiene to keep the vagina clean, healthy, normal and protected from disease. One of the reproductive health problem in adolescents is vaginal discharge or Flour Albus (Astuti et al, 2018). In Indonesia, about 90% of women have the potential to experience vaginal discharge because Indonesia is a tropical area, so that the fungus is easy to develop that results in many cases of Flour Albus Symptoms of vaginal discharge are also experienced by single women or adolescents aged 15-24 years, that is around 31.8%. It shows that adolescents are more at risk of vaginal discharge (Azizah, 2015).

According to WHO in 2016 it is estimated that every year there are 357 million cases of reproductive health problems, the number of cases that can be cured each year, only four cases of infectious infections can be cured include: Chlamydia trachomatis (131 million), Neisseria gonorrhoeae (87 million), syphilis (6 million), and Trichomonas vaginalis (142 million) and curable diseases among people aged 15-45 years. The Ministry of Health of the Republic of Indonesia in 2013 stated that the knowledge of adolescents about reproductive health was inadequate. It can be seen from the percentage of young women who know about Adolescent Reproductive Health (KRR) that is only around 35.3% (Nur Baety, 2019).

Lack of knowledge and information about reproductive system change in adolescence causes anxiety and shame because they are different from their peers. It has resulted in various problems related to their reproductive organs. One of them is the appearance of vaginal discharge in young

women (Dhuangga, et al, 2012). According to the National Center for Biotechnology Information (NCBI), about 75% of women will experience vaginal discharge and as many as 45% of women will experience vaginal discharge twice or more. At least once in a life and as many as 45% of women experience vaginal discharge twice or more. Whereas for women in Europe the vaginal discharge rate is 25%, of which 40-50% will experience a recurrence (Kurniasari, 2019).

The risk of fluoride albus can be experienced by various ages. Women of childbearing age have a higher risk of fluoride albus than adolescents because women of childbearing age often develop PID or Pelvic Inflammatory Disease. In addition, excessive and abnormal flour albus can also be an early symptom of cervical cancer (Ula, 2018). Flour Albas can be overcome in various ways, namely pharmacologically and non pharmacologically. Empirically based non-pharmacological treatment of vaginal discharge can be done, including using betel leaf, beluntas, and jawer kotok or iler by boiling and drinking the water or using it locally by using boiled betel leaf water to rinse the vagina. Betel and beluntas leaves have been scientifically proven to inhibit the growth of *Candida albicans* at various concentrations (20-100%) (Bahari, Hamid, 2012).

According to Hardiyanti (2020) green betel leaf is believed to have various health benefits. One of them is for vaginal discharge and to maintain vaginal cleanliness. Betel leaf is known to contain a chemical compound called eugenol. This compound is anti-fungal. This compound can ward off the fungus *Candida albicans* that is known to be one of the causes of Flour Albus Apart from being anti-fungal, betel leaf is also anti-bacterial. One of these bacteria is called *Neisseria gonorrhoeae*. This anti-bacterial property is believed to the presence of polyphenols and flavonoids.

Based on data obtained in Bambankerep, Kedungpani Village, Mijen District, Semarang City, on July 13, 2020, there were 7 teenagers who suffered from vaginal discharge, the average age of this teenager was 15-20 years. Patients with vaginal discharge have different ways of dealing with discomfort in the area of femininity in adolescents, in overcoming their vaginal discharge there are teenagers who use feminine cleansers and teenagers who experience vaginal discharge but may be left alone without using drugs or feminine cleansers.

Teenager in dsn Bambankerep who experience vaginal discharge are 15-20 years old. This teenager has never known the benefits of green betel leaf. It is due to the lack of knowledge and information from adolescents who do not yet know the benefits of green betel leaves, Bambankerep teenagers only let the green betel plant grow without being used for treatment. Based on this phenomenon, researchers are interested in conducting research with the purpose to the effectiveness of giving betel leaves in overcoming flour albus teenagers at Dsn Bambankerep Kedungpani Village, Mijen Sub-District, Semarang City.

METHOD

The research used a descriptive method with a case approach to adolescents suffering from vaginal discharge from 26 July to 1 August 2020. The instrument used was a data observation sheet using assessment by interviewing. The targets are adolescents with betel leaf therapy given for 7 days, twice a day as much as 100 cc. This type of case study was a pre-experimental study

with a pretest posttest onegroup design without control group. This type of design does not have a control group, measurements are carried out before and after treatment (Muri Yusuf, 2014).

RESULTS AND DISCUSSION

This research was conducted in dsn Bambankerep Kedungpani Village, Mijen District, Semarang City. The research was conducted on July 26, 2020 to July 31, 2020. The respondents of this study were clients who suffered from vaginal discharge, adolescents who were vulnerable to the age of 15-20 years, and were willing to be respondents for 6 days. There were 2 clients who suffer from vaginal discharge, who do not consume drugs to treat vaginal discharge and are willing to become respondents. This research was conducted by giving therapy in using betel leaf decoction that is used to clean regularly for 6 days as much as 100 cc in the morning and 100 cc in the evening for one use from the front to the back of the female area. The data obtained were 2 female respondents aged 19 and 20 years and the pre and post conditions of clients suffering from Flour Albus Meanwhile, to assess vaginal discharge in clients using an observation sheet. This study aimed to determine the effectiveness of betel leaf stew in overcoming vaginal discharge in adolescents in Bambankerep Village, Kedungpani Village, Mijen District, Semarang City.

Tabel 1.

Results of Interviews with Respondent 1 and Respondent 2 (Pre and Post Intervention) (n = 2)

No.Respondent	Focus Data (Pre)	Focus Data (Post)
1 (Nn. L)	"The client said it is uncomfortable because occasionally felt itching in the vaginal area due to vaginal discharge" Result on the observation sheet = 7	"The client said the vaginal discharge is getting less and less itchy" The result on the observation sheet = 2 decreases
2 (Nn. A)	"The client said there is often a lot of vaginal discharge that causes itching in the pubic area, sometimes with a slightly sour smell like stale milk" The results on the observation sheet = 5, 7, 8	"The client said the vaginal discharge is decreasing and itching is less frequent." The result on the observation sheet = 1, 3, 4 decreases

The analysis of the table showed that giving betel leaf decoction therapy intervention to clients suffering from vaginal discharge is very effective, because in the table it is shown that the difference in the results of observations before being given betel leaf stew therapy and after being given betel leaf stew becomes decrease. The research that the researchers conducted in dsn Bambankerep, Kedungpani Subdistrict, Mijen District, Semarang City, showed that betel leaf decoction therapy is effective in overcoming vaginal discharge, the average client who used boiled betel leaf water experienced changes in Flour Albus

This research is in line with (Pulungan, F K, 2018) with the title of the effectiveness of green betel leaf and red betel leaf in overcoming pathological vaginal discharge in adolescents in senior high school students of Pematang Siantar. It is found that giving betel leaf stew is very effective

in dealing with Flour Albus According to (Nur Baety, 2019) in the title of the effectiveness of boiled green betel leaf water in dealing with vaginal discharge in class xi Muhammadiyah 1 Gombong there is a difference between pre and posttest which means that there is a significant effect between pre and post-test after being given the intervention of wiping with boiled water of betel leaf green to treat Flour Albus

According to (Andareto, 2015) the content of green betel leaf (piper betle.l) is very good for treatment, there are several ingredients contained in green betel leaf including astiri oil, hidrosikavicol, kavicol, cavibetol, allyprokatekol, eugenol, caryophyllelen, cyneole, candinene , diastse, starch, terpennene, sesquiterpene, phenyl propane, tannins, sugar, and anti-fungal. Because of this very rich content, betel leaf is often used in traditional medicines to treat various diseases such as: swollen gums, vaginal discharge, mouth sores, dengue fever, smooth menstruation, asthma, sore throat, eliminating underarm odor, and nosebleeds. Betel leaf is a plant that is often used as an alternative to reduce vaginal discharge, in addition to many around the home environment, green betel leaves are often used because of the risk of harmless side effects. Generally , the content of betel leaf has active chemical compounds such as polyphenols, alkaloids, steroids, saponins, and tannins (Handayani 2017).

CONCLUSION

After conducting research and discussion about the effectiveness of giving betel leaf stew in overcoming vaginal discharge in adolescents in Bambankerep Village, Kedungpani Village, Mijen District, Semarang City, the following conclusions are obtained: (1)Flour albus is a vaginal condition when discharge or mucus resembles pus. Flour Albus is not always a disease because there is also normal Flour Albus Therefore, vaginal discharge is divided into two, namely normal vaginal discharge and abnormal Flour Albus. (2)The results showed that the vaginal discharge before being given the intervention with vaginal discharge after being given the intervention had changes. (3)Based on the results of the research, the results of the effectiveness of giving betel leaf stew in overcoming vaginal discharge in adolescents in Bambankerep Village, Kedungpani Village, Mijen District, Semarang City, are very effective for non-pharmacological therapy for people with Flour Albus .

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