

Parental Support and Practises of Personal Hygiene Reproductive Organs for Girls Student Ummul Quro

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Abstract—Personal hygiene of reproductive organs is an important effort to prevent reproductive organ infections that can affect reproductive health. The study was conducted to determine the support of parents in providing information on reproductive organ health and practices personal hygiene of reproductive organs of female students at Ummul Quro High School. The results of the study are expected to be a source of information in planning integrated activities to encourage female students to make optimal reproductive health efforts. The research design used was descriptive, the samples were female students of Ummul Quro Salopa Tasikmalaya high school students who were selected using a purposive sampling technique. The variables studied included the practice of supporting parents in providing information on reproductive health and practices the personal hygiene of reproductive organs. Data collection using a questionnaire with closed questions, and then the data were analyzed by univariate analysis using a frequency distribution. The results showed that only a few parents (especially fathers) provided information on the health of reproductive organs. Practices Personal hygiene of female reproductive organs of female students at Ummul Quro Senior High School is in the poor category. Thus, female students must be constantly reminded to do good personal hygiene of reproductive organs and parents need to provide reproductive organ health information early on.

Keywords—Parental, Practices, Reproductive

I. INTRODUCTION

Reproductive health is the condition of a person's physical, mental, and social health that is associated with their reproductive functions and processes. Women are more vulnerable and have a higher risk for reproductive health problems, including infection of the reproductive organs. Reproductive organ infections that are not treated immediately can affect reproductive health and fertility[1]. According to one of the reproductive health problems that are often experienced by women when they pay less attention to their reproductive health is vaginal discharge, which is the condition of the vagina to secrete pus or

discharge like pus. This condition is also not uncommon in adolescent girls.

Adolescent reproductive health is a health condition that involves the health problems of the reproductive organs, whose readiness begins at the age of adolescence marked by the first menstruation of teenage girls or wet dreams for teenage boys. Adolescent reproductive health includes functions, processes, and adolescent reproductive systems. The intended health is not only free from disease or disability but also physically, mentally, and socially healthy[2].

Health problems at the age of adolescence are one of the important issues in the life cycle. The health problems age Adultmostly related to health behaviors or lifestyles at a young age including teens. Healthy living behavior from an early age is one of the important efforts in creating productive and quality human resources in the future. Some risk behaviors in adolescence include smoking, unbalanced nutrition, lack of activity physical, individual hygiene and sanitation, depression/ stress, consumption of illegal drugs, and consumption of alcoholic beverages.

Adolescence is a transition period marked by various emotional, psychological, and physical changes with unique characteristics. Teenagers need to get the right information about reproductive health and various factors that affect reproductive health. Adolescence as a starting point for the reproductive process shows that the preparation of an intervention strategy needs to begin long before the childbearing age. The value of girls and boys in family and society, and how the treatment they receive is an important factor that will determine their reproductive health in the future. Physical, psychological, and emotional changes in adolescents at puberty can make adolescents more expressive in exploring their genital organs and sexual behavior. Meanwhile, wrong knowledge and perceptions about sexuality and reproductive health can cause adolescents to behave at risk for their reproductive

health and also have reproductive health problems which will certainly affect health status in the next phase of life. The role of parents and teachers becomes important in assisting adolescents to find and find appropriate reproductive health information.

One of the problems that occur in adolescence is related to reproductive health. A survey conducted by the World Health Organization shows that girls 10-14 years of age have reproductive health problems in the form of irritation. One problem that occurs in women is vaginal discharge. Leucorrhoea should not be underestimated because it can cause infertility and cancer. As many as 75% of women in the world experience vaginal discharge, at least once in a lifetime, and 45% of them experience it twice or more. One of the causes of vaginal discharge is the lack of cleanliness in the genital area (external reproductive organs) [3]. The results of the 2012 IDHS on adolescent reproductive health indicate that adolescent knowledge about reproductive health is still inadequate. Also, as many as 43.3 million Indonesian teenage girls experience and itching in genital areas. Research conducted by Suwandono, et al in Central Java, East Java, and Bali, shows that 65% of teenage parents, 83.3% of school teachers, and 77.3% of teenagers have less knowledge, in terms of adolescent reproductive development, psychological and emotional changes in adolescents sexually transmitted diseases and abortion [4]. Adolescent girls are the focus of attention because female reproductive organs are more complex than men and the health risks it creates are also more numerous.

TABLE I. PERSONAL CATEGORY HYGIENE REPRODUCTIVE ORGANS OF UMMUL QURO HIGH SCHOOL STUDENTS SALOPA TASIKMALAYA IN 2020

Groups	Frequency	%
Good	51	51.0
Less	49	49.0
Total	100	100.0

Data in table I shows that only 51% of Ummul Quro High School students have personal behaviors hygiene of reproductive organs that are good. Some behaviors that are

SMA IT Ummul Quro has 102 female students, all of whom are at risk of experiencing reproductive health problems if they do not adopt the right behavior in maintaining their reproductive organs which are supported by proper information about reproductive health [5]

II. METHOD

The research method used is a quantitative method with a descriptive design. The population in this study were all female students of Ummul Quro Salopa Tasikmalaya IT High School and 100 samples were selected that met the criteria, which were at the location at the time the data was collected and had menstruated. Data collection was carried out on January 24, 2020, according to the time provided by the school. The variables measured included personal hygiene of the reproductive organs and parental support in providing information related to the health of the reproductive organs. Reproductive organs in question are external reproductive organs. The instrument used was a questionnaire with closed questions that had previously been tested for validity and reliability. The data collected is processed and analyzed by bringing up the frequency distribution values for each variable.

III. RESEARCH RESULTS

A. Personal Hygiene

Samples in this study amounted to 100 people consisting of students of class X, XI, and XII, with a picture of personal hygiene as follows.

still not done well by students can be seen in the following table.

TABLE II. PERSONAL HYGIENE REPRODUCTIVE ORGANS STUDENTS OF SMAIT UMMUL QURO SALOPA TASIKMALAYA IN 2020

Indicator	Percentage		
	Always	Sometimes	Never
Changing clothes 2 times a day	59	40	1
Wiping from front to back	52	39	9
Using special soap for femininity	5	28	67
Changing pads 4-6 times a day	31	56	13
Bring dressing pads when traveling	70	29	1
Washing hands before a worm	66	32	2
Washing a bandage that has been used before disposal	99	1	0
Drying a female organ with a towel / tissue after a wipe	31	68	1

Expectations students always apply personal hygiene reproductive organs every day, but the data in table 2 shows that only 59% of students always change their clothes twice a day, only 70% of students always bring sanitary pads when traveling, only 66% of students wash their hands after

cleansing, and only 31% always dry the female organs with a towel/ tissue after the wipe.

B. Parental Support

The third tabel showing about parental support in providing information related to reproductive organ health.

TABLE III. PARENTAL SUPPORT IN PROVIDING HEALTH INFORMATION ON REPRODUCTIVE ORGANS FOR SMAIT UMMUL QURO SALOPA TASIKMALAYA IN 2020

Criteria	Frequency	%
Mother Support		
Yes	79	79.0
No	21	21.0
Total	100	100.0
Support Mr		
Yes	18	18.0
No	82	82.0
Total	100	100.0

Data in table 3 shows that not all students have received information support about reproductive health from parents. Students who received information support for reproductive health from their mothers were 79%, and only 18% said they received information support from their mothers.

IV. DISCUSSION

A. Personal Hygiene

Personal hygiene that is not properly applied can cause unpleasant odors in the external reproductive organs due to vaginal discharge, infection, poor hygiene (too moist because the underwear is very tight and made of hot material). The results of research show that personal hygiene of reproductive organs is significantly related to the incidence of vaginal discharge [6]. In line with research by Amini Bahram, Baghchesaraie Hamid, and Torabi Zohre in Zanjan, Iran, which shows that bacteria in the vagina can be influenced by hygiene behavior and certain socio-demographic characteristics [1]. Menstrual hygiene management can affect the reproductive tract but the specific infections, the strength of effect, and the route of transmission, remain unclear [7].

Some of the activities that women must do in maintaining external reproductive organs include changing clothes 2 times a day, wiping from front to back, not often using special soap for the female area, changing pads 4-6 times a day during menstruation, carrying pads replace when traveling, wash your hands before a worm, and dry the female organs with a towel/ tissue after a worm. the frequency of changing underpants, how to wash the vagina, use tissue after washing the vagina, and the frequency of changing pads affects the incidence of vaginal discharge in female students at Islamic boarding schools in Surabaya [8].

Changing underwear (panties) at least 2 times a day is done to keep the vagina from getting moist. Good underwear made of cotton so that it can absorb sweat and maintain moisture. It is not recommended to use underwear from fiber cloth synthetic because it is airtight. The use of underwear made from fibers synthetic causes the temperature in the mouth of the vagina to be higher thereby increasing the production of fungus, creating a layer of oil that will make the skin cracked and irritated.

Another thing to consider is a worm. The worm must be done properly so that microorganisms that are likely to be present in the anal area are not carried into the vaginal area which can cause infection, inflammation, and stimulation of itching. Pebok is done by using water from front to back, and after the vaginal pouch is dried with a special towel that

is clean and dry or washcloth to ensure the vagina is cleaner and not moist to avoid mold [9].

Women are not recommended to use vaginal cleaning tools because it will damage the acidity of the vagina. The vagina should not be cleaned using deodorant, spray, douches, hand soap, colored tissue, or perfume. Stimulation of chemicals can cause inflammation of the vaginal mouth and pubic lips and complaints of itching and vaginal discharge [9]. Research conducted by Mayaningtyas and Suryani [10] and Utami, Widi Setiyaning [11] that show there is a significant relationship between the use of female organ cleaning fluid with the onset of vaginal discharge. Also, other studies conducted by Rasime Yıldırım, Gulsen Vural, and Esra Kocoglu show that women who use vaginal cleaning fluids have a risk of developing vaginal infections [12]. The use of fragrances and vaginal soap can cause a risk of infection in the female reproductive organs. Women who use vaginal/ genital products have about a three times higher chance of experiencing health problems in the external reproductive organs [13].

B. Parental Support Parents

Parents play an important role in providing reproductive health information as a form of parental support for children and efforts to carry out sex education to children. If the child does not get complete information from parents, then the child is vulnerable to sources of outside information that could be wrong. Conveying information is one form of efforts to build parent and child communication. Good communication will build emotional closeness and is one form of parental support for children. The environmental factors affecting the personal hygiene of adolescent girls in elementary school students in Kapongan District, Situbondo Regency are the support of parents and teachers [14]. But not many parents do this, research by Sita Oktaviani, Hermi Yanzi, and Berchah Pitoewas in Tenggamus District [15] found that there were still 48.48% of parents who had not performed their roles optimally in providing information related to sex education in which includes reproductive health of genital organs.

Parental support reflects the parents' responsiveness to the child's needs and this is important for the child. According to Elis, Thomas, and Rollins, parental support is an interaction developed by parents [16]. Characteristics of support are the presence of care, warmth, approval, and a variety of positive feelings towards the parents of children. Children need sexuality education from an early age, including the changes that will occur during puberty and an explanation of menstruation for girls (and wet dreams in boys). Parents are also required to introduce the systems, processes, and functions of reproduction. Education related

to sexuality starts at the age of five until the late adolescent stage, with perspectives that are adjusted to their age and development [17].

Children who get the right information related to reproductive health will more easily develop self-esteem, have confidence, a healthy personality, and positive self-acceptance. In this case, the role of parents is very important, because parents who are most familiar with the needs of children, most know the changes and self-development of children, so they can accompany children, provide information following the stages of development that occurred [17].

V. THE CONCLUSIONS AND SUGGESTIONS

As many as 49% of Ummul Quro High School students are classified as lacking in the personal hygiene of reproductive organs, and not all students feel there is support for reproductive organ health information from parents. As many as 21% of students stated that they did not get support for reproductive health information from mothers, even though the information support was more done by mothers than fathers. Parents in this case the father and mother are expected to provide information related to reproductive health from an early age-adjusted age and development. Also, schools are expected to continue to remind students to apply appropriate personal hygiene.

ACKNOWLEDGMENTS

The author is grateful to Allah ST and thanked the Respati STIKes for funding this research also to Ummul Quro High School for facilitating the data collection process.

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