



The Effectiveness of Reproductive Health Education Media on The Ability of Young Women to Prevent Leucorrhoea at SMAN 19 Surabaya

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Abstract. Leucorrhoea is a physiological problem that is still considered trivial so that many young women have poor behavior in preventing pathological vaginal discharge. This type of research is a comparative quast experiment with a two-group pretest-posttest design, a sample of 152 people consisting of the health education intervention group with media booklets and power points. Collecting data using a questionnaire of knowledge, attitudes, and actions. Data analysis used the Wilcoxon Sign Rank and Mann Whitney tests. The results of this study indicate that before being given health education, young women have good levels of knowledge (50%), positive attitudes (100%), and good actions (25%). After health education the level of knowledge was good (82%), positive attitude (100%), and good action (57%). The use of booklet media was proven to be effective with a significance of $0.000 < 0.05$ on the variables of knowledge, attitude and action. The use of power point media proved to be effective with a significance of $0.000 < 0.05$ for knowledge, $0.031 < 0.05$ for attitude, and $0.000 < 0.05$ for action. Based on the average results, health education using booklet media is more effective with a comparison of increasing the average knowledge of $2.35 > 1.81$, the average attitude is $2.99 > 0.75$, the average action is $3.57 > 1.54$. Health education using booklets and power point media is effective in increasing the abilities of young women. When compared to these two media, booklet media is more effective in increasing the ability of young women to prevent leucorrhoea at SMAN 19 Surabaya.

Keywords: Reproductive Health Education, Booklet, Power Point, Leucorhoea, Young Women.

1 Introduction

Leucorrhoea or flour albus is the second health problem that often occurs in young women, after menstrual disorders. Many women still consider vaginal discharge trivial. In fact, this vaginal discharge can be an indication of disease [1]. Pathological vaginal discharge can also be an early symptom of cervical cancer [2]. Even according to doctors specifically for female reproduction, pathological vaginal discharge can also result in death [3]. According to the World Health Organization (WHO) in 2018 in Aldriana

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& Haryanti (2018) around 75% of women in the world will experience vaginal discharge at least once in their life, and 45% will experience twice or more. In 2018, around 90% of women in Indonesia experience vaginal discharge and 60% of them are experienced by young women. The Indonesian Ministry of Health stated that many female adolescents of reproductive age experience vaginal discharge, the incidence of vaginal discharge in Indonesia is higher than that of other countries. Research in East Java shows the number of women in 2017 was 37.4 million, 75% of whom were teenagers who experienced vaginal discharge [4]. Indonesia as a country that has a tropical climate, makes the body's condition more humid and sweaty. As a result, bacteria easily multiply and cause unpleasant odors, especially in the folds of the body, such as the armpits and folds of the genital organs in women. The hot and humid climate supports the growth of the fungus which causes many cases of leucorrhoea [5][6].

According to the Indonesian Ministry of Health (2017) the problem of vaginal discharge is still often ignored by young women and some of them are even ashamed to admit that they are experiencing vaginal discharge, and are reluctant to find out about the disease they are experiencing. In fact, reproductive health problems that are often overlooked can have fatal consequences if not handled properly [7][8]. So that a good understanding is needed for young women to bring up good attitudes and behavior as an effort to prevent pathological vaginal discharge [2][9].

The provision of health education is very necessary to increase the ability of individuals to make conscious decisions, so that they are willing and able to maintain and improve health independently [10]. Health education can use several supporting media such as booklets and power point slides. Based on the results of research by (Yulfitria, Karningsih, Mardeyanti, Wahyuni, & Theresia , 2021), health education using power point slides can influence behavior change towards pathological vaginal discharge prevention and is more effective in providing changes towards pathological leucorrhoea prevention behavior [11]. Another research conducted by (Setiawati, Zainiyah, Zaniyah, & Daniati, 2022) stated that counseling using the booklet method proved to be effective in increasing the knowledge of young women with the result that most of them had good knowledge after being given counseling [12][13]. Based on the explanation that has been explained, the authors are interested in conducting research with the title, "Effectiveness of Reproductive Health Education Media on the Ability of Young Women in Preventing Leucorrhoea at SMAN 19 Surabaya" by providing counseling media using booklets and power point slides which the hope is that the results of this study can analyze the effectiveness of both media and can have an influence on the ability of young women to prevent leucorrhoea.

2 Method

The type of research used in this study was a comparative quast experiment using a two-group pretest-posttest design, which was carried out on two different groups that received different treatment with interventions providing education about reproductive health and vaginal discharge using booklet media in the experimental group 1 and

power point media in the experimental group 2. This study aims to identify the effectiveness and comparison of the effectiveness of each treatment whether or not it has an effect on the ability of adolescents to prevent leucorrhoea.

This research was conducted at SMAN 19 Surabaya with a total sample of 152 young women. The sampling technique uses probability sampling technique: simple random sampling where the sampling process is carried out by giving equal opportunities to each member of the population to become members of the sample. The respondents selected in this study were students of class X. This research began with a pretest, then health education was given, and then the team conducted a posttest. Data collection used research instruments in the form of questionnaires and data analysis techniques using the Wilcoxon Signed Rank and Mann Whitney tests.

3 Results

3.1 The ability level of young women in preventing leucorrhoea prior to health education

Table 1. Frequency Distribution of Ability Levels for Young Girls in Preventing Leucorrhoea Prior to Conducting Health Education at SMAN 19 Surabaya, May 2023.

Ability Level	Category	Before Intervention Booklet		Before PowerPoint intervention	
		F	%	f	%
Cognitive	Good	37	48.7	40	52.6
	Enough	22	28.9	23	30.3
	Less	17	22.4	13	17.1
	Total	76	100.0	76	100.0
Affective	Positive	76	100.0	76	100.0
	Negative	0	0	0	0
	Total	76	100.0	76	100.0
Psychomotor	Good	26	34.2	13	17.1
	Enough	33	43.4	39	51.3
	Less	17	22.4	24	31.6
	Total	76	100.0	76	100.0

Based on Table 1, it was found that the level of ability of adolescents before being given health education using booklet media, almost half (48.7%) of young women had good knowledge, all (100%) had a positive attitude, and almost half (34.2%) had the ability act nice. While the frequency distribution of the ability level of adolescents before being given health education using power point media, the majority (52.6%) of young women had a good level of knowledge, all (100%) had a positive attitude, and a small proportion (17.1%) had ability to act well.

3.2 The ability level of young women in preventing leucorrhoea after health education

Table 2. Frequency Distribution of Ability Levels for Young Girls in Preventing Leucorrhoea After Conducting Health Education at SMAN 19 Surabaya, May 2023

Ability Level	Category	After Booklet Intervention		After Power Point intervention	
		F	%	f	%
Cognitive	Good	65	85.5	60	79.0
	Enough	9	11.9	8	10.5
	Less	2	2.6	8	10.5
	Total	76	100.0	76	100.0
Affective	Positive	76	100.0	76	100.0
	Negative	0	0	0	0
	Total	76	100.0	76	100.0
Psychomotor	Good	55	72.4	31	40.8
	Enough	18	23.7	30	39.5
	Less	3	3.9	15	19.7
	Total	76	100.0	76	100.0

Based on Table 2, it was found that the level of ability of adolescents after being given health education using booklet media increased, almost all (85.5%) of young women had good knowledge, all (100%) had positive attitudes, and most (72.4%) have a good action in maintaining reproductive health. Meanwhile, after health education was carried out using power point media, their abilities increased, almost all (79%) of the young women had good knowledge, all (100%) had a positive attitude, and almost half (40.8%) had good actions in maintaining health reproduction.

3.3 The effectiveness of health education media (booklets) on the ability of young women to prevent leucorrhoea

Table 3. Distribution of the Effectiveness of Reproductive Health Education Using Booklet Media on the Abilities (Cognitive, Affective, and Psychomotor) of Young Women in Preventing Leucorrhoea at SMAN 19 Surabaya, May 2023.

Ability Level	Category	Before		After		Asymp sig. (2-tailed) P
		f	%	f	%	
Cognitive	Good	37	48.7	65	85.5	0.000
	Enough	22	28.9	9	11.9	
	Less	17	22.4	2	2,6	
	Total	76	100.0	76	100.0	
Affective	Positive	76	100.0	76	100.0	0.000
	Negative	0	0	0	0	
	Total	76	100.0	76	100.0	
Psychomotor	Good	26	34.2	55	72.4	0.000
	Enough	33	43.4	18	23.7	
	Less	17	22.4	3	3,9	
	Total	76	100.0	76	100.0	

Based on Table 3, it is known that before being given education about reproductive health and vaginal discharge, almost half (48.7%) of young women had a good level of knowledge. After being given health education there was an increase, namely almost all (85.5%) of young women had a good level of knowledge. Based on the results of the Wilcoxon Signed Ranks Test, a significant value was obtained, namely $P = 0.000 < \alpha = 0.05$. From these data it can be concluded that reproductive health education using booklet media is effective in increasing knowledge of young women in preventing leucorrhoea.

Based on the level of attitude ability, both before and after being given health education using booklets, all of the young women (100%) had a positive attitude. Based on the results of the Wilcoxon Signed Ranks Test, a significant value was obtained, namely $P = 0.000 < \alpha = 0.05$ at the level of attitude ability which indicated that reproductive health education using booklet media was effective in increasing the attitude of young women in preventing leucorrhoea.

Based on the level of action ability, almost half (34.2%) of young women have good actions. After being given health education there was an increase, namely the majority (72.4%) of young women had a good level of action. Based on the results of the Wilcoxon Signed Ranks Test, a significant value was obtained, namely $P = 0.000 < \alpha = 0.05$. From these data it can be concluded that reproductive health education using booklet media is effective in increasing the ability of young women to act well in maintaining reproductive health and preventing vaginal discharge.

3.4 The effectiveness of health education media (Power Point) on the ability of adolescents to prevent leucorrhoea

Table 4. Distribution of the Effectiveness of Reproductive Health Education with Power Point Media on the Abilities (Cognitive, Affective, and Psychomotor) of Young Women in Preventing Leucorrhoea at SMAN 19 Surabaya, May 2023.

Ability Level	Category	Before		After		Asymp sig. (2-tailed) P
		f	%	f	%	
Cognitive	Good	40	52.6	60	79.0	0.000
	Enough	23	30.3	8	10.5	
	Less	13	17.1	8	10.5	
	Total	76	100.0	76	100.0	
Affective	Positive	76	100.0	76	100.0	0.031
	Negative	0	0	0	0	
	Total	76	100.0	76	100.0	
Psychomotor	Good	13	17.1	31	40.8	0.000
	Enough	39	51.3	30	39.5	
	Less	24	31.6	15	19.7	
	Total	76	100.0	76	100.0	

Based on Table 4, it is known that before being given education about reproductive health and vaginal discharge, the majority (52.6%) of young women had a good level

of knowledge. After being given health education, the level of knowledge increased, namely almost all (79.0%) of young women had a good level of knowledge. Based on the results of the Wilcoxon Signed Ranks Test, a significant value was obtained, namely $P = 0.000 < \alpha = 0.05$. From these data it can be concluded that reproductive health education using power point slide media is effective in increasing knowledge of young women in preventing leucorrhoea.

Based on the level of attitude ability, both before and after being given health education using power point media, all (100%) of young women had a positive attitude. Based on the results of the Wilcoxon Signed Ranks Test, a significant value was obtained, namely $P = 0.031 < \alpha = 0.05$ at the level of attitude ability which showed that reproductive health education using power point media was effective in increasing female adolescent attitudes in preventing leucorrhoea.

Based on the level of action ability, a small proportion (17.1%) of young women have good actions. After being given health education there was an increase, namely almost half (40.8%) of young women had a good level of action. Based on the results of the Wilcoxon Signed Ranks Test, a significant value was obtained, namely $P = 0.000 < \alpha = 0.05$. From these data it can be concluded that reproductive health education using power point media is effective in increasing the ability of young women to act well in maintaining reproductive health and preventing vaginal discharge.

3.5 Differences in the effectiveness of reproductive health education media using booklets and power points on the ability of young women to prevent vaginal discharge

Table 5. Comparison of the Effectiveness of Health Education Using Media Booklets and Power Points on the Ability of Young Women in Preventing Leucorrhoea at SMAN 19 Surabaya, May 2023.

Media	Ability to Maintain Reproductive Health	Before		After		Difference	
		Mean	± SD	Mean	± SD	Mean	± SD
Booklet	Cognitive	15.87	3.998	18.22	2.420	2.35	1.578
	Affective	66.83	5.323	69.82	7.177	2.99	1.854
	Psychomotor	16.38	5.091	19.95	3.068	3.57	2.023
Power Point	Cognitive	15.66	4.058	17.47	3.668	1.81	0.39
	Affective	67.67	4.700	68.42	7.859	0.75	3.159
	Psychomotor	15.18	3.501	16.72	4.325	1.54	0.824
The result of Mann Whitney Test				$P = 0.006$			
Asymp. Sig. (2-tailed)							

Based on Table 5 the results of Mann Whitney statistical calculations obtained results with Asymp. Sig. (2-tailed) of $0.006 < (\alpha = 0.05)$, it can be concluded that H_0 is

rejected and H1 is accepted, which means there is a difference in the provision of booklet and power point media on the ability of young women to prevent leucorrhoea at SMAN 19 Surabaya.

Comparison of the effectiveness between the two media can be seen in the average knowledge before and after being given health education using the booklet media which experienced a greater increase of 2.35 compared to the power point media group with an increase of 1.81. The average attitude before and after being given health education using booklet media experienced a greater increase of 2.99 compared to the power point media group with an increase of 0.75. The average action before and after being given health education using booklet media experienced a greater increase, namely 3.57 compared to the power point media group with an increase of 1.54. The mean results show that the provision of reproductive health education using booklet media is more effective than power point media in increasing the ability of young women to prevent leucorrhoea.

4 Discussion

4.1 Level of Ability of Young Women in Preventing Leucorrhoea Prior to Conducting Reproductive Health Education

The results showed that before being given health education, half of the young women had good knowledge, all of the young women had a positive attitude, and only a small proportion of the young women had the ability to act well.

This research is in line with the research that has been done (Sinaga, Josse, & Natalia, 2018) regarding the effect of reproductive health education on the level of ability of adolescents, the level of ability of adolescents before being given reproductive health education is still relatively low [14]. Other research also has the same opinion as the research results obtained by (Syamsuddin, 2023) that before being given health education about reproductive health to grade 2 students of SMPN 1 Kalapan Pitu, the majority of them had very little knowledge, namely 109 people (72.7%) [15].

The ability of young women before reproductive health education is still relatively low. The lack of ability for young women to maintain reproductive health before being given health education occurs because young women at SMAN 19 Surabaya do not receive information related to reproductive health and leucorrhoea prevention. Many teenagers are still wondering about their health problems. In this case, with the lack of knowledge, bad habits will arise in adolescents in responding to a health problem.

4.2 The Ability Level of Young Women in Preventing Leucorrhoea After Conducting Reproductive Health Education

The results showed that after being given reproductive health education, almost all of the female adolescents had good knowledge, all of the female adolescents had a positive attitude, and most of them had good actions in maintaining reproductive health.

The results of this study are in line with the research that has been done (Noviyanti, Sunanto, & Hanifah, 2023) about the effect of reproductive health education on the level of knowledge of adolescents. After being given reproductive health education, the level of knowledge of adolescents increased to be good [16]. This is in line with the research conducted (Yulfitria, Karningsih, Mardeyanti, Wahyuni, & Theresia, 2021) about health education influencing adolescent behavior towards the prevention of pathological vaginal discharge, which states that health education can affect behavior changes towards the prevention of pathological vaginal discharge [5][17].

According to Soedijarto (2014), providing information will make a person understand, understand, and be able to take the action that should be taken. The more information that comes in, the better one's ability to analyze so that one is able to apply applications that are appropriate to existing events [18]. Health education about reproductive health and vaginal discharge has an important role for the future of adolescents. Providing health education is a way to increase one's level of ability to prevent sexually transmitted diseases and other sexual hazards [19]. From the theory and results of previous research that has been attached, it has results that are in line that the provision of health education can improve the ability of young women to maintain reproductive health and prevent leucorrhoea.

4.3 The Effectiveness of Providing Health Education with Media Booklets on the Ability of Young Women in Maintaining Reproductive Health

Based on the results of the data before and after the provision of health education using booklets, there was a significant increase in the level of knowledge. Before being given education about reproductive health and vaginal discharge, almost half of young women had good knowledge and after being given reproductive health education, almost all young women had good knowledge. In the results of the percentage level of attitude ability, there was no significant increase between before and after giving health education using booklets. The level of attitude ability both before and after the intervention was given, all of the young women had a positive attitude. Based on the results of the percentage level of action ability, there was a significant increase, that is, almost half of the young women had sufficient action and after being given the intervention most of the young women had good actions in maintaining reproductive health and preventing leucorrhoea. The results of the Wilcoxon Sign Rank test on the three variables showed $P = 0.000 < \alpha = 0.05$ which indicated that giving booklets as a medium for reproductive health education proved effective in increasing the ability of young women to prevent vaginal discharge at SMAN 19 Surabaya.

The results of this study are in line with research submitted by Putri (2020) concerning the effect of booklet media on knowledge and attitudes towards leucorrhoea prevention at SMP Negeri 1 Siantan. The research method used one group pretest-posttest with a sample of 48 female students. The study used the Wilcoxon test with the results of the study showing a significant increase in knowledge and attitudes before and after educating the media booklet on female students of SMPN Siantan. Knowledge and attitude variables increased by 4.18% and 4.2% [20].

The combination of health education with booklets and lecture media is an effective form of education in improving the abilities of young women. Booklet media as a simple print media has the advantage of being small in size and easy to carry anywhere so that teenagers can read it easily anywhere and anytime [14]. In addition, booklets also have the advantage of conveying messages in detail so that they can review more about the messages you want to convey.

4.4 The Effectiveness of Providing Health Education with Power Point Media on the Ability of Young Women in Maintaining Reproductive Health

Based on the results of the data before and after the provision of health education using power point there was a significant increase in the level of knowledge. Before being given education about reproductive health and vaginal discharge, most of the young women had good knowledge and after being given reproductive health education, almost all of the young women had good knowledge. In the results of the percentage level of attitude ability, there was no significant increase between before and after the provision of health education using power point. The level of attitude ability both before and after the intervention was given, all of the young women had a positive attitude. Based on the results of the percentage level of action ability, there was a significant increase, that is, before being given health education most of the young women had sufficient action and after being given the intervention almost half of the young women had good measures in maintaining reproductive health and preventing leucorrhoea. The results of the Wilcoxon Sign Rank test on the three variables showed $P = 0.000 < \alpha = 0.05$ in the knowledge variable, $P = 0.031 < \alpha = 0.05$ in the attitude variable, and $P = 0.000 < \alpha = 0.05$ in the action variable that had The conclusion is that the provision of power points as a medium for reproductive health education has proven effective in increasing the ability of young women to prevent leucorrhoea at SMAN 19 Surabaya.

The results of this study are supported by Yulfitria's research (2021) concerning health education influencing adolescent behavior towards preventing pathological vaginal discharge. Health education using power point slides is more effective in providing changes to behavior in preventing pathological vaginal discharge than using leaflets. This is evidenced by the results of the multivariate test obtained $P = 0.000 < \alpha = 0.05$, which means that there is a significant difference between health education with leaflets and power point slides on behavior change. PowerPoint media is more effective because it has a larger mean than leaflet media ($33.48 > 32.68$) [21].

Power point slide media has the advantages of being easy to make, easy to use, inexpensive, helps in learning and remembering the content of the material, line pictures are often more effective in conveying information, color pictures can help to make an appeal in emphasizing an issue being discussed. discussed, but requires verbal assistance as a tool so that it can help to generate clarity [22]. In this study the power point slides that were displayed had a weakness, namely the display was not clearly visible because of the bright room lighting, so that young women could not see clearly and only listened to the explanation, so that the delivery of information tended to be boring.

4.5 Differences in the Effectiveness of Reproductive Health Education Media on the Ability of Young Women in Preventing Leucorrhoea

Based on the results of the Man Whitney test output, the Asymp results were obtained. Sig. (2-tailed) of $0.006 < 0.05$. So it can be concluded that there are differences in giving booklet and power point media to the ability of young women in preventing leucorrhoea at SMAN 19 Surabaya. Comparison of the effectiveness of health education can be seen from the mean change in the posttest using booklets and power points, namely the results obtained on the knowledge variable ($18.22 > 17.47$), on the attitude variable ($69.82 > 68.42$), and on the action variable ($19.95 > 16.72$). So there is a difference of 0.75 in the knowledge variable, 1.4 in the attitude variable, and 3.23 in the action variable. This shows that booklet media is proven to be more effective because it has a larger mean value than power point media.

According to research conducted by (Ainun, 2020), health education influences knowledge, attitudes, and actions in preventing pathological vaginal discharge in young women. Educational media contributes to increasing the knowledge, attitudes and actions of adolescents [23][24]. According to (Pratiwi & Meilani, 2018) explained that educational media had a positive and significant influence on students' ability levels. The use of educational media in the teaching and learning process can generate new desires and interests, generate motivation and stimulate learning activities, and even bring psychological influences on students [22][25].

In comparing the effectiveness of using booklet and power point media, so far there has been no study or other supporting research results. However, the discussion above proves that the use of booklets and power points is equally effective in increasing the knowledge, attitudes and actions of young women. When compared to the average results of the two media, booklet media is more effective in improving youth abilities compared to power point media. These results indicate that most of the young women at SMA Negeri 19 Surabaya more easily receive information by reading books, so the results of this study strongly support the existence of a reading literacy program at school.

5 Conclusions

Based on the aims and results of research conducted by researchers, it can be concluded that before reproductive health and vaginal discharge education was carried out, half of the young women had a good level of knowledge, all of them had a positive attitude, and a small portion had a good level of action. From the results of these data, researchers were motivated to carry out health education using two different media, namely using booklet and power point media. The results of the research show that booklet media is more effective in increasing the ability of adolescent girls to prevent vaginal discharge compared to using power point media with the results that almost all of the adolescent girls have a good level of knowledge, all of them have a positive attitude, and most have a good level of ability to act in preventing vaginal discharge. According

to researchers, booklet media is more effective because teenagers can more easily receive information with reading literacy and can open it again to remember the information they have obtained. Researchers really hope that this research will be useful and can be developed with a different approach, a larger sample size, and a wider area regarding reproductive health education on adolescent knowledge, attitudes and actions.

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