



THE EFFECT OF CHARCOAL DRYING FABRIC ON THE COMFORT OF WOMEN'S VAGINA IN ADOLESCENTS IN THE BANDUNG CITY ISLAMIC BOARDING SCHOOL

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ABSTRACT

Abstract: In Indonesia, about 90% of women have the potential to experience vaginal discharge because Indonesia has a tropical climate, so fungi are easy to grow which results in many cases of vaginal discharge. 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 adolescents are more at risk of vaginal discharge (Azizah, 2015). The purpose of this study was to determine whether a charcoal drying cloth can reduce vaginal discomfort. The research will be conducted in two groups: Group 1 is provided with a drying cloth for the feminine area made of charcoal. Group 2 was provided with a drying cloth for the feminine area without charcoal. Which will then be seen changes in knowledge about personal hygiene in both groups after giving health education and drying cloth. From the results of the T test, it was found that the P value was 0.000 <0.05, so it was concluded that there was a difference between the treatment group and the control group regarding the convenience of using a drying cloth. Drying cloth made of charcoal has an effect on the comfort of the female area in adolescents. The comfort of the female area is more felt in the treatment group compared to the control group.

Method: This study used a quasi-experimental design (quasi-experimental research) with a post-test design technique, namely by assessing the comfort aspect after being given treatment in the form of health education about personal hygiene and giving feminine area drying cloths. The research will be conducted in two groups: Group 1 was provided with a drying cloth for the feminine area made from charcoal. Group 2 was provided with a drying cloth for the female area without charcoal. Which will then be seen changes in knowledge about personal hygiene in both groups after giving health education and drying cloth. And it will be seen the effect of the feminine area drying cloth made of charcoal with the female area drying cloth without charcoal on the comfort of the female area.

Results: The questionnaires have been distributed to the research respondents as many as 80 teenage girls. The treatment group was 40 people, the questionnaire was given before and after the use of drying cloth, then observed the behavior of using charcoal drying cloth. The control group was 40 people, questionnaires were given before and after the use of drying cloth, then observed the behavior of using drying cloth without charcoal.

Conclusion: Kain pengering berbahan charcoal berpengaruh terhadap kenyamanan daerah kewanitaan pada remaja. Kenyamanan daerah kewanitaan lebih dirasakan pada kelompok perlakuan dibandingkan dengan kelompok kontrol.

Keywords: charcoal, women's vagina, drying fabric, comfort, women hygiene

BACKGROUND

Comfort is a continuum of feelings from the most comfortable to the least comfortable which is assessed based on the perception of each individual on a matter where comfort for certain individuals may be different from other individuals.

In Indonesia, about 90% of women have the potential to experience vaginal discharge because Indonesia has a tropical climate, so fungi are easy to grow which results in many cases of vaginal discharge. 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 adolescents are more at risk of vaginal discharge (Azizah, 2015).

In Mokodongan's research (2015) stated that more adolescents have a high risk of experiencing pathological vaginal discharge, who have bad behavior in preventing vaginal discharge (52%), there are 10% of adolescents who often use female cleaning products, there are 17.59% of adolescents who do not. Dry the external genitalia after urinating or defecating using a dry tissue or towel.

Lack of attitude and knowledge in performing external genitalia hygiene care (external genitalia), as well as poor behavior are the triggers for vaginal discharge.

(Azizah, 2015).

The results of the study at SMAN Kayong Utara Regency also found that among 59 respondents there were 30 respondents (63.8%) who had poor knowledge and experienced pathological vaginal discharge. as many as 28 respondents (47.5%) answered cleaning with vaginal cleaner to keep the vagina clean, 42 respondents (71.2%) answered that what did not include how to overcome pathological vaginal discharge was wearing pants for two days, 48 respondents (81.4 %) answered that they wash their hands with soap before cleaning their genitals, 29 respondents (49.2%) answered that they immediately went to the doctor if they had complaints of vaginal discharge accompanied by a fishy, rotten smell, and itching. So it is clear that students with inappropriate knowledge of vulvar hygiene are more likely to experience pathological vaginal discharge. Therefore, it is necessary to handle good reproductive health for students who have poor knowledge of vulvar hygiene, in order to minimize the incidence of pathological vaginal discharge. (Abrori, 2017)

WHO data (2007) stated that the prevalence rate in 2006 was 25% - 50% for candidiasis, 20%-40% for bacterial vaginosis and 5%-15% for trichomoniasis. The main cause of pathological vaginal discharge is infection (fungi, germs, parasites and viruses).

Pathological vaginal discharge can also be caused by a lack of care for young women for genital organs such as washing the vagina with stagnant water in a bucket, using excessive rinses, wearing pants with materials that do not absorb sweat, rarely changing underwear, and not changing sanitary napkins during menstruation. Aulia, 2012).

According to Rini (2015), the purpose of vulvar hygiene itself is to keep the genital organs, especially the female genital organs, clean, healthy, not moist so that bacteria do not easily enter and cause unpleasant odors, causing excessive vaginal discharge, itching and smelling.

Health in adolescence is one of the important aspects in the life cycle of individuals. This period is a time when individuals begin to learn and have functional and health abilities. In terms of health, this period is an important period for reproductive health and the initial formation of healthy lifestyles. The description of health risk behavior problems becomes important as a basis in setting priorities and directions for interventions that must be developed and to prevent disease or premature death at an older age. Health interventions that have been implemented nationally in Indonesia since 1956 are in the form of School Health Efforts (UKS), which until now have not been implemented optimally.

Health at school age is also part of sustainable development targets related to reproductive health in an effort to reduce infant mortality and maternal mortality. Middle school and high school age is an important period for reproductive health because it is a period of behavior formation where adolescents begin to try something new or challenging, including in relation to health behavior.

The population of adolescents tends to increase, causing the need for increased health and social services for adolescents to become a concern throughout the world. Adolescents often lack basic information about reproductive health and access to affordable reproductive health services and guaranteed confidentiality (Purwoastuti, 2015).

From this description, it is shown that adolescents have a high risk of experiencing pathological vaginal discharge so it is necessary to obtain information and efforts in order to minimize the incidence of pathological vaginal discharge.

The effort is to make a drying cloth for the feminine area made of charcoal or bamboo charcoal made from a cloth that easily absorbs water and an anti-bacterial cloth, namely bamboo charcoal which is designed to be attractive and unique. It is hoped that teenagers can routinely use this dryer cloth for the comfort of the feminine area as a form of awareness to carry out personal hygiene properly and correctly. Activated carbon is carbon that is processed in such

a way that the pores are open, so it has a high absorption capacity. Activated carbon which is black, odorless, tasteless and has a much greater absorption capacity than activated carbon that has not undergone the activation process, and has a large surface area, which has an area of between 300 to 2000 m/gram.

METHOD

This study used a quasi-experimental design (quasi-experimental research) with a post-test design technique, namely by assessing the comfort aspect after being given treatment in the form of health education about personal hygiene and giving feminine area drying cloths.

The research will be conducted in two groups:

Group 1 was provided with a drying cloth for the feminine area made from charcoal.

Group 2 was provided with a drying cloth for the female area without charcoal.

Which will then be seen changes in knowledge about personal hygiene in both groups after giving health education and drying cloth.

And it will be seen the effect of the feminine area drying cloth made of charcoal with the female area drying cloth without charcoal on the comfort of the female area.

RESULTS

The questionnaires have been distributed to the research respondents as many as 80 teenage girls. The treatment group was 40 people, the questionnaire was given before and after the use of drying cloth, then observed the behavior of using charcoal drying cloth. The control group was 40 people, questionnaires were given before and after the use of drying cloth, then observed the behavior of using drying cloth without charcoal.

From the results of the T test, it was found that the P value was $0.000 < 0.05$, so it was concluded that there was a difference between the treatment group and the control group regarding the convenience of using a drying cloth.

CONCLUSION

Drying cloth made from charcoal has an effect on the comfort of the female area in adolescents. The comfort of the female area was more felt in the treatment group compared to the control group.

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