

THE EFFECT OF BOOKLET MEDIA ON GENITALIA PERSONAL HYGIENE KNOWLEDGE IN ADOLESCENTS AT PANTI ASUHAN PUTRI AISIYIAH YOGYAKARTA

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ABSTRACT

Background: Personal hygiene genitalia is a person's knowledge, attitudes, and behaviors that improve health, maintain the cleanliness of the reproductive organs, and prevent the onset of diseases. Common reproductive health disorders include urinary tract infections, vaginal discharge, pelvic inflammatory diseases, and cervical cancer. Genetically modified personal hygiene behavior is fundamental because it is related to the prevention of negative impacts on reproductive health. The purpose of this study is to determine the influence of booklet media health education on genitalia personal hygiene knowledge in adolescents at Panti Asuhan Putri Aisiyiah Yogyakarta.

Method: This study uses a quantitative method with a quasy experiment, one group pretest, and posttest design. The population and sample in this study were 39 young women at Panti Asuhan Putri Aisiyiah Yogyakarta. Data collection will be carried out in August 2024. The research instrument used a personal hygiene genitalia knowledge questionnaire and a personal hygiene genitalia booklet media in women. The results of the study were analyzed using the Wilcoxon test.

Result: The results of the study showed that genetic personal hygiene knowledge before being given health education was in the sufficient category (69.2%). Then, after being given health education, knowledge increased to the good category (97.4%). The results of the Wilcoxon test strengthened the data obtained with a value of $p=0.000$.

Conclusion: The booklet on media health education influences genitalia and personal hygiene knowledge in adolescents at Panti Asuhan Putri Aisiyiah Yogyakarta.

Keywords: Adolescents, Knowledge, Personal Hygiene Genetalia, Media Booklet

INTRODUCTION

Adolescence is an important phase in individual development characterized by physical, psychological, and hormonal changes. At this stage, there is a maturation process that affects the overall health and well-being of adolescents (Octavia, 2020). However, not all adolescents have the same opportunity to grow up in a harmonious family environment. Many children face a variety of challenges, including orphans who have lost parents or do not have families who can provide support. These children are often in vulnerable conditions and experience a lack of the affection and attention they should receive (Ariyadi, 2021)

Reproductive health is an important aspect that must be considered, especially for adolescent girls. Reproductive health encompasses more than just physical problems; but it also relates to psychological and social well-being. Adolescent girls can face a variety of reproductive health problems, including early marriage, unsafe abortions, unexpected pregnancies, and premarital sexual intercourse (Yarza et al., 2019). One of the main problems that is often faced is the lack of knowledge about personal hygiene genetics, which functions to maintain the health of the reproductive organs and prevent the onset of diseases. Common reproductive health disorders among adolescent girls include urinary tract infections, vaginal discharge, and pelvic inflammatory disease (Putri et al., 2021).

According to data from the World Health Organisation, reproductive tract infections (ISR) are a significant global health problem, with a high prevalence among adolescent girls. In Indonesia, 75% of women report experiencing vaginal discharge at least once in their lives (WHO, 2021). Research by Maysaroh & Mariza (2021) shows that 45% of adolescent girls in Yogyakarta have experienced vaginal discharge, while Fariningsih et al., (2022) found that only 48.6% of adolescents have sufficient knowledge about vulvar hygiene during menstruation. These findings show that adolescent girls' knowledge of genital hygiene is still low, so efforts are needed to improve their understanding.

Knowledge is a key factor that influences an individual's health behavior. Knowledge about personal hygiene genitalia can help adolescents to maintain the cleanliness of the reproductive organs and prevent various health problems (Fitriani et al., 2023). Research shows that individuals with good knowledge of genital hygiene tend to have more positive behaviors in maintaining reproductive health (Rosa et al., 2020). However, many adolescents lack adequate information about this, which has the potential to increase their health risks (Nurwidiansyah et al., 2020).

Health education is one of the effective ways to increase adolescents' knowledge about personal hygiene genetics. Through structured health education, adolescents can learn about the importance of maintaining the cleanliness of the reproductive organs and recognize the associated health risks (Suheni et al., 2020). Media booklets, as a tool for health education, have been proven to be effective in conveying information in an engaging and easy-to-understand way (Mujito & Abiddin, 2022). Hidayati's research (2021) shows that the use of booklet media can improve adolescents' understanding of reproductive health, including genitalia hygiene.

A preliminary study conducted at Panti Asuhan Putri Aisyiyah Yogyakarta showed that

the population of adolescent girls aged 12 to 18 years was 39 people, and no health education program discussed personal hygiene genitalia. This indicates that there is a gap in adolescents' knowledge and understanding of reproductive health, which is the basis for this study. The purpose of this study is to evaluate the influence of health education using booklet media on genitalia personal hygiene knowledge in adolescents in orphanages. By improving their knowledge, it is hoped that young women can better maintain their reproductive health and reduce the risk of future health problems.

METHODS

This study is a quantitative research with a quasy experiment, one group pretest, and posttest design. The population and sample in this study were 39 adolescents at Panti Asuhan Putri Aisyiyah Yogyakarta. Data collection will be carried out in August 2024. The research instrument used a personal hygiene genitalia knowledge questionnaire and a personal hygiene genitalia booklet media in women. The questionnaire contains 15 questions, which have been tested for validity and reliability. The media booklet is compiled from references related to personal hygiene genitalia. Validity testing was carried out by two expert judges in the field of health promotion and expert judgment in the field of reproductive health. The results of the study were analyzed using the Wilcoxon test.

This research has received ethical feasibility approval by the Research Ethics Commission of the Faculty of Health, Jenderal Achmad Yani University, Yogyakarta, with a research ethics permit number, namely Skep/388/KEP/VII/2024.

RESULTS AND DISCUSSION

3.1. Respondent Characteristics

Characteristics of respondents are presented in Table 1.

Table 1. Respondent Characteristics

Respondent Characteristics	Frequency (f)	Percentage (%)
Age (Year)		
12	9	23,1
14	7	17,9
15	8	20,5
16	11	28,2
17	2	5,1
18	1	2,6
20	1	2,6
Menarche (Year)		
9	2	5,1
10	3	7,7
11	10	25,6
12	13	33,3
13	9	23,1
14	2	5,1
Have a mobile phone		
Yes	19	48,7
No	20	51,3
Get personal hygiene genitalia information		
Yes	19	48,7
No	20	51,3
Resources		
None	19	48,7
Parents	1	2,6
Teacher	7	17,9
Medium mass	1	2,6
Peers	2	5,1
Health workers	9	23,1
Total	39	100

Based on Table 1, most of the respondents in this study were 16 years old as much as 28.2%, experienced menarche at the age of 12 years, as much as 33.3%, had a mobile phone as much as 100%, had never received personal hygiene information genitalia as much as 51.3%, and had never received personal hygiene information as much as 48.7%, their source of information was obtained by 23.1% from health workers.

3.2. Personal Hygiene Knowledge Before Being Given Health Education Using Media Booklet

Table 2. Personal Hygiene Knowledge Before Being Given Health Education Using Media Booklet

Pretest Knowledge	Frequency (f)	Percentage (%)
Poor	3	7,7
Average	27	69,2
Good	9	23,1
Total	39	100

Table 2 shows that most of the respondents, before being given health education using booklet media, mostly knew the average category as much as 69.2%.

This research is in line with the research of Fariningsih et al., (2022), which stated that as many as 48.6% of adolescents still do not know enough about vulva hygiene during menstruation, so efforts are needed to improve their knowledge. Conceptually, a person's knowledge is influenced by several factors, such as education, access to information, experience, culture, and socioeconomic status (Notoatmodjo, 2010). In this study, most of the respondents, 51.3%, had never received information related to personal hygiene genitalia, and only a small percentage got it from health workers. This indicates that there are limitations in the dissemination of relevant information in the orphanage environment. Health workers have an important role in bridging adolescents' information needs, not only as material presenters but also as emotional support providers who help adolescents make healthy decisions. With the right approach, health workers can improve adolescents' awareness and skills in maintaining their health (Suhani et al., 2020).

According to Notoatmodjo (2010), health education is an effort to change people's bad behavior in terms of health. This is because health education teaches people how to maintain their health, avoid or prevent things that have a bad impact on their health, and if they are sick, they must seek treatment. Health

education provides many benefits to the community by conveying messages and even increasing confidence so that individuals, groups, or communities can be aware, understand, and willing to apply the health knowledge that has been obtained through health education (Cholida & Isnaeni, 2022; Hasanah et al., 2024).

Information support for health education is provided not only by health workers but also by the school environment. Schools play an important role in providing health education through curriculum, extracurricular activities, and health awareness programs. The results of this study show that the most information obtained after health workers is through teachers (17.9%). With the collaboration of teachers, counselors, and peers, students receive comprehensive and relevant information that drives better health understanding and practice (Elsad & Widjaja, 2022).

The genetic personal hygiene health education that adolescent girls need to get certainly needs support from the orphanage. However, in this study, the Aisyiyah Orphanage does not have a health education program regarding personal hygiene genitalia. It can be proven that there is no source of information obtained by adolescents (48.7%). Information sources from health workers are very important in health education for adolescents, especially in the application of personal genitalia hygiene until they become adults. Accurate and reliable information helps health workers provide relevant and effective education to help adolescents understand the importance of personal genitalia hygiene and implement correct practices. With the proper knowledge, adolescents can manage their health better, prevent health problems in the future, and develop healthy habits that will last into adulthood (Suheni et al., 2020; Cholida & Isnaeni, 2022).

3.3. Personal Hygiene Knowledge After Being Given Health Education Using Booklet Media

Table 3. Personal Hygiene Knowledge After Being Given Health Education Using Media Booklet

Posttest Knowledge	Frequency (f)	Percentage (%)
Average	1	2,6
Good	38	97,4
Total	39	100

Based on Table 3, it was found that most of the respondents, after being given health education using booklet media, experienced an increase in knowledge in the good category by 97.4%. This is in accordance with Suheni *et al.*, (2020), who state that health education has an impact on adolescent girls' understanding of vulva hygiene. In this study, young women showed a significant increase in knowledge.

Increasing knowledge will be an important factor that affects the management of genetically modified personal hygiene management. With better knowledge, adolescents can understand the importance of maintaining personal hygiene genitalia, recognize the risks and impacts of poor personal hygiene genitalia, and be encouraged to take proactive steps in maintaining their health. This can contribute to improved quality of life and long-term health (Susilowati et al., 2023).

The increase in knowledge in this study is related to the demographics of the respondents, where the largest percentage of respondents are included in the category of middle adolescents (15-17 years) with a percentage of (53.8%). This shows that adolescents at this age have the potential to have a deeper understanding of the importance of personal hygiene genetics and are able to apply information about the importance of personal hygiene genitalia in daily life. With increased knowledge, adolescents can make better decisions regarding reproductive health and personal hygiene.

Educational media has the advantage of arousing the interest and focus of adolescents so that it can increase their attention to health education. An interactive and creative approach can channel information in a more engaging and easy-to-understand way. This method allows adolescents to be more involved in the learning process so that they are able to remember and apply the knowledge gained. Thus, educational media plays an important role in supporting effective health education efforts (Hasanah et al., 2024)

In this study, the health education media used was a booklet. Booklets are printed media resembling books that contain information in the form of text and illustrations (Nurwidyansyah et al., 2020). The advantage of booklets over other media, such as leaflets and pocketbooks, is that information is presented more completely, more detailed, and clearer (Mujito & Abiddin, 2022)

3.4. The Influence of Media Booklet on Personal Hygiene Knowledge

Table 4. Data Normality Test Results

Category	Shapiro-Wilk		
	Statistic	df	Sig.
Pretest Knowledge	0,712	39	0,000
Posttest Knowledge	0,150	39	0,000

Table 4 shows that the results of the normality test of the data of this study obtained a significance value of both the pretest and posttest of this study of 0.000, so it can be concluded that the data is not distributed normally. Furthermore, the hypothesis test of this study uses the Wilcoxon test.

Table 5. Wilcoxon Test Results of the Effect of Media Booklet on Personal Hygiene Knowledge

	N	Min	Max	Mean	Std. Deviation	P Value
Pretest Knowledge	39	1	3	2,15	0,540	0,000
Posttest Knowledge	39	2	3	2,97	0,160	
Pretest Knowledge	39					
Posttest Knowledge	39					
Total	39					

Based on the table above, there is a significant change in the level of knowledge of respondents based on the results of the pretest and posttest. Before treatment, the average value of respondents' knowledge was only 2.15, with a standard deviation of 0.540, and the lowest value was 1, indicating that some respondents had very low knowledge. After being treated in the form of health education with booklet media, the average knowledge increased to 2.97 with a standard deviation of 0.160, and the minimum value increased to 2, indicating that there were no more respondents with very low knowledge. The Wilcoxon test obtained a value of $p = 0.000$, which proves that booklet media significantly improves personal hygiene genitalia knowledge in adolescents at Panti Asuhan Putri Aisyiyah Yogyakarta.

These results are in line with the research of Hasanah et al., (2024), which shows that the dissemination of leaflets and booklets in some media can increase awareness of menstrual hygiene. In this study, data analysis showed a significant increase in knowledge about personal hygiene genetics in adolescents. Most of the respondents before being given the intervention were in the category of sufficient knowledge, which was as much as 69.2%. After the intervention was given, most of the respondents were in the category of good knowledge, which was as much as 97.4%.

This improvement shows that the method used is effective in increasing adolescents' understanding of the importance of personal hygiene genetics. These results are in line with the research of Millenia et al., (2022), which found that structured health education initiatives greatly improve respondents' knowledge. Success in providing health education is highly dependent on appropriate and effective learning methods. The understanding and engagement of the younger generation can be improved through appropriate means by ensuring that information is well received. The booklet is used as a health education medium in this study.

Booklets contain not only illustrations but also writing, which allows the material to be developed based on specific topics and needs. In this way, readers can get a lot of information from the material presented through the booklet and can learn from the images displayed. In addition, booklets have additional advantages, such as not requiring electricity to function properly. One of the things that makes this booklet trustworthy is the fact that previous research has shown that booklets are effective as a means of learning (Sinaga et al., 2022). Research by Hidayati (2021) also states that health education media in the form of booklets is more effective and interesting to read, especially when equipped with animated images, so that it is easier for adolescent girls to understand. This study uses booklet media that is specifically designed to convey relevant and interesting information for adolescents. The booklet covers various topics, such as the definition of personal hygiene genitalia, the purpose of personal hygiene genitalia, the impact of poor personal hygiene genitalia, and how to maintain good personal hygiene genitalia.

CONCLUSION

Health education using booklet media has proven to be effective in increasing personal hygiene genitalia knowledge in adolescents at Panti Asuhan Putri Aisyiyah Yogyakarta.

Adolescents are advised to use the booklet as a guide to maintain personal hygiene. Teachers are expected to integrate booklets into interactive education. Parents or guardians can support open communication regarding reproductive health. Nurses are advised to make booklets as a routine counseling medium that is friendly to teenagers. Researchers can further develop more varied and interactive educational media, such as videos or mobile applications. The collaboration of all parties is important to

forming clean and healthy living behaviors in adolescents, especially in the orphanage environment.

ACKNOWLEDGMENT

The author wishes to express sincere gratitude to all individuals and institutions who have contributed to the development and completion of this article.

CONFLICT OF INTEREST

The researcher stated that there was no conflict of interest in the implementation and reporting of this research. The entire research process was carried out independently without any intervention from any party that could affect the results or interpretation of the data. No financial, professional, or personal relationships can affect the objectivity of this research.

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