

Health Education on Vaginal Discharge in Adolescents in Pargarutan Jae Village in 2025

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ABSTRACT

Vaginal discharge is a reproductive health issue among adolescents, particularly among women. Vaginal discharge in adolescents requires special attention. If left untreated, it can lead to serious health problems. Vaginal discharge is normal. It occurs before menstruation. It is within normal limits as long as it is clear or translucent, odorless, non-itchy, and not excessive in quantity. The purpose of this community service program is to provide knowledge about vaginal discharge to adolescent girls. The sample consisted of 18 adolescent girls in Pargarutan Jae Village, Padangsidempuan. The results of this community service program indicate that health education regarding vaginal discharge for adolescent girls can have a positive impact on their personal hygiene, as seen before and after the education. The conclusion is that education about vaginal discharge is essential for adolescent girls to maintain personal hygiene and prevent cervical cancer.

Keywords: Adolescent, Girls, Vaginal Discharge

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INTRODUCTION

Vaginal discharge is a reproductive health issue for adolescents, particularly women, and is a common complaint. Vaginal discharge in adolescents requires special attention. If left untreated, it can lead to serious health problems. Vaginal discharge is normal. It occurs before menstruation. Vaginal discharge is within normal limits as long as it is clear or translucent, odorless, non-itchy, and not excessive in quantity. If the discharge turns yellowish, has an odor, and is accompanied by itching, it is considered abnormal (Herdalena, 2003).

Many women in Indonesia are unaware of vaginal discharge, thus considering it a common and trivial matter. Furthermore, the embarrassment experienced by women and teenagers often makes them reluctant to consult a doctor. However, vaginal discharge should not be taken lightly, as its consequences are very fatal if not treated promptly. It can not only lead to infertility and ectopic pregnancy, but can also be an early symptom of cervical cancer, which can be fatal if not consulted with a health professional early (Sutarno, 2003).

Basically, vaginal discharge functions to keep the vagina clean and healthy. However, sometimes vaginal discharge can be abnormal. This can be caused by fungal, bacterial or parasitic infections in the vagina. Vaginal discharge is said to be abnormal if there is a change in color, for example it becomes yellowish or greenish and has an unpleasant odor. Likewise, if it is in a lumpy form and has a strong odor such as fishy or even rotten. Abnormal vaginal discharge can also be seen from the production of fluid, which is much more than usual. Some other complaints that can accompany include itching, pain in the feminine area, and a burning sensation when urinating.

According to WHO data (2021), the prevalence of vaginal discharge in women in Indonesia reached 75% in 2021, with the majority experiencing vaginal discharge at least once in their lives. Furthermore, 45% of women in Indonesia have experienced vaginal discharge more than once in their lives. In Indonesia, approximately 90% of women are at risk of experiencing vaginal discharge due to Indonesia's tropical climate, which facilitates the growth of fungi, leading to a high incidence of vaginal discharge. Symptoms of vaginal discharge are also experienced by unmarried women and young women aged 15-24, at around 31.8%. This indicates that adolescents are at greater risk of developing vaginal discharge.

In adolescents, several risk factors can trigger frequent vaginal discharge. Here are six causes of vaginal discharge in adolescents:

1. Distance between the vagina and the anus

In adolescent girls, the genital area and anus tend to be close together. This increases the risk of germs excreted through the anus infecting the genitals, especially if the adolescent doesn't yet understand how to properly clean the genital area. Therefore, when cleaning the genitals, be sure to wipe from front to back, not the other way around, to prevent germs from the anus from entering the vagina.

2. Period of Reproductive Organ Development

Reproductive organ development can also cause excessive vaginal discharge in adolescents. In early adolescence, the genitals are not yet fully formed, which can increase the risk of vaginal discharge. This is because the immature labia (vaginal lips) and pubic hair can reduce the protective mechanisms of the genital area.

3. Sensitive Skin

The skin in the pubic area of teenage girls may be more sensitive to scratches and friction, making it more susceptible to external exposure. Using scented body wash, for example, can cause irritation in some girls. Therefore, it's best to avoid using body washes with chemical fragrances and dyes, especially if your skin is sensitive.

4. Differences in Vaginal Conditions in Adolescents

The thin vaginal mucosa in early adolescence can encourage bacterial growth. Furthermore, the vaginal cavity in adolescents has a neutral pH, is warm, and moist. This can lead to causes of vaginal discharge excessive in teenagers.

5. Understanding Feminine Hygiene

Some teenagers don't fully understand how to maintain genital hygiene during defecation and urination. This can ultimately increase the risk of infection by various germs. Young girls often engage in misconceptions, such as using sanitary napkins or pantyliners for extended periods. This habit can increase the risk of yeast infections, according to a study in the Journal of Family and Reproductive Health.

6. How to Dress

Wearing tight, non-absorbent clothing can also increase the risk of vaginal discharge. According to a Yogyakarta study published in the Journal of Family and Reproductive Health, wearing underwear made from non-absorbent materials can create a humid environment, making you more susceptible to vaginal discharge. fungal infection Vaginal discharge is a normal occurrence for all women, and it can also occur in teenagers. However, if you experience any signs of abnormal vaginal discharge, you should consult a doctor immediately for appropriate treatment.

METHOD

This community service was carried out on young women in Pargarutan Jae Padangsidempuan village on February 22, 2025, at 09.00 WIB until finished with the theme of the service "health education about vaginal discharge in adolescents" Stages of activity:

1. Preparation for this PKM activity began with compiling an activity proposal, which included a draft of the planned PKM activities. Once this was complete, the organizing committee prepared the materials and resources to be presented to the 18 young women regarding vaginal discharge. The next steps were:
 - a. Coordinate with local targets
 - b. Prepare participant attendance records and activity minutes
 - c. Prepare equipment for community service activities (laptop, LCD, projector, power point and leaflets)
2. Implementation
 - a. Ask general questions first regarding adolescents' knowledge about vaginal discharge.
 - b. Conducting vaginal discharge education for young women by displaying power points and providing vaginal discharge leaflets.
 - c. Evaluate the education that has been given to young women.

RESULTS AND DISCUSSION

Results of the outreachThe session continued with an evaluation of the audience, specifically teenagers. Three questions were posed to the audience, and they were enthusiastic and eager to answer the questions posed by the presenter. This was evident in the large number of people raising their hands to try and answer the presenter's questions. The counseling session was conducted by gathering all respondents in a classroom, typically used for school.

The moderator gave welcoming remarks and explained the material to be presented to the youth. The session then continued with the presentation by the speaker. All youth attending the outreach activity appeared orderly and followed the speaker's instructions. Following the presentation, the speaker allowed time for a question-and-answer session. The outreach session concluded with snacks and a closing greeting from the moderator.

CONCLUSION

Based on the results of the outreach program, it can be concluded that providing education on vaginal discharge to adolescent girls regarding personal hygiene, particularly regarding vaginal discharge, is very beneficial and crucial. This information is crucial for increasing adolescents' knowledge about vaginal discharge and preventing or early detection of cervical cancer. It is hoped that this community service activity will continue to provide health education, particularly for adolescent girls.

Thank-you note

Following the successful completion of the outreach activity on vaginal discharge in adolescents, our outreach team would like to thank all parties involved, including the Rector and teaching staff of Aufa Royhan Padangsidempuan University, who granted us permission and supported us to conduct this outreach until its completion. We would also like to express our gratitude to the village head and his staff, the head of the community health center and his staff, and all the adolescents who attended. We hope this outreach will enhance adolescents' awareness of the importance of maintaining reproductive health and thus prevent reproductive diseases.

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