

# GAMBARAN PERILAKU VULVA HYGIENE DAN KEJADIAN FLOUR ALBUS PADA REMAJA PUTRI DI MADRASAH ALIYAH SWASTA MA'ARIF DARUSSHOLIHIN SLEMAN TAHUN 2024

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## ABSTRAK

**Latar Belakang:** *Vulva hygiene* adalah perilaku memelihara alat kelamin bagian luar (eksternal) guna mempertahankan kebersihan dan kesehatan alat reproduksi, serta untuk mencegah terjadinya infeksi. *Fluor albus* adalah cairan yang dikeluarkan dari alat genital wanita dan dibagi menjadi dua, yaitu flour albus fisiologis dan patologis. Flour albus bukan suatu penyakit, tetapi merupakan manifestasi dari hampir semua penyakit kandungan. Penyebab paling sering flour albus adalah infeksi.

**Tujuan Penelitian:** Mengetahui gambaran perilaku *vulva hygiene* dan kejadian *flour albus* pada remaja putri di MAS Ma'arif Darussholihin Sleman tahun 2024.

**Metode Penelitian:** Penelitian deskriptif dengan pendekatan *cross sectional*. Penelitian ini dilakukan pada tanggal 20 Mei 2024 di MAS Ma'arif Darussholihin Sleman. Subjek penelitian ini yaitu siswi MAS Ma'arif Darussholihin Sleman berjumlah 88 siswi.

**Hasil Penelitian:** Siswi MAS Ma'arif Darussholihin Sleman dengan kategori perilaku *vulva hygiene* positif 39 siswi (44,32%) dan kategori negatif 49 siswi (55,68%). Sedangkan siswi yang mengalami *flour albus* fisiologis 38 siswi (43,18%) dan siswi yang mengalami flour albus patologis 50 siswi (56,82%). Siswi dengan perilaku *vulva hygiene* positif dan mengalami *flour albus* fisiologis berjumlah 18 siswi (20,45%), siswi dengan perilaku *vulva hygiene* positif dan mengalami *flour albus* patologis sebanyak 21 siswi (23,86%). Sedangkan siswi yang memiliki perilaku *vulva hygiene* negatif dan mengalami *flour albus* fisiologis berjumlah 20 siswi (22,73%) dan siswi yang memiliki perilaku *vulva hygiene* negatif dan mengalami *flour albus* patologis sebanyak 29 siswi (32,95%).

**Kesimpulan:** Mayoritas siswi mempunyai perilaku *vulva hygiene* negatif dan mengalami flour albus patologis.

**Kata Kunci:** Perilaku, *Vulva Hygiene*, *Flour Albus*, Remaja Putri

# DESCRIPTION OF VULVA HYGIENE BEHAVIOR AND THE INCIDENCE OF FLOUR ALBUS IN ADOLESCENT GIRLS AT MADRASAH ALIYAH MA'ARIF DARUSSHOLIHIN SLEMAN IN 2024

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## ABSTRACT

**Background:** Adolescent reproductive health was a healthy condition concerning the reproductive system, functions, and processes possessed by adolescents. One of the reproductive health problems in adolescent girls was flour albus. Flour albus was a secretion or fluid other than blood that came out excessively from the vaginal opening. The cause of flour albus that commonly occurred in adolescent girls was mostly the lack of awareness to maintain health, especially in genital hygiene (vulva hygiene).

**Purpose:** To know the description of vulva hygiene behavior and the incidence of flour albus in adolescent girls at MAS Ma'arif Darussholihin Sleman in 2024.

**Methodology:** Descriptive research with a cross-sectional approach. This research was conducted on May 20, 2024, at MAS Ma'arif Darussholihin Sleman. The subjects of this research were 88 students of MAS Ma'arif Darussholihin Sleman.

**Result of the Study:** The study resulted in finding that students of MAS Ma'arif Darussholihin Sleman had a positive vulva hygiene behavior category of 44.32% and a negative category of 55.68%. Furthermore, it was discovered that 17.05% of students experienced physiological flour albus, while 82.95% experienced pathological flour albus. Additionally, it was observed that 33.33% of girls with positive vulva hygiene behavior experienced physiological flour albus, whereas 46.58% experienced pathological flour albus. On the other hand, 66.67% of students with negative vulva hygiene behavior experienced physiological flour albus, and 53.42% experienced pathological flour albus.

**Conclusion:** The majority of schoolgirls had negative vulva hygiene behavior and experienced pathological flour albus.

**Keywords:** Behavior, Vulva Hygiene, Flour Albus, Adolescent Girls