


# The Effect Of Health Promotion Through Whatsapp Social Media On Knowledge young Women About Personal Hygiene With Symptoms Of Vaginitis In SMP Negeri 02 Class IX Panyabungan Mandailing Natal In 2025

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Article Info	ABSTRACT
<p><b>Keywords:</b> Health Promotion, Personal Hygiene, Youth, WhatsApp Social Media</p>	<p>Adolescent girls have a vulnerability to vaginitis if they do not maintain vaginal hygiene. Vaginitis occurs in women who have entered the puberty phase or will enter the menopausal phase with risk factors in the form of lack of hygiene, unprotected sexual relations, with multiple partners, sexually transmitted diseases and others. Personal Hygiene needs to be considered because it is related to the incidence of genitalia infections. The most common vaginitis is bacterial vaginosis, Trichomoniasis and vulvovaginal candidiasis. This study aims to determine whether there is an influence of health promotion through whatsapp social media on the knowledge of grade IX adolescent girls about personal hygiene with symptoms of vaginitis at SMP 02 Kelas IX Panyabungan Kabupaten Mandailing Natal Tahun 2025. The type of research used is Pre-Experimental research. The population in the study is all grade IX adolescent girls at SMP Negeri 02 Kelas IX Panyabungan Kabupaten Mandailing Natal Tahun 2025. The sampling technique uses purposive sampling with a sample size of 41 people. Using the Wilcoxon test. The results of the study obtained the average knowledge before (7,561) and after (12,048). Wilcoxon test results obtained p value = <math>0.000 &lt; 0.05</math> which shows there is an influence after being given health promotion through whatsapp social media about personal hygiene in adolescents at SMP Negeri 02 Kelas IX Panyabungan Kabupaten Mandailing Natal Tahun 2025. WhatsApp social media can be used as a reference for modern learning in conveying information to provide health promotion about personal hygiene with symptoms of vaginitis in adolescents to increase knowledge so that adolescents are prevented from diseases of the vagina</p>
<p>This is an open access article under the <a href="https://creativecommons.org/licenses/by-nc/4.0/">CC BY-NC</a> license</p> 	<p><b>Corresponding Author:</b> Ferika Desi Akademi Kebidanan Madina Husada, Panyabungan, Indonesia <a href="mailto:Ferikadesi@gmail.com">Ferikadesi@gmail.com</a></p>

## INTRODUCTION

Adolescent girls are susceptible to vaginitis if they do not maintain vaginal hygiene. Vaginitis occurs in women who have entered the puberty phase or are about to enter the menopause phase with risk factors in the form of lack of hygiene, unprotected sexual intercourse, with multiple Menstruation is one of the components of a woman going through puberty where

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most women face social limitations and self-confidence so that it can contribute to mental and physical health. During menstruation, personal hygiene needs to be paid attention to because it is related to the incidence of genital infections. The most common vaginitis is bacterial vaginosis, trichomoniasis and vulvovaginal candidiasis (Andalas, 2019)

According to the World Health Organization (WHO) (2018), teenagers rarely pay attention to the cleanliness of their external genitalia, which can cause problems with their reproductive health, such as abnormal vaginal discharge, causing vaginitis. There are 75% of women in the world who suffer from vaginitis once in their lifetime and 10% to 55% of them do not know that they have vaginitis (Aulia, 2019).

Health data survey, 62% of women in Indonesia experience viral vaginitis vaginal infections due to lack of knowledge about maintaining reproductive hygiene. (Sciences, 2022). About 75% of Indonesian women experience vaginal discharge with bacterial vaginosis (BV) which most often causes pathological vaginal discharge (40%-50% of vaginal infection cases). (Hikamah, 2022). The knowledge factor regarding reproductive health is also likely to be low among teenagers, thus influencing their behavior in maintaining vaginal hygiene. Research results from research in Jakarta found that 30.7% of 492 women experienced bacteriosis vaginitis (Medika, 2019).

In Padang, the relationship between personal hygiene attitudes and vaginitis symptoms in SMPN 1 students is at a low level of knowledge. The majority had moderate knowledge, namely 85 respondents with 17.6% of them having symptoms of vaginitis. Meanwhile, the majority of respondents at SMPN 23 had a moderate level of knowledge regarding personal hygiene, namely 80 female students and 35% of them had experienced symptoms of vaginitis (Khatib, 2019).

As health workers, this phenomenon is an important thing that must be addressed immediately. The approach taken to change existing habit patterns will certainly adapt to the characteristics of today's era, where for Indonesian society, especially teenagers, social media has become a habit that is difficult to replace.

In 2016, the results of the Statistical Data survey showed that internet users in Indonesia reached 132.7 million people (51.5%) of the total population of Indonesia. Of this figure, 95% use the internet to access social networks. Internet users in Indonesia are dominated by young users, namely ages 10–24 years amounting to 75.5% of the population (APJII, 2016).

In this research, WhatsApp was the social media chosen as a health promotion medium. The reason WhatsApp was chosen was because WhatsApp was considered more efficient and simple compared to other instant messenger applications. The results of the We Are Social data state that WhatsApp has become a popular social media among Indonesian people. It is recorded that 83% of Indonesians use WhatsApp, which means around 125 million people already use WhatsApp in Indonesia (Hootsuite, 2019).

Based on research conducted by Khaleda Sananingrum in 2019 with the title "The Effect of Health Promotion with Different Media WhatsApp Applications on the Level of WUS Knowledge About Cervical Cancer in RW 10 Puduk Payung Subdistrict" the results showed

that the level of WUS knowledge about cervical cancer before being given intervention was mostly in the category less in the three groups, and after being given health promotion via the WhatsApp application about cervical cancer, the majority of respondents' knowledge was in the good knowledge category as much as 47.3% and respondents with sufficient knowledge were 39.7% of the three groups. group. This research shows that there are differences in WUS' knowledge about cervical cancer before and after being given health promotion via the WhatsApp application (Sananingrum, 2019).

## METHODS

This research is quantitative research, using a type of pre-experimental research which aims to determine a symptom or influence that arises as a result of certain treatments. By using the One Group Pretest Posttest design. This research contains the paradigm that there is a group that is given treatment and then the results are observed, but before being given treatment there is a pre-test to determine the initial conditions. With the slovin sampling formula, a sample of 35 respondents was obtained. The study was conducted at SMP Negeri 02 Panyabungan c in Januari 2025. Before the data is analyzed, validity and reliability tests are carried out. Data analysis used univariate and bivariate analysis. Univariate analysis is to get an idea of the frequency distribution of respondents. And Bivariate analysis is an analysis that has The purpose is to test the difference and measure the relationship between two research variables, namely between the independent variable and the dependent variable. Bivariate analysis in this study used the chi-square test with a confidence level of 95%. Guidelines in accepting hypotheses. If the probability value(p)  $\leq 0.05$  then  $H_0$  is rejected, if (p)  $> 0.05$  then  $H_0$  fails to be rejected. Data is presented in tabular form.

## RESULTS AND DISCUSSION

To identify the relationship between pregnant women's anxiety levels about having sex during pregnancy, researchers used questionnaire sheets. The following will be described about the results of the study, namely the characteristics of respondents, The effect of health promotion through whatsapp social media on knowleg geyoung women about personal hygiene with symptoms of vaginitis in SMP Negeri 02 Class IX Panyabungan Mandailing Natal in 2025. The results and discussion can display data in the form of tables and images. Results must be supported by related references or can be compared with previous research.

### Analisis Univariat

**Tabel 1.** Description of Teenagers' Knowledge Before and After Being Given Whatsapp Social Media

Knowledge Question items About Personal Higyene with Vaginitis Symptoms	Before (%)		After (%)	
	Wrong	corret	Wrong	Cottet
1.Cleanliness of the feminime area	48,8	51,2	2,4	97,6
2.Irritation in the female genetalia area	63,4	36,6	24,4	75,6
Water to clean the feminime area	51,2	48,8	19,5	80,5

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Knowledge Question items About Personal Higyene with Vaginitis Symptoms	Before (%)		After (%)	
	Wrong	corret	Wrong	Cottet
3. How to clean the feminime area	73,2	26,8	29,3	70,7
4. Antiseptic liquid to clean the feminime area	53,7	46,3	29,3	70,7
5. Drying the veginal area	80,5	19,5	19,5	80,5
6. Change your sanitary napkis every day	2,4	97,6	43,9	56,1
7. change underwaer daily	73,2	26,8	2,4	97,6
8. Trouser are made of cotton and nylon	19,5	80,5	26,8	73,2
9. signs of irritation	48,8	51,2	9,8	90,2
10. Uses of pantylmer	29,3	70,7	7,3	92,7
Cairan pencuci pakaian dalam	22,0	78,0	19,5	80,5
11. Cleaning hair in the feminime area	51,2	48,8	34,1	65,9
12. How to wash the feminime area	65,9	34,1	22,0	78,0
Pengeluaran cairan berbau amis	61,0	39,0	4,9	95,1

### Analisis Bivariat

**Tabel 2 .** The Influence of Whatsapp Social Media on the Knowledge of Class IX Adolescent Girls about Personal Hygiene with Symptoms of Vaginitis at SMP Negeri 02 Panyabungan District, Mandailing Regency Christmas 2025

Variabel	N	Mean	Sig. (2-Tailed)
Pengetahuan	41	0,000	0,98

### Discussion

#### Adolescents' Knowledge of Personal Hygiene with Vaginitis Symptoms at Pretest and Posttest

The results of the average analysis showed that the average knowledge before being given WhatsApp social media was 7,561 with a standard deviation of 2,793, a Min value of 300 and a Max of 14.00. while the average knowledge after being given intervention with WhatsApp social media was 12,048 with a standard deviation of 1,883, a Min value of 12.00 and a Max value of 15.00.

The question items most frequently answered incorrectly by junior high school students during the pretest were about how to clean the feminine area, change underwear, irritation of the feminine area and dry the feminine area. Meanwhile, during the posttest, the questions that many junior high school students still answered incorrectly were about risk factors for preventing disease and preventing symptoms of vaginitis. This is because there are questions whose answers are almost the same as risk factors for prevention and prevention, and because there is scientific language that is difficult for female students to understand.

Notoatmodjo (2018), stated that knowledge is the result of knowing and occurs after someone senses a certain object. Sensing occurs through the five human senses, namely sight, sensing, smell, taste and touch. Knowledge can be obtained, among other things, through education, both curricular, non-curricular and extracurricular. Knowledge can also be

obtained from other people's knowledge, such as hearing, seeing directly and through communication tools such as television, radio, books and so on.

A high sense of desire can influence teenagers in getting appropriate sexual information. Increased knowledge is not absolutely obtained from formal education alone, but can be obtained through non-formal education. A person's knowledge about an object contains two aspects, namely positive aspects and negative aspects. These two aspects will determine a person's attitude. The more positive aspects of an object that are known, the more positive attitudes towards a particular object will arise (Noatmodjo, 2018).

Health promotion is the same as health education which can influence knowledge and behavior. According to Wood, health education is experiences that are useful in influencing a person's habits, attitudes and knowledge, and according to Nyswander, health education is a dynamic process of behavior change (Fitriani, 2017).

This is in line with research (Maya, 2014) showing that there is a significant difference in knowledge about gastritis in adolescents before and after health education, namely at the pretest 41.9% of respondents had good knowledge and at the posttest it increased to 90.5%. Likewise, research (Alvian, 2019) shows that there is a difference in knowledge at the pretest of 38.5% of respondents having good knowledge and at the posttest of 74.4%, increasing with health education. Research (Alvian, 2019) shows that there is a significant influence on the level of knowledge about gastritis.

### **The Influence of Whatsapp Social Media regarding Personal Hygiene and Vaginitis Symptoms on Adolescents' Knowledge**

The results of the statistical test using Wilcoxon on the level of knowledge obtained a p value = 0.000 ( $p < 0.05$ ), which means that there is an influence of health promotion through WhatsApp social media on the knowledge of class IX teenage girls about personal hygiene with symptoms of vaginitis at SMP Negeri 02 Panyabungan. Health promotion provided via WhatsApp social media can have an influence on respondents' knowledge, because the information or material provided by researchers in the WhatsApp group that has been created can be captured by respondents because it is concise and clear.

In line with research by Johnson et al (2015), education via WhatsApp has been proven to be beneficial for learning because it increases student participation in face-to-face and distance contexts between students, other students and educators. According to research by Hendrik (2016), education using WhatsApp has also been proven to improve students' critical thinking skills and WhatsApp Messenger as an integrated mobile learning that is effective for application in learning and improves critical thinking skills because WhatsApp social media makes students motivated and interested in learning.

This is in line with research (Nehru, 2019), showing an increase in the average knowledge after being given intervention via WhatsApp social media, namely with an average knowledge score of 150.09 with a p value of 0.000 in the intervention group which means that there is knowledge after being given education through WhatsApp. Meanwhile, the average knowledge score in the control group is 134.57 with a p value of 0.004\* which means that there is changes after being given an information link. Likewise, research (Aldo,

2019), shows that there is an increase in students' knowledge, namely the average value of students' knowledge before being treated with WhatsApp media is 5.95 and after being treated with WhatsApp media it is 6.95, which means there is an increase in students' knowledge after being given treatment with WhatsApp media.

Based on the results of the discussion above, it can be concluded that the provision of WhatsApp social media has an effect in increasing teenagers' knowledge about personal hygiene with symptoms of vaginitis. also often dig up information about their pregnancy, and mothers are individuals who are not easily anxious or can control their worries or anxiety in their own way.

### CONCLUSION

From the table above The knowledge of teenagers before being given WhatsApp social media was 7,561. The average knowledge after being given intervention with WhatsApp social media was 12,048. There is an influence of health promotion through WhatsApp social media on the knowledge of class IX teenage girls about personal hygiene with symptoms of vaginitis at SMP Negeri 02 Panyabungan.

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