

The Effect of Vidio Based Education on Adolescent Girls' Knowledge of Vaginal Discharge Prevention

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One of the most common reproductive health problems in adolescent girls is vaginal discharge (Flour Albus). Flour Albus or vaginal discharge is a fluid coming out of the vagina in addition to blood. Vaginal discharge is divided into two types, namely physiological (normal) and pathological (abnormal). To determine the influence of counseling through video media on the knowledge of adolescent girls about the prevention of vaginal discharge in class X students at SMAN 1 Wanasaba. This study used a pre-experimental method with a pre-test and post-test design. The research sample of 66 people was selected using the proportional stratified random sampling technique. Data analysis used the Wilcoxon test, with a questionnaire as a research instrument. The results of the pre-test showed that most of the students had a level of knowledge in the sufficient category, namely 45 students (69.7%). After being given counseling through video media, the post-test results showed an improvement, with 65 students (98.5%) in the good category. Wilcoxon's statistical test showed a significant influence before and after health education with a p-value of 0.001 (<0.05). There is a significant influence on the increase in student's knowledge about vaginal discharge prevention after being given health education through video media

Keywords: Counseling, Video Media, Vaginal Discharge, Young Women

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1. Introduction

Vaginal discharge, medically known as *fluor albus*, is one of the most common reproductive health problems among adolescent girls. It is classified into physiological (normal) and pathological (abnormal) vaginal discharge. Physiological vaginal discharge is usually clear, odorless, and does not cause itching, whereas pathological vaginal discharge is often accompanied by itching, unpleasant odor, and abnormal color, indicating infection (Hermanses & Kotarumalos, 2022). According to the World Health Organization (WHO), approximately 75% of women worldwide experience vaginal discharge, with a high prevalence also reported among Indonesian adolescents (Jonathan et al., 2021).

Several factors contribute to the occurrence of vaginal discharge, including hormonal changes, stress, poor personal hygiene, improper genital cleansing practices, and the use of tight or synthetic underwear (Yuliana Dwi Hastuty et al., 2023). If left untreated, pathological vaginal discharge may lead to reproductive tract infections, fertility problems, and can be an early sign of cervical cancer (Nova et al., 2024). Therefore, preventive efforts are essential to maintain reproductive health among adolescent girls.

Prevention of vaginal discharge can be achieved through proper genital hygiene practices, such as wearing cotton underwear, cleaning the genital area correctly, and avoiding excessive use of antiseptic products

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(Fitriyya & Hidayah, 2021). However, limited knowledge among adolescents often results in inadequate preventive behaviors. As adolescence is a critical period of physical and psychological development, effective reproductive health education is needed to increase awareness and promote healthy practices (Panggor et al., 2023).

Video-based health education has been recognized as an effective educational method because it combines visual and audio elements that facilitate understanding and retention of information (Yulyana et al., 2023). A preliminary study at SMAN 1 Wanasaba found that most female students had limited knowledge regarding the causes, impacts, and prevention of vaginal discharge. Therefore, this study aims to examine the effectiveness of video-based health education in improving adolescent girls' knowledge of vaginal discharge prevention at SMAN 1 Wanasaba.

2. Literature Review and Problem Statement

Adolescence is one of the most important stages of human development. This period represents a transition from childhood to adulthood and is characterized by significant biological, psychological, and social changes. In most societies and cultures, adolescence generally begins between the ages of 10 and 13 years and ends between the ages of 18 and 22 years (Simanjuntak et al., 2024).

Based on these characteristics, adolescents require adequate understanding, guidance, and support from their families, schools, and communities to help them navigate the various changes they experience. Such support is essential to promote healthy growth and development and to encourage positive health behaviors. With appropriate education and guidance, adolescents are expected to develop into healthy adults who are physically, mentally, and socially well-adjusted. Based on the background described above, the research problem is formulated as follows: "Is there an effect of video-based educational media on students' knowledge regarding the prevention of vaginal discharge among female students."

3. Method

This study employed a quantitative research approach using a pre-experimental design with a one-group pretest-posttest design without a control group to examine the effect of video-based educational media on adolescent girls' knowledge regarding the prevention of vaginal discharge (Khairatunnisa et al., 2023).

The purpose of this study was to determine the effect of video-based education on knowledge of vaginal discharge prevention among adolescent girls. In this study, the researchers first assessed the students' knowledge regarding vaginal discharge prevention to obtain the pretest scores. Subsequently, educational intervention was delivered through video media to the respondents. After the intervention, the researchers reassessed the students' knowledge to obtain the posttest scores and evaluate the effectiveness of the health education provided.

4. Results and Discussion

Effect of video-based education on adolescents' knowledge of vaginal discharge prevention

Table 4.4. The Effect of Video-Based Educational Media on Adolescent Girls' Knowledge Regarding Vaginal Discharge Prevention

Education	Knowledge	Good n (%)	Fair n (%)	Poor n (%)	Total n (%)	P-value
Pre-test	Knowledge Level	9 (13.6)	46 (69.7)	11 (16.7)	66 (100.0)	0.001
Post-test	Knowledge Level	65 (98.5)	1 (1.5)	0 (0.0)	66 (100.0)	

Based on Table 4.4, there was a noticeable difference in the level of knowledge before and after the educational intervention was provided. Bivariate analysis was conducted using the Wilcoxon Signed-Rank Test, which yielded a p-value of 0.001 (< 0.05). Therefore, H_a was accepted and H_0 was rejected, indicating that video-based educational media had a significant effect on improving adolescent girls' knowledge regarding vaginal discharge prevention among tenth-grade students.

This study is also supported by the findings of Suwati et al. (2022) in their study entitled "*The Effect of Video-Based Education on Adolescents' Knowledge and Behavior in Preventing Vaginal Discharge.*" The results showed that health education had a significant effect on adolescents' knowledge, with a p-value of 0.000 (< 0.05). This indicates that there was a statistically significant improvement in knowledge following the intervention using video-based educational media. These findings suggest that the intervention was successful in significantly increasing students' knowledge regarding the prevention of vaginal discharge among adolescents.

According to Muchtar et al. (2023), these findings are consistent with the primary objective of health education, which is to promote positive behavioral changes among individuals as well as within community groups. Based on the results of this study, the researchers assume that there was a significant improvement in respondents' knowledge after they received video-based education on vaginal discharge prevention. This improvement may be attributed to the systematic presentation of information in the video, which combined audio, visual elements, moving images, and text. Such features made the educational material easier to understand, more engaging, and less monotonous, thereby facilitating the effective delivery and absorption of educational messages by the respondents.

5. Conclusion

Based on the study entitled "*The Effect of Video-Based Educational Media on Adolescent Girls' Knowledge Regarding Vaginal Discharge Prevention at SMAN 1 Wanasaba,*" the following conclusions were obtained. Before the educational intervention, most students had a moderate level of knowledge, as indicated by the data showing that 46 respondents (69.7%) were categorized as having sufficient knowledge. This condition suggests that the majority of students did not have adequate understanding regarding the prevention of vaginal discharge. After the educational intervention, the majority of students had a good level of knowledge, as indicated by the data showing that 65 respondents (98.5%) were categorized as having good knowledge. This finding demonstrates that the educational intervention was effective in improving students' knowledge regarding vaginal discharge prevention. Based on the statistical analysis using the Wilcoxon Signed-Rank Test, a p-value of 0.001 (< 0.05) was obtained, indicating a statistically significant effect of the video-based educational intervention on students' knowledge regarding vaginal discharge prevention. Therefore, video-based education was proven to be effective in increasing adolescent girls' knowledge about vaginal discharge prevention.

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