

ABSTRACT

Overview of Feminine Organ Hygiene and Subjective Vulvovaginitis Symptoms Using the Genital Hygiene Behavior Scale (GHBS) and Vulvovaginal Symptoms Questionnaire (VSQ) Islamic Boarding School Female Students at Al-Hikmah Bandar Lampung

By

Gusti Destiana

Background: Vulvovaginitis is inflammation of the vulva and vagina, the most common infection among adolescents and adult women where the prevalence is about 1/3 to 3/4 of the population. The purpose of this study was to description of feminine organ hygiene and subjective vulvovaginitis symptoms using the Genital Hygiene Behavior Scale (GHBS) Questionnaire and Vulvovaginal Symptoms Questionnaire (VSQ).

Methods: A descriptive design, population was 320 and sample was 311. The variable in this study was respondent characteristic, feminine organ hygiene and subjective vulvovaginitis symptoms.

Results: Student in junior high school was 47% and senior high school was 53%. The youngest was 11 years old and the oldest was 18 years old with average age was 14. Hygiene of female organs: general personal hygiene, cleanliness during menstruation and awareness of abnormal conditions in the vagina, the majority answered agree and strongly agree. Of the 311 respondents, there were 129 (41.4%) respondents who experienced symptoms of vulvovaginitis causing 63.2% of worry about worsening and 50.5% shame. The impact on daily life makes a feeling of insecurity as much as 56% and interferes with daily activities as much as 50.5%.

Conclusion: Majority female organ hygiene in the of female students personal hygiene, genital hygiene during menstruation and awareness of abnormal findings in the genital organs is good. Some female students have symptoms of subjective vulvovaginitis and most of them had emotional impact due to subjective symptoms of vulvovaginitis and there were impact of subjective vulvovaginitis symptoms on daily life.

Keywords: feminine organ hygiene, subjective vulvovaginitis symptoms, genital hygiene behavior scale, vulvovaginal symptoms questionnaire.

ABSTRAK

Gambaran Kebersihan Organ Kewanitaan dan Gejala *Vulvovaginitis* Subjektif dengan Menggunakan Kuesioner *Genital Hygiene Behavior Scale* (GHBS) dan *Vulvovaginal Symptoms Questionnaire* (VSQ) pada Santriwati Pondok Pesantren Al-Hikmah Bandar Lampung

Oleh

Gusti Destiana

Latar Belakang: *Vulvovaginitis* adalah inflamasi dari vulva dan vagina, infeksi paling umum di antara remaja dan wanita dewasa di mana prevalensinya sekitar 1/3 sampai 3/4 dari populasi.. Tujuan penelitian untuk mengetahui gambaran kebersihan organ kewanitaan dan gejala *vulvovaginitis* subjektif dengan menggunakan kuesioner *Genital Hygiene Behavior Scale* (GHBS) dan *Vulvovaginal Symptoms Questionnaire* (VSQ).

Metode: Desain deskriptif dengan populasi 320 orang dan sampel 311 orang. Variabel yang diteliti adalah karakteristik responden, kebersihan organ kewanitaan dan gejala *vulvovaginitis* subjektif yang dialami.

Hasil: Responden tingkat MTS sebanyak 47% dan tingkat MA sebanyak 53%. Usia termuda 11 tahun dan tertua 18 tahun, dengan rata-rata umur 14 tahun. Kebersihan organ kewanitaan: kebersihan diri secara umum, kebersihan saat haid dan kesadaran akan kondisi abnormal di vagina mayoritas menjawab setuju dan sangat setuju. Dari 311 responden terdapat 129 (41,4%) responden yang mengalami gejala *vulvovaginitis* menyebabkan kekhawatiran akan perburukan sebanyak 63,2% dan rasa malu 50,5%. Dampak pada kehidupan sehari-hari membuat rasa tidak percaya diri sebanyak 56% dan mengganggu aktivitas sehari-hari sebanyak 50,5%.

Simpulan: Gambaran kebersihan organ kewanitaan mayoritas menyatakan persetujuannya akan praktik kebersihan pribadi, kebersihan *genital* saat menstruasi dan kesadaran akan temuan abnormal pada organ *genital*. Sebagian memiliki gejala *vulvovaginitis* subjektif dan menyebabkan dampak emosional dan perubahan pada kehidupan sehari-hari.

Kata Kunci: kebersihan organ kewanitaan, gejala *vulvovaginitis* subjektif, *genital hygiene behavior scale*, *vulvovaginal symptoms questionnaire*.