
The Relationship Of The Level Of Correct Istinja Knowledge On The Incidence Of White Disease In Students Of Muhammadiyah 1 High School, Medan City

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Abstract

Puberty is marked by the production of developmental hormones, namely LH and FSH hormones, which mark children entering adolescence, which causes the vagina to function as part of growth. One of the common and risky problems for adolescent girls is vaginal discharge. If vaginal discharge is not treated immediately, it can cause reproductive tract infections, sexually transmitted infections, and pelvic inflammation. In the context of Islam, vulva hygiene can be applied through the practice of istinja. Istinja is the process of cleaning oneself after urinating or defecating, which is recommended in Islamic teachings to maintain the cleanliness of the genital organs. This process is carried out using clean water or other materials such as stones or tissues, to remove residual urine or feces that can be a place for bacteria and fungi to grow. This study aims to examine the relationship between the level of knowledge about correct behavior and the incidence of vaginal discharge.

Keywords: *Istijak, Vaginal Discharge, Adolescents, Pathological*

INTRODUCTION

Puberty is marked by the production of developmental hormones, namely LH and FSH, which signal a child's entry into adolescence, which causes the vagina to function as a growth factor. One common and risky problem for adolescent girls is vaginal discharge. If left untreated, vaginal discharge can lead to reproductive tract infections, sexually transmitted infections, and pelvic inflammatory disease. In the Islamic context, vulvar hygiene can be implemented through the practice of istinja. Istinja is the process of cleansing oneself after urinating or defecating, which is recommended in Islamic teachings to maintain genital hygiene. This process is carried out using clean water or other materials such as stones or tissues to remove any remaining urine or feces that can become a breeding ground for bacteria and fungi. Vaginal discharge is a serious issue that requires attention in Indonesia, with more than 75% of women experiencing vaginal discharge. This condition is caused by Indonesia's humid and watery climate, which makes it easy for infections by the fungus *Candida albicans* or the bacteria *Trichomonas vaginalis*. 3 The practice of istinja not only removes residue that can become a breeding ground for bacteria, but also helps prevent the spread of vaginal discharge.

microorganisms, but also helps reduce the risk of diseases such as vulvar pruritus and pathological vaginal discharge. This study aims to examine the relationship between the level of knowledge about correct istinja and the incidence of vaginal discharge.

RESEARCH METHODS

This study uses a descriptive observational method with a cross-sectional design, namely a study that links the level of knowledge of Istinja correctly to the incidence of vaginal discharge in students of SMA Muhammadiyah 1 Medan City. The population of this study was all female students of SMA Muhammadiyah 01 Medan in grades X, XI, and XII, totaling 220 people in the 2024/2025 academic year.

The technique used in this study was non-probability sampling. The sample size was calculated using the Slovin sample size formula to estimate the minimum sample size.

Sample size estimation: $n = N$

$$1+N(e)^2$$

Where: N: Population Size, n: Sample Size, e: error (5%). The data collection method was carried out by giving a questionnaire in the form of a Google form containing questions to respondents. Data collection carried out in this research was using a questionnaire on the relationship between knowledge and istinjak behavior and the incidence of vaginal discharge in young women.

The data collection instrument in this research used a Likert scale. This questionnaire will be distributed to respondents who meet the sample criteria. The research instrument was designed to determine the level of female students' knowledge regarding the correct istinjak procedure.

Bivariate analysis was conducted to evaluate the relationship between knowledge level of istinjak and the incidence of vaginal discharge. Spearman's correlation technique was used. The decision-making criteria for the test were as follows:

If the sig. value is <0.05, it can be concluded that there is a significant correlation between the connected variables. If the sig. value is >0.05, it can be concluded that there is no significant correlation between the connected variables.

No	Variables	Definition operational	Tool measuring	Scale measuring	Measurement results
1	Istinjak Knowledge Level	Istinja is the practice of cleansing oneself after defecating water small or big with using clean water or stones	Questionnaire	Ordinal	4. Good: 80%-100% 5. Medium: 60%-79% 6. Less: <60%
2	Incidence of Vaginal Discharge Disease	The liquid that abnormal with characteristics of the presence of fluid thick And smelly t unpleasant sensation from the vaginal canal. Yellow, chocolate, green, or white. Liquid this sometimes causes flavor itchy And uncomfortable	Questionnaire	Nominal	3. Yes, if you experience pathological vaginal discharge 4. No, if you do not experience vaginal discharge/ only physiological vaginal discharge

RESULTS AND DISCUSSION

The results of the study show that:

Table 1. Description of Istinja's Knowledge Level

Pengetahuan	Frequency nsi (n)	Percentage se (%)
Good	24	45.3
Currently	16	30.2
Not enough	13	24.5
Total	53	100

Based on Table 1, 24 respondents (45.3%) had a good level of knowledge of istinja, 16 respondents (30.2%) had moderate knowledge, and 13 respondents (24.5%) had poor knowledge. These results indicate that the majority of respondents had good knowledge of istinja, but almost a third of respondents had knowledge that was classified as poor.

Table 2. Overview of the Incidence of Vaginal Discharge

vaginal discharge Pathological	Frequency nsi (n)	Percentage ase (%)
No	31	58.5
Yes	22	41.5
Total	53	100

Based on Table 2, 31 respondents (58.5%) did not experience pathological vaginal discharge, while 22 respondents (41.5%) did. These results indicate that the incidence of pathological vaginal discharge remains quite high among students at Muhammadiyah 1 Senior High School in Medan City, which may indicate a lack of attention to personal hygiene or a lack of knowledge regarding reproductive health.

Knowledge		Pathological Vaginal Discharge		Total	P-
Step on		No	Yes	al	Value
	n	20	4	24	
Good	%	83.30 %	16.70 %	100 %	
	n	8	8	16	0.

Currently	%	50.00%	50.00%	100%	01
Not enough	n	3	10	13	
	%	23.10%	76.90%	100%	
	n	31	22	53	
Total	%	58.50%	41.50%	100%	

Students with a good level of knowledge of istinjak mostly did not experience pathological vaginal discharge, namely 20 people (83.3%), while only 4 people (16.7%) experienced pathological vaginal discharge. In the group with a moderate level of knowledge of istinjak, there was a balanced proportion, namely 8 people (50%) did not experience pathological vaginal discharge and 8 people (50%) did. Meanwhile, students with a poor level of knowledge of istinjak mostly experienced pathological vaginal discharge, namely 10 people (76.9%), while those who did not experience it were only 3 people (23.1%).

The chi-square correlation test showed a p-value of 0.001, which is smaller than the significance level ($\alpha = 0.05$). Thus, H_0 was rejected, meaning there is a significant relationship between the level of correct istinjak knowledge and the incidence of vaginal discharge in students at SMA Muhammadiyah 1 Medan City. These results indicate that the better the level of istinjak knowledge, the lower the risk of pathological vaginal discharge.

CONCLUSION

The majority of respondents, namely 45.3% of female students at SMA Muhammadiyah 1 Medan City, had a good level of knowledge about istinjak. The incidence of pathological vaginal discharge in adolescent girls at SMA Muhammadiyah 1 Medan City was quite high, with 41.5% of respondents experiencing pathological vaginal discharge. There was a significant relationship between the level of knowledge about istinjak and the incidence of pathological vaginal discharge in adolescent girls at SMA Muhammadiyah 1 Medan City. Female students who had good knowledge about istinjak were less likely to experience pathological vaginal discharge, while female students with less knowledge were more at high risk of pathological vaginal discharge.

Future research is expected to explore other factors that influence the relationship between istinjak knowledge and vaginal discharge, such as other hygiene behaviors, the impact of lifestyle, and

environmental factors of mental well-being. Students at SMA Muhammadiyah 1 Medan City are expected to increase awareness and understanding of the importance of correct istinja practice.

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