

**RELATIONSHIP OF KNOWLEDGE SOURCES OF INFORMATION FAMILY
SUPPORT ON THE EVENT OF VULVAE PRURITES WHEN
MENSTRUCTIONIN SMPN 10 SOUTH BENGKULU**

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ABSTRACT

Organ external are essential components for men and women. But didominasi in woman because women have reproductive systems sensitive to a disease even the state of disease more connected with its function and the ability on health reproduction. The purpose of research to know relations knowledge, a source of information and family encouragement to events pruritus vulvae when menstrual. Research methodology it uses descriptive analytic with the approach cross sectional, research sample areas a student of class ii smpn 10 bengkulu south 2015 by using total of sampling to 67 people, data analysis by using univariat and bivariat use test chi square. The results of the study based on the univariat and bivariat obtained picture of respondents who have scene pruritus vulvae when menstrual as many as 40 of (59,7 %). Who has knowledge less some 43 of (64,2 %). Have the information less thirty-one of (46,3 %). Having dukungam poor families as many as 39 people (58,2 %). The results of statistical tests bivariat scene pruritus vulvae when period in get value $p = 0,012$. So can be concluded there was a correlation between knowledge , a source of information , family encouragement to events pruritus vulvae when menstrual . From the study writer give advice to teachers in order added and update health information especially about the importance of the clean and healthy living and provide guidance routinely to the face.

Keywords: *Support, families, the Incidence of Pruritus Vulvae, Knowledge, Indormation Sources*

INTRODUCTION

The genital organs are an important component for both men and women. However, women are nominated because women have a reproductive system that is sensitive to a disease, even if the disease condition is more related to function and ability to reproductive health. The genital organs are very rarely discussed due to taboos, but as we all know the female vagina has a reproductive function "to carry on offspring", by knowing and studying, we will better know how to care for the genital organs and protect them properly (Jufri, 2011)

A person who does not have an understanding of reproductive health will tend to ignore reproductive health and in the end, he will have actions that are harmful to himself. One of the results of the lack of understanding of genital personal hygiene is the occurrence of reproductive health problems such as vaginal discharge, urinary tract infections (UTI), pelvic inflammatory disease (PRP) and the possibility of cervical cancer, so good information about reproductive health is needed so that adolescents have a good understanding. and can prevent the threat of reproductive diseases. (Ali, 2009)

Based on data from the World Health Organization (2012), the adolescent age group (10-19 years) in 2010 occupied one-fifth of the world's population and 83% of them lived in developing countries (Andira, 2010).

Various studies on adolescents show that adolescents are often mistaken in cleaning the genitalia, such as wrong in washing the genital organs from back to front, cleaning the genital organs using plain soap or cleaning fluids that are not clear in composition, or sprinkling powder, even spraying perfume inside. vagina. In Indonesia in 2008, 80% of them had experienced Pruritus vulvae. Where as many as 20% experience pruritus vulvae acutely and 40% experience pruritus vulvae chronically. While those who experience chronic pruritus vulvae, 20% of them are due to fungi, bacteria and viruses that arise due to lack of personal hygiene and menstrual hygiene (Arikunto, 2010). Knowledge about reproductive health is needed by society, especially adolescents. Because the better the knowledge of adolescents about reproductive health will affect the behavior of adolescents in maintaining their genetic health. Minimal knowledge shows that adolescents need to be provided with good and positive information through health workers, parents, peers and teachers (Azwar, 2012).

Reproductive health (Kespro) is a vital problem in health development, because it cannot be solved by curative only, but more importantly by taking preventive measures. Reproductive health is a government concern, because this problem becomes a serious problem throughout life. The government continues to see the handling of adolescent reproductive health issues in the context of applicable laws and the socio-cultural conditions of the Indonesian people. Menstruation is the discharge of blood every month due to the shedding of the uterine lining of the endometrium containing blood vessels because the egg (ovum) is not fertilized (Djadjakusumah, 2010) Menstruation or menstruation is a physiological change in a woman's body that occurs periodically and is influenced by the reproductive hormone either FSH-Estrogen or LH-Progesterone. This period is important in terms of reproduction. In humans, this usually occurs every month between adolescence and menopause. In women, the average menstrual cycle occurs around 28 days, although this is generally accepted, but not all women have the same menstrual cycle, sometimes the cycle occurs every 21 days to 30 days. Usually, menstruation lasts an average of 5 days, sometimes menstruation can also occur around 2 - 7 days at most 15 days. If the blood is bleeding for more than 15 days, it is considered as disease blood (Indah, 2012). There are pads made of herbs, so they are comfortable to wear, there are also pads that are designed with a length of 29 to 35 cm to be worn while sleeping or for those who have heavy menstrual blood.

Bandages must be changed at least twice a day to prevent vaginal infections or other disorders (Indriastuti, 2009).

Disorders in women during menstruation are very broad, one of which is irritation or itching around the vulva and vaginal opening. This area is very sensitive to the touch, often this itchiness triggers young women to scratch it, which can cause stinging and more uncomfortable conditions, scratching marks are often seen when examined by a doctor. If the vaginal skin is scratched by sharp nails or other objects, even though the surface does not appear damaged, this can cause infection (Istiari, 2012).

Menstrual hygiene is personal hygiene during menstruation. Menstrual hygiene is very important, because if handling during menstruation is not sterile it can lead to infection of the reproductive organs. Meanwhile, infection of the reproductive organs has a negative impact on the future or in other words has a lifelong impact, such as infertility (Kusmiran, 2011).

Personal hygiene during menstruation starts with maintaining personal hygiene, especially keeping the reproductive organs clean. Hot air tends to be humid and sweaty, making the body humid, especially in the reproductive area which causes bacteria to multiply, causing an unpleasant odor and is easy to cause disease (Notadmodjo, 2010)

This irritation is an early sign of vaginitis. Pruritus vulvae usually occurs at night, while sleeping may scratch the area without realizing it and can cause some bruising and bleeding. In the next stage, pruritus vulvae affects a woman's social life, because it can interfere with her daily activities (Perdede, 2012).

Chronic pruritus vulvae is caused by fungi, bacteria, and viruses that arise due to poor personal hygiene and menstrual hygiene, due to allergies from sanitary napkins, and due to pathological abnormalities of the vulva. Inadequate hygiene is a risk factor for vulvar cancer (Pudiastuti, 2012).

RESEARCH DESIGN AND METHODOLOGY

This research was conducted at SMPN 10 Bengkulu Selatan. This research was conducted in June. Population is the whole object or subject that is in an area and fulfills certain requirements related to the research problem, or the entire unit, of the individual within the scope to be studied. The population in this study were 67 students of class II SMPN 10 Bengkulu Selatan. The sample of the population that has been known is 67 female students. The sample size in this study was calculated using the Solvin formula, so the results

obtained were 67 students. The sampling technique in this study was Total Sampling, explaining the Total Sampling technique

FINDINGS AND DISCUSSION

In this study using univariate and bivariate analysis. Univariate analysis is an analysis to determine the description of each independent variable (knowledge, information sources, family support) and the dependent variable (incidence of pruritus vulvae during menstruation) data that has been obtained from the results of data collection are presented in the form of frequency distribution tables and text. Where the independent and dependent variables. Where the independent variables are knowledge, information sources, family support, the dependent variable is the incidence of pruritus vulvae during menstruation.

This analysis is also used to simplify or summarize the data set from the measurement results so that the data set becomes useful information.

Univariate data in this study consisted of knowledge, information sources, dependent family support, namely the incidence of pruritus vulvae during menstruation.

Bivariate analysis was conducted to determine the relationship between 2 variables, namely the independent variable (knowledge, information sources, family support) and the dependent variable (incidence of pruritus vulvae during menstruation) by using the chi square test at $\alpha = 5\%$. If the $p \text{ value} > \alpha (5\%)$ then the decision H_a is rejected and vice versa the value of $p < \alpha (5\%)$ then the decision H_o is rejected, that is, there is a relationship between knowledge of sources of information on family support on the incidence of pruritus vulvae during menstruation in grade II students at SMPN 10 Bengkulu Selatan.

In terms of the incidence of pruritus vulvae during menstruation based on the frequency distribution, it shows that low knowledge has a greater value so that the frequency distribution of knowledge, information sources, family support and frequency distribution shows that the incidence of pruritus vulvae during menstruation in female students has a large effect. And the frequency distribution shows that the insufficient knowledge of grade II students needs to be updated on the students' knowledge about clean and healthy life, so that students can maintain personal hygiene.

Presentation of data in this study includes knowledge of information sources and family support for the incidence of pruritus vulvae during menstruation in class II students at SMPN 10 Bengkulu Selatan. In this study, there are studies that will be grouped into 3. data presentation in this study includes knowledge, a source of information and family support

CONCLUSION

Based on the analysis and discussion in chapters VI and VII, the conclusions that can be drawn according to the research objectives are as follows, conclusions can be drawn. The frequency distribution of the incidence of pruritus vulvae during menstruation, which had experienced as many as 40 students (59.7%), the number of students who lacked knowledge also had a value of 43 students (64.2%) and students who had poor information sources were 31 (46.3%) also found 39 (58.2%) poor family support. From the statistical test results, the value of value = 0.012 means $\rho < 0.05$, so it can be concluded that there is a significant relationship between knowledge and the incidence of pruritus vulvae during menstruation in SMPN 10 Bengkulu Selatan. From the results of statistical tests, the value of ρ value = 0.008 means $\rho < \rho (0.05)$, so that there is a significant relationship between family support and the incidence of pruritus vulvae during menstruation at SMPN 10 Bengkulu Selatan.

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