



A cross sectional study

Implementation of Reproductive Organs Care among Bachelor Students of Nursing

Yanti Srinayanti¹, Ade Fitriani¹, Lilis Lismayanti¹, Susi Sulistiawati¹

¹STIKes Muhammadiyah Ciamis, West Java, Indonesia

ARTICLE INFORMATION

Received: November, 19, 2021
Revised: December, 1, 2021
Available online: December, 20, 2021

KEYWORDS

bachelor, care, reproductive organ

CORRESPONDENCE

Yanti Srinayanti
Phone: 081320187221
E-mail: zeevanayanti80@gmail.com

A B S T R A C T

Background: Reproductive health is a state of complete physical, mental and social health, not only free from disease or disability in all aspects related to the reproductive system, its functions and processes. Reproductive health is related to the cleanliness of the organs. It is very important to keep the reproductive organs clean, it is also necessary to pay attention to how to maintain and care for them properly and correctly, especially in women, because women have a reproductive system that is sensitive to disease.

Objective: This study aimed to analyze the implementation of reproductive organ care for undergraduate nursing students of STIKes Muhammadiyah Ciamis.

Methods: This study used an analytic survey research with a research design used was purposive sampling with the type of research design using descriptive quantitative. The population in this study were second and third level students of the S1 Nursing Study Program of STIKes Muhammadiyah Ciamis. Samples were taken as many as 55 respondents using purposive sampling technique. The data collected consisted of primary data obtained through questionnaire sheets and direct observation and statistical analysis using number and percentage.

Results: The results of this study showed that the implementation of reproductive organ care by undergraduate nursing students in the highest category was carried out by 32 people (58.18%), and the category was not carried out by 23 people (41.82 %).

Conclusion: in this study, the highest category of reproductive organ care was carried out by 32 people (58.2%). Therefore, this treatment is very important to keep the health of the reproductive organs.

INTRODUCTION

Women's knowledge about reproductive health is still very low, this is evidenced by the National Population and Family Planning Agency (BKKBN). The survey of the

Indonesian Family Planning Association (PKBI) in Central Java in 2018 in Semarang on reproductive health knowledge showed that 43.22% had low knowledge, 37.28% had sufficient knowledge while 19.50% had good knowledge. Adolescent

reproductive health plays a very important role in national development because adolescents are an asset of the state and the nation's successor (Reiter, et al., 2013).

According to WHO, reproductive health is a state of complete physical, mental and social well-being, not only freedom from disease or disability in all aspects related to the reproductive system, its functions and processes (Abdulcadir, Rodriguez, & Say, 2015). Reproductive health is related to the cleanliness of the organs. Reproductive organs are very important to maintain cleanliness, it is also necessary to pay attention to how to maintain and care for them properly and correctly, especially in women. Women have reproductive systems that are sensitive to disease (Giulivo, de Alda, Capri, & Barceló, 2016).

The process of reproduction is carried out to get offspring which is a shared responsibility between men and women. At present, positive and negative sexual behavior cannot be avoided by every living creature, especially since it is closely related to the early development of adolescence (Aulia, 2020). Every teenager must be equipped with knowledge and providing correct and appropriate information about aspects of reproductive health which includes how to maintain the health of reproductive organs and be able to practice healthy and responsible reproductive behavior in order to avoid diseases that may attack their reproductive organs (WHO, 2017).

In a study conducted by National Population and Family Planning Agency (BKKBN) (2015), it was found that of 2.4 million abortions, 21% (700-800 thousand) were carried out by adolescents, while premenstrual syndrome (PMS) in adolescents was 4.18%. Health Department records show AIDS cases in DKI Jakarta in 2015 where 1,122 new cases were found and 5,117 cumulative of them were adolescents, while in West Java there were 211 new

cases, 3,939 cumulative cases (Zuryaty & Reza, 2019). Based on the results of education monitoring research by the Education Network for Justice in several cities in Indonesia, one of which is West Java, it shows that 28.10% married under the age of 18 years, 76.03% of which were done by women. The cases of death due to complications from abortion are 8% and other infectious diseases are 12% (Zuraida, 2020).

Reproductive health problems, including the occurrence of vaginal discharge in the female genital organs, must be watched out for, because they can cause early symptoms of cervical cancer. This is related to a woman's lower urinary tract being shorter, so it can be easily exposed to germs and germs. Certain germs and certain amounts can cause inflammation and can cause pain. Therefore, it is very important to maintain vaginal hygiene to prevent these germs from entering the female genitals and urinary tract (Yusfarani, 2020).

Worldwide, there are about 2.2 million cervical cancer sufferers, nationally according to the Data and Information Center of the Indonesian Ministry of Health, the prevalence of cancer in the population of all ages in Indonesia in 2013 was 1.4% or an estimated 347,792 people. Based on the estimated number of cancer sufferers, the provinces of East Java and Central Java are the provinces with the highest estimated cancer patients, which are around 68,638 and 61,230 people, respectively. Cervical cancer is a cancer with the highest prevalence in Indonesia in 2013. In Indonesia every year 8,000 women die from cervical cancer. Cervical cancer often attacks and kills women of reproductive age, namely in the age range of 30-50 years, but it can also appear in women at a younger age (Nazira & Devy, 2015).

Reproductive organ hygiene care is an important solution to prevent venereal dis-

ease, including cleaning the vagina by slowly washing the part between the lips of the vagina, how to wash the vagina properly from front to back, avoiding the use of fragrances and antiseptic soap continuously, because it can damage the vagina. balance the normal flora in the vagina, change underwear 2 to 3 times a day and use clean underwear made of cotton (Arfiah, 2021). Wash hands before touching the vagina, do not use other people's towels used to dry the vagina, shave vaginal hair at least once every 7 days and a maximum of once every 40 days to reduce humidity in the vagina, during menstruation use comfortable pads, and made from soft, if using a public closet, first flush the closet seat and dry it using toilet paper (Ilmiawati, 2016).

Based on a preliminary study through interviews with 10 female students, 4 of them carried out reproductive organ care well, and 6 of them did not carry out proper reproductive organ care. Therefore, researchers are interested in conducting research on "Implementation of Reproductive Organ Treatment at STIKes Muhammadiyah Ciamis".

Personal hygiene is self-care that is carried out to maintain health both physically and psychologically. Reproductive health education is one alternative, by providing information to adolescents to find out how to maintain female reproductive health in order to avoid reproductive organ diseases by providing knowledge about adolescent reproductive health, especially for women and how to maintain the cleanliness of reproductive organs (Sulistyoningsih, 2020).

METHOD

This research use quantitative analytic research with a cross sectional approach. This study uses two variables, namely the independent variable (independent) in the form of knowledge of reproductive organ

care and the dependent variable (dependent) in the form of the implementation of reproductive organ care.

The population in this study were all students of level II and III Nursing Study Program STIKes Muhammadiyah Ciamis as many as 120 people. The number of samples involved in this study used a purposive sampling formula, then 55 people were obtained. The inclusion criteria in this study included second and third level students in Nursing S1 Study Program, able to write and read, willing to be respondents. While the exclusion criteria in this study were female students who resigned at the time of the study.

The data used in this study uses primary data, namely data directly obtained from the object of research conducted by distributing questionnaires to respondents. Respondents were asked to answer the questionnaire themselves. The instrument used in this study is a questionnaire that functions to measure the level of knowledge, the knowledge questionnaire consists of 30 questions about the treatment of reproductive organs which have previously been tested for validity and reliability. Meanwhile, direct observation to female students in the implementation of reproductive organ care is given to measure whether or not reproductive organ care is carried out.

Data processing was carried out using the IBM SPSS version 25.0 application. All data entered were checked for identity and completeness of answers from the questionnaire. Descriptive statistical analysis was conducted to show the frequency, percentage, on sociodemographic variables. While the parametric statistical analysis used the Chi square test to assess the implementation of reproductive organ care in female students.

RESULTS

Respondents in this study were students level II and III with the number of respondents in this study as many as 55 respondents. The distribution of respondent char-

acteristics includes: Age, Knowledge level dan The implementation of reproductive organ care for students of Bachelor Nursing Study Program STIKes Muhammadiyah Ciamis.

Table 1. Frequencies and percentages of research variables

Variables	n	%
Age		
19 years old	3	5.45
20 years old	45	81.82
21 years old	7	12.73
Knowledge		
Good	37	67.27
Sufficient	13	23.64
Less	5	9.09
Implementation of Reproductive Organ Care		
Yes	32	58.18
No	23	41.82

Based on table 1, it can be seen that the majority of respondents are 20 years old (81.82%), have good knowledge (67.27%) and carry out reproductive organ care (58.18%). This shows that the behavior of reproductive organ care in undergraduate nursing students is in the good category. The results of this study indicate that the treatment of the reproductive organs, which mostly cleans the genital organs using clean water and running water, and does not allow the hair of the genital organs to be long.

This behavior is certainly influenced by the factors that encourage female students to form a good behavior, enough, or less (Setiawan, Ariyanto, Firdaus, & Khairunisa, 2021). This is in accordance with the theory that reproductive organ care is an effort made by individuals to maintain personal hygiene to avoid disease. Treatment of reproductive organs needs to be implemented or applied to ourselves and our families in order to avoid disease and our productivity (Nicolopoulou-Stamati, et al., 2016; Setiawan, Ediati, & Winarni, 2017)

majority of respondents are 20 years old

DISCUSSION

Students have various levels of knowledge. The data shows that female students' knowledge of reproductive organ care in the S1 Nursing Study Program of STIKes Muhammadiyah Ciamis (9.1%) still lacks knowledge about reproductive organ care. Lack of knowledge is caused by lack of information about the importance of reproductive organ care, prognostic risk factors, inappropriate lifestyle and accompanying environmental factors. Due to lack of knowledge about the treatment of reproductive organs and risk factors can harm their offspring. On the other hand, good knowledge will improve the quality of life and motivation to do physical exercise (Kanti, Sri, Maulida & Oktaviana, 2021)

Knowledge is the result of knowing, and this occurs after people have sensed a certain object (Suhanda, et al., 2021). Learning together motivates the participants to

deepen their knowledge by reactivate the knowledge they have, manage and then organize the knowledge so that the acquired knowledge can be held tightly in the storage system and hard to forget (Hanipah & Nirmalasari, 2021)

Knowledge or insight is very closely related to the information obtained by a person, meaning that if a person gets more and better information from various media such as the internet, social media, television, radio or news, then it improves a person while shaping a person to be better. Thus it can be said that increasing one's knowledge will increase one's level of accuracy in the implementation of organ reproduction (Utami, 2021).

The results also prove that respondents who have good knowledge and awareness about reproductive organ care show good behavior towards the implementation of reproductive organ care. One's knowledge and behavior can influence how one does things better (Firmansyah, Setiawan, & Ariyanto, 2021; Nurhidayat, et al., 2021). Adolescent knowledge about the cleanliness of reproductive organs is a very important domain in determining personal behavior. If knowledge about the cleanliness of the reproductive organs has been understood, a good behavior will arise. The higher a person's knowledge about the cleanliness of the reproductive organs, the better the level of behavior (Purnama, 2021; Malik, et al. 2021).

This is in line with the results of research conducted by WHO and health education experts, which revealed that public knowledge about health is already high, but their practice is still low. This means that the change or increase in public knowledge about health is not accompanied by an increase or change in behavior. This is in accordance with Notoatmodjo's theory which states that attitude is a very important concept in the socio-

psychological component, because it is a tendency to act, and perceive (Patmawati, 2021). Attitude is a person's closed response to a particular stimulus or object, which already involves the factors of opinion and emotion concerned (Narsih, Rohmatin, & Widayati, 2021; Sapkota, et al., 2013)

CONCLUSIONS

The conclusion in this study that the implementation of the highest category of reproductive organ care was carried out by 32 people (58.18%). This is supported by knowledge so that respondents are aware of maintaining the cleanliness of their reproductive organs and are willing to implement it. Treatment of reproductive organs is very important to do because it affects the health level of women and their offspring plans. Therefore, serious efforts are needed so that health policies encourage the presence of reproductive organ health education for women.

REFERENCES

1. Abdulcadir, J., Rodriguez, M. I., & Say, L. (2015). Research gaps in the care of women with female genital mutilation: an analysis. *BJOG: An International Journal of Obstetrics & Gynaecology*, 122(3), 294–303.
2. Arfiah. (2021). Pendidikan kesehatan mempengaruhi persepsi remaja dalam merawat organ reproduksi. *Kebidanan Malakbi*, 2(1), 20–25.
3. Firmansyah, A., Setiawan, H., & Ariyanto, H. (2021). Studi Kasus Implementasi Evidence-Based Nursing: Water Tepid Sponge Bath Untuk Menurunkan Demam Pasien Tifoid. *Viva Medika: Jurnal Kesehatan, Kebidanan Dan Keperawatan*, 14(2), 174–181.
4. Giulivo, M., de Alda, M. L., Capri, E., & Barceló, D. (2016). Human exposure to endocrine disrupting compounds: Their role in reproductive systems, metabolic

- syndrome and breast cancer. A review. *Environmental Research*, 151, 251–264.
5. Hanipah, N., & Nirmalasari, N. (2021). Gambaran Pengetahuan Dan Sikap Vulva Hygiene Dalam Menangani Keputihan (Fluor Albus) Pada Remaja Putri. *Jurnal ...*, 3(2), 132–136.
 6. Hariyani Sulistyoningasih. (2020). Upaya peningkatan personal higiene organ reproduksi Perempuan santri pondok pesantren ummul quro salopa oleh: *Abdimas*, 02(2), 1–4.
 7. Ilmiawati, H. (2016). Pengetahuan Personal Hygiene Remaja Putri pada Kasus Keputihan, 5(1), 43–51.
 8. Kanti, Sri, Maulida Nurfazriah Oktaviana, S. (2021). hubungan tingkat pengetahuan siswi kelas 10 terhadap kepatuhan vulva hygiene saat menstruasi. *Angewandte Chemie International Edition*, 6(11), 951–952., 08(02), 5–48.
 9. Malik, A. A. A., Malik, A. A., Padilah, N. S., Firdaus, F. A., & Setiawan, H. (2021). Warm Compress on Lowering Body Temperature Among Hyperthermia Patients: A Literature Review. *International Journal of Nursing and Health Services (IJNHS)*, 4(3), 344–355.
 10. Narsih, U., Rohmatin, H., & Widayati, A. (2021). Keyakinan Dan Sikap Remaja Putri Dengan Perilaku Personal Hygiene Saat Menstruasi. *Window of Health: Jurnal ...*, 04(02), 125–132.
 11. Nazira, A., & Devy, S. R. (2015). Santri Putri Pondok Pesantren X the Influence of Personal Reference , Thought and Feeling on Reproductive Health in Female Students X. *Jurnal Promosi Kesehatan*, 3(2), 229–240.
 12. Nicolopoulou-Stamati, P., Maipas, S., Kotampasi, C., Stamatis, P., & Hens, L. (2016). Chemical pesticides and human health: the urgent need for a new concept in agriculture. *Frontiers in Public Health*, 4, 148.
 13. Nurhidayat, N., Suhandi, S., Setiawan, D., Ariyanto, H., & Setiawan, H. (2021). Health Promotion with Counseling on Fulfilling Balanced Nutritional Needs for Community Groups in Pandemic Covid-19 Outbreak. *ABDIMAS: Jurnal Pengabdian Masyarakat*, 4(2), 853–860. <https://doi.org/10.35568/abdimas.v4i2.1424>
 14. Organization, W. H. (2017). *Consolidated guideline on sexual and reproductive health and rights of women living with HIV*. World Health Organization.
 15. Aulia, F. (2020). Health education about personal hygiene in women adolescents in smp 1 muhammadiyah banjarmasin. *Pengmas Kebidanan*, 2(1), 31–35.
 16. Patmawati, N. F. H. (2021). Clean and Healthy Lifestyle Behaviors with Skin Disease. *Jurnal Keperawatan Profesional*, 2(1), 15–24. <https://doi.org/doi.org/10.36590/kepo.v2i1.145>
 17. Reiter, R. J., Rosales-Corral, S. A., Manchester, L. C., & Tan, D.-X. (2013). Peripheral reproductive organ health and melatonin: ready for prime time. *International Journal of Molecular Sciences*, 14(4), 7231–7272.
 18. Sapkota, D., Sharma, D., Pokharel, H. P., Budhathoki, S. S., & Khanal, V. K. (2013). Knowledge and practices regarding menstruation among school going adolescents of rural Nepal. *Journal of Kathmandu Medical College*, 2(3), 122–128.
 19. Setiawan, H., Ariyanto, H., Firdaus, F. A., & Khairunisa, R. N. (2021). Pendidikan Kesehatan Pencegahan Skabies Di Pondok Pesantren Al-Arifin. *Martabe: Jurnal Pengabdian Kepada Masyarakat*, 4(1), 110. <https://doi.org/10.31604/jpm.v4i1.110-117>
 20. Setiawan, H., Ediati, A., & Winarni, T. I. (2017). Genetic Counseling to Reduce

- the Level of Depression in Parents of Children with Thalassemia Major.
21. Suhandi, Setiawan, H., Ariyanto, H., & Oktavia, W. (2021). A Case Study: Murotal Distraction to Reduce Pain Level among Post-Mastectomy Patients Suhandi1,. *International Journal of Nursing and Health Services (IJNHS)*, 4(3), 325–331. <https://doi.org/http://doi.org.10.35654/ijnhs.v4i3.461> Abstract.
 22. Yusfarani, D. (2020). Pengetahuan dan sikap mahasiswi program studi pendidikan islam anak usia dini (piaud) tentang kesehatan reproduksi. *Aisyiyah Medika*, 5(1), 21–35.
 23. Zuraida, I. L. (2020). Hubungan pengetahuan, sikap, akses informasi dengan Perawatan organ genitalia eksterna pesantren parabek. *Menara Ilmu*, XIV(01), 116–126.
 24. Zuryaty, & Reza, rahmad septian. (2019). The relationship between knowledge of reproductive organs treatment with Personal hygiene action on girls in smp 2 socah. *Ilmu Keperawatan*, 9(45), 16–21. <https://doi.org/https://doi.org/10.36089/nu.v1i2.52>