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PENGARUH MEDIA VIDEO ANIMASI TERHADAP PENGETAHUAN DAN SIKAP PENCEGAHAN FLUOR ALBUS REMAJA REMAJA DI SMP PGRI 2 CILEDUG

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Influence of Animated Video Media on the Knowledge and Attitudes of Fluor Albus Prevention for Young Women at SMP PGRI 2 Ciledug

Abstract: *Cases of fluor albus are still common in women and if not addressed will lead to infection of the female genital area. Adolescent need to be educated in such a way, because education has an impact on long-term decisions. The existence of this study is to see the effect of fluor albus prevention education counseling using animated videos on the knowledge and attitudes of young women at SMP PGRI 2 Ciledug in 2023. This study applied a quantitative method of experimental design with non-randomised pre-test post-test control group design and non-probabilty sampling technique with purposive sampling. A total of 110 grade 9 young women were sampled. Wilcoxon and Mann-Whitney test were used as analysis techniques. There was a significant difference in the mean total score of pre-test (6,55) and post-test (8,82) of knowledge variables of the experimental group (p-value <0,00001). A significant difference was also found in the mean total score of pre-test (4,78) and post-test (7,69) attitude variables in the same group. There was a significant difference in the mean total score of the experimental groups's knowledge post-test (8,82) with the control (6,84) and the mean total score of the experimental group's attitude post-test (7,69) with the control (4,64). This happened because only the experimental group was exposed to education, so that the reasoning was that providing education using animated video media had an influence on the difference in the total score of knowledge and attitudes of young women at SMP PGRI 2 Ciledug.*

Keywords: Fluor Albus, Knowledge, Adolescent, Attitude

Abstrak: *Kasus fluor albus masih banyak ditemukan pada wanita dan jika tidak diatasi akan menyebabkan infeksi pada daerah kewanitaan. Remaja perlu diedukasi sedemikian rupa, sebab edukasi memberi dampak pada keputusan jangka panjang. Adanya penelitian ini adalah untuk melihat pengaruh penyuluhan edukasi pencegahan fluor albus menggunakan video animasi pada pengetahuan dan sikap remaja putri di SMP PGRI 2 Ciledug tahun 2023. Penelitian ini menerapkan metode kuantitatif rancangan eksperimental dengan non-randomized pre-test post-test control group design dan teknik sampling non-probability sampling dengan purposive sampling. Total 110 remaja putri kelas 9 menjadi sampel. Uji Wilcoxon dan Mann-Whitney digunakan sebagai teknik analisis. Ditunjukkan adanya perbedaan rerata total skor pre-test (6,55) dan post-test (8,82) variabel pengetahuan kelompok eksperimen yang signifikan (p-value < 0,00001). Perbedaan yang signifikan juga ditemukan pada rerata total skor pre-test (4,78) dan post-test (7,69) variabel sikap pada kelompok yang sama. Terlihat perbedaan yang signifikan pada rerata total skor post-test pengetahuan kelompok eksperimen (8,82) dengan kontrol (6,84) serta rerata total skor post-test sikap kelompok eksperimen (7,69) dengan kontrol (4,64). Hal ini terjadi sebab hanya kelompok eksperimen yang terpapar edukasi, sehingga diperoleh penalaran bahwa pemberian edukasi menggunakan media video animasi berpengaruh pada perbedaan total skor pengetahuan dan sikap remaja putri di SMP PGRI 2 Ciledug.*

Kata kunci: Fluor albus, Pengetahuan, Remaja, Sikap

INTRODUCTION

The feminine area is a sensitive organ that has an essential function in the reproductive system. Maintaining health is not just washing with water from front to back or just wearing cotton underwear so that the moisture can be absorbed. However, there are other preventive efforts to avoid the emergence of female diseases, for example, fluor albus.

Fluor albus is another name for vaginal discharge that occurs as a sign of something problematic in the feminine area (Khuzaiyah *et al*., 2015). The term "fluor albus" appears when the vagina produces mucus that is not blood, which is a normal condition in women. However, fluor albus can be said to be an indication of a genital disease if it causes an unpleasant odor, unconnected itching, and is yellow or green in color if the woman does not understand how to care for her feminine area.

In the world, 90% of cases fluor albus, which occurs in women, has symptoms in the form of an unpleasant odor coming from the feminine area (WHO, 2021). In South Africa, as many as 45.2% of cases fluor albus are because of Bacterial Vaginosis (BV) or infection due to an imbalance in the number of natural bacteria in the vagina (Kularatne *et al*., 2022). In Asia, 76% of women have experienced fluor albus (Setiani *et al*., 2015).

The large number of reproductive health cases is caused by certain factors and knowledge factors are included in this. Knowledge is an effect of knowing and arises when someone has touched an object (Irwan, 2017). Individuals or groups who do not have knowledge will have difficulty making decisions and also experience difficulty deciding what to do to face a problem (Irwan, 2017). Sarwono stated that attitude is an expression that describes whether an individual feels happy or not, whether they agree or not with a certain phenomenon, or whether they are neutral (Ramdani *et al*., 2019). Generally, attitude can be called an evaluative expression that has two contradictory values.

Someone with good knowledge will also be accompanied by a good attitude (Wijaya *et al*., 2014). Someone with good reproductive health knowledge will likely avoid reproductive organ diseases such as fluor albus and cervical cancer. This shows that reproductive health education is very necessary to reduce the percentage of these incidents. Especially education regarding the prevention fluor albus for teenage girls.

The meaning of adolescence according to WHO is a group of individuals aged 10-19 years. Meanwhile, the BKKBN states that teenagers are aged 10-24 years and unmarried (Hapsari, 2019). At that time, teenagers experience many forms of change, starting from changes in body shape, sexual organs, attitudes, ways of thinking, beliefs, and emotions. These changes are naturally caused by hormones but can also be influenced by external stimuli such as socio-cultural, education, experience, interaction with the surrounding environment, and exposure to information. Therefore, to control the situation that occurs

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during the transition to adulthood, teenagers need to be given an education that suits their needs so that they do not experience deviations.

Reproductive health problems are often found in adolescent girls and generally the problem is in the form of fluor albus. They are more at risk of experiencing reproductive health problems if their level of knowledge about reproductive health information is low. Not to mention if they have a high level of mobility, it will certainly have an impact on their reproductive health (Eduwan, 2022).

Various efforts can be made to improve the quality of knowledge and attitudes of adolescents towards reproductive health, one of which is by intervening in the health side to obtain changes in the level of knowledge and willingness in individuals and groups with learning principle methods so that changes in healthy living behavior can be realized to achieve the highest degree of health (Nurmala et al., 2018).

Animated educational videos are part of learning media that are felt to be able to make teenagers interested in obtaining a wider variety of information because it is designed in such a way as to look attractive, full of brief information, and can be freely accessed anywhere and anytime.

In 2021, Umami and friends suggested that audiovisual media in the form of animated videos are able to present a varied, complete learning experience because there are images and sounds, can be rewatched if needed, and interesting (Umami (Umami et al., 2021) This opinion is also supported by Sunami and Aslam in knowing that audiovisual media in the form of educational videos can attract the attention and spontaneity of respondents to observe and pay attention carefully, so that it can cause changes in values and this is evident in this study (Sunami & Aslam, 2021).

The preliminary study was conducted at SMP PGRI 2 Ciledug by giving a small questionnaire to 30 random samples consisting of grades 7, 8, and 9. Researchers approached young women who were resting in the auditorium on the 1st floor and asked for their willingness to fill out the questionnaire which contained 3 common questions, namely: "Have you ever experienced fluor albus?"; " Have you ever experienced fluor albus accompanied by itching and unpleasant smell?"; and "Have you ever experienced fluor albus until your panties got wet?". The question comes with optional closed answers, "Ever" and "Never".

Referring to the results of a preliminary study conducted in December 2022, it is known that 24 people (80%) admitted to having experienced fluor albus. Then there are 18 people (60%) who admit to having experienced fluor albus accompanied by itching and an unpleasant odor. Apart from that, it was also found that 22 people (73.3%) had experienced an increase in the volume of fluid or mucus coming out during fluor albus until it makes your underwear wet.

When conducting a preliminary study, researchers also received several questions from several respondents regarding fluor albus. If conclusions are drawn from these questions, the researcher concludes that they do not know or understand the differences between fluor albus normal and abnormal. They couldn't detect what clear fluid was coming out of her vagina other than blood. They were also confused about whether the clear liquid was urine or liquid fluor albus. They were also confused about whether the clear liquid is urine or liquid fluor albus normal that comes out naturally. Another thing they don't understand is the existence of a liquid that has a texture like cheese cottage left in their underwear. Some respondents also did not know that something resembling spots appeared on their underwear, even though they were not menstruating.

Referring to the information above, the researcher is interested in seeing whether providing animated videos is able to influence or broaden the knowledge and attitudes of young women at SMP PGRI 2 Ciledug, Banten Province in 2023 towards prevention Fluor albus so that this media can be used by teaching staff as well as students and or teenagers in the continuity of learning.

RESEARCH METHODS

This study implements quantitative methods of experimental design through a non-randomised pre-test post-test control group design approach which was carried out in October 2022 – July 2023 and data collection activities were conducted in May 2023 with a total time of providing interventions using animated videos and filling out pre-test and post-test questionnaire sheets approximately 45 minutes in the 1st Floor Auditorium of SMP PGRI 2 Ciledug. All samples were included in the total study population, namely 110 grade 9 adolescent girls whose withdrawal had been determined using non-probability sampling techniques through a purposive sampling approach.

Grade 9 girls were chosen to be targeted in this study because they are in a busy period to prepare themselves for higher education, so their busy lives will have an impact on stress levels and the quality of their personal hygiene which will certainly cause fluor albus (Syukaisih et al., 2021)

The data used include secondary data in the form of the total number of female students in grades 9.1 to 9.7 and primary data in the form of research questionnaire answers. The questionnaire in this study was in the form of a physical questionnaire and contained questions about knowledge and attitudes about fluor albus. Then, the primary data that has been obtained will enter the data processing stage using statistical software.

In its implementation, respondents were divided into experimental and control groups with a total of 55 respondents in each group. The grouping of respondents was randomly selected using a modified paper-rolled shuffling system, namely by attaching paper with the symbol "A"

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for the experimental group and "B" for the control group on the prepared souvenir wrapper. The souvenirs are distributed fairly before the pre-test is carried out. The two groups sat + meters apart, to make it easier for researchers to distribute questions and so that the control group did not copy answers from the group exposed to the intervention.

During the exposure of the animated video, the dick group was asked to stay away from an area that was confirmed not to be exposed to sound or images from the video, namely outside the school gate which is ± 20-25 meters from the auditorium. This was done to prevent the control group from being exposed to educational content, so that the knowledge and attitude scores they obtained were pure.

The bivariate analysis used is the Wilcoxon and Mann-Whitney Test because referring to the results of the normality test using the Kolmogorov-Smirnov Test it is shown that the data is abnormally distributed (p-value < 0.05) so it must use a non-parametric test.

RESEARCH RESULTS

A. Characteristics of Respondents by Age

Group	Age			
	Mean	SD	Min	Max
Experiment	14,91	0,554	14	16
Control	14,80	0,447	14	16

B. Characteristics of Respondents by Information Exposure, Source of Information, and Maternal Role

Variables	Experiment		Control	
	n	%	n	%
Information exposure				
Ever	41	51,2	39	48,8
Never	14	46,7	16	53,3
Sources of Information				
Parent	9	45,0	11	55,0
Friend	6	54,5	5	45,5
Teacher	5	45,5	6	54,5
Social media	21	55,3	17	44,7
Nothing	14	46,7	16	53,3
Mum's Role				
Discussion				
Often	3	50,0	3	50,0
Rare	34	52,3	31	47,7
Never	18	46,2	21	53,8
Provide preventive information fluor albus				
Often	9	64,3	5	35,7
Rare	18	46,2	21	53,8
Never	28	49,1	29	50,9
Giving herbal medicine to prevent fluor albus				
Often	0	0	1	100
Rare	10	47,6	11	52,4
Never	45	51,1	43	48,9
Suggest to see a doctor				
Often	0	0	0	0
Rare	4	66,7	2	33,3
Never	51	49,0	53	51,0
Suggest the use of betel leaves				
Often	4	66,7	2	33,3
Rare	10	50,0	10	50,0
Never	41	48,8	43	51,2

C. Statistical Test Result of Knowledge of Experimental and Control Groups Before and After Being Given and Animated Educational Video for Fluor Albus Prevention Using the Wilcoxon Test

Variables	Total Knowledge Score Experiment		
	Mean	SD	P-value Wilcoxon
Pre-test	6,55	1,303	< 0,00001
Post-test	8,82	0,512	

Variables	Total Knowledge Score Control		
	Mean	SD	P-value Wilcoxon
Pre-test	6,89	1,031	0,647
Post-test	6,84	1,316	

D. Statistical Test Result of Attitudes of Experimental and Control Groups Before and After Given Animated Educational Video for Fluor Albus Prevention Using the Wilcoxon Test

Variables	Total Attitude Score Experiment		
	Mean	SD	P-value Wilcoxon
Pre-test	4,78	1,370	< 0,00001
Post-test	7,69	0,573	

Variables	Total Attitude Score Control		
	Mean	SD	P-value Wilcoxon
Pre-test	4,56	1,316	0,236
Post-test	4,64	1,238	

E. Statistical Test Result of Knowledge of Experimental and Control Groups Before and After Given Animated Educational Video for Fluor Albus Prevention Using the Mann-Whitney Test

Group	Total Pre-test Score Knowledge				P-value Mann-Whitney
	Mean	SD	Min	Max	
Experiment	6,55	1,303	4	9	0,122
Control	6,89	1,031	4	9	

Group	Total Post-test Score Knowledge				P-value Mann-Whitney
	Mean	SD	Min	Max	
Experiment	8,82	0,512	6	9	< 0,00001
Control	6,84	1,316	3	9	

F. Statistical Test Result of Attitudes of Experimental and Control Groups Before and After Given Animated Educational Video for Fluor Albus Prevention Using the Mann-Whitney Test

Group	Total Pre-test Score Attitude				P-value Mann-Whitney
	Mean	SD	Min	Max	
Experiment	4,78	1,370	2	8	0,337
Control	4,56	1,316	2	8	

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Group	Total Post-test Score Attitude				P-value Mann-Whitney
	Mean	SD	Min	Max	
Experiment	7,69	0,573	6	8	< 0,00001
Control	4,64	1,238	3	8	

DISCUSSION

A. Respondent Characteristics

All 9th-grade female students at SMP PGRI 2 Ciledug aged 14-16 years with a total of 110 people were respondents in this research and all of them were still classified as teenagers because the age range was still in the 14-18 year range (Indonesia, 2014). Fifty-five people each were divided into experimental and control groups. Respondents aged 15 years were 38 people (69.1%) from the experimental group and 42 people (76.4%) from the control group, dominating the number of respondents in each group.

Referring to the research results, 41 people (51.2%) from the experimental group were known to have been exposed to the most information about preventing fluor albus. At most, 21 people (55.3%) from the experimental group obtained information about preventing fluor albus from social media. This is due to the existence of social media, which greatly facilitates its users to obtain and explore various important and interesting information.

Apart from social media, mothers also play a role in preventing fluor albus. The mother is the figure who has the closest blood ties to her daughter in terms of reproductive health (Reza, 2021). Referring to the research results, it is most known that 34 people (52.3%) from the experimental group and 31 people (47.7%) from the control group admitted that their mothers rarely discussed fluor albus. Not only that, it is also widely known that 28 people (49.1%) from the experimental group and 29 people (50.9%) from the control group admitted that their mothers never provided information about preventing fluor albus. At most, 45 people (51.1%) from the experimental group and 43 people (48.9%) from the control group admitted that their mothers had never given them herbal concoctions to prevent fluor albus. At most, 51 people (49.0%) from the experimental group and 53 people (51.0%) from the control group admitted that their mothers never took them to see a doctor when they experienced fluor albus. The study's results also showed that 41 people (48.8%) from the experimental group and 43 (51.2%) from the control group admitted that their mothers had never suggested using betel leaves to prevent or treat fluor albus.

B. Difference in Total Knowledge Score of Experimental and Control Groups based on Pre-test and Post-test

Referring to the research results, the results of bivariate analysis of differences between 2 dependent samples using the Wilcoxon test found a significant difference (p-value 0.00001 < 0.05) in the knowledge of the experimental group before being given educational treatment using animated videos with a total mean score of 6. 55. They rose to 8.82 after being given this treatment. The control group did not have a significant difference (p-value 0.647 > 0.05) because it was not exposed like the experimental group.

The results of the research above are supported by Novelasari (2022) who stated that providing counseling was able to show significant effectiveness in increasing respondents' knowledge regarding the prevention of fluor albus statistically. Similar findings were also put forward by Ratna and friends in 2023, that there was a difference in the mean total knowledge score of respondents before being given education using video media, which was 59.71, which then increased to 76 after being given education using this media (Ratna *et al*., 2023).

Apart from that, the results of bivariate analysis of differences between 2 independent samples using the Mann-Whitney Test showed that the mean total knowledge score of the experimental group (6.55) and control (6.89) before being given treatment using animated videos did not have a significant difference (p-value 0.122 > 0.05). However, after being given treatment only to the experimental group, the total post-test knowledge score average of the experimental group rose to 8.82, while the control group was 6.84, so the experimental group had a significant difference with the control group with a p-value of <0. 00001 (< 0.05).

This finding is in line with Sari's findings in 2022 that the difference or difference in the average total knowledge score of respondents was 8.09 during the pre-test (8.93) and post-test (17.02) after intervention (AZ, 2020). This is evidence that there is an influence (p-value 0.00001 < 0.05) from the provision of health education on increasing respondents' knowledge of pathological fluor albus prevention.

Looking at the findings above, it can be said that the difference in value or total knowledge score before and after the intervention indicates that the provision of intervention to respondents has an influence on their level of knowledge (Novelasari, 2022; Piri et al., 2019; Rochim et al., 2019).

C. Difference in Total Attitude Score of Experimental and Control Groups based on Pre-test and Post-test

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Referring to the results of the study, the results of bivariate analysis of 2 dependent samples using the Wilcoxon Test showed that there was a significant difference (p-value 0.00001 < 0.05) in the attitude of the experimental group before being given educational treatment using animated videos with an average total score of 4.78 and rose to 7.69 after being given the treatment. The control group did not have a significant difference (p-value 0.236 > 0.05) because it was not given treatment like the experimental group.

This finding is supported by Ratna and colleagues in 2023 that there is a difference in the average total attitude score in the experimental group before treatment from 42.64 to 72.54 after being treated using educational videos (Ratna et al., 2023) The difference in value is significant because the p-value obtained is 0.00001 < 0.05.

The findings above are similar to what Asnita stated in 2021 that attitudes based on knowledge will tend to be consistent, because changes in a person's attitude are influenced by the results of sensing a stimulus (Asnita, 2021)

In addition, the results of bivariate analysis of 2 independent samples using the Mann-Whitney Test, showed that the average total attitude score of the experimental group (6.55) and control (4.56) before treatment using animated video was not significantly different (p-value 0.337 > 0.05). However, after being treated only in the experimental group, the average total post-test score of the experimental group's attitude rose to 7.69, while the control group was 4.64 so that the experimental group had a significant difference with the control group with a p-value < 0.00001 (< 0.05).

This proves that there is an influence (p-value 0.00001 < 0.05) from providing health education to respondents through animated videos on changes in their attitudes towards pathological fluor albus prevention.

CLOSING

Changes in respondents' total knowledge and attitude scores were influenced by a stimulus, which in this study was the provision of education on preventing fluor albus using animated video media.

It is hoped that reproductive health education, especially prevention of fluor albus can be used as additional education for young women at SMP PGRI 2 Ciledug so that possible pathological fluor albus incidents can be detected and prevented more quickly. Education can be delivered using certain media, one of which is animated videos. This is because the use of audiovisual functions in this media influences significant value differences in respondents' level of knowledge and attitudes.

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