

Analysis of the Use of Kemangi Leaves in Reducing Albus Fluor in Acceptor Women KB IUD in Malang Archipelago Hospital

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ABSTRACT

Flour Albus is a symptom that is very often experienced by most women. This disorder is the second problem after menstrual disorders. Flour Albus is often not taken seriously by women. In fact, vaginal discharge can be an indication of an illness. Almost all women have experienced vaginal discharge. Therefore the researcher was interested in examining the analysis of the use of basil leaves in reducing flour albus in women using KB IUD acceptors in the Indonesian Army Hospital. The purpose of the study was to analyze the effect of using basil leaves in reducing flour albus in women using KB IUD acceptors in the Indonesian Army Hospital Malang. The research design used is quantitative research with a True Experimental Design approach. Instrument data used questionnaire sheets using the Paired T-test and Anova test. The results of the Paired T-test analysis said that p value = 0,000 for the use of 2 grams of kenagi leaves and p value = 0,006 for the use of 1 gram of basil leaves so that H₀ was rejected which meant that there was an effect of 2 gram and 1 gram of Basil Leaf Use In Women with KB IUD Acceptor Users At Malang Army Hospital. From the results of the Anova test, it is known that the value of p value is $0.191 > \alpha (0.05)$, it can be concluded that the administration of basil leaves 2 grams and 1 gram is the same and the difference in mean giving between the two is not significant. It is expected that respondents can make the habit of consuming basil leaves as a prevention and treatment for vaginal discharge experienced when using IUD KB acceptors. And for the next researcher, they can make basil leaves in capsule form to make them easier to consume.

Keywords: Basil leaf, flour albus, KB IUD

INTRODUCTION

Flour Albus is very risky in adolescents so it needs special attention. This time, girls experience puberty which is characterized by menstruation. In some people during menstruation can experience vaginal discharge (Werdiyani, 2012). Poor attitude and knowledge in caring for the cleanliness of the external genitalia (outer genitals), as well as unfavorable behavior triggers vaginal discharge (Azizah, 2015).

Flour Albus is a symptom that is very often experienced by most women. This disorder is the second problem after menstrual disorders. Flour Albus is often not taken seriously by women. In fact, vaginal discharge can be an indication of an illness. Almost all women have experienced vaginal discharge. In general, people consider vaginal discharge as a normal thing for women. This opinion is not entirely true, because there are various causes that can cause vaginal discharge. Normal vaginal discharge is a natural thing. However, abnormal vaginal discharge can be a sign of a disease that must be treated (Djuanda, 2015).

Youth population tends to increase, causing the need to improve health and social services for adolescents increasingly becoming a concern in all corners of the world. Adolescents often lack basic information about reproductive health and access to reproductive health services that are affordable and guaranteed confidentiality (Purwoastuti, 2015). Lack of information and knowledge about

changes in the reproductive system at adolescence and young women raises anxiety and shame because it is different from their peers. This, resulting in various problems related to their reproductive organs. One of them is the emergence of vaginal discharge in young women (Dhuangga, et al, 2012).

According to (WHO), women rarely pay attention to cleanliness in their external genital organs. Annually vaginal infections attack women in the world 10-15% of 100 million women, for example adolescents infected with candida bacteria are around 15% and experience vaginal discharge. These events are due to adolescents not knowing the problems surrounding the reproductive organs (Utami, 2014).

WHO states that 5% of adolescents in the world are infected with sexually transmitted diseases (STDs) with symptoms of vaginal discharge each year, even in the United States 1 in 8 teenagers. In Indonesia, around 90% of women experience vaginal discharge because the country of Indonesia is a tropical climate, so that mushrooms are easy to grow and develop, resulting in a lot of vaginal discharge in women in Indonesia (Badaryati, 2012). Based on SKRRI data (2013) showed that women with a age range of 15-24 years experienced vaginal discharge as much as 31.8%. This shows that women with family planning have a higher risk of vaginal discharge.

The number of women in the world who have experienced vaginal discharge is around 75%, while European women who experience vaginal discharge are 25%. In Indonesia, 75% of women experience vaginal discharge at least once in their lives and 45% of them experience vaginal discharge twice or more. This condition can be prevented by doing good habits of vulvahigiene, while this habit itself is a behavior that must be accustomed to each individual and accompanied by knowledge, for that health workers have an important role to educate the public about the importance of good hygiene to prevent vaginal discharge through counseling (Maghfiroh , 2013).

Based on Indonesian statistical data in 2008 of 43.3 million adolescents aged 15-24 years behaving unhealthy, this is one of the causes of vaginal discharge (Maghfiroh, 2013). Based on 2012 East Java statistical data the number of East Java girls is 2, 9 million people aged 15-24 years old 45% had experienced vaginal discharge. Data from Dr. Soetomo General Hospital in 2013 stated that the number of cervical cancer patients was 1,619. Patients who are sick in an advanced stage, cervical cancer begins with an old untreated vaginal discharge (Surabaya Health Office, 2013).

The 2012-2013 adolescent health survey conducted by the Mojokerto Central Bureau of Statistics states that men aged 20-24 years have never had sex with as many as 57.5% and those aged 15-19 are 43.8%. While women aged 20-24 years who have not married have had sexual relations as much as 63% and those aged 15-19 years have had sexual relations as much as 42.3%, this is one of the causes of vaginal discharge (Danniati, 2014).

Based on a preliminary study conducted by researchers on November 3, 2018 at the Malang Police Hospital, the 10 female respondents using the IUD KB were found that 6 (60%) had vaginal discharge and 4 (40%) stated that they were not vaginal discharge. use KB IUD. Of the 6 (60%) respondents who experienced vaginal discharge stated that they did not know the reason why they could experience it. However, when asked about the consumption of basil leaves, they stated that they never consumed basil leaves and did not even know the information regarding the benefits of basil leaves to reduce vaginal discharge. While 4 (40%) respondents stated that they often consume basil leaves when eating at breakfast, lunch and even dinner, but with a duration that cannot be confirmed because they consume basil leaves only when they want to.

Living in the tropical heat makes us sweat often. This sweat makes the body moist, especially in the sexual and reproductive organs that are closed and multiplied. As a result, the bacteria easily multiply and the ecosystem in the vagina is disrupted causing odor and infection. Vaginal ecosystem is a circle of life in the vagina. This ecosystem is influenced by two main factors, namely the hormone estrogen and the bacteria laktobacillus (normal flora). If this balance is disrupted, lactobacillus bacteria will die and pathogenic bacteria will grow so the body will be infected with infections (Wijayanti, 2013).

Flour Albus is often associated with acidity around the vagina, because vaginal discharge can occur due to unbalanced vaginal ph. Vaginal acidity is influenced by two things, namely, internal and external factors. Internal factors, among others, are caused by contraceptive pills containing estrogen,

an IUD that can cause bacteria, trauma due to surgery, too long using corticosteroids and immunosuppressant drugs in people with asthma, cancer or HIV positive. While external factors include lack of vulva hygiene, pregnancy and diabetes mellitus, tight underwear, sex with men who carry *Neisseria Gonorrhoe* bacteria and use public toilets contaminated with *Chlamydia* bacteria (Prasetyowati, 2013).

Women's intimate organs, such as the vagina, are very sensitive to environmental conditions. Because it is hidden and closed, the vagina requires a dry atmosphere. Moist conditions will invite breeding of fungi and pathogens. This is one of the causes of vaginal discharge (Wijayanti, 2014).

Normal conditions, the cervical gland produces clear fluid that comes out mixed with bacteria, the cells are separated and vaginal fluid from the Bartholin gland. In women, the amount of vaginal discharge that comes out naturally from the body can function as a lubricant and defense of various infections. This condition is not disturbing, there is no blood and has a pH of 3, 5-4, 5 (Monalisa, 2012). Abnormal conditions (pathological) are usually yellow, green, grayish, fishy, rotten. The amount of vaginal fluid in large quantities and cause complaints such as itching, and burning sensation in intimate areas. Factors that cause vaginal complaints, most are caused by vaginal infections caused by germs, fungi, viruses and parasites and tumors (Putri, 2014).

Bacteria that live in the vagina or classified as bacterial vaginalis (BV) can cause vaginal discharge and odor, more than 50% of women with asymptomatic BV. Most women at least once during their lifetime have suffered Flour Albus. Most often at productive age, with an estimated 70-75%, as many as 40-50% experience recurrence. Studies show that Vulvo Vaginal Candidiasis (CVV) is often diagnosed among young women aged 18-24, about 15-30% of symptoms are diagnosed positively by doctors (Monalisa, 2012). If abnormal (pathological) vaginal discharge is left untreated, treatment is not immediately given, as a result the infection can spread into the uterus until it infects the ovary.

So that patients need to check organs and reproduction channels to health services. In order to find out the pathological causes for proper prevention and handling (Solikhah, 2013). Causes of vaginal discharge other than due to infection with microorganisms such as bacteria, fungi, viruses, parasites. Also caused by hormonal balance disorders, stress, chronic fatigue, inflammation of the genitals, foreign objects in the vagina, and there are diseases in the reproductive organs such as cervical cancer (Fadilla, 2012).

From several examples of cases that continue to develop in Indonesia regarding vaginal discharge, there are several ways to overcome this. Especially vaginal discharge experienced by women who use KB acceptors. Several ways and drugs continue to develop to overcome this. One of them is using basil leaves. Basil plants contain essential oils, but have not been cultivated for processing oil. In Indonesia, basil plants are used for vegetables or vegetables as appetizers. Basil plants can be used as traditional medicine, basil leaves are used to treat fever, pelvic ation and nausea (Pitojo, 2013).

The benefits of basil leaves for femininity have also been published in the TribunLampung.co.id media with the title Basil Leaf Natural Medicine Eliminate Flour Albus (Accessed Friday, April 14, 2018). The content of the news is "Of course you are no stranger to basil plants which are often used as fresh vegetables. Did you know, basil leaves can overcome vaginal discharge naturally? The content of anetol and boron compounds serves to stimulate the hormone estrogen. While eugenol compounds in basil leaves can kill fungi that cause vaginal discharge. Stigmaasterol substances will help ripen eggs (ovulation) and zinc will reduce fluid secretion in the female area. From various explanations regarding Flour Albus, basil leaves and the use of family planning acceptors described above, researchers will conduct research with the title analysis of the use of basil leaves in reducing flour albus in women with IUD KB acceptors in Malang Army Hospital.

MATERIALS AND METHODS

In the study used was analytic research that was used to measure the relationship (correlation) level of vulva hygiene knowledge with the occurrence of vaginal discharge in female users. Analytical research is research that seeks relationships between variables (Sastroasmoro, 2012). The design of this study uses True Experimental Design. The design of True Experimental Design is an

experimental study without using a control group and the sample chosen is not random, with the type of one group pretest-posttest. This design involves one independent variable. This study will analyze the use of basil leaves in reducing Flour Albus in women with KB IUD acceptors in the Indonesian Army Hospital Malang.

The number of samples of this study were 33 respondents with the sampling technique using simple random sampling. Data analysis using Paired t-test..

RESULTS

Paired T-test statistical test results are said that p value = 0,000 or p value $<\alpha$ (0.05) and H0 are rejected, which means that there is an effect of 2 gram basil leaves in reducing flour albus in women IUD KB acceptors in hospitals Indonesian Army in Malang. Paired T-test statistical test results are said that p value = 0.006 or p value $<\alpha$ (0.05) and H0 are rejected, which means there is an effect of 1 gram of Basil Leaf Use in Reducing Flour Albus in Women IUD KB Acceptor in Hospital Indonesian Army in Malang. Paired T-test statistical test results are said that p value = 0.006 or p value $<\alpha$ (0.05) and H0 are rejected, which means there is no effect without using basil leaves in reducing flour albus in women IUD KB acceptors in hospitals Indonesian Army in Malang.

Table 1. Test results of Anova Difference between Before and After Use of Basil Leaves 2 grams, 1 gram and the control group In Reducing Flour Albus in Women with KB IUD acceptors in the Indonesian Army Hospital Malang.

Anova					
Pemberian	Sum Of Squares	df	Mean Square	F	Sig.
Between Groups	1415.333	2	707.667	5.068	.013
Within Groups	4188.727	30	139.624		
Total	5604.061	32			

Based on Table 1, the results of the ANOVA statistical test say that p value = 0.013 or p value $<\alpha$ (0.05) and H0 are rejected, which means there are differences in the use of basil leaves 2 grams, 1 gram and without use in reducing flour albus in women IUD KB acceptor at the Malang Army Hospital. Based on the Anova test output, it is known that the p value is $0.191 > \alpha$ (0.05), it can be concluded that the administration of basil leaves of 2 grams and 1 gram is the same and the difference in mean giving between the two is not significant.

DISCUSSION

Effect of Use of 2 gram Basil Leaf in Reducing Fluor Albus in Women with KB IUD Acceptor in Malang Army Hospital

From the results of research in getting all respondents before using basil leaves experiencing Flour Albus in the abnormal category as many as 11 respondents (100%). While almost all respondents after using basil leaves experienced Flour Albus in the normal category as many as 10 respondents (90.9%) and only 1 respondent (9.1%) still had flour albus (vaginal discharge in the abnormal category). From the results Paired T-test statistical analysis said that p value = 0,000 or p value $<\alpha$ (0,05) and H0 were rejected which meant there was an effect of 2 gram Basil Leaf Use in Reducing Flour Albus in Women IUD KB Acceptor at Home TNI-AD Hospital in Malang.

Before using basil leaves, respondents tend to often experience vaginal discharge where the vaginal discharge lasts for around 7-14 days with the characteristics of the respondents often feeling itchy on genitalia during pregnancy, the area around genitalia also smells bad when vaginal discharge and also discharge colored and cloudy. . Whereas after using basil leaves as a companion during meals or commonly referred to as fresh vegetables for 7 days every meal with 200 grams per day, respondents became more comfortable with the vaginal discharge, the duration of vaginal discharge was only during the dawn period where only about 7 day. The vaginal discharge is not itchy, odorless, colorless and more clear. The duration of using an IUD KB also influences the occurrence of vaginal discharge,

where the use of IUD KB affects the hormones present in genitalia which increase the expenditure of flour albus, if not done a good treatment will make vaginal discharge thick, itchy and cloudy.

The Effect of Using 1 gram of Basil Leaf in Reducing Flour Albus in Women with KB IUD acceptors in Malang Army Hospital

From the results of research in getting all respondents before using basil leaves experiencing Flour Albus in the abnormal category as many as 11 respondents (100%). While almost all respondents after using basil leaves experienced Flour Albus in the normal category as many as 6 respondents (54.5%). And a number of 5 respondents (45.5%) still experienced flour albus (vaginal discharge) in the abnormal category. From the results of the statistical test analysis Paired T-test said that p value = 0.006 or p value $< \alpha$ (0.05) and H_0 were rejected, which means that there is an effect of 1 gram of Basil Leaf Use in Reducing Flour Albus in Women IUD KB acceptor users At the Army Hospital in Malang.

Before using basil leaves, respondents tend to often experience vaginal discharge where the vaginal discharge lasts for around 7-14 days with the characteristics of the respondents often feeling itchy on genitalia during pregnancy, the area around genitalia also smells bad when vaginal discharge and also discharge colored and cloudy. . Whereas after using basil leaves as a companion when eating or commonly referred to as fresh vegetables for 7 days each meal with 100 grams per day, most respondents become more comfortable with vaginal discharge, the duration of vaginal discharge is only during the dawn period where only around 9 days. The experience of vaginal discharge is not so itchy even though sometimes itchy but not like if you don't consume basil leaves as fresh vegetables, the odor from Flour Albus doesn't smell too bad, a little white and a little cloudy. At the age of 21-30 years, users of IUD KB acceptors will experience vaginal discharge more often, this is influenced because at that age more fluid production in genitalia, because it is influenced by the use of KB, finally the risk of developing albus flour will increase.

Difference between Before and After Use of Basil Leaf 2 grams, 1 gram and the control group In Reducing Flour Albus In Women KB Acceptor IUD At Malang Army Hospital

From the results of the ANOVA statistical test, it is said that p value = 0.013 or p value $< \alpha$ (0.05) and H_0 are rejected, which means there are differences in the use of basil leaves 2 grams, 1 gram and without use in reducing flour albus in women acceptors KB IUD at the Army Hospital in Malang. Based on the Anova test output it is known that the p value is $0.191 > \alpha$ (0.05), it can be concluded that the administration of basil leaves of 2 grams and 1 gram is the same and the difference in the average of the giving between the two is not significant.

Before using basil leaves, respondents tend to often experience vaginal discharge where the vaginal discharge lasts for around 7-14 days with the characteristics of the respondents often feeling itchy on genitalia during pregnancy, the area around genitalia also smells bad when vaginal discharge and also discharge colored and cloudy. . Whereas after using basil leaves as a companion during meals or commonly referred to as fresh vegetables for 7 days every meal with 200 grams per day, respondents became more comfortable with the vaginal discharge, the duration of vaginal discharge was only during the dawn period where only about 7 day. The vaginal discharge is not itchy, odorless, colorless and more clear.

CONCLUSION

1. There is the influence of the use of 2 gram basil leaves in reducing the flour albus (in women with KB IUD acceptors in the army hospital in Malang).
2. There is an Effect of Using 1 gram of Basil Leaf in Reducing Flour Albus in Women with KB IUD Acceptor in Malang Army Hospital.
3. There is a difference in the use of I gram basil leaves and the use of 2 grams in reducing the flour albus in women with IUD KB acceptors at the army hospital in Malang.

SUGGESTION

1. For Respondents

It is expected that respondents can make the habit of consuming basil leaves as a prevention and treatment for vaginal discharge experienced when using IUD KB acceptors.

2. For Further Researchers

It is expected that further researchers need to be deepened and added more research on basil leaves packaged in capsule form to make them easier to consume and economical.

3. For Educational Institutions

It is expected that educational institutions can use the results of this study as input of learning in the analysis of the use of basil leaves in reducing flour albus in women with KB IUD acceptors at the Indonesian Army Hospital in Malang.

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