

# The Effect of Giving Turmeric and Honey Boiled Water on the Incidence of Flour Albus in D-III Midwifery Students at the Indonesian Strada Institute of Health Sciences

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## ABSTRACT

**Background:** Vaginal discharge (flour albus) is a white fluid that comes out of the vagina in excess and can cause complaints such as itching and burning in the intimate area. Efforts in handling flour albus can use traditional medicine, namely turmeric and honey. This study aimed to determine whether there is an effect of giving turmeric and honey boiled water to the incidence of flour albus in D-III Midwifery students at the Indonesian Strada Institute of Health Sciences.

**Methods:** This study uses a pre-experimental method with the type of research design is one group pre test post test. The population in this study were all D-III Midwifery students at the Indonesian Strada Institute of Health Sciences and the sample was taken using a purposive sampling method with a total of 30 respondents. The data analysis technique used to test the hypothesis is the Wilcoxon test and data collection using a questionnaire.

**Results:** The results of data analysis showed that the significance level was  $0.000 \leq 0.05$  so that  $H_0$  was rejected and  $H_1$  was accepted. Thus, there was an effect of giving turmeric and honey boiled water to the occurrence of flour albus in D-III Midwifery students at IIK Strada Indonesia.

**Conclusion:** There is an Effect of Giving Turmeric and Honey Boiled Water on the Incidence of Flour Albus in D-III Midwifery Students at IIK Strada Indonesia.

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## I. Introduction

Vaginal discharge (flour albus) is a white fluid that comes out of the vagina in excess and can cause complaints such as itching and burning in the intimate area. There are two types of vaginal discharge, namely normal vaginal discharge (physiological) and abnormal vaginal discharge (pathological). Given this, it is hoped that each WUS will not experience pathology flour albus so that it will not interfere with student learning activities. According to (WHO), women rarely pay attention to cleanliness of the external genital organs. Vaginal infections every year attack women worldwide 10-15% of 100 million women, for example, adolescents who are infected with candida bacteria are around 15% and experience vaginal discharge. adolescents do not know the problems surrounding the reproductive organs (Utami, et al, 2014). Efforts in overcoming flour albus can use traditional treatments such as turmeric and honey (Wiyanti, 2009).

According to WHO in 2013, explained that the number of women in the world in 2013 was 6.7 billion people and who had experienced flour albus, around 75%, In 2014 women in Indonesia had experienced flour albus as much as 70% at least once in their lifetime.

Based on the results of a preliminary study on October 28, 2019, data obtained from D-III midwifery students at the Indonesian Strada Institute of Health Sciences as many as 50 people. When interviewed there were 10 (60%) students who experienced vaginal discharge. 6 students (30%) said they felt itchy on their genitals so they were worried about their condition. The other 2 students (10%) complained of a greenish-yellow discharge such as phlegm and some complained that the discharge was clear and watery at certain times.

The main cause of vaginal discharge is an infection in the vagina by the bacteria *Trichomonas vaginalis* and *candida albicans*. The trigger factor for flour albus is an infection factor caused by germs, fungi, viruses, parasites. Non-infectious factors are caused by the entry of foreign objects into the vagina such as lack of cleanliness of the vaginal area, rarely changing underwear and rarely changing sanitary napkins during menstruation.

The purpose of the study was to find out whether there was an effect of giving boiled water of turmeric and honey on the incidence of flour albus in D-III Midwifery students at the Indonesian Strada Institute of Health Sciences.

## II. METHODS

This study uses a pre-experimental method with the type of research design is one group pre test post test. The population in this study were all D-III Midwifery students at the Indonesian Strada Institute of Health Sciences and the sample was taken using a purposive sampling method with a total of 30 respondents. The data analysis technique used to test the hypothesis is the Wilcoxon test and data collection using a questionnaire.

## III. RESULTS

**Table 1.** General data

Age (years)	Frequency	Percentage (%)
<22	3	10
23-25	7	23
> 25	20	67
<b>Residence</b>		
With parents	4	13
Boarding/contract	24	80
Other Family	2	2
<b>Incidence of vaginal discharge (before using turmeric and honey boiled water)</b>		
Occur	20	67
Not occur	10	33
<b>Incidence of vaginal discharge (after using boiled water of turmeric and honey)</b>		
Occur	6	20
Not occur	24	80

**Table 2.** Wilcoxon Test Statistical Test Results

Variable	Significance Level
PRE	0.000
POST	

The results of data analysis show that the significance level is  $0.000 \leq 0.05$  so that  $H_0$  is rejected and  $H_1$  is accepted, thus There is an Effect of Giving Turmeric and Honey Boiled Water on the Incidence of Flour Albus in D-III Midwifery Students at IIK Strada Indonesia.

#### IV. DISCUSSION

Incidence of Leucorrhoea (Flour Albus) in Midwifery D-III Students at the Indonesian STRADA Institute of Health Sciences Before Using Turmeric and Honey Boiled Water

Vaginal discharge (Leukorrhea / fluor albus) is a fluid that comes out of the vagina. Under normal circumstances, this fluid does not come out but is not necessarily pathological (dangerous). Vaginal discharge can be categorized as normal, which is related to the menstrual cycle, which occurs before or after menstruation or can also come out when we are experiencing stress or fatigue. But there are also types of vaginal discharge due to a disorder such as a parasitic, bacterial, fungal or viral infection in the vagina. Usually this type of vaginal discharge can vary in color, smell, and is accompanied by complaints such as itching, pain or burning around the vagina (Hariana, 2018).

Based on the results of the study, it is known that the incidence of vaginal discharge (Flour Albus) in D-III Midwifery Students at the Indonesian STRADA Institute of Health Sciences Before Using Turmeric and Honey Boiled Water, it is known that most of the respondents in the category of vaginal discharge were as many as 20 (67%) respondents. This is supported by the statement of one of the female students that she did not know about herbal ingredients such as turmeric and honey decoction in dealing with vaginal discharge. Students also only buy drugs from the nearest dispensary, such as ibuprofen, amoxicillin, and dexamethazone to drink. The results of research conducted by Guswati (2011) at SMK YAPEMDA Sleman showed that 90.7% of female students experienced vaginal discharge.

Age is closely related to a person's knowledge in carrying out an activity. Where the more mature a person's age, the knowledge will be better and tend to be active in seeking important information about the treatment of vaginal discharge experienced. Vice versa, where a person's knowledge is not good, they tend to be inactive and do not know about handling vaginal discharge optimally, such as using herbal ingredients such as turmeric and honey decoction. Thus, the more mature the student, the more positive attitudes and behavior towards the handling of vaginal discharge will be (Notoatmodjo, 2017).

The residence of each individual is also a source of health information. One of them is information about the handling of vaginal discharge experienced by family members. Providing information by members to sufferers is able to increase patient knowledge and information about vaginal discharge (Notoatmodjo, 2017).

Incidence of Leucorrhoea (Flour Albus) in Midwifery D-III Students at the Indonesian STRADA Institute of Health Sciences After Using Turmeric and Honey Boiled Water

The sensitive part of women, especially the vagina is an organ that must be maintained by doing safe treatments. The problem in this sensitive part is the problem of whiteness. Vaginal discharge should be treated or prevented early. As soon as vaginal discharge appears, do not let it sit for too long because it will get worse and can spread to the uterus, then the ovaries and pelvic cavity. Vaginal discharge that is very severe can cause infertility.

Turmeric plant (*Curcuma domestica* val) has antimicrobial properties. The beneficial ingredients contained in turmeric include essential oils, fatty oils, curcumin compounds, and other derivative compounds. These ingredients make medicinal plants that have anti-inflammatory, antiviral, antibacterial, antiprotozoal, antineoplastic, antioxidant, and antineomatoside effects. So that turmeric decoction can overcome vaginal discharge (Simanjuntak, 2012).

Likewise, honey is a chewy liquid produced by bees from various sources of nectar which still contains the active Diatase Enzyme. The nutritional content in honey that functions as an antioxidant is vitamin C, organic acids, enzymes, phenolic acids, flavonoids and beta-carotene which are useful as high antioxidants, as well as vitamin A, vitamin E which is also one of the main essential antioxidant vitamins. Thus in honey there are many nutrients that function as antioxidants and all these compounds work together to protect normal cells and neutralize free radicals (Anonymous, 2018).

Based on the results of the study, it was known that the incidence of vaginal discharge (Flour Albus) in D-III Midwifery Students at the Indonesian STRADA Institute of Health Sciences After Using

Turmeric and Honey Boiled Water, it was known that almost all respondents in the No Leucorrhoea category were as many as 24 (80%) respondents.

A person's age is a determining factor in a person's attitudes and behavior in carrying out an activity where the older a person gets, the better his role will be and vice versa (Notoatmodjo, 2017).

In the opinion of the researcher that after knowing the benefits of the herbal ingredients turmeric and honey as a way to overcome vaginal discharge where students feel happy, and also students are assisted by boarding friends to buy the herbal ingredients in the nearest market to then be processed and drunk.

#### The Effect of Giving Turmeric and Honey Boiled Water on the Incidence of Flour Albus in D-III Midwifery Students at IIK Strada Indonesia

The results of data analysis showed that the significant level was  $0.000 \leq 0.05$  so that  $H_0$  was rejected and  $H_1$  was accepted. Thus, there was an effect of giving turmeric and honey boiled water to the incidence of flour albus in D-III Midwifery students at IIK Strada Indonesia. The results of this study are in accordance with the theory that has been put forward by Mahendra (2010) that turmeric is believed to be able to treat various diseases, one of which is vaginal discharge.

Vaginal discharge is a problem that is often experienced by women caused by a yeast infection. According to Suparyanto (2017), there are two types of vaginal discharge, namely vaginal discharge that is normal (physiological) and abnormal (pathological). Physiological vaginal discharge can occur during pregnancy, before and after menstruation, when you get sexual stimulation, when you do a lot of physical activity, all of which do not cause additional complaints such as odor, itching, and discoloration. While pathological vaginal discharge is caused by infection with microorganisms such as viruses, bacteria, fungi, and the one-celled parasite *Trichomonas vaginalis*. It can also be caused by irritation of vaginal cleaning agents, contraceptives, use of tampons and discharge accompanied by odor, itching, pain when urinating or a change in color to green or mixed with blood (Suparyanto, 2017).

Feelings of discomfort at work, low self-esteem, anxiety about the possibility of cancer, stories from friends at the office or in the market about the consequences of this vaginal discharge have caused some women to seek help from a doctor, but some are soluble in self-medicating healing efforts such as using herbal remedies such as turmeric decoction. and honey (Sianturi, 2018).

Efforts to prevent vaginal discharge that can be provided include consuming traditional ingredients such as betel leaf boiled water, tamarind turmeric, honey turmeric, kencur rice, counseling, providing knowledge about reproductive health and providing adolescent care health services that can meet adolescent health needs including services for reproductive health. Therefore, both students who experience abnormal vaginal discharge immediately consult a doctor, so that a thorough examination can be carried out to find out the cause of the vaginal discharge and provide appropriate therapy. Because normal vaginal discharge is a natural thing, but abnormal vaginal discharge can be an indication of a disease that must be treated. Students are also expected to be able to rearrange their lifestyle to be healthier and more regular in order to prevent excessive vaginal discharge.

So it can be concluded that turmeric and honey are effective treatments to reduce or eliminate flour albus

## V. CONCLUSION

Incidence of Leucorrhoea (Flour Albus) in Midwifery D-III Students at the Indonesian STRADA Institute of Health Sciences Before using turmeric and honey boiled water, it was known that most of the respondents in the category of vaginal discharge were 20 (67%) respondents.

Incidence of Leucorrhoea (Flour Albus) in Midwifery D-III Students at the Indonesian Institute of Health Sciences After Using Turmeric and Honey Boiled Water, it is known that almost all respondents in the category of No Leucorrhoea are as many as 24 (80%) respondents.

The results of data analysis show that the significant level is  $0.000 \leq 0.05$  so that  $H_0$  is rejected and  $H_1$  is accepted, thus There is an Effect of Giving Turmeric and Honey Boiled Water on the Incidence of Flour Albus in D-III Midwifery Students at IIK Strada Indonesia.

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