

**"EFFECT OF BETEL LEAF COOKING WATER TO REDUCE
FLOUR ALBUS COMPLAINTS IN WOMEN OF REPRODUCTIVE
AGE IN SERAKAT JAYA VILLAGE"**

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ABSTRACT

Background : Reproductive and sexual health are the rights of an individual, family and society regardless of status, race, age, gender, religion, sexual orientation, economy and social. According to data from the 2019 Indonesian Demographic and Health Survey (IDHS) in Indonesia, one of the complaints that is often found in clinics and maternal and child health (KIA) is vaginal discharge/fluor albus. Efforts to reduce leucorrhoea can be through pharmacological therapy (drugs) or non-pharmacological therapy, one of which is by using betel leaf boiled water. Betel leaves contain essential oils consisting of betlephenol, kavikol, sesquiterpenes, hydrocyclicavicol, cavibetol, estragol, eugenol, and carvacrol, and among these substances are kavikol, euginol and ethanol which can be used to treat leucorrhoea. **Objective** : To determine the effect of betel leaf boiled water to reduce flour albus complaints in women of childbearing age. **Research Location** : This research was conducted in the village of Serakat Jaya on 32 women of childbearing age who experienced vaginal discharge. **Research Methods** : The research design used was a pre-experimental design type of one group pretest-posttest (preliminary test, final test of a single group). The data analysis used is the Wilcoxon Signed Rank Test. **Results** : The study showed a p -value < 0.001 $p < 0.05$ which indicates that betel leaf cooking water has an effect on reducing flour albus complaints.

Keywords: betel leaf, flour albus, women of childbearing age