

MEDIA BOOKLET ON GIVING BETEL LEAVES BOILED WATER TO REDUCE VUCILITY IN ADOLESCENT WOMEN

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SUMMARY

Background: Vaginal discharge is a normal or physiological condition that occurs every month, Vaginal discharge as a normal process, will appear just before menstruation and the fertile periode. Based on a survey, the incidence of vaginal discharge in women in the world according to WHO in 2013 reached 75%, while in Indonesia it reached 70%, including pregnant women. The problems seen in pregnant women are vaginal discharge up to 16%, namely candida 53%, trichomonas 31% and delegated microorganisms 40.1%. To overcome this, non-pharmacological therapy can be done, such as washing or cleaning intimate organs with boiled betel leaves. Betel leaves contain antiseptic and antimicrobial properties which are useful for curing vaginal discharge, unpleasant odors and eradicating candida albicans. **Objective:** To provide information to young women and the public that there are alternatives to reduce abnormal vaginal discharge apart from using pharmacological drugs, namely by using boiled water from betel leaves. **Method:** KIE's output method is in the form of a media booklet about "Giving Boiled Water from Betel Leaves to Reduce Vaginal Discharge in Adolescent Girls Through Booklet Media" using the Canva software application with a size of 3.5 x 8.5 inches totaling 22 pages . **Results :** IEC Media entitled "Giving Betel Leaf Boiled Water to Reduce Vaginal Discharge in Adolescent Girls Through Booklet Media" is more effective and interesting to read with education that is equipped with various animated images, making it easier for adolescent girls to understand. **Conclusion:** Booklet as a Communication, Information and Educational (KIE) media to make it easier to educate the public about efforts to overcome vaginal discharge using non-pharmacological techniques. The booklet created by this author is structured in a structured manner and with language and images that are easy for readers to understand. **Suggestion:** It is hoped that it can provide a source of knowledge to young women and the general public regarding the importance of maintaining the cleanliness of the feminine area so as not to cause vaginal discharge problems.

Keywords: Betel Leaf Boiled Water, Vaginal Discharge, Booklet Media