

EFFORTS TO PREVENT THE OCCURRENCE OF VAGINAL DISCHARGE IN ADOLESCENT GIRLS BY PERFORMING VULVA HYGINE

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SUMARRY

Background: 75% of women worldwide will experience vaginal discharge at least once in their lifetime, and 45% of women will experience vaginal discharge more than once. In Indonesia, 90% of women experience vaginal discharge, 60% of whom are adolescent girls. Indonesian women are at risk of experiencing vaginal discharge, because Indonesia has a tropical climate where fungi grow easily and cause vaginal discharge. Vaginal discharge symptoms also occur in 31.8% of single women or adolescent girls aged 15 to 24 years. One of the factors causing vaginal discharge is the lack of knowledge in adolescents about vaginal discharge. Vulva hygiene is the act of caring for the external genitals of the vagina by washing using clean water from the vagina to the anus and drying it with a tissue or towel to maintain genital hygiene and prevent infection. **Methods:** This pocket book was made using Canva software application and printed insize 10 cm x 13 cm, with the aim of raising the topic "Efforts to Prevent the Occurrence of Vaginal Discharge in Adolescent Girls by Performing Vulva Hygine". **Results:** The results ofthis pocket book trial can be useful in providing a source of knowledge and information to adolescents about preventing vaginal discharge with vulva hygiene. **Conclusion:** The pocket bookentitled "Efforts to Prevent the Occurrence of Vaginal Discharge in Adolescent Girls by Performing Vulva Hygine" can increase knowledge and is useful as an educational medium.

Keywords: *Vaginal Discharge, Adolescent Girls, Vulva Hygine*