

**EFFECT OF SOUR TURMERIC DRINK WITH MAINTAINING
PERSONAL GENITAL HYGIENE TO DECREASE IN
VAGINAL DISCHARGE IN TEENAGERS**

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ABSTRACT

Background: Prevalence of vaginal discharge in Indonesia will reach 75% in 2021 and 50% of women experience vaginal discharge in Central Java. Indonesian women are at risk of experiencing vaginal discharge because Indonesia has a tropical climate. Countries with tropical climates tend to create conditions for fungi to grow more easily and cause many cases of vaginal discharge in teenagers. The impact of vaginal discharge on teenagers can cause discomfort, affect their level of self-confidence and can interfere with daily activities. Non-pharmacological treatment using tamarind turmeric drinks by maintaining personal hygiene is an alternative that can be utilized by teenagers. The content of curcumin, essential oils and antimicrobials in tamarind turmeric can prevent and slow down the fungi and bacteria that cause vaginal discharge. **objective:** To find out whether there is an effect of turmeric acid drink with maintaining personal genital hygiene on reducing vaginal discharge in teenagers. **research location:** using a quasi-experimental research design, nonequivalent control group design and purposive sampling technique with the Federer formula. The sample was 36 female students, 18 experimental groups and 18 control groups. Data processing and analysis uses the SPSS application with the Mann Withney. **testresearch methods:** Based on the results of analysis tests using the Mann Whitney test, a significance value of 0.005 ($p < 0.05$) was obtained, which means H_a was accepted. **results:** There is an effect of sour turmeric drink on maintaining personal hygiene on reducing vaginal discharge in teenagers

Keywords: Vaginal discharge, Turmeric Acid Drink, Teenagers