

**PENGARUH AIR REBUSAN DAUN SIRIH TERHADAP
KEPUTIHAN FISILOGIS PADA WANITA USIA SUBUR DI DESA
BATURONO KECAMATAN SALAM KABUPATEN MAGELANG**

Rifda Annisa Risviana¹, Fatimah Dewi Anggraeni²

INTISARI

Latar Belakang: Hampir seluruh wanita mengalami keputihan minimal satu kali seumur hidupnya 60% pada remaja dan 40% pada wanita usia subur. Indonesia berpotensi mengalami keputihan dikarenakan cuaca yang lembab mempengaruhi berkembangnya jamur. Keputihan yang terus menerus dapat mempengaruhi fungsi sistem reproduksi wanita. Mengatasi keputihan dapat dilakukan dengan terapi non farmakologi yaitu dengan daun sirih merah.

Metode: Jenis penelitian ini adalah kuantitatif dengan desain *Quasy Experiment* menggunakan *Two group pre-test post-test with control group*. Populasi sejumlah 60 WUS, jumlah sampel 30 responden. Teknik sampling menggunakan *Purposive Sampling*. Uji statistik menggunakan *Uji Paired T-Test*.

Hasil: Diketahui nilai rata-rata (*mean*) sebelum (*pre-test*) diberikan perlakuan air rebusan daun sirih merah adalah 14,80 dan setelah (*post-test*) diberikan perlakuan nilai rata-rata (*mean*) 5,27. Sehingga pemberian air rebusan daun sirih merah berpengaruh dalam mengatasi keputihan di Desa Baturono berdasarkan hasil penelitian nilai *p-value* $0,000 < 0,5$.

Kesimpulan: Terdapat pengaruh dari pemberian air rebusan daun sirih merah terhadap keputihan fisiologis pada wanita usia subur di Desa Baturono Kecamatan Salam Kabupaten Magelang dengan nilai *p-value* $0,000 < 0,05$.

Kata kunci : Air rebusan daun sirih merah, keputihan fisiologis, wanita usia subur (WUS)

¹Mahasiswa Program Studi Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Pembimbing Program Studi Kebidanan (S-1) Universitas Jenderal Achmad Yani Yogyakarta

**THE EFFECT OF BETEL LEAF BOILED WATER ON PHYSIOLOGICAL
VAGINAL DISCHARGE IN WOMEN OF CHILDBEARING AGE IN
BATURONO VILLAGE, SALAM DISTRICT, MAGELANG REGENCY**

Rifda Annisa Risviana¹, Fatimah Dewi Anggraeni²

ABSTRACT

Background: Almost all women experience vaginal discharge at least once in their lifetime 60% in adolescents and 40% in women of childbearing age. Indonesia has the potential to experience vaginal discharge due to humid weather affecting the development of fungi. Continuous vaginal discharge can adversely affect the functioning of the female reproductive system. Overcoming vaginal discharge can be done with non-pharmacological therapy, namely with red betel leaves.

Method: This type of research is quantitative with a Quasy Experiment design using Two groups of pre-test and post-test with a control group. The population is 60 WUS, the total sample is 30 respondents. Sampling technique using Purposive Sampling. Statistical test using Paired T-Test.

Results: It is known that the average value (mean) before (pre-test) given the red betel leaf boiled water treatment is 14.80 and after (post-test) given the treatment, the average value (mean) is 5.27. So that the provision of boiled water of red betel leaves has an effect in overcoming vaginal discharge in Baturono Village based on the results of research on p-value values of $0.000 < 0.5$.

Conclusion: There is an influence of giving boiled water of red betel leaves on physiological vaginal discharge in women of childbearing age in Baturono Village, Salam District, Magelang Regency with a p-value of $0.000 < 0.05$.

Keywords: Boiled water of red betel leaves, physiological vaginal discharge, the woman of childbearing age

¹Student of Midwifery Study Program (S-1) Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Supervisor of Midwifery Studies Program (S-1) Jenderal Achmad Yani University Yogyakarta