

THE IMPORTANCE OF GENITALIA PERSONAL HYGIENE EDUCATION FOR FEMALE MIGRANT WORKERS IN MALAYSIA

Sukmawati^{1*}, Jacoba Nugrahaningtyas Wahyuning Utami¹, Helfi Gustia², Lorenta In Haryanto², Irma Hakim³

¹Midwifery Study Program, Diploma Three Program, Faculty of Health Sciences, Respati University
Yogyakarta

Jln Raya Tajem km 1,5 Maguwoharjo, Depok, Sleman, Daerah Istimewa Yogyakarta, 55282 - Indonesia

²Universitas Muhammadiyah Jakarta, DKI Jakarta - Indonesia

³Universitas Muhammadiyah Makassar, Sulawesi Selatan - Indonesia

*Corresponding Author: sukmayogya1809@respati.ac.id

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ABSTRACT Indonesian female migrant workers in Malaysia often face significant reproductive health challenges, including a lack of knowledge about personal hygiene genitalia. Congested working conditions and limited access to information and health facilities exacerbate this situation. Education about personal hygiene genitalia is very important as an empowerment strategy to improve their well-being. This service aims to educate Indonesian female migrant workers in Malaysia on the importance of personal hygiene genitalia and present empowerment strategies that can be applied to improve their reproductive health. Community service programs are carried out with a participatory approach through extension and direct training. The educational sessions are conducted in small groups to ensure in-depth understanding. The educational material includes the importance of genitalia hygiene, practical steps to maintain cleanliness, and infection prevention. In addition, written and visual educational materials that are easy to understand are also provided. Genitalia personal hygiene education can effectively empower female migrant workers by providing the knowledge and understanding needed to maintain reproductive health. Before the education, many participants did not understand the importance of genitalia hygiene and how to maintain proper hygiene. After the education, there was a significant increase in knowledge and daily hygiene practices. This increased understanding can reduce the risk of infections and other health problems, as well as improve their quality of life and productivity in the workplace. Conclusion: Education on personal hygiene genitalia is an effective empowerment strategy for Indonesian female migrant workers in Malaysia. Ongoing and accessible education programs are indispensable to ensure their well-being. Recommendation: It is recommended to develop sustainable, community-based reproductive health education programs, and expand access to health and sanitation facilities. Cooperation between the Indonesian and Malaysian governments and non-governmental organizations is essential to support this initiative.

KEYWORDS: *Female Migrant Workers, Hygiene Genitalia, Personal Hygiene, Reproductive Health Education.*

1. INTRODUCTION

Indonesian female migrant workers in Malaysia are vulnerable to a variety of health problems, including reproductive health. (Hanim et al., 2024; Maulida, 2022; Sitkulanan et al., 2024). Genitalia hygiene is one of the important aspects of reproductive health that migrant workers often neglect due to limited information and access to adequate health services. (Ha et al., 2023; Hanim et al., 2024; Maulida, 2022; Zeng et al., 2018).

Genitalia personal hygiene education is crucial in efforts to empower female migrants to maintain their health and improve their quality of life. Many Indonesian female migrant workers in Malaysia do not have enough understanding of genital personal hygiene. (Ha et al., 2023; Hwang & Beauregard, 2022; Ju et al., 2023; Subchi et al., 2022; Zeng et al., 2018). This lack of knowledge can lead to a variety of health problems, such as reproductive tract infections, that can ultimately affect productivity and well-being. This issue is important because poor genitalia hygiene can lead to serious infections and diseases, which not only affect the health of individuals but can also incur high medical costs and loss of workdays. In addition, these health problems can affect the quality of life and overall well-being. (Laksmi et al., 2022; MacRae et al., 2019; Noyes et al., 2018; Schmid, 2024; Udasmoro & Setiadi, 2021; Zeng et al., 2018)

This service is carried out to provide the necessary education to female migrant workers so that they can maintain good genitalia hygiene. This education is expected to reduce the risk of reproductive health problems they face. The program aims to address the lack of knowledge and practices of genitalia hygiene among Indonesian female migrant workers in Malaysia. By understanding and practicing proper personal hygiene, female migrant workers can avoid various health problems that can negatively impact their lives and work.

2. METHOD

The service method used is a participatory approach through extension and direct training held at the Indonesian School Kuala Lumpur. This extension aims to increase the understanding and practice of genitalia hygiene among Indonesian female migrant workers in Malaysia. Here are the details of the service methods used:

a. Participatory Approach. (Freire et al., 2022; Mussehl et al., 2023)

This approach involves participants actively in the learning process and discussion. Participants were encouraged to share their experiences and ask questions about issues related to personal hygiene genitalia. This will done to ensure that the information provided is relevant and in accordance with the needs.

b. Extension Session.

The extension is carried out in several stages as follows (Bijukumar et al., 2018; Kaufman et al., 2017, 2019)

1) Preparation stage:

- a) Preparation of educational materials: The educational materials are prepared in a language that is easy to understand and relevant to the context of migrant workers' lives. The material covers the basic anatomy of the genitalia, the importance of genital hygiene, practical steps to maintain hygiene, and how to prevent infection.
- b) Creation of visual materials: Visual materials such as posters, brochures, and educational videos are made to clarify the information conveyed. Participants can also access this material via mobile phones.
- c) Coordination with Sekolah Indonesia Kuala Lumpur and the Embassy of the Republic of Indonesia in Malaysia: Coordination was carried out to determine the schedule and facilities used during the activity.

2) Implementation stage

- a) Extension sessions: Extension is carried out online, even though it is online, but the extension staff ensures that the interaction that occurs is more interactive and effective so that the presentation is made as interesting as possible.
- b) Discussion and questions answers. Discussion and question-and-answer sessions were conducted to answer participants' questions and discuss specific problems they faced.
- c) Evaluation and follow-up. The evaluation was carried out to measure the effectiveness of the extension.

3. RESULT AND DISCUSSION

3.1 Result

This community service program is designed to empower Indonesian migrant workers in Malaysia in personal hygiene education genitalia. The approach taken is to combine extension with lectures and question-and-answer sessions, aiming to increase awareness and knowledge of personal hygiene. (Laksmi et al., 2022; Maulida, 2022)

The extension session began this educational activity, where important information about the importance of genitalia hygiene, practical steps to maintain genitalia hygiene, and how to prevent infection was presented. The lecture material is tailored to the linguistic and cultural background of the participants to ensure optimal understanding. It depends on how you look at it: a practical session on maintaining genitalia cleanliness, where participants were taught practical steps to

maintain genitalia hygiene effectively. The author is a midwife who gives a step-by-step demonstration. To ensure a good understanding, participants then practiced genitalia hygiene. This will provide an opportunity for participants to apply what they have learned and get immediate feedback directly. After the practice session, a question and answer session was held, providing an opportunity for participants to clarify doubts and discuss the experiences or concerns of immigrant workers. The sessions also allow participants to share experiences and learn from each other, encouraging active engagement. (Laksmi et al., 2022; Maulida, 2022; Mawarti et al., 2023; Sibua et al., 2023)

We are supporting material in the form of brochures or leaflets about personal hygiene education for female migrant workers in Malaysia in Indonesian. This material was given after an extension session for reference and self-practice. The program's approach is based on the principles of adult education, recognizing the importance of participants' experience and knowledge and ensuring that teaching materials and methods are relevant to the needs and context of migrants. (Hwang & Beauregard, 2022; Laksmi et al., 2022; MacRae et al., 2019; Maulida, 2022; Mawarti et al., 2023; Sibua et al., 2023)



Figure 1. Presentation of material that is done online



Figure 2. One of the documents of attendance during online presentations

3.2 Discussion

a. Effectiveness of extension methods.

The participatory approach used in extension has proven to be effective in improving understanding and practices of genitalia hygiene among female migrant workers. Actively engaging participants through discussions, questions and answers, and practical training helps ensure that the information provided is well received and can be applied in daily life.

b. Challenges and how to overcome:

1) Time constraints:

Adjusting the extension schedule on holidays or after hours allows participants to attend sessions without disrupting work schedules.

2) Differences in educational background:

Using simple language and easy-to-understand visual materials helps to address gaps in participants' educational backgrounds.

3) Contribution to the well-being of migrant workers

This program has made a significant contribution to improving the welfare of Indonesian women migrant workers in Malaysia by:

- a) Increases knowledge and awareness: Provides relevant and practical information about genitalia hygiene, which can help prevent infections and other health problems.
- b) Improve hygiene practices: Encourage participants to implement better hygiene practices in their daily lives despite existing limitations.

- c) Strengthens confidence: Helps participants feel more confident in managing their reproductive health and sharing information with colleagues.

4. CONCLUSION

The extension and training programs on personal hygiene for Indonesian female migrant workers in Malaysia have proven to be effective in improving participants' knowledge and hygiene practices. Ongoing and community-based education is urgently needed to ensure the sustainability of the positive impact of this program. It is recommended to develop a continuing education program: Continue the education program on an ongoing basis with support from the government and non-governmental organizations offline.

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CONFLICTS OF INTEREST

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