

## Women's Attitudes toward Gynecological Health

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**Abstract :** It has been known that the attitudes toward gynecological health is important for sanitation. This research has been conducted on women who attend to religious classes located in the city center of Sivas in Turkey to determine their attitudes towards gynecological health and affecting factors. The data of this descriptive study has been collected from March to June 2010 by means of the questionnaire developed by the researcher. 313 course attendee out of 438 from 20 religious courses in the city center of Sivas in Turkey has participated in this research. In the analysis made based on the profession of women there is an statistically meaningful correlation between type of under cloth (P:0.001), frequency to change underwear (P:0.001), perineum cleaning direction (P:0.007) and taking vaginal shower (P:0.004). According to their profession there is an statistically meaningful difference between the problems they experience at the reproduction system like over flix (P:0.007), having flix with bad smell (P:0.018), dyspareunia (P:0.0001), bleeding (P:0.038), dismenore (P:0.038), irregular menstruation period (P:0.004) and PMS (P:0.003) and the attitudes to approach these problems (P:0.0001) and having pap smear test as an early diagnosis (P:0.0001) and self diagnosis of vulva (P:0.0004). According to their marital status, there is an istatistically meaningful difference between the early diagnosis attitude of women such as self diagnosis of breast cancer (P:0.0001), having pap smear test (P:0.0001) and self diagnosis of vulva (P:0.0001). As a result of this study, it has been determined that, there are insufficient and wrong attitudes of women towards some gynecological health issues and that they need to be educated to develop their mindset on these issues. It will be helpful if the health professionals acknowledge and consult women after determining their attitudes toward gynecological health.

**Keywords** -Gynecological health, attitudes toward gynecological health, women's health, requirement of education

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### I. Introduction

For the health indicators to reach the desired level, improving health level of women is considered as the main objective. Positive attitude toward gynecological health is very important for being protected against illnesses and for improving their health level. The roles of health professionals on educating and consulting people come into more prominence together with modality of the protection and advance of health condition (1, 2, 3). The gender issues in our society obstruct women to be informed sufficiently on fertility. As a result of this, women might experience some gynecological problems such as infection, cancer, infertility, which might affect women's life ahead, their family and society biologically, psychologically, socially and spiritually (4, 5, 6). It is very important for women to reach the satisfactory and correct information on gynecological health issues and for their health and educational needs to be met to be able to create an effect on health of society, social and economical development of the country, and politics on population. Protective health services are important for determining the need of women, for early diagnosis and for the cure (7, 8, 9). If the nurses and midwives inform women on how to be protected against gynecological health problems, avoiding risky behaviors, early diagnosis, the cure and the results while educating and consulting them as a part of their duty, they might ensure the women to give enough weight to their gynecological health and by creating a change in their behaviors, the gynecological problems might be prevented (10, 11, 12, 13). Gynecological health behaviors are very important for being protected against illnesses and enhancing health conditions. The results of this study shows that women need to be educated on gynecological health. In the studies conducted it is indicated that the women need to be educated and consulted on gynecological health issues for them to be protected against illnesses and to enhance their health conditions (14, 15, 16, 17). Educative and informative programs for women on early diagnosis and cure services provide them to be health in the future. The subject must be emphasized because of the gynecological health problems and the need for a service (18, 19, 20, 21). It will be

very helpful for health and gynecological health protection of women if nurses and midwives play their role effectively to educate and consult women in every environment where they work together (like school, workplace, home, health center, hospital) (22, 23, 24, 25 ).

## II. Materials and Methods

This research has been conducted on women who attend to religious classes located in the city center of Sivas in Turkey to determine their attitudes toward gynecological health.

This descriptive research has been conducted to determine the attitudes of women who take classes in the city center of Sivas in Turkey towards gynecological health. The universe of this study consists of 438 women from 20 religious courses in the city center of Sivas in Turkey. No sample has been chosen for this study. 313 women attendee of religious courses and accept to take part, have participated in this study. The data has been collected via the questionnaire prepared by the researchers. This questionnaire contains questions concerning the personal information of the participants such as their age, education level, marital status, profession, social security, family type, some gynecological health issues like the frequency to take shower, the habit of taking shower during menstruation, the practice on the hygiene of perineum, the gynecological health, the gynecological problems they have experienced and what has been done to cure the problem. Before the application of the questionnaire, permission is gathered from religious institution of Sivas, the aim of the study is explained to the participants, and their verbal approval is taken to take part in this research. Data is analyzed via the software SPSS 16.0 by constructing a data base.

## III. Results

**Table 1.** Characteristics of Women Participating in This Study

Descriptive Characteristics	Number	%
<b>Education Level</b>		
Illiterate, the literate	23	7.3
Primary School	97	31.0
Middle School	96	30.7
High School	68	21.7
Institution of Higher Education	29	9.3
<b>Profession</b>		
Housewife	195	62.3
Student	90	28.8
Officer	25	8.0
Other*	3	0.9
<b>Marital Status</b>		
Married	190	60.7
Single	111	35.5
Separated, divorced	12	3.8
<b>Social Security</b>		
Have	246	78.6
Do not have	67	21.4
<b>Family Type</b>		
Small	241	77.0
Large	72	23.0
<b>Economic Condition**</b>		
Middle Class	256	81.8
Lower Class	40	12.8
Higher Class	17	5.4
Total	313	100.0

\*Contains women who work as a worker or are self-employed.

\*\*Determined based on women's own expressions.

7.7 % (24) of the women who participated in this study have mentioned that they smoke.

**Table 2.** The Characteristics of Women on Fertility

Characteristics	Number	%
<b>Number of Pregnancy (n=192)</b>		
One	16	8.3
Two	44	22.9
Three	56	29.2
Four and more than four	76	39.6
<b>Number of living child (n=190)</b>		
One	17	8.9
Two	67	35.3
Three	50	26.3
Four and more than four	56	29.5

Number of Miscarriage (n=93)		
One	51	54.8
Two	20	21.6
Three and more than three	22	23.6
Birth control method (n=198)		
Efficient Method (IUD, COC, Condom, Tubal Ligation)	146	73.7
Method with limited impact (the insertion method) Coitus interruptus	52	26.3

**Table 3.** Characteristics of women on perineum and menstruation hygiene

Characteristics		
Type of underclothes		
Cotton	277	88.5
Synthetic	36	11.5
The frequency of changing underclothes		
Everyday	128	40.9
In two days	103	32.9
In three or four days	60	19.2
One in a week	22	7.0
Direction to clean perineum		
Front to back	259	82.7
Back to front	54	17.3
Material used in cleaning perineum		
Water-toilet paper	231	73.8
Water	50	16.0
Toilet paper	21	6.7
Cloth	11	3.5
Washing hands		
After using toilet	179	57.2
After and before using toilet	114	36.4
Before using toilet	20	6.4
Type of cloth used during menstruation (n=284)		
Pad	248	87.3
Cloth	36	12.7
Frequency to change the pad (n=284)		
In two to three hours	99	34.8
In four to five hours	97	34.2
Twice in a day	59	20.8
Once in a day	29	10.2
Type of bathing during menstruation (n=284)		
Taking a shower	169	59.5
By sitting	63	22.2
Do not bath	52	18.3
Vaginal Shower		
Take vaginal shower	207	66.1
Do not take vaginal shower	106	33.9
Moment to take vaginal shower (n=207)		
While bathing	79	38.2
All the time	59	28.5
After the intercourse	43	20.8
After menstruation	20	9.7
After using the toilet	6	2.9
Reason to take vaginal shower (n=207)		
Hygiene	188	90.8
Not to be infected	16	7.7
Preventing pregnancy	3	1.4

**Table 4.** Gynecological problems of women

Problems*	Have		Do not have	
	Number	%	Number	%
Abnormal flix	125	39.9	188	60.1
Cheese-like flix	58	18.5	255	81.5

Over flix with a bad smell	52	16.6	261	83.4
Itchiness	80	25.6	233	74.4
Pain during intercourse	41	13.1	272	86.9
Bleeding after intercourse	15	4.8	298	95.2
Pain and burning while urinating	64	20.4	249	79.6
Urinating frequently	107	34.2	206	65.8
Pain at groin/pelvic floor	102	32.6	211	67.4
Urocleusia	56	17.9	257	82.1
Herpes at the outer reproductive organ (Herpes)	18	5.8	295	94.2
Bulk at the reproductive organ felt by hand	29	9.3	284	90.7
Pain during menstruation (Dismenore) (n:284)**	156	54.9	128	45.1
Irregularity in menstruation (n:284)**	101	35.6	183	64.4
Premenstrual syndrome (PMS) (n:284)**	149	52.5	135	47.5
Infection caught through intercourse (ICTI)	10	3.2	303	96.8

\*Problems are more than one.

\*\* Menopausal women are not included.

**Table 5.** Solutions of women on gynecological health problems

Solutions	Number	%
Do nothing	185	59.1
Go to the hospital	123	39.3
Traditional applications	5	1.6
Total	313	100.0

**Table 6.** The attitude of women on early diagnosis of their gynecological problems

Attitudes	Do		Do not	
	Number	%	Number	%
Self examination of breast*	127	52.7	114	47.3
Pap smear	68	21.7	245	78.3
Self examination of vulva*	57	18.2	256	81.8

\*72 women who are younger than 20 are not included.

**Table 7.** The willingness of women to be informed about gynecological health

Subjects	Wants to be informed		Do not want to be informed	
	Number	%	Number	%
Protection against infection caught through intercourse	106	33.9	207	66.1
Protection against infections at reproductive system	89	28.4	224	71.6
Protection against infections at urethra	149	47.6	164	52.4
Family Planning	120	38.3	193	61.7
Protection against cancer at reproductive system	123	39.3	190	60.7
Protection against breast cancer and self diagnosis for breast cancer	164	52.4	149	47.6
Self examination of vulva	78	24.9	235	75.1
Irregular menstruation and cure	140	44.7	173	55.3
Menopause period and health	133	42.5	180	57.5

**Table 8.** Hygiene Applications of Women Based on Their Education Level

Application	Education Level							
	Illiterate, the literate		Primary School		Middle School		High School and Higher Education	
	Number	%	Number	%	Number	%	Number	%
Type of underclothes								
Cotton	21	91.3	89	91.8	76	79.2	91	93.8
Synthetic	2	8.7	8	8.2	20	20.8	6	6.2
Test	$\chi^2:12.093$ p:0.007							
Frequency to change underclothes								
Everyday	4	17.4	46	47.4	32	33.3	46	47.4
In two days	12	52.2	32	33.0	25	26.0	34	35.1
In three to four days	7	30.4	16	16.5	27	28.1	10	10.3
Once in a week	-	-	3	3.1	12	12.5	7	7.2
Test	$\chi^2:28.297$ P:0.001							
The direction to clean perineum								
Front to back	18	78.3	83	85.6	76	79.2	82	84.5
Back to front	5	21.7	14	14.4	20	20.8	15	15.5
Test	$\chi^2:1.944$ P:0.584							
Material used for the cleaning of perineum								
Water	3	13.0	18	18.6	17	17.7	12	12.4
Toilet paper	3	13.0	4	4.1	5	5.2	9	9.3
Water and toilet paper	15	65.2	68	70.1	72	75.0	76	78.4
Cloth	2	8.7	7	7.2	2	2.1	-	-
Test	$\chi^2:15.324$ P:0.082							
Type of cloth used during menstruation (n:284)								
Pad	6	37.5	71	84.5	82	91.1	89	94.7
Cloth	10	62.5	13	15.5	8	8.9	5	5.3
Test	$\chi^2:42.240$ P:0.0001							
Frequency to change the pad (n:284)								
In two to three hours	5	31.3	30	35.7	32	34.0	32	
In four to five hours	4	25.0	24	28.6	34	37.8	35	37.2
Twice a day	5	31.3	20	23.8	13	14.4	21	22.3
Once in a day	2	12.5	10	11.9	11	12.2	6	6.4
Test	$\chi^2:6.929$ P:0.641							
Type of bathing during menstruation (n:284)								
Do not take shower	6	37.5	15	17.9	15	16.7	16	17.0
Shower by standing up	5	31.3	52	61.9	54	60.0	58	61.7
Bathing by sitting	5	31.3	17	20.2	21	23.3	20	21.3
Test	$\chi^2:6.578$ P:0.362							
Vaginal shower								
Take	17	73.9	76	78.4	52	54.2	62	63.9
Do not take	6	26.1	21	21.6	44	45.8	35	36.1
Test	$\chi^2:13.437$ P:0.004							
Moment to take vaginal shower (n:207)								
After the intercourse	5	29.4	22	28.9	4	7.7	12	19.4
After menstruation	2	11.8	8	10.5	3	5.8	7	11.3
During bathing	4	23.5	27	35.5	21	40.4	27	43.5
After the toilet	-	-	1	1.3	2	3.8	3	4.8
All the time	6	35.3	18	23.7	22	42.3	13	21.0
Test	$\chi^2:17.874$ P:0.120							
Reason to take vaginal shower (n:207)								
Hygiene	16	94.1	68	89.5	47	90.4	57	91.9
Not to be infected	1	5.9	1	1.3	-	-	1	1.6
Preventing pregnancy	-	-	7	9.2	5	9.6	4	6.5
Test	$\chi^2:5.025$ P:0.541							

**Table 9.** Symptoms of Gynecological Infection Based on Women's Education Level, Attitudes Towards the Symptoms, Some Early Diagnosis Behavior

Symptoms	Education Level							
	Illiterate, the literate		Primary School		Middle School		High School and Higher Education	
	Number	%	Number	%	Number	%	Number	%
Over Flix								

Have	9	39.1	40	41.2	43	44.8	33	34.0
Do not have	14	60.9	57	58.8	53	55.2	64	60.0
Test	$\chi^2:2.433$	P:0.478						
Cheese-like flix								
Have	6	26.1	24	24.7	15	15.6	13	13.4
Do not have	7	73.9	73	75.3	81	84.4	84	86.6
Test	$\chi^2:5.579$	P:0.134						
Flix with smell								
Have	5	21.7	21	21.6	21	21.9	5	5.2
Do not have	18	78.3	76	78.4	75	78.1	92	94.8
Test	$\chi^2:13.324$	P:0.004						
Itchiness								
Have	7	30.4	35	36.1	21	21.9	17	17.5
Do not have	16	69.6	62	63.9	75	78.1	80	82.5
Test	$\chi^2:9.908$	P:0.019						
Dyspareunia								
Have	3	13.0	21	21.6	7	7.3	10	10.3
Do not have	20	87.0	76	78.4	89	92.7	87	89.7
Test	$\chi^2:9.737$	P:0.021						
Bleeding								
Have	1	4.3	8	8.2	5	5.2	1	1.0
Do not have	22	95.7	89	91.8	91	94.8	96	99.0
Test	$\chi^2:5.592$	P:0.133						
Pain during urinating								
Have	10	43.5	28	28.9	14	14.6	12	12.4
Do not have	13	56.5	69	71.1	82	85.4	85	87.6
Test	$\chi^2:17.645$	P:0.001						
Urinating frequently								
Have	11	47.8	41	42.3	31	32.3	24	24.7
Do not have	12	52.2	56	57.7	65	67.7	73	75.3
Test	$\chi^2:8.716$	P:0.033						
Pain at groin/pelvic floor								
Have	10	43.5	43	44.3	25	26.0	24	24.7
Do not have	13	56.5	54	55.7	71	74.0	73	75.3
Test	$\chi^2:11.920$	P:0.008						
Urocleusia								
Have	8	34.8	25	25.8	10	10.4	13	13.4
Do not have	15	65.2	72	74.2	86	89.6	84	86.6
Test	$\chi^2:13.551$	P:0.004						
Herpes								
Have	2	8.7	10	10.3	1	1.0	5	5.2
Do not have	21	91.3	87	89.7	95	99.0	92	94.8
Test	$\chi^2:8.078$	P:0.044						
Bulk at the reproductive organ								
Have	1	4.3	10	10.3	7	7.3	11	11.3
Do not have	22	95.7	87	89.7	89	92.7	86	88.7
Test	$\chi^2:1.729$	P:0.631						
Dismenore (n:284)								
Have	9	56.3	43	51.2	48	53.3	56	59.6
Do not have	7	43.8	41	48.8	42	46.7	38	40.4
Test	$\chi^2:1.397$	P:0.706						
Irregularity in menstruation (n:284)								
Have	9	56.3	28	33.3	35	38.9	29	30.9
Do not have	7	43.8	56	66.7	55	61.1	65	69.1
Test	$\chi^2:4.515$	P:0.211						
PMS (n:284)								
Have	9	56.3	55	65.5	37	41.1	48	51.1
Do not have	7	43.8	29	34.5	53	58.9	46	48.9
Test	$\chi^2:4.515$	P:0.211						
ICTI								
Have	2	8.7	3	3.1	1	1.0	4	4.1
Do not have	21	91.3	94	96.9	95	99.0	93	95.9
Test	$\chi^2:10.520$	P:0.015						
Solutions of women on gynecological health problems								
Do nothing	10	43.5	49	50.5	62	64.6	64	66.0
Go to the hospital	12	52.2	46	47.4	32	33.3	33	34.0
Traditional applications	1	4.3	2	2.1	2	2.1	-	-
Test	$\chi^2:10.492$	P:0.105						

The attitude of women on early diagnosis of their gynecological problems								
<b>Self examination of breast*</b>								
Have	6	27.3	52	53.6	25	59.5	44	55.0
Do not have	16	72.7	45	46.4	17	40.5	36	45.0
Test	$\chi^2:6.693$	P:0.082						
<b>Pap Smear Test</b>								
Have	4	17.4	33	34.0	11	11.5	20	20.6
Do not have	19	82.6	64	66.0	85	88.5	77	79.4
Test	$\chi^2:14.898$	P:0.002						
<b>Self examination of vulva</b>								
Have	4	17.4	24	24.7	13	13.5	16	16.5
Do not have	19	82.6	73	75.3	83	86.5	81	83.5
Test	$\chi^2:4.385$	P:0.223						

\*Women younger than 20 are not included.

**Table 10.** Hygiene Applications of Women Based on Their Profession

Applications	Profession					
	Housewife		Other*		Student	
	Number	%	Number	%	Number	%
<b>Type of underclothes</b>						
Cotton	183	93.8	24	85.7	70	77.8
Synthetic	12	6.2	4	14.3	20	22.2
Test	$\chi^2:15.854$	P:0.0001				
<b>Frequency to change underclothes</b>						
Everyday	93	47.7	19	67.9	16	17.8
In two days	69	35.4	6	21.4	28	31.1
In three to four days	27	13.8	3	10.7	30	33.3
Once in a week	6	3.1	-	-	16	17.8
Test	$\chi^2:54.956$	P:0.0001				
<b>The direction to clean perineum</b>						
Front to back	170	87.2	24	85.7	65	72.2
Back to front	25	12.8	4	14.3	25	27.8
Test	$\chi^2:9.840$	P:0.007				
<b>Material used for the cleaning of perineum</b>						
Water	34	17.4	4	14.3	12	13.3
Toilet paper	10	5.1	4	14.3	7	7.8
Water and toilet paper	141	72.3	19	67.9	71	78.9
Cloth	10	5.1	1	3.6	-	-
Test	$\chi^2:9.096$	P:0.168				
<b>Type of cloth used during menstruation (n:284)</b>						
Pad	138	81.7	22	88.0	88	97.8
Cloth	31	18.3	3	12.0	2	2.2
Test	$\chi^2:13.799$	P:0.001				
<b>Frequency to change the pad (n:284)</b>						
In two to three hours	64	37.9	10	40.0	25	27.8
In four to five hours	50	29.6	12	48.0	35	38.9
Twice a day	40	23.7	1	4.0	18	20.0
Once in a day	15	8.9	2	8.0	12	13.3
Test	$\chi^2:10.318$	P:0.112				
<b>Type of bathing during menstruation (n:284)</b>						
Do not take shower	30	17.8	1	4.0	21	23.3
Shower by standing up	100	59.2	17	68.0	52	57.8
Bathing by sitting	39	23.1	7	28.0	17	18.9
Test	$\chi^2:5.299$	P:0.258				
<b>Vaginal shower</b>						
Take	137	70.3	18	64.3	52	57.8
Do not take	58	29.7	10	35.7	38	42.2
Test	$\chi^2:4.328$	P:0.115				
<b>Moment to take vaginal shower (n:207)</b>						
After the intercourse	39	28.5	3	16.7	1	1.9
After menstruation	13	9.5	1	5.6	6	11.5
During bathing	46	33.6	5	27.8	28	53.8
After the toilet	1	0.7	1	5.6	4	7.7
All the time	38	27.7	8	44.4	13	25.0
Test	$\chi^2:26.709$	P:0.001				
<b>Reason to take vaginal shower (n:207)</b>						
Hygiene	123	89.8	16	88.9	49	94.2
Not to be infected	3	2.2	-	-	-	-
Preventing pregnancy	11	8.0	2	11.1	3	5.8

Test	$\chi^2:2.164$	P:0.706				
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\*Workers, officers, self-employed women.

**Table 11.** Symptoms of Gynecological Infection Based on Women's Profession, Attitude Towards the Symptoms, Some Early Diagnosis Behavior

Symptoms	Profession		Other*		Student	
	Housewife		Number	%	Number	%
<b>Over Flix</b>						
Have	69	35.4	8	28.6	48	53.3
Do not have	126	64.6	20	71.4	42	46.7
Test	$\chi^2:9.929$	P:0.007				
<b>Cheese-like flix</b>						
Have	39	20.0	4	14.3	15	16.7
Do not have	156	80.0	24	85.7	75	83.5
Test	$\chi^2:0.820$	P:0.664				
<b>Flix with smell</b>						
Have	27	13.8	2	7.1	23	25.6
Do not have	168	86.2	26	92.9	67	74.4
Test	$\chi^2:8.086$	P:0.018				
<b>Itchiness</b>						
Have	44	22.6	8	28.6	28	31.1
Do not have	151	77.4	20	71.4	62	68.9
Test	$\chi^2:2.511$	P:0.285				
<b>Dyspareunia</b>						
Have	38	19.5	2	7.1	1	1.1
Do not have	157	80.5	26	92.9	89	98.9
Test	$\chi^2:19.226$	P:0.0001				
<b>Bleeding</b>						
Have	14	7.2	-	-	1	1.1
Do not have	181	92.8	28	100.0	89	98.9
Test	$\chi^2:6.518$	P:0.038				
<b>Pain during urinating</b>						
Have	46	23.6	5	17.9	13	14.4
Do not have	149	76.4	23	82.1	77	85.6
Test	$\chi^2:3.293$	P:0.193				
<b>Urinating frequently</b>						
Have	74	37.9	8	28.6	25	27.8
Do not have	121	62.1	20	71.4	65	72.2
Test	$\chi^2:3.262$	P:0.196				
<b>Pain at groin/pelvic floor</b>						
Have	71	36.4	9	32.1	22	24.4
Do not have	124	63.6	19	67.9	68	75.6
Test	$\chi^2:4.016$	P:0.134				
<b>Urocleusia</b>						
Have	40	20.5	6	21.4	10	11.1
Do not have	155	79.5	22	78.6	80	88.9
Test	$\chi^2:3.967$	P:0.138				
<b>Herpes</b>						
Have	14	7.2	2	7.1	2	2.2
Do not have	181	92.8	26	92.9	88	97.8
Test	$\chi^2:2.902$	P:0.234				
<b>Bulk at the reproductive organ</b>						
Have	18	9.2	1	3.6	10	11.1
Do not have	177	90.8	27	96.4	80	88.9
Test	$\chi^2:1.445$	P:0.486				
<b>Dismenore (n:284)</b>						
Have	84	49.7	14	56.0	58	64.4
Do not have	85	50.3	11	44.0	32	35.6
Test	$\chi^2:5.167$	P:0.076				
<b>Irregularity in menstruation (n:284)</b>						
Have	53	31.4	6	24.0	42	46.7
Do not have	116	68.6	19	76.0	48	53.3
Test	$\chi^2:7.603$	P:0.022				
<b>PMS (n:284)</b>						
Have	102	60.4	16	64.0	31	34.4
Do not have	67	39.6	9	36.0	59	65.6
Test	$\chi^2:17.271$	P:0.0001				
<b>ICTI</b>						



Have	5	2.6	2	7.1	3	3.3
Do not have	190	97.4	26	92.9	87	96.7
Test	$\chi^2:1.668$	P:0.434				
Solutions of women on gynecological health problems						
Do nothing	96	49.2	18	64.3	71	78.9
Go to the hospital	96	49.2	10	35.7	17	18.9
Traditional applications	3	1.5	-	-	2	2.2
Test	$\chi^2:24.502$	P:0.0001				
The attitude of women on early diagnosis of their gynecological problems						
Self examination of breast**						
Have	105	55.3	15	53.6	7	30.4
Do not have	85	44.7	13	46.4	16	69.6
Test	$\chi^2:5.083$	P:0.079				
Pap Smear Test						
Have	63	32.3	5	17.9	-	-
Do not have	132	67.7	23	82.1	90	100.0
Test	$\chi^2:38.068$	P:0.0001				
Self examination of vulva						
Have	41	21.0	9	32.1	7	7.8
Do not have	154	79.0	19	67.9	83	92.2
Test	$\chi^2:11.263$	P:0.004				

\* Workers, officers, self-employed women.

\*\* Women younger than 20 are not included.

**Table 12.** Early Diagnosis Behavior of Women Based on Marital Status

Early Diagnosis Behavior	Marital Status			
	Married		Single	
	Number	%	Number	%
Pap Smear Test				
Have	66	34.7	2	1.6
Do not have	124	65.3	121	98.4
Test	$\chi^2:48.136$	P:0.0001		
Self examination of breast				
Have	105	55.3	34	27.6
Do not have	85	44.7	89	72.4
Test	$\chi^2:23.074$	P:0.0001		
Self examination of vulva				
Have	47	24.7	10	8.1
Do not have	143	75.3	113	91.9
Test	$\chi^2:13.825$	P:0.0001		

313 women has participated in this study. The ages of women participating in this study are between 14 to 70, and the average of their ages is  $33.0096 \pm 1.358$ . 31.0% of the women are graduate of elementary school, 30.7% are graduate of middle school, 60.7% of which are married, 77.0% live in a small family, 62.3% do not work, 28.8% are students, 78.6% have social security, 81.8% claim that economically they belong to a middle class, 7.7% smokes (Table 1). 29.2% of women have had 3 pregnancy, 39.6% have had more than or equal to 4 pregnancy, 29.5% have more than or equal to 4 living kids. 54.8% of women experienced miscarriage once, 12.9% of which had 3 and 10.7% had more than or equal to 4 miscarriages. 73.7% of women use intrauterin device, oral contraceptif, condom, tubal ligation, 26.3% use draw back (Table 2). By looking at the characteristics of women about hygiene of perineum and menstruation, one finds out that 88.5% wear cotton underclothes, 11.5% wear synthetic underclothes, 40.9% change their underclothes everyday, 32.9% change them once in every 2 to 3 days, 19.2% change once in every 3 to 4 days, 17.3% clean their perineum from back to front, 16% use water for cleaning perineum, 57.2% wash their hands after using toilet, 36.4% wash their hands both before and after using the toilet, 87.3% use pad, 12.7% use cloth during menstruation, 20.8% of women who use pad during menstruation change it twice a day, 10.2% change it one in a day, 18.3% do not take a bath during menstruation, 22.2% take a bath by sitting, 66.1% take a vaginal shower, 38.2% of them take vaginal shower while taking a bath, 28.5% of them do it all the time, 20.8% take a vaginal shower after the intercourse, 9.7% after menstruation, 2.9% after using toilet. Based on their own expressions 90.8% of women take vaginal shower with hygienic motives, 7.7% do it for not to be infected and 1.4% to be protected against pregnancy (Table 3). The problems of women that they experience in their reproductive system include abnormal flix (%39.9), cheese-like flix (%18.5), over flix with a bad smell (%16.6), itchiness (25.6), pain during intercourse (%13.1), bleeding after the intercourse (%4.8), pain and burning during urinating (%20.4), urinating frequently (%34.2), pain at groin/pelvic floor (%32.6), urocleusia (%17.9), dismenore (%50.5), irregularity in

menstruation (%33.2), premenstrual syndrome (PMS) (%49.2), infection caught through intercourse (%3.2). 59.1% of women do nothing, 39.3% go to the hospital, 1.6% do traditional applications when they confront with problems about their reproductive systems (Table 4). Based on the analysis on early diagnosis of the women's problems at their reproductive system, it has been found that 55.6% of them do not do self diagnosis for breast cancer, 78.3% have not had pap smear test, 81.1% do not do self diagnosis for breast cancer (Table 5). Women want to be informed on how to be protected against breast cancer and self diagnosis techniques for breast cancer (% 52.4), protection against infection at urinating system (%47.6), irregular menstruation period and its cure (% 44.7), menopause period and health (%42.5), cancer at reproduction system and ways to avoid it (%39.3), family planning (%38.3), protection against infection caught through intercourse (%33.9), protection from infection at reproduction system (%28.4), self diagnosis of vulva (% 24.9) (Table 7). Based on the education level of women there is an statistically meaningful correlation between type of undercloth (P:0.007), frequency to change underwear (P:0.001) and taking vaginal shower (P:0.004) ( Table 8). According to the education level of women, there is an statistically meaningful difference about the reproductive health problems women encounter such as having flix with bad smell (P:0.004), itchiness (P:0.019), dyspareunia (P:0.021), pain while urinating (P:0.001), urinating frequently (P:0.033), pain at groin/pelvic floor (P:0.008), urocleusia (P:0.004) and PMS (P:0.046) ( Table 9). In the analysis made based on the profession of women there is an statistically meaningful correlation between type of under cloth (P:0.001), frequency to change underwear (P:0.001), perineum cleaning direction (P:0.007) and taking vaginal shower (P:0.004) ( Table 8). According to their profession there is an statistically meaningful difference between the problems they experience at the reproduction system like over flix (P:0.007), having flix with bad smell (P:0.018), dyspareunia (P:0.0001), bleeding (P:0.038), dismenore (P:0.038), irregular menstruation period (P:0.004) and PMS (P:0.003) and the attitude to approach these problems (P:0.0001) and having pap smear test as an early diagnosis (P:0.0001) and self diagnosis of vulva (P:0.0004) ( Table 11). According to their marital status, there is an statistically meaningful difference between the early diagnosis attitude of women such as self diagnosis of breast cancer (P:0.0001), having pap smear test (P:0.0001) and self diagnosis of vulva (P:0.0001) (Table 12).

#### **IV. Discussion**

The results of our study is indicative of the need for the women to be educated on gynecological health issues. Our research outcomes have similarities with the other studies conducted on gynecological health issues. In the literature, it has been stated that women are willing to be educated on gynecological health topics (25, 26, 27, 28). In addition, it is mentioned that the risky behaviors diminish when women are informed about gynecological health (29, 30, 31, 32). The education should be provided by taking into account the personal characteristics of women and their needs on gynecological health topics (33, 34, 35, 36) for them to be protected and cured. The educative and informative programs provide women with early diagnosis and cure services (37, 38, 39). It will be very helpful for health and gynecological health protection of women if nurses and midwives play their role effectively to educate and consult women in every environment where they work together (like school, workplace, home, health center, hospital). In conclusion, this study shows that women need to be educated and informed about the behavior towards gynecological health problems they experience and the attitude. It is very clear that women need to be educated on their attitude on gynecological health.

#### **V. Conclusion**

As a result of this study it has been found that the attitude of women towards gynecological health is insufficient, 's not at the desired level and there is a need for education in this area. Women need to be educated and consulted about the protection and development of their gynecological health. It will be helpful if the nurses and midwives determine the gynecological health behavior of women and inform them. It has been suggested that education on gynecological health topics should become more pervasive. Accordingly, an education plan has been prepared and women attendees of this course are educated and consulted. After this application, grup education hads been provided on gynecological health and gynecological health problems. For women who want to meet without the intrusion of a third person, researchers have provided education and consultancy by face to face conversation. It might be proposed that, this study should be conducted with a larger sample. Based on the results obtained and by taking into account the biopsicosocial, cultural and personal approach, women should be educated and consulted on gynecological health behavior, the education activity should be evaluated and required attempts should be taken.

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