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Education about The Readiness of Young Women to Face Menarche at 87 State Junior High School Jakarta

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Abstract

The purpose of this study was to conduct a study on the readiness of young women to face menarche at SMP Negeri 87 Jakarta. The type of research that will be used is analytical research, quantitative. In this study the authors describe the knowledge of young women about the risks of early pregnancy. This research was conducted at SMP Negeri 87 Jakarta in November. The variables to be examined from two variables include the dependent variable and the independent variable. Included in the dependent variable consists of family support, parental education, parental employment, sources of information, and the media. And what is included in the independent variable is the behavior of young women with the risk of young pregnancy. The population in this study, using total sampling. In this study, the sample size was determined by total sampling. So the researchers used a sample of 50 people. This study concluded that there is a relationship between the level of knowledge of young women about menarche and the media at SMP N 87 Jakarta. There is a relationship between the knowledge level of young women about menarche and family support. There is a relationship between the level of knowledge of young women about menarche and the school environment

Keywords: Menarche; Adolescence; Changes; Physical; Puberty

Introduction

Adolescence is defined as a period of transition from childhood to adulthood. The transition from childhood to adulthood involves changes in various aspects such as biological, psychological, and socio-cultural (Sarwono, 2008).

Adolescence is a period of transition from childhood to adulthood which includes all developments such as physical, emotional and social development that will be experienced by young women as a preparation process to enter adulthood. In general, among the changes that occurred during this period,

physical changes tended to dominate because they were one (Mar'at, 2005).

Puberty is a stage in development where sexual organ maturity occurs and reproductive ability is achieved from childhood to adulthood, especially reproductive capacity, namely the change of genitals from childhood to adulthood.

Teenage girls and menstruation have a very close relationship because menstruation is one of the most important problems for young women. Adolescent girls are said to have entered puberty when they have menstruated. In America about 95% of girls have signs of puberty at the age of 10-15 years, but most girls

have signs of puberty at the age of 12.5 years. However, there are also those who experience it faster or even under that age. The arrival of menarche is often regarded as a disease, so that menarche triggers anxiety (Prawirohardjo, 2012).

Menstruation is a biological process associated with achieving sexual maturity, fertility, infertility, normality, body health, and even the renewal of the body itself. Sexual maturity (menstruation, physical maturity) is caused by the individual's physical constitution, race, ethnicity, climate, way of life, and environment. Poor physical condition or illness experienced by a young girl can delay the arrival of menstruation (Judha, 2009).

First menstruation (menarche) is the first menstruation that usually occurs between the ages of ten and sixteen years, or during early adolescence and before entering the reproductive period. The definition of menstruation is periodic and cyclic bleeding from the uterus accompanied by sloughing (desquamation) of the endometrium. The first menstruation (menarche) is the most important event that occurs in adolescence. This was stated by Yeung, Tang and Lee (2005) that the first menstruation (menarche) represents a symbol of the transition from childhood to adulthood (Proverawati, 2007).

Adolescents who will experience menarche need good mental preparation. Readiness to face menarche is a condition that shows that a person is ready to achieve one of the physical maturity, namely the arrival of menarche (Fajri & Khairani, 2010).

Adolescents who are not ready to face menarche will have a desire to reject this physiological process, they will feel menstruation as something cruel and threatening, this situation can continue in a more negative direction (Jayanti et al, 2011). But it is different for those who

are ready to face menarche, they will feel happy and proud, because they consider themselves biologically mature (Suryani & Widiasih, 2008).

The results of several studies conducted by Aboyeji et al (2005) show that most adolescents have more negative expectations of their first menstruation (menarche) and respond negatively to their first menstruation (menarche). This was described by the subject with negative feelings such as feeling scared, surprised, sad, disappointed, embarrassed, worried and confused (Fajri & Khairani, 2010).

The results of the initial data survey by conducting interviews with 7 female students who had not yet experienced menarche, found that 5 female students said they were not ready to experience menarche because they did not fully understand what menarche was and they felt worried about what would happen during menarche.

The purpose of this study was to conduct a study on the readiness of young women to face menarche at SMP Negeri 87 Jakarta.

Method

The type of research used is analytical research, quantitative. In this study the authors describe the knowledge of young women about the risks of early pregnancy. This research was conducted at SMP Negeri 87 Jakarta in November.

The variables to be examined from two variables include the dependent variable and the independent variable. Included in the dependent variable consists of family support, parental education, parental employment, sources of information, and the media. And what is included in the independent variable is the behavior of young women with the risk of young pregnancy. The population in this study, using total sampling. In this

study, the sample size was determined by total sampling. So the researchers used a sample of 50 people.

The instrument in this study used a questionnaire consisting of questions related to menarche knowledge and student readiness in facing menarche. Before the questionnaire was distributed to respondents, the researcher first explained the aims and objectives of the research, and the consent form to be the respondent first. Univariate analysis was carried out to see the frequency and distribution of the characteristics of the respondents from each independent variable (knowledge) and the dependent variable (readiness to face menarche). Bivariate analysis was carried out to see whether there was a relationship between menarche knowledge and the readiness of young women to face menarche at SMP Negeri 87 Jakarta.

Result

Univariate Analysis Results

Frequency Distribution of Knowledge Levels of Young Women About Menarche

Table-1. Frequency Distribution of Knowledge Levels of Young Girls About Menarche at SMPN 87 Jakarta in 2020

No	Knowledge	Frequency	
		n	%
1	Don't Know	27	58,7
2	Know	19	41,3
	Total	46	100

Based on the table above, it is known that most of the respondents had the knowledge level of young women about menarche, namely 27 people (58.7%) did not know and 19 people (41.3%) knew.

Frequency Distribution of Knowledge Levels of Young Women About Menarche Based on Media

Table-2. Frequency Distribution of Knowledge Levels of Young Women About Menarche Based on the Media at SMPN 87 Jakarta 2020

No	Media	Frequency	
		n	%
1	Print Out Media	20	43,5
2	Electronic Media	26	56,5
	Total	46	100

Result from the table above it is known that most of the media respondents came from electronic media regarding the level of knowledge of young women about menarche, namely as many as 26 people (56.5%) and those who came from print media, as many as 20 people (43.5%).

Frequency Distribution of Knowledge Levels of Young Women About Menarche Based on Family Support

Table-3. Frequency Distribution of Knowledge Levels of Young Women About Menarche Based on Family Support at SMPN 87 Jakarta in 2020

No	Family Support	Frequency	
		n	%
1	Support	28	60,9
2	Don't Support	18	39,1
	Total	46	100

Result from the table above it is known that respondents based on family support had the most lack of support regarding the level of knowledge of young women about menarche, namely as many as 28 people (60.9%), who had support, namely as many as 18 people (39.1%).

Results of Bivariate Analysis

Relationship Between Level of Knowledge of Young Women About Menarche and Information Media

Table-4. Cross-tabulation between the level of knowledge of young women about menarche and information media at SMPN 87 Jakarta in 2020

Media	Knowledge				Total		P value	OR (95%CI)
	Don't Know		Know		n	%		
	n	%	n	%				
Print Out Media	19	95	1	5	20	100	0,000	42,750 (4,849-376,866)
Electronic Media	8	30,8	18	69,2	26	100		
Total	27	58,7	19	41,3	46	100		

Based on the table above, $df = 1$ and % level is obtained. From the statistical test, it was obtained that the value of $p = 0.000$ $OR = 42.750 (4.849-376.866)$ showed that there was a significant relationship between the level of knowledge of young women about menarche and the media.

Based on the table above, $df = 1$ and an error rate of 5%, it is obtained that the proportion of respondents with a level of knowledge that does not know and has no family support is 96.4% higher than the group of knowledge that does not know and has family support, namely 0%. From the statistical test, it was found that the value of $p = 0.000$ $OR = 12.071 (4.849-53.743)$ indicates that there is a significant relationship between the level of knowledge of young women about menarche and family support.

Discussion

Young Women's Knowledge of Menarche

Based on the results of the research conducted, it can be seen that the most respondents who did not know about menarche were 27 people (58.7%) and those who knew were 19 people (41.3%). There are 25 people with low education (54.3%) and those with high education are 21 people (45.7%).

The results of this study are in accordance with the theory which states that knowledge is the result of the process of sensing a particular object (Notoatmodjo, 2010).

The knowledge aspect in this study was that female students were able to know and understand everything about menstruation, starting from understanding, physiology, cycles, abnormalities, personal hygiene, taboos, influencing factors and psychological reactions to menstruation.

Student knowledge can be influenced by internal factors and external factors. Internal factors include education, experience, work and age. As for external factors, among others, the environment and social culture.

Good knowledge about menarche will affect the readiness of young women to face menarche, this is in line with research conducted by Indriyani (2008)

The relationship between knowledge and attitudes of Grade VI elementary school students and readiness to face menarche in Kota Barat District, Gorontalo City, yielded $p=0.000$, so that it can be said that the two independent variables have a significant relationship with readiness to face menarche.

The conclusion is that knowledge and attitudes have a significant relationship with readiness to face menarche.

The results of the research on the readiness of young women to face showed that, most of the respondents said they did not know about menarche as many as 27 people (58.7%), while those who said they knew were as many as 19 people (41.3%).

This is because the respondent's knowledge is good enough and the information obtained is good enough so

that positive readiness arises in them. This underlies the research conducted by Nurngani, Siti (2003) showing that subjects who are ready to face menarche are caused by sufficient information, positive reactions and support from parents, relatives who are menstruating.

Other researchers were also conducted by Rizanna Fajrunnimah (2006) with the results that the factors that influence the readiness of young women are the level of emotional maturity, environment, and knowledge (Indra yudha, 2012)

Media

Based on the table above, $df = 1$ and an error rate of 5%, the statistical test results are obtained $p = 0.000$; $OR = 42.750$ (4.849-376.866) means that there is a significant relationship between the media and knowledge about menarche at 87 Public Junior High School Jakarta. This shows that the media has an influence on young women's knowledge about menarche.

The results of the above research are in accordance with the theory which states that the information obtained from electronic media about that the media greatly influences the knowledge of young women about menarche.

Young women who lack knowledge and information about menstruation say that menarche is a very bad experience and makes young women panic, afraid, traumatic and embarrassed. These various conditions indicate that many young women lack readiness to face menarche, because they do not have the knowledge and understanding to prepare themselves (Ayu Putu, 2013).

Science can provide a sense of security to humans. Knowledge about reproduction tells what is experienced by a woman who is in puberty is normal. The feeling of confusion when she first experienced menstruation was caused by

the young woman's lack of knowledge about menstruation. Ignorance of children about menstruation can make it difficult for children to accept menarche (Budiati & Apriastuti, 2012)

Family Support

Based on the table above, $df = 1$ and an error rate of 5%, the statistical test results are obtained $p = 0.000$; $OR=12,071$ (4,849-53,743) when menarche occurs, adolescents will not hesitate to tell stories or ask about changes. This shows that family support has an influence on young women's knowledge about menarche

School Environment

Based on the table above, $df = 1$ and an error rate of 5%, the statistical test results are obtained $p = 0.000$; $OR=30,000$ (5,878-153,121) means that there is a significant relationship between the school environment and knowledge about menarche at SMPN 87 Jakarta in 2014.

This research is in line with what was previously found which stated that normally menstruation lasts approximately 11-16 years.

Sooner or later sexual maturity (menstruation, physical maturity) is determined by the individual's physical constitution, also influenced by racial or ethnic factors, climatic factors, and the way of life that surrounds the child.

Parent Education

Based on the table above, $df = 1$ and an error rate of 5%, the statistical test results are obtained $p = 0.000$; $OR = 23.467$ (95% CI: 4.884-112.745) means that there is a significant relationship between adolescents. This shows that parental education has an influence on

young women's knowledge about menarche.

Conclusion

There is a relationship between the level of knowledge of young women about menarche and the media at SMP N 87 Jakarat. There is a relationship between the knowledge level of young women about menarche and family support. There is a relationship between the level of knowledge of young women about menarche and the school environment.

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