

## The Relationship Between Knowledge And Readiness For Menarche In Class V Students At Sd N 01 Kaur District

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### ABSTRACT

Menarche or first menstruation is a sign that a girl is entering puberty/adolescence. Young women need information and knowledge about the menstrual process and health during menstruation. Young women will experience difficulties in dealing with menstruation for the first time if they have never previously obtained an overview of knowledge about menstruation. The purpose of this study was to find out the relationship between knowledge and readiness in facing menarche in fifth grade students at SD N 01 Kaur District. The method used was an analytic survey research with a cross-sectional research design. The data was collected in the form of primary data by distributing questionnaires to 32 fifth grade students at SD N 01 Kaur Regency using total sampling technique. Data analysis was performed using the Chi-Square test. The results of the univariate analysis showed that almost half of the students, namely 15 (46.9%), had less knowledge and most of the students, namely 17 (53.1%), were not ready to face menarche. The results of the bivariate analysis showed that there was a relationship between knowledge and readiness to face menarche in fifth grade students where the value of  $p = 0.012$ . The researcher suggests that the school be able to provide direction and information to students so that their knowledge about menarche is good.

## INTRODUCTION

Menarche or first menstruation is a sign that a girl is entering puberty/adolescence. Usually menarche occurs at the age of 11-14 years, accompanied by the appearance of secondary sex characteristics such as breast enlargement, hair growth in the armpits and pubic area. Sometimes menarche can appear earlier (age 9 years), but it can also occur later (15 years). This varies for each individual, (Widyastuti, 2018).

All girls must be waiting for the arrival of their first menstruation. However, sometimes for some children, the long-awaited moment of menarche never comes. This can be caused by several factors, including: stress, exercising too hard, suffering from type 1 diabetes (Widyastuti, 2018).

According to Sastrawinata (2017), a young girl must be prepared for the arrival of menarche. A young girl who does not know the reproductive process may think that menstruation is evidence of illness or even a punishment for bad behavior. Adolescent girls who are not taught to regard menstruation as a normal bodily function can experience deep shame and feelings of filth during their first menstruation.

The first menstruation is often experienced by adolescents as a traumatic experience, sometimes children who are not ready to face menarche will have the desire to reject this physiological process, they will feel menstruation as something cruel and threatening, this situation can continue in a more negative direction, where the child these have very strange fantasy images along with unreasonable anxiety and fear, can also be accompanied by feelings of guilt or sin, all of which are associated with bleeding problems in the genital organs and the menstrual process. 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 and Widyasih, 2018).

Young women need information and knowledge about the menstrual process and health during menstruation. Young women will experience difficulties in dealing with menstruation for the first time if they have never previously obtained an overview of knowledge about menstruation. Knowledge about menstruation can be obtained from the family (mother), peers, schools, health workers or the mass and electronic media which are now very easy to access. In general, teenage girls learn about menstruation from their mothers, but not all mothers provide adequate information to their daughters. Some young women do not want to talk openly about it with anyone until their girls experience their first menstruation (Buyalos, 2018).

The knowledge that a person acquires will be able to influence one's abilities and thinking as well as attitudes which are then manifested into behavior and actions. Someone who has been equipped with knowledge that has been obtained either through formal education or various

experiences indirectly determines attitudes in making decisions to behave and act (Notoatmodjo, 2018).

The knowledge gained by adolescents about menstruation will influence their perceptions of menstruation. If the perception formed by adolescents about menstruation is positive, then this will affect the readiness of adolescents to face menstruation. Readiness to face the first menstruation (menarche) where a woman to reach one of physical maturity, namely the arrival of the first menstruation (menarche) this is marked by a deep understanding of the menstrual process so that she is ready to accept and experience the first menstruation (menarche) as a normal process (Fajri & Kairani, 2017).

## RESEARCH METHODS

This research is a type of analytic survey research, namely a survey or research that tries to explore how and why health phenomena occur. The research design uses Cross Sectional, which is a study to study the dynamics of the correlation between risk factors and effects, by way of approach, observation or data collection at once (point time approach) (Notoatmodjo, 2018).

## RESULTS

### Univariate analysis

Univariate analysis in this study was conducted to describe the frequency distribution of knowledge and readiness to face menarche in fifth grade students at SD N 01 Kaur District. Univariate analysis is presented in tabular form as follows: Distribusi Frekuensi Pengetahuan Siswi Kelas V SD N 01 Kabupaten Kaur

**Table 1. Knowledge Frequency Distribution of Class V Students at SD N 01 Kaur District**

No	Knowledge	Frequency (n)	Percentage (%)
1	Not enough	15	46,9
2	Enough	11	34,3
3	Well	6	18,8
	Total	32	100

Based on table 1, it is known that almost half of the fifth grade students at SD N 01 Kaur District have less knowledge, namely 15 (46.9%).

Frequency Distribution of Preparedness for Menarche for Class V Students at SD N 01, Kaur District

**Table 2. Frequency Distribution of Preparedness for Menarche Class V Students at SD N 01 Kaur District**

No	Readiness for Menarche	Frequency (n)	Percentage (%)
1	Not ready	17	53,1
2	Ready	15	46,9
	Total	32	100

Based on table 2 it is known that most of the fifth grade students at SD N 01 Kaur Regency were not ready to face menarche, namely 17 (53.1%).

## DISCUSSION

### Distribution of Knowledge Frequency of Class V Students at SD N 01 Kaur District

The results of the univariate analysis of the knowledge variable conducted on fifth grade students at SD N 01 Kaur District found that almost 15 students (46.9%) had less knowledge. This can be seen from the answers of students who do not understand much about menarche and they do not get information about menarche either from their parents, teachers or friends.

Knowledge is the result of human knowing, which simply answers the "What" question, for example, what is water, what are humans, and so on. Someone senses a certain object, sensing

occurs through the five human senses namely sight, hearing, smell, taste, and touch, most of human knowledge is obtained through the eyes and ears (Notoatmodjo, 2018).

Knowledge is very influential in shaping attitudes in dealing with menarche. Knowledge does not differentiate treatment during menarche, but distinguishes before menarche and after menarche (Leliana, 2018).

Rumiandini (2021) in his research shows that the problem of young women is a lack of knowledge about menstruation or menarche. Most of them, even after experiencing menarche, still don't understand how to menarche. Knowledge about menstruation before adolescents experience menarche is an important factor in order to create mature readiness in young women (Aulia, 2017).

### **Frequency Distribution of Readiness to Face Menarche in Grade V Students at SD N 01 Kaur District**

The results of the univariate analysis of the variable readiness to face menarche, found that most of the fifth grade students at SD N01 Kaur Regency were not ready to face menarche as many as 17 students (53.1%). This can be seen from the answers to the questionnaire which stated that most of the female students said they were not ready for menstruation because people said menstruation was painful, they could not attend religious services, menstruation was a hassle, their bodies were weak and they could not go anywhere.

Dewi (2016) readiness is the level of development of favorable maturity or maturity to practice something. Meanwhile Corsini (2017) states that readiness is developing or preparing oneself in learning and obtaining some developmental assignments or special skills based on physical, social and intellectual development.

According to research conducted by Krieger et al in Rumiandini (2021) it proves that the current age of menarche has reached 11 years. With psychological and emotional instability, young women must be ready to receive their first menstruation (menarche). Of course there will be feelings of anxiety and even fear, so you need direction and guidance with knowledge about menarche so that positive thoughts arise so that young women become brave and ready to face menarche. Many girls experience their first menstruation or menarche when they experience fear and shame. This is due to their unpreparedness physically and mentally in accepting the changes that occur. The impact of this unpreparedness is that they have not been able to carry out proper management of menstruation during menarche so that the health of the sexual organs is not maintained. Readiness in dealing with menarche is an important component that must exist in young women so that good adolescent self-quality is created (Buyalos, 2018).

### **The Relationship between Knowledge and Readiness for Menarche in Class V Students at SD N 01, Kaur District.**

From the results of cross tabulation, of the 6 grade V students at SD N 01 Kaur District with good knowledge, there were 5 students who were ready to face menarche and there was still 1 student who was not ready to face menarche. This is due to environmental factors where they live, habits or customs that consider menstruation a taboo for children to know, so students get information about menstruation only from lessons, so that their psychological readiness is lacking. In addition, there is an assumption that menstruation is something dirty, so they imagine that menstruation is an uncomfortable moment that will be experienced by women and those concerned say that menarche will occur later when they are in junior high school, so they are not too ready to experience it at this time.

Furthermore, of the 15 fifth grade students at SD N 01 Kaur District with less knowledge, there were 12 students who were not ready to face menarche and it turned out that even though their knowledge was lacking, there were 3 students who were ready to face menarche. This is because there is guidance and assistance from the mother to her daughter so that the student feels safe and comfortable so that she is ready to face menarche. In addition, because of the influence of peers. Because they often exchange stories about menstruation with friends who have experienced menarche, so they understand how things are when they get their first menstruation, that it is not scary and is a natural thing so that it can affect them, even though their knowledge about menstruation is still lacking (Rabe, 2016).

## CONCLUSIONS AND RECOMMENDATIONS

1. It is known that almost half of the students, namely 15 (46.9%), have less knowledge in class V students at SD N 01, Kaur Regency.
2. It is known that most of the students, namely 17 (53.1%), were not ready to face menarche in class V students at SD N 01, Kaur Regency.
3. There is a significant relationship between knowledge and readiness to face menarche in fifth grade students at SD N 01 Kaur District.

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