

## THE RELATIONSHIP OF ADOLESCENT WOMEN'S KNOWLEDGE ABOUT MENSTRUATION WITH READINESS TO FACE MENARCHE AT MTS NURUL IMAN At SIMPANG EMPAT KABUPATEN ASAHAN

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### ABSTRAK

Background, Menarche is the first menstruation that usually occurs in a span of 10-16 years or in early adolescence in the middle of puberty before entering the reproductive period. Menarche usually occurs between three to eight days, but an average of five days. Menstruation is regular bleeding from the uterus as a sign that the uterus is functioning properly. The purpose, of this study was to determine the correlation between knowledge of menstruation and the readiness of menarche on female adolescents at MTs Nurul Iman Asahan. This Reaserch used the design of correlational reaserch with cross sectional study approach. Samples, class VII young women as many as 40 people, the instrument used in the form of a questionnaire consisting of 25 statements. Data analysis techniques using Chi-Square. Research Results, the majority of less knowledgeable as many as 24 people (60%) and a well-informed minority of 6 people (15%). Conclusions, there is a significant relationship between knowledge and readiness to face menarche in MTs Nurul Iman Simpang Empat Asahan in2022 students who are seen from the results of the p-value of  $0.032 < \alpha < 0.05$ . Suggestions, young women can better prepare themselves with important information related to menstruation to increase knowledge.

**Keywords :** *Knowledge, Menarche, Menstruation, Adolescents.*

### ABSTRACT

Latar Belakang, Menarche merupakan menstruasi pertama yang biasanya terjadi pada rentang usia 10-16 tahun atau pada awal masa remaja di pertengahan masa pubertas sebelum memasuki masa reproduksi. Menarche biasanya terjadi antara tiga sampai delapan hari, namun rata-rata lima hari. Menstruasi adalah keluarnya darah secara teratur dari rahim sebagai tanda bahwa rahim berfungsi dengan baik. Tujuan penelitian ini adalah untuk mengetahui hubungan pengetahuan menstruasi dengan kesiapan menarche pada remaja putri di MTs Nurul Iman Asahan. Penelitian ini menggunakan desain penelitian korelasional dengan pendekatan cross sectional study. Sampel remaja putri kelas VII sebanyak 40 orang, instrumen yang digunakan berupa angket yang terdiri dari 25 pernyataan. Teknik analisis data menggunakan Chi-Square. Hasil Penelitian, mayoritas berpengetahuan kurang sebanyak 24 orang (60%) dan minoritas berpengetahuan baik sebanyak 6 orang (15%). Kesimpulannya, terdapat hubungan yang signifikan antara pengetahuan dengan kesiapan menghadapi menarche pada siswa MTs Nurul Iman Simpang Empat Asahan tahun 2022 yang dilihat dari hasil p-value sebesar  $0,032 < \alpha < 0,05$ . Saran, remaja putri dapat lebih mempersiapkan diri dengan informasi penting terkait menstruasi untuk menambah pengetahuan.

**Kata Kunci :** Pengetahuan, Menarche, Menstruasi, Remaja

## **I. PENDAHULUAN**

### **1. Background**

Adolescence is a period of human development. This period is a period of change or transition from childhood to adulthood which includes biological changes, psychological changes, and social changes. This term denotes the period from the beginning of puberty to the time of maturity. Usually starting at the age of 14 years in men and age 12 years in women. The transition to adulthood varies, but is generally defined as the time when individuals begin to act independently of their parents (Sarwono, 2016). Menstruation is a natural process that occurs in women. Menstruation is regular bleeding from the uterus as a sign that the uterine organs have matured (Purwoastuti, 2015). With different cycles for each woman, but the average ranges from 28 days / month with the duration of menstruation for 3-5 days, with  $\pm$  50 cc of blood (Zuyina, 2013). Menstruating beginners will experience traumatic events for some young women who do not prepare themselves in advance. Adolescent girls need information about the menstrual process and reproductive health during menstruation. The role of parents has a relationship with the perception of young women about menarche, the role of good parents in understanding menstruation and its problems tends to give a good perception of young women about menarche compared to the role of parents who are not good. (Sarwono, 2016). The lack of knowledge of students about menstruation shows that there is still a lack of information obtained about menstruation, and this is where students need to be given good information so that they know things related to menstruation, so that these young women have mature readiness when facing their first menstruation. Knowledge is the result of "Knowing" and this occurs after people perceive objects through the five human senses, namely sight, hearing, smell, taste and touch by themselves. At the time of sensing to produce knowledge is strongly influenced by the intensity of attention perception of the object. Most of human knowledge is obtained through the eyes and ears (Dewi, 2017). The level of knowledge is divided into 6 levels (Dewi, 2017) namely (1) Knowing, (2) Understanding, (3) Application, (4) Synthesis, (5) Evaluation. Sources of information are everything that mediates in conveying information, stimulating thoughts and abilities. According to Notoadmojo (2011) Information sources are divided into three, namely: (1) Print Media, (2) Electronic Media, (3) Media Boards (Bill Boards), (4) Health Officers. Menarche is an early sign of other changes such as breast growth, pubic and axillary hair growth, and fat distribution in the hip area (Proverawati, 2017). Menarche is bleeding (menstruation) that first appears at the age of 12-13 years (Manuaba, 2017). Emotional changes such as feeling lonely, angry, and sad caused by the release of several hormones. Feelings of confusion, anxiety, discomfort surround the feelings of a woman who is experiencing menstruation for the first time (Proverawati, 2017). Symptoms before menstruation occur in almost all parts of the body, and various systems in the body, including pain in the breasts, back pain, aches and pains, feeling like bloating, acne appears, more sensitive, irritable (emotional) and sometimes occurs. feeling lazy (Purwoastuti, 2015). Due to several reasons, menstrual irregularities due to these irregularities, women usually suffer from anemia and are less fertile. Some women experience abnormal menstruation, the types vary from the age of menstruation which is very late, the amount of menstrual blood is very large. infrequent menstruation, or painful menstruation. This disturbance should not be ignored because it will have a serious impact. Irregular menstruation, for example, becomes a woman who lacks sleep. Menstrual disorders are considered to be within normal limits if they occur during the first two years after the first menstruation. This means that if a girl gets her period at the age of 11 years, until the age of 13 years, her menstruation is still irregular, if the age of 13 years her period is still irregular, it is certain that a menstrual disorder has occurred. Menstrual disorders

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that generally occur in women who do not menstruate for some time (Eva, 2010). Menstrual symptoms can be felt physically, emotionally and mentally. It can differ from other individuals. Some of the symptoms of menstruation are minor discomforts while others have serious disruptions in their lives. In some cases, this is so severe that sometimes women are prevented from carrying out their daily activities. According to Manuaba (2002), there are several menstrual symptoms that can be associated with the menstrual cycle. (1) Common physical symptoms during menstrual periods such as (a) Pain in the breast, (b) Headache or tension in the back of the head, (c) Cramps in the thighs, abdomen, and back. (2) The most common emotional symptoms during the menstrual period such as (a) Withdrawing from social activities and gatherings, (b) Confusion and difficulty concentrating, (c) Anxiety or feeling nervous. Genitalia care during menstruation is an act of self-care to maintain cleanliness and health, especially genital care which is carried out during periodic bleeding, fluid/water, endometrial cell debris from the uterus which lasts 1-8 days (Bobak, 2004). In addition, parents must also teach how to use sanitary napkins properly, and how to clean female organs during menstruation. Parents also have to accompany the teenager until the following months until the young woman really understands about menstruation (Zyngox, 2010). According to Pramudiarja (2010), several things that can be prepared by adolescents in dealing with menstruation are: (1) Observing the signs, (2) Preparing for needs, (3) Recognizing premenstrual symptoms, (4) Preparing a change of clothes. (4) Form groups with peers. With this misinformation, the menstrual process is always associated with certain dangers and associated with filth and things that are unclean, haram and also associated with sin and disgusting things, thus causing the first menstruation to be considered by young women as an experience that is not good. good and traumatic (Tunigrat, 2009)

## **2. Perumusan Masalah**

The problem formulation in this research is how is the relationship between female adolescent knowledge about menstruation and readiness to face menarche at Mts Nurul Iman Simpang Empat, Asahan Regency

## **3. Tujuan Penelitian**

The aim of this research is to obtain research results on the relationship between female adolescent knowledge about menstruation and readiness to face menarche at Mts Nurul Iman Simpang Empat, Asahan Regency.

## **4. Manfaat Penelitian**

The benefit of this research is the application to society and the medical world of the results of research on the relationship between female adolescent knowledge about menstruation and readiness to face menarche at Mts Nurul Iman Simpang Empat, Asahan Regency.

## **II. METODE**

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This research is a correlative/correlational study which aims to examine the relationship between two variables, namely the relationship between knowledge of young women about the menstrual cycle and readiness to face menarche at MTs Nurul Iman, Simpang Empat District, Asahan Regency in 2022 with a cross sectional study approach, which is a type of research that emphasizes measurement time. / Observation of data from the independent variable and dependent variable which only takes one time at a time, so there is no follow-up (Nursalam, 2008).

The population in this study were all seventh grade adolescent girls who were in MTs Nurul Iman, Simpang Empat District, Asahan Regency with the criteria of not menstruating as many as 40 people.

No.	Umur	Frekuensi	Persentase (%)
1	11 Tahun	7	17,5
2	12 Tahun	23	57,5
3	13 Tahun	10	25
Total		40	100

The sampling technique that will be used in this study is to use total sampling, namely sampling where all the population will be sampled. The measurement of knowledge is carried out on the level of knowledge based on the respondents' answers to all the knowledge questions given with a total of 25 questions. Which consists of 2 questions regarding the understanding of knowledge, 4 questions regarding the signs and symptoms of menstruation, 2 questions regarding the menstrual cycle, 5 questions regarding genital care during menstruation, and 12 questions regarding readiness to face menarche in young women. This aspect of measurement uses the Guttman scale. A measurement scale that requires a firm answer from the respondent such as an answer "yes" or "no", "true" or "wrong", "never" or "never" and so on. There are two things that must be met in determining the validity of the measurement, namely the instrument must be relevant: content relevant, method and target relevant. Tools and methods of measuring or observing both play an important role at the same time (Budiarto, 2002).

Pengetahuan	Frekuensi	Persentase (%)
Baik	6	15
Cukup	10	25
Kurang	24	60
Total	40	100

Using a computerized system based on the product moment (critical number), the reliability value can be directly calculated and the critical number for each statement is 0.361. If the result number is equal to or more than the critical number on the degree of significance, namely the alphabetical value of the questionnaire item, then the measuring instrument is reliable. The data that has been collected is processed manually with the following steps: (1) Collecting, (2) Checking, (3) Coding, (4) Processing (data entry), (5)

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Cleaning. This data analysis was carried out using the Chi-Square Test ( $\chi^2$ ) statistical method. The results obtained are interpreted to reject or accept the hypothesis with the following conditions: if  $p$ -value  $< 0.05$  then  $H_0$  is rejected, and if  $p$ -value  $> 0.05$  then  $H_0$  is accepted.

### III. HASIL PENELITIAN

The research was conducted at MTs Nurul Iman, Simpang Empat District, Asahan Regency in 2022. The research subjects were women aged 11-13 years, registered students at the MTs, and willing to participate in the study voluntarily. The age of the respondent is the age in years calculated from the time of birth to the year the study was conducted. Based on the results of interviews using questionnaires that have been conducted on young women at MTs Nurul Iman, Simpang Empat District, Asahan Regency in 2022, respondent data based on age can be seen in Table 1 as follows:

Based on Table 1, it can be seen that of the 40 young women, the majority were 12 years old as many as 23 people (57.5%) and the minority aged 11 years were 7 people (17.5%).

No.	Cara mendapatkan informasi	Frekuensi	Persentase (%)
1	Orang tua	18	45
2	Buku/majalah	11	27,5
3	TV/Internet	7	17,5
4	Teman	3	7,5
5	Tidak dari siapapun	1	2,5
Total		40	100

Based on Table 2, it can be seen that of the 40 young women, the majority received information from their parents as many as 18 people (45%) and the minority received information from no one from anyone as much as 1 person (2.5%).

Based on the results of interviews using questionnaires that have been conducted at MTs Nurul Iman, Simpang Empat District, Asahan Regency in 2022, it can be seen in Table 3 as follows Based on Table 3, it can be seen that of the 40 young women, the majority have less knowledge as many as 24 people (60%) and the minority have good knowledge as many as 6 people (15%). Readiness to face menarche is a readiness of a young woman / woman in facing her first menstruation or called menarche. Based on the results of interviews using questionnaires that have been conducted at MTs Nurul Iman, Simpang Empat District, Asahan Regency in 2022, it can be seen in Table 4 as follows:

Kesiapan Menghadapi Menarche	Frekuensi	Persentase (%)
Tidak Siap	22	55
Siap	18	45
Total	40	100

Based on Table 4.4, it can be seen that out of 40 young women, the majority are not ready to face menarche as many as 22 people (55%) and the minority are ready to face menarche as many as 18 people (45%).

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This data analysis was carried out using the Chi-Square Test ( $\chi^2$ ) statistical method. The results obtained are interpreted to reject or accept the hypothesis with the following conditions: if p-value  $<0.05$  then  $H_0$  is rejected, and if p-value  $>0.05$  then  $H_0$  is accepted.

Pengetahuan	Kesiapan Menghadapi Menarche						P-Value
	Tidak Siap		Siap		Jumlah		
	F	%	F	%	F	%	
Baik	1	2,5	5	12,5	6	15	<b>0,032</b>
Cukup	4	10,0	6	15,0	10	25	
Kurang	17	42,5	7	17,5	24	60	
Jumlah	55	100	45	100	40	100	

Based on Table 5, the results of statistical tests on knowledge with readiness to face menarche, it is known that from 40 young women who are included in the category of good knowledge with readiness to face menarche who are not ready, 1 person (2.5%) is in the category of good knowledge with readiness to face menarche. ready amounted to 5 people (15%). Based on the results of the chi-square test, the p-value is  $0.032 < 0.05$ ,  $H_0$  is rejected and  $H_a$  is accepted, which means that there is a significant relationship between knowledge and readiness to face menarche at MTs Nurul Iman, Simpang Empat District, Asahan Regency in 2022. This is in line with the results of research conducted by Nurmawati (2017) with the title "Level of knowledge of menstruation in supporting elementary students preparation for menarche" where the results show that there is a relationship between the level of knowledge and readiness to face menarche (p value = 0.026), where The correlation formed is a weak correlation but has a positive relationship pattern. This means that if you want to improve the readiness of students in facing menarche, it is necessary to increase knowledge through providing information to adolescents at the age of menarche. Providing information to elementary school students about menarche is more appropriate to combine lecture and demonstration methods (simulations) accompanied by teaching aids. In this case, knowledge about the first menstruation (menarche) and menstruation, is very important needed by a young woman who will face menarche, especially health maintenance during menstruation quoted from Dewi (2017). During menstruation, body care is very important, such as paying attention to personal hygiene. Attitudes with children's readiness to face menarche, namely, students who have a positive attitude about menarche, in the sense that they are happy and proud, because they consider themselves biologically mature, it is said to be ready to face menarche. Knowledge is one of the most basic in forming a behavior that can have an impact on readiness in dealing with new situations/conditions, which have never been asked/knew before. As menarche can be said as the first menstrual condition for a young woman and a new experience for them. The absence of provision of information about menstruation can cause young women to feel fear, anxiety, and even stress when facing the condition of their first menstruation.

#### IV. KESIMPULAN

Some other conclusions obtained from the results of this study are as follows:

- a) The results of the study obtained from respondents based on knowledge showed that of the 40 young women, the majority had less knowledge as many as 24 people (60%) and the minority had good knowledge as many as 6 people (15%).

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- b) The results of research from respondents based on readiness to face menarche can be seen that of 40 young women, the majority are not ready to face menarche as many as 22 people (55%) and minority are ready to face menarche as many as 18 people (45%).
- c) The results showed that there was a significant relationship between knowledge and readiness to face menarche in students of MTs Nurul Iman, Simpang Empat District, Asahan Regency in 2022, which was seen from the p-value of  $0.032 < 0.05$ , then  $H_0$  was rejected and  $H_a$  was accepted

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