

Program Studi Kebidanan Program Sarjana

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GAMBARAN PENGETAHUAN REMAJA PUTRI TENTANG *MENARCHE* DI SD NEGERI 1 TANGGEL RANDUBLATUNG KABUPATEN BLORA

ABSTRAK

Latar Belakang : *Menarche* menjadi peristiwa yang menakutkan, traumatik, bahkan menjijikan bagi anak dengan kurangnya pengetahuan tentang menstruasi atau *menarche*. Kebanyakan dari mereka bahkan setelah *mengalami menarche* masih tidak paham cara mengelola kebersihan menstruasi.. Sebanyak 70% remaja putri di Indonesia mengalami masalah *menarche* kurangnya pengetahuan tentang *menarche*. Dampak yang sering ditimbulkan ketika mengalami *menarche* yaitu, merasa cemas, terkejut, sedih, kecewa, malu, khawatir dan bingung. Hal ini dikarenakan ketidaksiapan mereka secara fisik dan mental dalam menerima perubahan yang terjadi

Tujuan Penelitian : Untuk mengetahui gambaran pengetahuan remaja putri tentang *menarche* di SD Negeri 1 Tanggel Randublatung Kabupaten Blora.

Metode : Jenis penelitian yang digunakan adalah dekriptif kuantitatif dengan pendekatan secara cross sectional. Populasi pada penelitian ini yaitu remaja putri usia 10-12 tahun berjumlah 90 responden dengan sampel 50 responden. Teknik pengambilan sampel menggunakan *purposive sampling* dengan kriteria inklusi dan eksklusi. Instrumen yang digunakan yaitu kuesioner. Analisis data univariat menggunakan frekuensi dan persen.

Hasil : Hasil penelitian pengetahuan remaja putri tentang pengertian *menarche* sebanyak 35 responden (70%), fisiologi *menarche* sebanyak 31 responden (52%), tanda dan gejala *menarche* sebanyak 25 responden (50%), faktor yang mempengaruhi *menarche* sebanyak 36 responden (72%), dampak *menarche* sebanyak 22 responden (44%) dan hal yang harus dilakukan saat *menarche* sebanyak 23 responden (46%). Pengetahuan secara umum dalam kategori cukup sebanyak 28 responden (56%), kurang sebanyak 13 responden (26%) dan baik sebanyak 9 responden (18%).

Kesimpulan : Gambaran pengetahuan remaja putri tentang *menarche* di SD Negeri 1 Tanggel Randublatung Kabupaten Blora sebagian besar dalam kategori cukup sebanyak 28 responden (56%)

Kata Kunci : Pengetahuan, *Menarche*, Kesiapan

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DESCRIPTION OF ADOLESCENT KNOWLEDGE ABOUT MENARCHE AT SD NEGERI 1 TANGGEL RANDUBLATUNG, BLORA DISTRICT

ABSTRACT

Background :*Menarche* becomes a frightening, traumatic, even disgusting event for children with a lack of knowledge about menstruation or menarche. Most of them, even after experiencing menarche, still don't understand how to manage menstrual hygiene. 70% of young women in Indonesia experience menarche problems, lack of knowledge about menarche. The impact that is often caused when experiencing menarche is feeling anxious, surprised, sad, disappointed, embarrassed, worried and confused. This is due to their unpreparedness physically and mentally in accepting the changes that occur.

Research purposes : To find out the description of young women's knowledge about menarche at SD Negeri 1 Tanggel Randublatung, Blora Regency.

Method : The type of research used is descriptive quantitative with a cross sectional approach. The population in this study were young women aged 10-12 years, totaling 90 respondents with a sample of 50 respondents. The sampling technique used purposive sampling with inclusion and exclusion criteria. The instrument used is a questionnaire. Univariate data analysis using frequency and percent.

Results : The results of the research on knowledge of young women about the meaning of menarche were 35 respondents (70%), physiology of menarche were 31 respondents (52%), signs and symptoms of menarche were 25 respondents (50%), factors affecting menarche were 36 respondents (72%), the impact of menarche was 22 respondents (44%) and things to do

during menarche were 23 respondents (46%). Knowledge in general is in the sufficient category as many as 28 respondents (56%), less as many as 13 respondents (26%) and good as many as 9 respondents (18%).

Conclusion :The description of the knowledge of young women about menarche at SD Negeri 1 Tanggel Randublatung, Blora Regency, is mostly in the sufficient category, with 28 respondents (56%)

Keywords :Knowledge, Menarche, Readiness