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**HUBUNGAN DUKUNGAN IBU DENGAN KECEMASAN MENGHADAPI
MENARCHE SISWI DI MI MIFTAHUL HUDA SUMBEREJO 01
KECAMATAN PABELAN KABUPATEN SEMARANG
TAHUN 2023
(xvi + 69 halaman + 10 tabel + 2 bagan + 18 lampiran)**

ABSTRAK

Latar Belakang : Kecemasan menghadapi *Menarche* merupakan perasaan yang ditandai oleh ketegangan fisik, kekhawatiran dan anggapan bahwa sesuatu yang buruk akan terjadi saat *Menarche*. Orang tua terutama ibu berperan dalam memberikan dukungan meliputi pengetahuan dasar dan hal yang berkaitan dengan *Menarche*. Di MI Miftahul Huda didapatkan 4 dari 7 siswi mengalami kecemasan, merasa tegang dan takut jika nantinya menghadapi *Menarche* karena belum mendapatkan dukungan ibu, dan 3 diantaranya juga merasa khawatir, dan cemas untuk menghadapi *Menarche*, meskipun sudah mendapatkan dukungan dari ibu. Sementara itu, sebanyak 3 siswi yang juga sudah mendapatkan dukungan dari ibu berupa dukungan informasional dan instrumental tidak mengalami kecemasan.

Tujuan penelitian : Untuk mengetahui Hubungan Dukungan Ibu Dengan Kecemasan Menghadapi *Menarche* Siswi Di Mi Miftahul Huda Sumberejo 01 Tahun 2023

Metode Penelitian : Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross sectional*. Populasi penelitian ini adalah siswi berusia 10 – 12 tahun yaitu sebanyak 49 siswi. Teknik sampling pada penelitian ini menggunakan *purposive sampling* dengan jumlah sampel sebanyak 46. Analisis data menggunakan analisis *chi square*.

Hasil Penelitian : Didapatkan sebagian besar responden dengan dukungan baik sebanyak 26 responden (54,5%), dan responden yang mengalami cemas ringan sebanyak 16 (34,8%). Diperoleh nilai *p value* sebesar $0,000 < \alpha (0,05)$, maka H_0 ditolak, artinya ada hubungan yang signifikan antara dukungan ibu dengan kecemasan menghadapi *Menarche*.

Simpulan : Ada hubungan antara dukungan ibu dengan kecemasan menghadapi *Menarche*. Hendaknya siswi mencari sumber informasi tambahan sehingga tidak mengalami kecemasan saat *Menarche*.

Kata kunci : Dukungan Ibu, Kecemasan

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**THE RELATIONSHIP OF MOTHER'S SUPPORT WITH FACING ANXIETY
STUDENT *MENARCHE* AT MI MIFTAHUL HUDA SUMBEREJO 01 PABELAN
DISTRICT, SEMARANG DISTRICT YEAR 2023
(xvi + 69 pages + 10 tables + 2 charts + 18 appendices)**

ABSTRACT

Background: Anxiety about *Menarche* is a feeling characterized by physical tension, worry and the assumption that something bad will happen during *Menarche*. Parents, especially mothers, play a role in providing support including basic knowledge and matters related to *Menarche*. At MI Miftahul Huda, it was found that 4 out of 7 female students experienced anxiety, felt tense and afraid of facing *Menarche* because they had not received support from their mothers, and 3 of them also felt worried and anxious about facing *Menarche*, even though they had received support from their mothers. Meanwhile, 3 female students who also received support from their mothers in the form of informational and instrumental support did not experience anxiety.

Research objective: To find out the relationship between maternal support and anxiety facing female students' *Menarche* at Mi Miftahul Huda Sumberejo 01 of 2023

Research Method: This research uses a correlational descriptive design with a cross sectional approach. The population in this study were 49 female adolescent girls aged 10 - 12 years. The sampling technique in this research used purposive sampling with a total sample of 46 respondents. Data analysis used chi square analysis.

Research Results: It was found that the majority of respondents with good support were 26 respondents (54.5%), and 16 respondents experienced mild anxiety (34.8%). Obtained a p value of $0.000 < \alpha (0.05)$, then H_0 is rejected, meaning there is a significant relationship between maternal support and anxiety about facing *Menarche*.

Conclusion: There is a relationship between maternal support and anxiety about facing *Menarche*. Teenagers should look for additional sources of information so they don't experience anxiety during *Menarche*.

Keywords: Maternal Support, Anxiety