

## **Kesiapan Menghadapi Menarche Pada Siswi Kelas VII SLTP Negeri 2 Panjatan Kulon Progo Yogyakarta**

**Estiani Puji astuti<sup>1</sup>, Eniyati<sup>2</sup>**

### **INTISARI**

**Latar Belakang:** Sindrom menarche banyak dialami oleh wanita, di SLTP Negeri 2 Panjatan Kulon Progo memiliki jumlah siswi 162 siswi. Berdasarkan studi pendahuluan di SLTP Negeri 2 Panjatan tanggal 15 januari 2014, dari 5 siswi responden didapatkan 20% sudah siap menghadapi menarche, 80% belum siap menghadapi menarche seperti berat badan menambah, tumbuh jerawat, tumbuh rambut pada pubis, perasaan yang mudah sensitif.

**Tujuan Penelitian:** Mengetahui kesiapan siswi kelas VII menghadapi menarche secara fisik dan psikologis di SLTP Negeri 2 Panjatan Kulon Progo.

**Metode Penelitian:** Penelitian deskriptif dengan menggunakan rancangan *survey*. Teknik pengambilan sampel menggunakan total sampling, populasi seluruh siswi yang belum menarche di SLTP Negeri 2 Panjatan berjumlah 35 orang. Pengumpulan data dengan kuesioner tertutup.

**Hasil Penelitian:** kesiapan siswi menghadapi menarche secara fisik di SLTP Negeri 2 Panjatan Kulon Progo yang siap yaitu sebanyak 26 responden (74,3%), dan yang tidak siap yaitu 9 responden (25,7%). Sedangkan kesiapan siswi menghadapi menarche secara psikologis yang siap yaitu 18 responden (51,4), dan yang tidak siap yaitu 17 responden (48,6%).

**Kesimpulan:** Kesiapan menghadapi menarche pada siswi kelas VII di SLTP Negeri 2 Panjatan adalah 12 responden (34,3%). Siswi kelas VII diharapkan untuk lebih aktif memperoleh informasi kesehatan khususnya tentang menarche.

**Kata Kunci:** Kesiapan, menarche

**THE READINESS OF 7<sup>th</sup> CLASS STUDENT ON FACING MENARCH IN 2  
PANJATAN JUNIOR HIGH SCHOOL KULON PROGO  
YOGYAKARTA**

**Estiani Puji Astuti<sup>1</sup>, Eniyati<sup>2</sup>**

**ABSTRACT**

**Background:** Menarche syndrome is experienced mostly by women. State Junior High school 2 Panjatan Kulon Progo has 162 female students. Early study in State Junior High School 2 Panjatan on 15 January 2014, indicated that among 5 female students, 20% were prepared for dealing with menarche, 80% were not ready for dealing with menarche such as increasing body weight, acne skin problem, growth of pubic hair, and high sensitiveness of feeling.

**Purpose:** To find out about the preparedness level for dealing with menarche in the female students of first grade of State Junior High School 2 Panjatan Kulon Progo Yogyakarta.

**Method:** This was a descriptive research with survey design. Sampling technique used total sampling. The population is all of female students who had not yet experienced menarche in State Junior High School 2 Panjatan was 35 persons. Data collecting used closed questionnaires.

**Result:** The preparedness level of female students for dealing with menarche physically in State Junior High School 2 Panjatan Kulon Progo; 26 respondents were prepared (74.3%), 9 respondents were unprepared (25.7%). The preparedness level of female students for dealing with menarche psychologically; 18 respondents were prepared (51.4%), and 17 respondents were unprepared (48.6%).

**Conclusion:** The preparedness level for dealing with menarche in the female students of first grade of State Junior High School 2 Panjatan were 12 respondents. The female students of first grade were expected to be more active in getting linked to broader accesses to information especially about menarche.

**Keywords:** Preparedness, Menarche