

INTISARI

TINGKAT PENGETAHUAN REMAJA PUTRI TENTANG *MENARCHE* DI SEKOLAH DASAR NEGERI MEJING 2 PATUKAN AMBARKETAWANG GAMPING SLEMANYOGYAKARTA

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Latar Belakang : Masa remaja diawali dengan masa pubertas, yaitu masa terjadinya perubahan fisik dan fungsi fisiologis. *Menarche* merupakan puncak dari serangkaian perubahan yang terjadi pada seorang gadis yang sedang menginjak dewasa, banyak remaja putri yang belum mengerti tentang *menarche*. Berdasarkan hasil studi pendahuluan yang dilakukan di SD Negeri Mejing 2, hasil wawancara dari 8 remaja putri didapatkan 1 orang mengetahui tentang *menarche* dan sisanya mengatakan tidak mengetahui tentang *menarche*.

Tujuan : Mengetahui tingkat pengetahuan remaja putri tentang *menarche* di SD Negeri Mejing 2..

Metode Penelitian : Metode penelitian ini adalah deskriptif dengan pendekatan *cross sectional*. Lokasi penelitian di SD Negeri Mejing 2, waktu pelaksanaan tanggal 28 Mei 2015, jumlah responden adalah 46 responden dengan pengambilan sampel menggunakan total sampel, alat pengambilan data menggunakan kuesioner, variabel penelitian ini yaitu variabel tunggal.

Hasil : Tingkat pengetahuan tentang *menarche* pada kategori cukup sebanyak 84.8%, tingkat pengetahuan tentang pengertian *menarche* berada pada kategori baik sebanyak 47.8%, tingkat pengetahuan tentang faktor-faktor yang mempengaruhi *menarche* berada pada kategori kurang sebanyak 91.3%, tingkat pengetahuan tentang tanda dan gejala *menarche* berada pada kategori baik sebanyak 52.2%, tingkat pengetahuan tentang *personal hygiene* saat *menarche* berada pada kategori kurang sebanyak 69.9%, tingkat pengetahuan tentang perubahan fisik setelah mengalami *menarche* berada pada kategori kurang sebanyak 69.6%, tingkat pengetahuan tentang gangguan *menarche* berada pada kategori baik sebanyak 71.7%, tingkat pengetahuan tentang umur rata-rata terjadinya *menarche* berada pada kategori kurang sebanyak 52.2%.

Kesimpulan : Hasil penelitian didapatkan bahwa pengetahuan remaja putri tentang *menarche* di SD Negeri Mejing 2 dalam kategori cukup.

Kata Kunci : Tingkat Pengetahuan, *Menarche*

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ABSTRACT

THE KNOWLEDGE LEVEL OF FEMALE ADOLESCENTS ABOUT *MENARCHE* IN STATE ELEMENTARY SCHOOL MEJING 2 PATUKAN AMBARKETAWANG GAMPING SLEMANYOGYAKARTA

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Background : Adolescent period is initialized by puberty period during which physical and physiological function changes arise. *Menarche* is the ultimate point of changes series in a girl who is turning into an adult. The majority of female adolescents remain uninformed about *menarche*. Preliminary study conducted in State Elementary School Mejing 2 by interviews with 8 female adolescents identified 1 student who knew about *menarche* while 7 others confirmed that they had no idea about *menarche*.

Objective : To find out the knowledge level of female adolescents about *menarche* in State Elementary School Mejing 2

Method : This was a descriptive study with cross sectional approach. The study was located in State Elementary School Mejing 2 Patukan Ambarketawang Gamping Sleman Yogyakarta on 28 May 2015. Samples were 46 respondents selected through total sampling method. Data were collected by using questionnaires. The variable in this study was single variable.

Result : The knowledge level about ; *menarche* was in sufficient category as many as 84,8%, the definition of *menarche* was in good category as many as 47,8%, factors that influence *menarche* was in poor category as many as 91,3%, signs and symptoms of *menarche* was in good category as many as 52,2%, personal hygiene during *menarche* was in poor category as many as 69,9%, physical changes in post *menarche* term was in poor category as many as 69,9%, *menarche* disorder was in good category as many as 71,7%, the average age of having *menarche* was in poor category as many as 52,2%.

Summary : The study result revealed that the knowledge level of female adolescents about *menarche* in State Elementary School Mejing 2 was in sufficient category.

Key index : Knowledge level, *Menarche*

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