

**TINGKAT KECEMASAN REMAJA PUTRI DALAM MENGHADAPI  
MENARCHE DI SD NEGERI MEJING II PATUKAN  
AMBARKETAWANG GAMPING YOGYAKARTA**

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**INTISARI**

**Latar Belakang :** *Menarche* merupakan menstruasi pertama yang biasa terjadi dalam rentang usia 10 – 16 tahun. Perasaan bingung, gelisah dan tidak nyaman selalu menyelimuti perasaan seorang wanita yang mengalami menstruasi pertama kali. Berdasarkan hasil studi pendahuluan di SD Negeri Mejing II Patukan Ambarketawang Gamping Yogyakarta didapatkan 7 dari 8 siswi belum mengalami *menarche*, dan rata-rata merasa takut, malu dan cemas saat membicarakan tentang menstruasi.

**Tujuan :** Diketahui tingkat kecemasan remaja putri dalam menghadapi *menarche* di SD Negeri Mejing II Patukan Ambarketawang Gamping Yogyakarta..

**Metode Penelitian :** Penelitian ini merupakan Penelitian *non eksperimental* dengan rancangan survey dan bersifat *Diskriptif Kuantitatif* dengan pendekatan *Cross Sectional*. Populasi dalam penelitian ini adalah siswi kelas V dan VI di SD Negeri Mejing II Patukan berjumlah 46 siswi dengan teknik pengambilan sampel dengan menggunakan *total sampling*.

**Hasil Penelitian :** Hasil Penelitian menunjukkan bahwa remaja putri yang tidak mengalami kecemasan sebanyak 10 responden (21.7%), mengalami kecemasan ringan sebanyak 21 responden (45.7%), mengalami kecemasan sedang sebanyak 15 responden (32.6%) dan yang mengalami kecemasan berat dan berat sekali/panik sebanyak 0 responden (0%).

**Kesimpulan :** Tingkat kecemasan remaja putri dalam menghadapi *menarche* di SD Negeri Mejing II Patukan Ambarketawang Gamping Yogyakarta yaitu pada tingkat kecemasan ringan sebanyak 21 responden (45.7%).

**Kata Kunci :** Tingkat Kecemasan, *Menarche*

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**THE ANXIETY LEVEL OF FEMALE ADOLESCENTS IN DEALING WITH  
MENARCHE IN STATE ELEMENTARY SCHOOL MEJING II  
PATUKAN AMBARKETAWANG GAMPING YOGYAKARTA**

**ABSTRACT**

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**Background** : Menarche is the first menstruation that usually occurs in the age interval of 10-16 years old. The feeling of confusion, worry, and discomfort, always embrace a woman's mood who experiences her first menstruation. The result of preliminary study in state elementary school Mejing II Patukan Ambarketawang Gamping Yogyakarta identified 7 among 8 female students who had not got any menarche yet, and most of them felt afraid, embarrassed, and anxious while in conversation about menstruation.

**Objective** : To find out the anxiety level of female adolescents in dealing with menarche in state elementary school Mejing II Patukan Ambarketawang Gamping Yogyakarta

**Method** : This was a non experimental study with quantitative descriptive survey design and cross sectional approach. Population in this study was fifth and sixth grade female students in state elementary school Mejing II Patukan as many as 46 female students with total sampling technique to select samples.

**Result** : The result of this study implied that female adolescents who did not experience any anxiety were 10 respondents (21,7%), who experienced minor anxiety were 21 respondents (45,7%), who experienced moderate anxiety were 15 respondents (32,6%), and who experienced severe anxiety and panic were 0 respondent (0%).

**Conclusion** : The anxiety level of female adolescents in dealing with menarche in state elementary school Mejing II Patukan Ambarketawang Gamping Yogyakarta was in minor anxiety category as many as 21 respondents (45,7%).

**Keyword** : The anxiety level, *Menarche*.

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