

**GAMBARAN TINGKAT PENGETAHUAN REMAJA PUTRI TENTANG  
MENARCHE DI SD KARANG JATI DESA TAMANTIRTO  
KECAMATAN KASIHAN KABUPATEN BANTUL**

Retno Wiyanti<sup>1</sup>, Eniyati<sup>2</sup>

**INTISARI**

**Latar Belakang :** Bantul menjadi Kabupaten kedua yang memiliki jumlah remaja terbanyak yaitu 26% dari seluruh remaja di DIY, dan Kecamatan Kasihan memiliki jumlah remaja terbanyak kedua sebesar 10,6% di Kabupaten Bantul. Masa remaja atau pubertas ditandai dengan adanya peristiwa penting yaitu *menarche* yang terjadi pada remaja putri. Pengetahuan remaja putri yang rendah tentang menstruasi dapat mengakibatkan kesulitan dalam menerima *menarche*. Hasil studi pendahuluan yang dilakukan di SD Karang Jati dengan wawancara langsung dengan 10 remaja putri didapatkan hasil 80% dari mereka belum mengerti tentang *menarche*.

**Tujuan :** Diketuinya tingkat pengetahuan remaja putri tentang *menarche* di SD Karang Jati, Tamantirto, Kasihan, Bantul.

**Metode :** Merupakan penelitian deskriptif kuantitatif dengan pendekatan *cross sectional*, sampel diambil dengan teknik *total sampling* diperoleh 38 remaja putri. Instrumen penelitian adalah kuesioner dan hasil penelitian dianalisis dengan distribusi frekuensi dan persentase.

**Populasi :** seluruh remaja putri kelas V dan VI SD Karang Jati yang belum mengalami *menarche* berjumlah 38 siswi.

**Hasil :** Tingkat pengetahuan remaja putri di SD Karang Jati tentang pengertian *menarche* dalam kategori kurang (55,2%), tentang faktor-faktor yang mempengaruhi *menarche* dalam kategori kurang (68,4%), tentang tanda-tanda biologis *menarche* dalam kategori baik (63,2%), tentang reaksi psikis terhadap *menarche* dalam kategori kurang (63,2%).

**Kesimpulan :** Tingkat pengetahuan remaja putri tentang *menarche* di SD Karang Jati, Tamantirto, Kasihan, Bantul dalam kategori kurang sebanyak 18 responden (47,3%).

Kata Kunci : Pengetahuan *Menarche*, Remaja Putri

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**THE DESCRIPTION OF KNOWLEDGE LEVEL OF FEMALE  
ADOLESCENTS ABOUT MENARCHE IN KARANG JATI  
ELEMENTARY SCHOOL TAMANTIRTO VILLAGE  
KASIHAN BANTUL**

Retno Wiyanti<sup>1</sup>, Eniyati<sup>2</sup>

**ABSTRACK**

**Background** : Bantul is the regency which has the second most number of adolescent s as many as 26% amongst all adolescent in DIY, and Kasihan sub disrict has the second highest number of adolescents as many as 10,6% in Bantul regency. Menarche is the first menstruation that happens at the age of 10-16 years old. Poor knowledge of female adolescents about menstruation can give difficulties for them while dealing with. Preliminary study conducted in Karang Jati Elementary School by using interviews with 10 female adolescent fugure out that 80% of them had no understanding about menarche.

**Objective** : To find out the description of knowledge level of female adolescents about menarche in Karang Jati Elementary School, Tamantirto, Kasihan, Bantul.

**Method** : This was a quantitative descriptive study with cross sectional approach. Samples were selected through total sampling technique as many as 38 female adolescents. Study instrument were questionnaires and study result was analyzed by using frequency distribution and percentage.

**Population** : The population of study is all female adolescent of grade fifth and sixth who have no menarche.

**Result** : The knowledge level of female adolescents in Karang Jati Elementary School about ; the definition of menarche was in poor category (55,2%), factors which influence menarche was in poor category (68,4%), biological sympyoms of menarche was in good category (63,2%), psycological reaction to menarche was in poor category (63,2%).

**Conclusion** : The knowledge level of female adolescents about menarche in Karang Jati Elementary School was in poor category as many as 18 respondents (47,3%).

**Keyword** : Knowledge of Menarche, Female Adolescent

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