

# THE KNOWLEDGE LEVEL OF FEMALE ADOLESCENTS ABOUT PUBERTY PERIOD IN STATE JUNIOR HIGH SCHOOL 1 GAMPING SLEMAN YOGYAKARTA

## ABSTRACT

**Background** : Adolescent period is a transmission period from childhood towards mature period in which at the age of 11-13 of adolescent period is still characterized with unstable feeling. Poor knowledge of adolescents about puberty period leads to low self-esteem so that it influences adolescents' attitude and behavior. The result of preliminary study through interviews with female students identified 40% as positive, 60% as shy, and 60% did not know about changes during puberty.

**Objective** : To find out the knowledge level of female adolescents about puberty period in state junior high school 1 Gamping Sleman Yogyakarta.

**Method** : This study applied descriptive method. Sampling technique applied random sampling. Population was 86 female students of first grade of junior high school and selected as many as 47 female students as samples. This study was conducted on 12 June 2015 in state junior high school 1 Gamping Sleman Yogyakarta. Study instrument were questionnaires. Analysis was descriptive.

**Result** : The study result was analyzed by using percentage descriptive method. It is identified that the majority of female adolescents' knowledge level about physical changes during puberty period was in good category as many as 46 respondents (53,5).

**Conclusion** : The majority of respondents who had knowledge about physical changes during puberty period was in good category (53,5%).

**Keywords** : Knowledge, Physical changes during puberty period.

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# TINGKAT PENGETAHUAN REMAJA PUTRI TENTANG MASA PUBERTAS DI SMP NEGERI 1 GAMPING SLEMAN YOGYAKARTA

## INTISARI

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**Latar Belakang :** Masa remaja merupakan masa tranmisi dari masa kanak-kanak menuju masa usia dewasa, dimana masa remaja usia 11-13 tahun masih mengalami perasaan yang tidak stabil. Pengetahuan remaja yang kurang tentang masa pubertas menyebabkan perasaan rendah diri sehingga mempengaruhi sikap dan perilaku remaja. Hasil studi pendahuluan, wawancara dengan siswi didapatkan hasil 40% positif, 60% malu-malu dan 60% belum mengetahui tentang perubahan pubertas.

**Tujuan :** Untuk mengetahui tingkat pengetahuan remaja putri tentang perubahan pubertas di SMP N 1 Gamping, Sleman, Yogyakarta

**Metode penelitian:** Penelitian ini menggunakan metode *deskriptif*. Teknik pengambilan sampel menggunakan *random sampelng*. Populasi sebanyak 86 siswi kelas VII, dan diperoleh sampel sebanyak 47 siswi. Penelitian dilaksanakan pada tanggal 12 Juni 2015 di SMP N 1 Gamping Sleman Yogyakarta, dengan Instrumen penelitian kuesioner. Analisis data menggunakan ini analisis *deskriptif*

**Hasil :** Hasil uji analisis *deskriptif prosentase*, diperoleh sebagian besar tingkat pengetahuan remaja putri tentang perubahan fisik pada masa pubertas kategori baik, tingkat pengetahuan reamaja tentang perubahan ukuran tubuh kategori cukup, tingkat pengetahuan remaja tentang perubahan organ seks primer kategori baik, dan tingkat pengetahuan remaja tentang perubahan organ seks sekunder kategori baik.

**Kesimpulan :** Sebagian besar responden dengan pengetahuan tentang perubahan fisik masa pubertas baik, tingkat pengetahuan remaja tentang perubahan ukuran tubuh cukup, tingkat pengetahuan remaja tentang perubahan organ seks primer baik, dan tingkat pengetahuan remaja tentang perubahan organ sekunder baik.

**Kata kunci :** Pengetahuan, Perubahan Fisik Pada Masa Pubertas

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