

GAMBARAN TINGKAT PENGETAHUAN REMAJA PUTRI MENGHADAPI MENARCHE DI SD 1 KADIPIRO BANTUL YOGYAKARTA

INTISARI

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Latar Belakang: Usia seorang anak perempuan saat mendapat menstruasi sangat bervariasi. Terdapat kecenderungan bahwa saat ini anak mendapat menstruasi yang pertama kali pada usia yang lebih muda. Ada yang berusia 12 tahun saat mendapat menstruasi pertama (*menarche*). Gejala yang sering terjadi dan sangat mencolok pada peristiwa haid pertama ialah kecemasan atau ketakutan diperkuat oleh keinginan untuk menolak proses fisiologis. Namun hal ini akan semakin parah apabila pengetahuan remaja mengenai menstruasi ini sangat kurang dan pendidikan dari orang tua yang kurang. Selain dari keluarga, teman sebaya juga memiliki peran penting dalam informasi tentang *menarche*. Lingkungan sekolah membantu anak perempuan dalam menghadapi *menarche*.

Tujuan: Mengetahui gambaran tingkat pengetahuan remaja putri dalam menghadapi *menarche* di SD 1 Kadipiro, Bantul, Yogyakarta.

Metode: Penelitian ini menggunakan metode deskriptif kuantitatif dengan metode *deskriptif* dengan desain *cross sectional*. Populasi penelitian ini adalah siswi kelas V SD 1 Kadipiro Bantul Yogyakarta berjumlah 30 siswi dengan tehnik pengambilan sampel total sampling. Analisa data menggunakan univariat.

Hasil: Menunjukkan bahwa mayoritas remaja putri di SD 1 Kadipiro Bantul Yogyakarta memiliki pengetahuan kurang tentang *menarche* sebanyak 22 orang (68.8%), yang berpengetahuan cukup sebanyak 3 orang (9,4%) dan yang berpengetahuan baik sebanyak 7 orang (21%). Mayoritas siswi di SD 1 Kadipiro berusia 12 tahun sebanyak 12 orang (37,5%) dan mayoritas siswi di SD 1 Kadipiro belum *menarche* sebanyak 29 orang (90,6%).

Kesimpulan: Berdasarkan hasil penelitian menunjukkan bahwa mayoritas remaja putri di SD 1 Kadipiro Bantul Yogyakarta memiliki pengetahuan kurang tentang *menarche* sebanyak 22 orang (68.8%), yang berpengetahuan cukup sebanyak 3 orang (9,4%) dan yang berpengetahuan baik sebanyak 7 orang (21%).

Kata Kunci: Pengetahuan, *menarche*.

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THE DESCRIPTION OF KNOWLEDGE LEVEL OF FEMALE ADOLESCENTS IN DEALING WITH MENARCHE IN ELEMENTARY SCHOOL 1 KADIPIRO BANTUL YOGYAKARTA

ABSTRACT

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Background : The age of a female child when experiencing menstruation is very various. There is a tendency that these days, children get their first menstruation at younger ages. Some of them were 12 years old when getting first menstruation (menarche). A common and typical symptom that emerges in the first menstruation is anxiety or fear which is strengthened by desire to refuse this physiological process. But it gets worse when teenagers knowledge about menstruation is very less and the education of poor parents , Aside from family, peers also have an important role in the information about menarche . The school environment helps the girls in the face of menarche .

Objective : To find out the description of knowledge level of female adolescents in dealing with menarche in Elementary School 1 Kadipiro Bantul Yogyakarta

Method : This was a quantitative descriptive study with descriptive method and cross sectional approach. Population was female students of fifth grade of elementary school 1 Kadipiro Bantul Yogyakarta as many as 30 female students. Samples were selected through total sampling technique. Data analysis applied univariate analysis.

Result : The result indicated that the majority of female students in elementary school 1 Kadipiro Bantul Yogyakarta had poor knowledge about menarche as many as 22 respondents (68,8%), sufficient knowledge as many as 3 respondents (9,4%), and good knowledge as many as 7 respondents (21%). The majority of female students in elementary school 1 Kadipiro were aged 12 years old as many as 12 respondents (37,5%) and the majority of female students in elementary school 1 Kadipiro had not experience menarche as many as 29 respondents (90,6%).

Conclusion : Based on the result of the study, it indicated that the majority of female adolescents in elementary school 1 Kadipiro Bantul Yogyakarta had poor knowledge about menarche as many as 22 respondents (68,8%), sufficient knowledge as many as 3 respondents (9,4%), and good knowledge as many as 7 respondents (21%).

Keyword : Knowledge, Menarche.

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