

**KESIAPAN REMAJA PUTRI DALAM MENGHADAPI *MENARCHE*
DI SD NEGERI II MEJING PATUKAN AMBARKETAWANG
GAMPING SLEMAN YOGYAKARTA**

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INTISARI

Latar Belakang : *Menarche* merupakan menstruasi pertama yang biasanya terjadi dalam rentan waktu 10 - 16 tahun. Perasaan bingung, gelisah dan tidak nyaman selalu menyelimuti perasaan seorang wanita yang mengalami menstruasi pertama kali. Berdasarkan hasil studi pendahuluan didapatkan bahwa dari 8 siswi yang belum mengalami *menarche*, 7 diantaranya merasa takut, malu dan cemas saat membicarakan *menarche*.

Tujuan : Diketahui kesiapan remaja putri dalam menghadapi *menarche* di SD Negeri 2 Mejing Patukan Ambarketawang Gamping Sleman Yogyakarta.

Metode Penelitian : Merupakan penelitian *deskriptif kuantitatif* dengan rancangan *survey*. Populasi dalam penelitian ini adalah siswi kelas V dan VI di SD Negeri 2 Mejing Patukan berjumlah 46 siswi dengan tehnik pengambilan sampel *total sampling*.

Hasil Penelitian : Kesiapan remaja putri dalam menghadapi *menarche* di SD Negeri 2 Mejing, Patukan, Gamping, Sleman yang siap yaitu sebanyak 19 (41,3%) responden, sedangkan yang tidak siap sebanyak 27 (58,7%) responden.

Kesimpulan : Kesiapan remaja putri dalam menghadapi *menarche* di SD Negeri 2 Mejing, Patukan, Ambarketawang, Gamping, Sleman, Yogyakarta adalah 19 (41,3%) responden.

Kata Kunci : Kesiapan, *Menarche*

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**THE READINESS OF FEMALE TEENAGER FACED MENARCHE AT PUBLIC
VOCATIONAL ELEMENTARY SCHOOL II MEJING
PATUKAN AMBARKETAWANG GAMPING
SLEMAN YOGYAKARTA**

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ABSTRACT

Background: Menarche is first menstruation that usually happens in susceptible time 10 - 16 years old. Discomfort, restless and uncomfortable always enveloped the feeling of girl who has first menstruating. Based on the result of preliminary studies at public vocational elementary school 2 Mejing, Patukan, Ambarketawang, Gamping Yogyakarta found that from 8 students' who haven't menstruation yet, 7 of them feel scare, shy and worried when talk about menarche.

Purpose: to know the readiness of female teenager faced menarche at public vocational elementary school II Mejing Patukan Ambarketawang Gamping Sleman Yogyakarta.

Research Method: This is deskriptif kuantitatif research with survey design. Population on this research is female student grade V and VI at public vocational elementary school II Mejing Patukan as many 46 student by total sampling technique.

Research Result: The readiness of female teenager faced menarche at public vocational elementary school II Mejing, Patukan, Ambarketawang, Gamping, Sleman, who ready as many 19 (41,3%) respondents. While student who not ready as many 27 (58,7%) respondents.

Conclusion : The readiness of female teenager faced menarche at public vocational elementary school II Mejing, Patukan, Ambarketawang, Gamping, Sleman, Yogyakarta is 19 (41,3%) respondents.

Keywords : Readiness, Menarche

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