

PARENTAL SUPPORT TOWARD PHYSICAL CHANGES DURING PUBERTY PERIOD ON YOUNG WOMEN AGED 10-12 YEARS OLD IN MANGGUNG CATURTUNGGAL DEPOK SLEMAN

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ABSTRACT

Background: At puberty period, a rapid physical growth occurs with a lots of other changes. Physical changes were starting at around the age of 10 or 11 years old on young women. In the component of Adolescent Reproductive Health SDKI 2012, one from four women was not discussing about their menstruation to others before experiencing their first menstruation. The interview's results that conducted on 10 young women in Manggung Caturtunggal Depok Sleman, only 3 person (30%) who got the parental support toward physical changes.

Aim: To know the parental support toward physical changes on young women aged 10-12 years old.

Research Method: This research was descriptive research. The sampling technique in this research was using random sampling (probability sampling) with systematic random sampling method. The samples were as many as 58 young women aged 10-12 years old. The data were obtained using closed questionnaire and analyzed with univariate data analysis.

Results: The parental support toward adolescent physical changes is that; informational support in good and less majority were as many as 29 respondents (50%), appraisal support in good majority were as many as 33 respondents (56.9%), instrumental support in good majority were as many as 31 respondents (53.4%), and emotional support in good majority were as many as 33 respondents (56.9%).

Conclusion: The parental support toward adolescent physical changes was in less categorized of 30 respondents (51.7%).

Keywords: Support, Young women

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DUKUNGAN ORANG TUA TERHADAP PERUBAHAN FISIK MASA PUBERTAS REMAJA PUTRI UMUR 10-12 TAHUN DI MANGGUNG CATURTUNGGAL DEPOK SLEMAN

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INTISARI

Latar Belakang: Pada masa pubertas terjadi pertumbuhan fisik yang cepat disertai dengan banyak perubahan. Perubahan fisik dimulai sekitar usia 10 atau 11 tahun pada remaja putri. Dalam komponen Kesehatan Reproduksi Remaja SDKI 2012, satu dari empat wanita tidak mendiskusikan tentang haid dengan orang lain sebelum mengalami haid yang pertama. Hasil wawancara yang dilakukan dari 10 orang remaja putri di Manggung Caturtunggal Depok Sleman hanya terdapat 3 orang (30%) yang sudah mendapatkan dukungan orang tua terhadap perubahan fisik.

Tujuan: Diketuinya dukungan orang tua terhadap perubahan fisik remaja putri umur 10-12 tahun.

Metode Penelitian: Jenis penelitian merupakan deskriptif. Teknik pengambilan sampel pada penelitian ini menggunakan random sampling (*probability sampling*) dengan metode *systematic random sampling*. Besar sampel sebanyak 58 remaja putri umur 10-12 tahun. Pengumpulan data dengan menggunakan kuesioner tertutup dan analisa data adalah analisis *univariat*.

Hasil: Dukungan orang tua terhadap perubahan fisik remaja meliputi dukungan informasional mayoritas baik dan kurang sebanyak 29 responden (50%), dukungan penilaian mayoritas baik sebanyak 33 responden (56,9%), dukungan instrumental mayoritas baik sebanyak 31 responden (53,4%), dukungan emosional mayoritas baik sebanyak 33 responden (56,9%).

Simpulan: Dukungan orang tua terhadap perubahan fisik pubertas mayoritas kurang sebanyak 30 responden (51,7%).

Kata Kunci: Dukungan, Remaja Putri

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