

TINGKAT KECEMASAN REMAJA PUTRI KELAS IV DAN V DALAM MENGHADAPI MENARCHE DI MI SUNAN PANDANARAN NGAGLIK SLEMAN YOGYAKARTA

Khoirun Amalia¹, Silvia Ari Agustina²

INTISARI

Latar belakang: Masyarakat Indonesia merasa tabu untuk membicarakan tentang menstruasi. Kurangnya informasi tentang perubahan fisik dan *menarche* sering kali membuat remaja merasakan cemas, bingung, takut, dan tidak siap dalam menghadapi *menarche*. Lingkungan keluarga dan sekolah belum mampu untuk memberikan informasi agar remaja putri tidak mengalami kecemasan dan lebih siap untuk menghadapi *menarche*. *Madrasah Ibtidaiyah* (MI) merupakan jenjang pendidikan berbasis keagamaan Islam. Kegiatan membaca *Al-Qur'an* yang diterapkan di MI seharusnya dapat memengaruhi psikis siswi agar tidak terjadi kecemasan dalam menghadapi *menarche*. MI Sunan Pandanaran terdapat 5 dari 9 siswi (60%) merasakan cemas, bingung, takut, dan malu saat memikirkan tentang *menarche*.

Tujuan: Mengetahui tingkat kecemasan remaja putri kelas IV dan V dalam menghadapi *menarche* di MI Sunan Pandanaran Ngaglik Sleman Yogyakarta.

Metode penelitian: Menggunakan jenis penelitian *deskriptif kuantitatif*. Populasi dalam penelitian ini yaitu siswa putri kelas IV dan V yang belum mengalami *menarche* yaitu sebanyak 30 siswi. Sampel diambil dengan teknik *total sampling*. Instrumen penelitian menggunakan kuesioner baku yaitu *Hamilton Rating Scale of Anxiety* (HRSA) yang terdiri dari 14 pertanyaan. Analisa data menggunakan *analisis univariat*.

Hasil penelitian: Didapatkan tingkat tidak ada kecemasan sebanyak 15 siswa, kecemasan ringan sebanyak 7 siswa, kecemasan sedang sebanyak 3 siswa, kecemasan berat sebanyak 3 siswa, dan tingkat kecemasan berat sekali sebanyak 2 siswa.

Kesimpulan: Setengah dari total responden penelitian yaitu 15 siswa tidak mengalami kecemasan, tetapi ada 2 siswa yang mengalami kecemasan berat sekali.

Kata kunci : kecemasan, remaja putri, *menarche*

¹ Mahasiswa Program Studi D-3 Kebidanan Stikes Jenderal Achmad Yani Yogyakarta

² Dosen Pembimbing Program Studi D-3 Kebidanan Stikes Jenderal Achmad Yani Yogyakarta

**THE ANXIETY LEVEL ON *MENARCHE* TREATMENT IN FOURTH
AND FIFTH GRADE FEMALE STUDENTS OF SUNAN PANDANARAN
ISLAMIC ELEMENTARY SCHOOL OF
NGAGLIK SLEMAN YOGYAKARTA**

Khoirun Amalia¹, Silvia Ari Agustina²

ABSTRACT

Background : Indonesian society still perceives menstruation as taboo to have conversation about. Lack of information about physical transformation and menarche leads adolescents to anxiety, confusion, fear, and negligence in menarche treatment. Family and school are yet capable to provide information by which female adolescents will not experience anxiety and be more prepared to treat menarche. Madrasah Ibtidaiyah (MI) is an islamic-based education system. The routine activity of Qur'an recital in MI was expected to reduce students' anxiety in menarche treatment. There were 5 out of 9 female students (60%) with anxiety, confusion, fear, and self-embarrassment while thinking about menarche.

Objective : To identify The Anxiety Level on Menarche Treatment in Fourth and Fifth Grade Female Students of Sunan Pandanaran Islamic Elementary School of Ngaglik, Sleman, Yogyakarta.

Method : This was a descriptive and quantitative study. Population in this study was fourth and fifth grade female students without experience of experience as many as 30 students. Samples were selected through total sampling technique. Study instrument used standard questionnaires of Hamilton Rating Scale of Anxiety (HRSA) consisted of 14 questions. Data analysis applied univariate analysis method.

Result : This study identified 15 students without anxiety, 7 students with mild anxiety level, 3 students with moderate anxiety level, 3 students with severe anxiety level, 2 students with panic anxiety level.

Conclusion : A half of total number of respondents as many as 15 students experienced anxiety with 2 students who suffered panic anxiety level.

Keywords : Anxiety, Female Adolescents, Menarche.

¹ A student of D3 Midwifery Study Program in Jenderal Achmad Yani School of Health Science of Yogyakarta

² A counseling lecturer of D3 Midwifery Study Program in Jenderal Achmad Yani School of Health Science of Yogyakarta