

## **The Relationship of Menstruation Knowledge to Adolescent's Readiness in Facing Menarche**

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### **ABSTRACT**

Human body undergoes a variety of changes including growth and development. In Indonesia, average age of menarche was 13 years old, earlier incidence at age less than 9 or 17 years old.

This study aimed to relationships of menstruation knowledge to adolescent's readiness in facing menarche grade VII students at SMPN 5 Pallangga Gowa. This was descriptive analytic with cross sectional study design number of sample was 85 students of 121 population selected by simple random sampling.

The results revealed that respondents with lack knowledge and not ready to face menarche were 13 (39.4%), lack knowledge but ready were 20 (60.6%), those with good knowledge but not ready were 10 (19.2%) those who performed good knowledge and ready were 42 (80.8%).

It concluded there was a relationship of menstruation knowledge to readiness facing menarche. It encouraged to teachers and parents to provide menarche information and menstruation self-care.

**Keywords:** Menstruation Knowledge, Adolescent's Readiness, Menarche

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**BACKGROUND**

Adolescence was crucial development times for some teenage girls marked by puberty symptoms. It was early sexual maturation in which a teenage girl undergoes physical, hormonal and sexual changes and reproductive ability marked by facing menarche (1).

According to the WHO, adolescent was population in the range of 10-19 years old. In Indonesia Minister of Health Regulations No. 25 Year of 2014, adolescent was population in the range 10-18 years old. Meanwhile, according to *BKKBN*, adolescent was the population in the range 10-24 years old. Globally, the number of adolescents estimated as 1.2 billion or 18% from the total number of world populations (2). Menarche period of each person was different to another. In Canada, the average age of menarche period was 12-72 years old (3). While in Kuwait it was 12-41 years old (4).

In Indonesia, the range age 10-24 years old was the hugest adolescent populations. The number of adolescent population reached 63,4 million (26,78%) from 237,6 million total Indonesia population which consisted of 50,7% males and 49,3% females. Menarche average age in Indonesia was 13 years old, with early cases happened in under age of 9 years old and late cases happened in the age 17 years old or more. Result of Basic Health Research showed that females who faced menarche in the range of 13-14 years old about (37,5%), in the range of 15-16 years old about (19,8%), the age 17 years old and more about (4,5%) and the range age of 6-8 years old about (0,1%) (5).

Talking about menarche, it outcome some negative result among the adolescents. It caused by menarche was taboo to be talked in society so that causing the lack of information they got about it such as physical and psychological change which might happen when they faced menarche (6). It causing anxiety among them once they faced menarche. Therefore, they need to have good mental preparation to face it (7).

By this condition, adolescents need several things in preparing their menarche such as emotional support, information, appreciation and instrumental. Emotional support as support system might come from family (parents), school environment (teachers), friends circle and society (social culture and mass media). From those, family was the first main support system for them (8).

The result of preliminary study at SMPN 5 Pallangga Kabupate Gowa, the total female VII grade active students in 2018 was 151. The number of female students who not faced their menarche yet was 121. Based on interview result to 10 female students of VII grade who was not faced their menarche yet, 70% (7 students) from 10 students stated that they have not information about menstruation so they were worried, ashamed, and no readiness to face their menarche, and 3 students of them stated that they have known about menstruation information and have their readiness in facing it.

From the information above, researchers considered to research about “The Relationship of Menstruation Knowledge to Adolescent’s Readiness in Facing Menarche of VII Grades Female Students at SMPN 5 Pallangga Kabupaten Gowa”.

**METHODS**

Research design applied on this study was analytic design by cross sectional study in which the study would be in two variables by a number of subjects that analyzed in the same time. Sampling technique of this study was simple random sampling technique that the sample was taken simply and randomly, it meant that each population might could be selected to be sample (10) by raffling attendance number of students in VII Grade at SMPN 5 Pallangga Kabupaten Gowa. In this case the students who was involved only they whom not have their menarche yet.

## RESULTS

**Table 1**  
***Respondent's Characters at SMPN 5 Pallangga Kabupaten Gowa Year of 2018***

Respondent Characters	N	%
Age		
11	12	14.1
12	64	75.3
13	8	9.4
<b>Information Sources</b>		
Family	59	69.4
Book/ Magazine	5	5.9
Friends	15	17.6
TV/Internet	6	7.1
<b>Menstruation Knowledge</b>		
Lack	33	38.8
Good	52	61.2
<b>Readiness Facing Menarche</b>		
Not ready	23	27.1
Ready	62	72.9
Total	85	100.0

According to table 1, it could be seen that from 85 respondents, the hugest range age was 12 years old with about 64 students (75,3%), the lowest age range was 13 years old about 8 students (9,4%). Based on information sources, the respondents mostly got the information from their family about 59 students (69,4%) and they got the least amount of information from book/magazine about 5 students (5,9%).

Respondent's menstruation knowledge showed that they who have good knowledge about it was about 52 students (61,2%) and those who have lack knowledge was 33 students (38,8%). In addition, based on the readiness in facing menarche, it was 62 students (72,9%) stated that they were ready and 23 students (27,1%) were not yet.

**Table 2**  
**The Relationship of Menstruation Knowledge to Readiness in Facing Menarche of Students VII Grade at SMPN 5 Pallangga**

Menstruation Knowledge	Readiness Facing <i>menarche</i>				Total	P Value	
	Not Ready		Ready				
	n	%	n	%	n	%	
Lack	13	39,4	20	60,6	33	100.0	0,041
Good	10	19,2	42	80,8	52	100.0	
Total	23	27,1	62	72,9	85	100.0	

Based on Table 2, from 33 respondents were lack of menstruation knowledge and they who were not ready to face menarche about 13 students (39,4%), meanwhile those who were lack of menstruation knowledge and ready to face menarche about 20 students (60,6%), moreover, from 52 respondents who already have good menstruation knowledge but not

ready to face menarche about 10 students (19,2%) while those who already have good menstruation knowledge and ready to face menarche was 42 students (80,8%).

Based on Pearson Chi-Square result test, the outcome was  $p = 0,041$  which meant that it less than the  $\alpha$  (0,05) number. Therefore, it concluded that there was important relationship of menstruation knowledge to readiness in facing menarche at SMPN 5 Pallangga Kabupaten Gowa in the year 2018.

## DISCUSSION

Knowledge was important for life, it could be improved due to formal and informal education. Education meant a guidance that given toward someone's improvement to reached the goals that determined their attitudes in life so that they reached they own well-being and happiness (11). Menstruation knowledge was necessary to be given earlier to adolescents so that they were ready to face their menarche, in this case, support system was need especially from the family so they would not be ashamed and worried in facing menarche since the lack of knowledge caused negative effects on their development and unpreparedness in facing it.

Knowledge was created by an action as the psychological encouragement for self-improvement, attitude and behavior or it meant that knowledge was a stimulus toward self-actions. Good knowledge of menarche was influenced adolescent's readiness to face it. The result of the study toward 85 respondents showed that respondents with good knowledge of menarche was 52 respondents (61,2%), and those who was lack of menarche knowledge was 33 respondents (38,8%). Result of the study about menstruation knowledge toward 85 respondents showed that 68 respondents (80%) were unable to answer "how long normally period occurred?", and 72 respondents (84,7%) were unable to answer "why some people got cramps/pain during their period?"

The readiness in facing menstruation period was the condition in which preparing to face it. Several kind of psychological manifestations such as anxious and worry were proofing adolescent's unpreparedness for their menarche, on the other hand, adolescents who have prepared their menarche might be proud, happy, and confident so they were able to keep self-hygiene during the period (12).

On the study about adolescent's readiness in facing menarche, 85 respondents showed that most of them were ready to face their menarche that was about 62 respondents (72,9%), and those whom were not ready was 23 respondents (27,1%). In the same study, there were 11 respondents (12,9%) whom were "very agree" toward statement "I worried in facing menarche", and about 9 respondents (10,5%) whom were "very agree" toward statement "I would avoid some activities during my period because uncomfortable condition", about 12 respondents (14,1%) whom were "very agree" toward statement "menstruation was dirty/disgusting condition". So, there were about 32 respondents assumed that menstruation was disturbing and disgusting condition. Most of adolescents stated that they were got menarche information from their mother, but some of them also stated that they were panic, ashamed, and worry to face it (13).

The result of cross table about relationship of menstruation knowledge to readiness facing menarche showed that from 33 respondents, 13 respondents (39,4%) have lack menstruation knowledge but ready to face menarche, while 20 respondents (60,6%) have lack menstruation knowledge and not ready to face menarche. In addition, from 52 respondents, 10 respondents (19,2%) have good menstruation knowledge but not ready to face menarche, while 42 respondents (80,8%) have good menstruation knowledge ready to face menarche.

Based on Pearson Chi-Square result test, the outcome was  $p = 0,041$  which meant that it less than the  $\alpha (0,05)$  number. Therefore, it concluded that there was important relationship of menstruation knowledge to readiness in facing menarche at SMPN 5 Pallangga Kabupaten Gowa in the year 2017. Once respondents were good in menstruation knowledge, the readiness to face menarche would also good.

It was also similar to the previous study at SMP Negeri 3 Tidore Kepulauan (14), from 35 respondents the outcomes of  $p=0,017$  that was less than  $\alpha=0,05$ . The result of the study showed that there was relationship of knowledge toward adolescent's readiness in facing menarche. The researcher assumed that from 20 respondents (60,6%) whom have lack menstruation knowledge but were ready to face menarche, 15 of them (75%) got the information from their family circle. The readiness in facing menarche, adolescents need physical and psychological adjustments. By the information they got from their family, they would more ready to face it. In addition, from 10 respondents (19,2%) whom have good menstruation knowledge but not ready yet to face menarche, there were 3 respondents (30%) whom got the information from their friend circle and TV/internet.

In Jayanti's study (15), friend circle was influencing adolescent's readiness in facing menarche it caused some fraud knowledge delivering since the information they were given could be irrelevant. It might cause the adolescents would have negative perception dealing to menarche, so they might feel ashamed and worried once they facing it.

The other factors which influenced adolescent's readiness in facing menarche was their own age. This study showed the respondent's characteristics in which most of them namely 64 respondents were in the age 12 years old (75,3%) that meant they were in early teenage time in which they were have ability to think logically about any possibility in their life. On the other words, good menstruation knowledge drift adolescents to be ready for their menarche as a normal process of themselves. Therefore, the study concluded that the menstruation knowledge had strong relationship to adolescent's readiness in facing menarche.

## CONCLUSION

52 students (61,2%) at SMPN 5 Pallangga were have good menstruation knowledge, and 33 students (38,8%) of them were have lack knowledge about it.

62 students (72,9%) at SMPN 5 Pallangga were ready to face their menarche, and 23 of them (27,1%) were not.

There was important relationship of menstruation knowledge to adolescent's readiness in facing menarche toward students at SMPN 5 Pallangga Kabupaten Gowa.

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