



FAMILY SUPPORT AND KNOWLEDGE INFLUENCE MENARCHE READINESS

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ABSTRACT	Keywords
<p>Menarche is the first menstruation which can make some young women feel afraid and anxious. There are still teenagers who think menstrual bleeding is scary and painful. Family support in preparing teenagers for menarche is also still lacking. The aim of this research is to analyze the relationship between knowledge and family support and readiness to menarche. This research design uses correlation analytics with a cross sectional approach. Population is female teenagers in grades V and VI at elementary school. The sampling technique used probability sampling with a simple random sampling, obtaining 86 respondents. Data was collected by distributing questionnaires. The research instrument used a questionnaire on knowledge, family support, and menarche readiness. Data analysis using the Spearman rho test. The results showed that 53 respondents (61.6%) had moderate knowledge. Family support was in the high category for 69 respondents (80.2%). The readiness of young women in the medium category was 42 respondents (48.8%). There is a relationship between knowledge and readiness of young women (ρ value = 0.001). There is a relationship between family support and menarche readiness (ρ value = 0.014). The implication of this research is that it is hoped that families will increase their support in preparing for menarche. Families and related parties such as schools are expected to provide more education regarding preparation for menarche.</p>	<p>Knowledge, Family Support, Readiness, Menarche</p>

INTRODUCTION

Many teenagers consider menarche to be scary because menarche will cause discomfort, pain, dizziness. The dominant psychological symptom of menarche is anxiety related to this physiological process. Teenagers usually cry, are embarrassed, anxious, worried, uncomfortable with this condition, and some children are reluctant to accept reality (Delima et al., 2020). Teenager girls are confused when they experience their first menstruation or menarche because they don't know how they should adjust to their activities and routines with the arrival of

menstruation. Parents should be a place to ask questions about these problems. However, in reality, not all mothers can provide adequate information to their daughters. Some mothers are reluctant to talk about menarche openly (Hidayah & Palila, 2018). Many of the female students at elementary school Al Kautsar Surabaya don't understand and most of them don't know about menarche and they say they don't know what they will do when they experience menstruation for the first time. According to them, their parents and other family members have never provided detailed information about menstruation.

UNICEF stated that 86.3% of teenagers who have not experienced menarche will experience stress and anxiety. Adolescents consider the first menstruation (menarche) to be frightening for young women (Sanjiwani et al., 2020). 72.3% of the world's adolescent population stated that most of the female adolescent population who have not yet experienced menarche will feel stressed. The average age of menarche is 12 – 13 years (Nurul Yuda Putra et al., 2016). Based on the Indonesian Demographic and Health Survey in 2017, 9.0% of teenagers in Indonesia who do not know about menarche will feel afraid and anxious. As many as 7% aged 10-11 years have reached menarche, 23% aged 12 years, 89% aged 12-15 years. Knowledge about readiness to menarche can be realized by providing information and education to young women experiencing menarche. The role of the family, especially mothers, is very important so that young women are ready to face menarche (Hidayah & Palila, 2018). Family members are the closest people to teenagers so communication on sensitive matters will be more open (Salangka et al., 2018). The family has a big role in providing information about development in adolescents, therefore the family is expected to provide emotional support so that adolescents feel comfortable and are not afraid to experience development, especially for adolescent girls, namely with the arrival of menarche (Salangka et al., 2018).

METHODS

This research design was to determine the relationship between knowledge and family support to the readiness to menarche using a cross sectional design. The population of class V and VI female students at elementary school Al Kautsar Surabaya are 109 students. The sampling technique uses probability sampling with a simple random sampling approach method. Based on the sample size calculation using the Slovin formula, a sample of 86 people was obtained. The time of the research was carried out on

June 6 - 12 2022. The questionnaire used was a questionnaire on young women's knowledge about menarche, which was a modification of Yunita's 2019 research. The family support questionnaire from Mardilah in 2014 consisted of 10 questionnaire items. Readiness of Young Women Facing Menarche compiled by Dedi Satriawan Siregar (2018). The research instrument for the readiness of young women to face menarche consists of 10 statements, using two categories in the form of yes (score 1), no (score 0). Young women are said to be ready to face their first menstruation (menarche) if the total score is 0 – 5 they are said to be not ready, if the score is 6-10 they are ready. With the instrument value, the value of $r = 0.713$. Because the calculated r value $>$ table r , the instrument is declared reliable. In this study, the Spearman test was used.

RESULT

Table 1. Characteristics of Respondents

No	Grade	Frequency (f)	Percentage (%)
1.	5	46	53,5
2.	6	40	46,5
Total		86	100

Table 1 shows that of the 86 female students at SD Al Kautsar Surabaya, there are 46 (53.5%) grade 5 students and there are 40 (46.5%) grade 6 female students.

Table 2 Knowledge about Menarche

No	Knowledge	Frequency (f)	Percentage (%)
1.	Low	10	11,6
2.	Moderate	53	61,6
3.	High	23	26,7
Total		86	100

Table 2 shows the distribution of respondents based on the type of knowledge of 86 female students at SD Al Kautsar Surabaya, showing that the female students with high knowledge were 23 respondents (26.7%), with moderate knowledge were 53 respondents (61.6%), and with low knowledge were 10 respondents (11.6%).

Table 3 Characteristics of Respondents based on family support in facing menarche

No	Family Support	Frequency (f)	Percentage (%)
1.	Low	13	15,1
2.	Moderate	4	4,7
3.	High	69	80,2
Total		86	100

Table 3 shows the distribution of respondents based on the type of family support for 86 female students at SD Al Kautsar Surabaya. It shows that the support given to female students is high family support, 69 respondents (80.2%), and moderate family support, 4 respondents (4.7%)., while family support was low for 13 respondents (15.1%).

Table 4. Table of Respondent Characteristics based on the readiness of young women to face menarche

No	Young Women's Readiness	Frequency (f)	Percentage (%)
1.	Low	5	5,8
2.	Moderate	42	48,8
3.	High	39	45,3
Total		86	100

Table 4 shows the distribution of respondents based on the readiness of young women among 86 female students at Al Kautsar Elementary School, Surabaya. It shows that there is high readiness of young women, 39 respondents (45.3%), medium readiness of young women, 42 respondents (48.8%) and high readiness of young women. low level girls amounted to 5 respondents (5.8%).

Table 5. Relationship between Knowledge and Readiness of Young Women

Knowledge	Young Women's Readiness						Total	
	Low		Moderate		High		N	%
	f	%	f	%	f	%		
Low	1	1,2	5	5,8	4	4,7	10	11,6
Moderate	4	4,7	3	3,2	1	1,2	8	9,3
High	0	0,0	5	5,8	1	1,2	2	2,3
Total	5	5,8	4	4,8	3	3,5	8	100

Spearman Rho 0,001 ($p \leq 0,05$)
 $r = 0,340$

Based on the Spearman Rho test, it was found that ρ value = 0.001 and r value = 0.340, meaning that there is a relationship between knowledge and readiness for menarche.

Table 6: Relationship between family support and readiness of young women

Family Support	Young Women's Readiness						Total	
	Low		Moderate		High		N	%
	F	%	F	%	F	%		
Low	2	2,3	6	7,0	5	5,8	13	15,1
Moderate	1	1,2	2	2,3	1	1,2	4	4,7
High	2	2,3	3	3,4	3	3,4	6	6,9
Total	5	5,8	4	4,8	3	3,5	8	100

Spearman Rho Test 0,014 ($p \leq 0,05$)
 $r = 0,264$

Based on 6, the Spearman Rho statistical test shows ρ value = 0.014 and r value = 0.264, so there is a relationship between family support and the readiness of young women to menarche at SD Al Kautsar Surabaya.

DISCUSS

1. The relationship between knowledge and the readiness of young women to face menarche

Based on the results of the Spearman Rho statistical test, it was found that ρ value = 0.001, indicating that there is a relationship between knowledge and the readiness of young women to face menarche at Al Kautsar Elementary School, Surabaya. Knowledge is needed as a psychological encouragement to grow oneself as well as encouragement of attitudes and behavior every day, so it can be said that knowledge is a stimulus for one's actions (Mukhorottin, 2016). Menarche is the most important event in young women as a sign that the fertile cycle has begun. At the age of 8 to 9 years, the anterior pituitary gland begins to secrete gonadotropin hormones namely follicle stimulating hormone (FSH)

and luteinizing hormone (LH) under the pulsating secretion of gonadotropin-releasing hormone (GnRH) from the hypothalamus. Menstruation occurs due to activation of the ovaries by gonadotropins from the anterior pituitary causing the production of estrogen by the ovaries (Gumanga and KwameAryee, 2012). The production of estrogen in sufficient quantities acts on the endometrium resulting in endometrial proliferation resulting in first menstruation (Menarche) (Gumanga and Kwame-Aryee, 2012). Signs and symptoms of menarche include: a). Bleeding that is often irregular; b) Anovulatory menstruation 1-2 years or more before regular ovulation, but not in all teenagers because there are some teenagers who have ovulated before regular menstruation; c) The blood that comes out is lighter and brighter in color and not too much (spotting); d) Duration of bleeding 4-7 days or less; e) Sometimes accompanied by cramps in the lower abdomen (dysmenorrhea). In Indonesia, the age at which a girl starts menarche varies greatly, starting at 8 years old, and there are also those who start their cycle at 16 years old. However, on average Indonesian children get their first menstruation at the age of 12 years (Ade, W. (2014).

The factor that influences knowledge regarding menarche is age. Data shows that 10-11 year olds who are in grade 5 are 53.5% less likely to understand the meaning and readiness for menarche, while 46.5% of 11-12 year olds who are in grade 6 are more likely to understand menarche.

The readiness of young women to face menarche at SD Al Kautsar is in the medium category at 48.8%. This is because young women say they are afraid and anxious when they hear the word menstruation, they explain that many of them don't know about menarche because they haven't been taught about menarche at school and at home. However, there are also 45.3% of young women who have high readiness. This is often found in

teenagers who are in grade 6. Most of them are ready because they already know a lot of insight about menarche.

2. Relationship between family support and the readiness of young women to face menarche

Based on statistical tests, it shows that there is a relationship between family support and the readiness of young women to menarche at SD Al Kautsar Surabaya. The role of the family, especially mothers, is very important in teaching about menarche so that young women are ready to face it (Hidayah & Palila, 2018). Family support given to teenagers will influence the anxiety and readiness of these young women. Family support is very influential in the readiness of young women to face a situation such as the arrival of their first menstruation. If the child is not given family support, whether emotional, assessment, instrumental or informational support, it will affect the readiness of the young woman to menarche (Kharunia, Khazani, 2015). This is because family members are the closest people to teenagers so communication on sensitive matters will be more open (Salangka et al., 2018). The family has a big role in providing information about development in adolescents, therefore the family is expected to provide emotional support so that adolescents feel comfortable and are not afraid to experience development, especially for adolescent girls, namely with the arrival of menarche (Salangka et al., 2018). The readiness of young women to face menarche is a condition that the young women are ready to reach physical maturity, namely the arrival of the first menstruation (menarche) (Lutfiya, I., 2017). The readiness of young women to accept menarche depends on several things, including social support and the availability of information. Social support is a form of comfort that a person gets from other people such as parents, partners, siblings, friends, teachers or medical staff. This support can be in the form of expressions of empathy, care,

concern, assistance with money or goods, advice, suggestions or feedback. The social support a person receives can make that person feel loved, cared for and can increase positive feelings. The social support that young women receive regarding menarche will cause young women to feel that they are receiving attention, information, love, affection and a sense of comfort, thereby helping them prepare themselves to face menarche (Susilowati, Y. A., Setyowati, & Afyanti, Y., 2018).

The results of the research show that the majority of families have high levels of support, indicating that parents or guardians of young women at SD Al Kautsar Surabaya provide a lot of insight to young women. Researchers assume that family support is the most influential factor in the adolescent development process. Family support and teenagers' readiness to face menarche are closely related because if teenagers are educated from as early as possible, teenage girls will be more understanding and prepared when they experience puberty, so they will know what to do when they experience menstruation. Parents can play an active role in providing understanding about menarche, because this is a very early thing for a teenager. With this understanding, it is hoped that young women will know the steps that must be taken if they experience menarche, so that they are able to carry out personal care and hygiene such as changing sanitary napkins at least twice a day because cleanliness of the reproductive or sexual organs is the beginning of efforts to maintain the health of the genitalia. Families look for solutions that can help individuals in carrying out activities.

Family support is the social environment closest to adolescent development. It is hoped that adolescents will be accompanied and controlled for puberty knowledge so that they have more insight so that adolescents are not confused if they experience their first

menstruation. When dealing with menarche, young women need to make behavioral adjustments that they cannot always make on their own, especially if there is no support from their parents, especially their mother. Support from parents, especially mothers, is very necessary to help young women understand about menarche. The mother as the closest person in the family has responsibility for the child's future development. The mother as someone who has experienced menarche is expected to be a place to share experiences for her children in understanding menarche. Nearly half of the sources of information about menarche come from parents, this happens because parents are the first people who are told by young women when they first experience menstruation.

Parents can provide supervision, provide guidance, and give children the opportunity to talk about their sexual experiences. Because there are only one thing that a young woman experiences (menarche) that she doesn't understand and needs support from her parents to give her direction. Usually children prefer to be reluctant to ask their parents about menstruation, so this is where parents should play a role, they usually ask about what menstruation is, how to use sanitary napkins, how to deal with pain during menstruation. The knowledge that must be given to children about menstruation is about the meaning of menstruation, the physiology of menstruation, menstrual disorders, maintaining cleanliness of the genitals during menstruation, and other information about menstruation that children need.

The relationship between family support and adolescents' readiness to face menarche is closely related due to one of the factors explained in the previous paragraph, namely the social environment closest to adolescents is the family. So the role of the family is very important because, if family support provides good support, automatically

the teenager's readiness to face menarche will also be good.

CONCLUSIONS

There is a relationship between family support, knowledge and readiness of young women. The implication of this research is that it is hoped that families will increase their support in preparing for menarche. Families and related parties such as schools are expected to provide more education regarding preparation for menarche.

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