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Relationship Of Adolescent Women's Knowledge About Menarche

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ARTICLE INFO	ABSTRACT
	Menarche is the first menstruation which usually occurs between the ages of 10-16 years or in early adolescence in the middle of puberty before entering the reproductive period. World Health Organization in 2018, the age of adolescents ranges from 10-19 years, with an average age of menarche of 13 years. Nationally, the average age of menarche is 13-14 years, occurring in 37.5% of Indonesian teenagers, with the earliest occurrence being less than 9 years of age or later up to 17 years of age. The type of research used is analytical using secondary data. The sampling technique used total sampling, that is, the entire population was sampled as 35 teenagers experiencing menarche. Data processing starts from editing, coding, and tabulating. From the research results, it is known that 35 teenagers experienced menarche, based on the majority's knowledge, 15 respondents had insufficient knowledge (42.9%), 10 respondents (28.6%) had sufficient knowledge, 15 respondents based on the majority's age were 11-13 years old. (42.9%) minorities aged <13 years were 10 respondents (28.6%), based on the majority environment, the family environment was 15 respondents (42.9%) minorities from the non-school environment were 10 respondents (28.6%), based on the majority of information sources were family/friends as many as 15 respondents (42.9%) and the minority were mass media as many as 10 respondents (28.6%). From the research results, it was found that there was a relationship between young women's knowledge about menarche at SMPN 1 Panyabungan Selatan with a p-value of 0.001<0.05.
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INTRODUCTION

Menarcheis the first menstruation which usually occurs between the ages of 10-16 years or in early adolescence in the middle of puberty before entering the reproductive period. Every 1 in 6 of the world's population is a teenager, while 85% of them live in developing countries. In Indonesia, the number of teenagers and young people is growing very quickly. In 2017, the number of the 15-24 year age group increased from 21 million to 43 million or from 18% to 21% of the total population in Indonesia (Kusmiran, 2017). Based on the World Health Organization in 2018, the age of adolescents ranges from 10-19 years, with an average age of menarche of 13 years. Nationally, the average age of menarche is 13-14 years, occurring in 37.5% of Indonesian teenagers, with the earliest occurrence being less than 9 years of age or later up to 17 years of age. About 0.1% of young women experience menarche in Central Java, especially Semarang, at the age of 6-8 years, 26.3% experience their first menstruation (menarche) at the age of 10-16 years, and 4.5% at the age of 17 years. and above (Ministry of Health, 2018). Research conducted in India by Tiwari (2017) saw a decrease in the age of menarche in adolescent girls from 14 years 31 days to 13 years

9 days. In Indonesia, the age of adolescents at menarche varies between 10 and 17 years and the average age of menarche is 12 years 5 months. Munda et all, (2018).

Based on data from basic health research (RIKESDES, 2017) in West Java province, the age of adolescents at menarche is between 12-13 years with the highest percentage being 29.2% (RIKESDES, 2017).

Knowledge about menarche is really needed by prospective young women because it can affect emotions, physical and behavior during menstruation. The impact that can arise from a child's lack of knowledge about menstruation can result in them not being ready to face menarche. Apart from that, it also has an impact on psychological problems and physical problems such as lack of personal hygiene which can put them at risk for urinary tract infections (UTI), as many as 50.3% of young women. Those who are not ready to face menarche have bad behavior in personal hygiene during menstruation (Proverawati, 2017).

Efforts that can be made to overcome the above problems are by providing health education about menarche. Health education is an activity to help individuals and community groups improve knowledge, attitudes and skills to achieve optimal healthy living (Triwibowo and Pusphandani, 2018). Providing reproductive health education about menstruation will increase knowledge and information about menstruation so that by increasing knowledge about menstruation it is hoped that teenagers will be ready to face menarche (Proverawati, A & Misaroh, 2017). To improve knowledge and attitudes in school-aged children, education about reproductive health is needed to prevent negative impacts in facing menarche such as anxiety about physical and psychological changes and confusion regarding hygiene when menstruation first comes which has an impact on the health of the reproductive organs (Achjar, 2019).

METHODS

Research Techniques

Descriptive research is research carried out on a group of research objects with the aim of seeing a picture of phenomena that occur in certain populations. The type of research is an analytical survey, namely a cross-sectional approach that relates the knowledge of young women about menarche. Researchers can use samples taken from the population using a total sampling technique, namely 3 local areas with a total of 35 people. The research location was carried out at SMPN 1 Panyabungan Selatan Class VII, Panyabungan Selatan District, Mandailing Natal Regency. This research will start from January 2022 to February 2022

RESULTS AND DISCUSSION

Discussion of results

Univariate Analysis Results

This univariate analysis aims to describe each relationship between the variables studied. Namely looking at the relationship between young women's knowledge about menarche. Categorical data are knowledge, age, information sources, environment

Table 3. Frequency Distribution of Respondents Based on Characteristics of Young Women's Knowledge About Menarche at SMP 1 Panyabungan Selatan, Panyabungan Selatan District, Mandailing Natal Regency, 2022.

No	Knowledge	Frequency	Percentage (%)
1	Good	17	48.6
2	Enough	12	34.3
3	Not enough	6	17.1
	Amount	**35**	**100**

Based on table 1. from the results of statistical tests, data shows that the majority of knowledge is less than 6 people (17.1%), while the minority has sufficient knowledge as many as 12 people (34.3%), 32 people (64%), while the minority aged <20 years as many as 7 people (14%).

Table 2. Frequency Distribution of Respondents Based on Age Characteristics of Respondents at SMP 1 South Panyabungan Class VII Panyabungan Selatan District Mandailing Regency Natal 2022

No	Age	Frequency	Percentage (%)
1	<11 Years	7	20.0
2	11-13 Years	10	28.6
	>13 Years	18	51.4
	Amount	**35**	**100**

Based on table 2, the results of statistical tests show that the majority are aged 11-13 years as many as 10 people (28.6%), while the minority are aged <13 years as many as 18 people (51.4%).

Table 3. Frequency Distribution of Respondents Based on Environmental Characteristics of Respondents at SMP 1 South Panyabungan Class VII Panyabungan Selatan District Mandailing Regency Natal 2022

No	Environment	Frequency	Percentage (%)
1	Family	10	28.6
2	School	15	42.9
3	Outside School	10	28.6
	Amount	**35**	**100**

Based on table 3. the results of statistical tests show that the majority of respondents' environment is family, namely 10 people (28.6%), while the minority is outside school, namely 10 people (28.6%).

Table 4. Frequency Distribution of Respondents Based on Characteristics of Respondents' Information Sources at SMP 1 Panyabungan Selatan Class VII, Panyabungan Selatan District, Mandailing Regency Natal 2022

No	Resources	Frequency	Percentage (%)
1	Mass media	10	28.6
2	Health workers	10	28.6
3	Family	7	20.0

4	Friend	8	22.9
	Amount	**35**	**100**

(Source: Primary Data, 2022)

Based on table 4, the results of statistical tests show that the majority of respondents' sources of information are family, 7 people (20.0%), while the minority is the mass media, 10 people (28.6%).

Bivariate Analysis

This analysis is used to test whether there is a correlation or relationship between adolescent girls' knowledge about menarche. This research was carried out using the Chi-Square test

Table 5. Cross Tabulation of the Relationship between Young Women's Knowledge about Menarche in South Panyabungan State Middle School Class VII, South Panyabungan District, Mandailing Natal Regency, 2022.

Menarche	Knowledge of Young Women About Menarche								P-value
	Good		Enough		Not enough		Total		
	f	%	F	%	F	%	F	%	0.001
Age <11 years	1	2.9	4	11.4	2	5.7	7	20.0	
11-13 years old	2	5.7	4	11.4	4	11.4	10	28.6	
>13 years	14	40.0	4	11.4	0	0.0	18	51.4	
Total	17	48.6	12	34.3	6	17.1	35	100	
Family environment	4	11.4	4	11.4	2	5.7	10	28.6	
School	8	22.9	4	11.4	3	8.6	15	42.9	
Outside School	5	14.3	4	11.4	1	2.9	10	28.6	
Total	17	48.6	12	34.3	6	17.1	35	100	
Source Information Mass media	6	17.1	1	2.9	3	8.6	10	28.6	
Power Health	6	17.1	3	8.6	1	2.9	10	28.6	
Friend	5	14.3	0	0.0	2	5.7	7	20.0	
Family	0	0.0	8	22.9	0	0.0	8	22.9	
Total	17	48.6	12	34.3	6	17.1	35	100	

(Source: Primary Data, 2022)

Based on Table 5, the results of data analysis using the chi-square test showed a significance value of 0.001. Based on this value, because the p value is <0.05, then 0.001 <0.05, it can be concluded that "Knowledge is related to Menarche.

Based on the research results, it was found that the majority of respondents had sufficient knowledge regarding menarche at SMP Negeri 1 Panyabungan Selatan, namely 12 people (34.3%), while the minority had less knowledge, namely 6 people (17.1%). According to Sunaryo (2018), knowledge is a very important domain for the formation of open behavior and the formation of behavior is based on knowledge that encourages a person to carry out an action. Adolescence is a period where rapid growth

and development occurs both physically, psychologically and intellectually. . According to the World Health Organization, adolescents are a population in the age range of 10-19 years (WHO, 2019).

CONCLUSION

From the results of research on 35 respondents based on knowledge at SMP1 Panyabungan Selatan Class VII, Panyabungan Selatan District, Mandailing Natal Regency in 2022, most of the knowledge is lacking knowledge, namely 6 people (17.1, in 35 respondents based on age at SMP 1 Panyabungan Selatan Class VII, District Panyabungan Selatan, Mandailing Natal Regency in 2022, the majority of the age group was 11-13 years old, 10 people (28.6%), for 35 respondents the p value was 0.001 with α = 0.05, so it can be concluded that there is a significant relationship between the knowledge of young women about menarche. Ho is rejected and Ha is accepted, meaning there is a relationship between young women's knowledge about menarche at South Panyabungan 1 Middle School, South Panyabungan District, Mandailing Regency, Christmas 2022.

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