

THE EFFECTIVENESS OF ANXIETY ASSISTANCE TO TEENAGE GIRL IN FACING PUBERTY AT ORPHANAGE

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Abstract

Anxiety is when the individual feels worried/anxious; uncontrolled tension and discomfort about something terrible that was about to happen. Adolescence is marked by puberty, characterized by rapid physical changes, experiencing menarche, psychological changes, and the emergence of secondary sex characteristics, such as the growth of breasts, enlarged hips, and fine growth hairs in the armpit area, and the smell of sweat. Adolescent anxiety often occurs in young women when facing puberty. This study aimed to determine the effectiveness of the assessment of anxiety in facing puberty in adolescents. The research method used a quasi-experimental with a sampling technique using a total sampling of 52 adolescents. The analysis technique used Wilcoxon. The study results with a significance value of 0.000 show that mentoring is very effective in dealing with anxiety at puberty for young women.

Keyword: Adolescent Mentoring, Anxiety, Puberty

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1. Introduction

Youth is a phase that every human being must go through. Adolescence is a period of determination that is used to achieve success in adulthood or the next period. Adolescents are individuals who enter puberty or a period where the reproductive hormones have started to function. Meanwhile, in terms of age, individuals are at the age of 10-19 years. At this time, they were required to be able to go through the periods of their development.^[1]

Adolescence or puberty is a period of transition from childhood to adulthood characterized by the appearance of secondary sexual signs

and the ability to reproduce marked by hormonal, physical, psychological, and social changes.^[2]

These changes during puberty will cause anxiety in adolescents who experience them. According to research by Isnatin^[3], teenage girls' anxiety about physical changes at puberty influenced by age. At the age of 12-19, teenage girls showed physical changes such as the enlarged on several parts of the body. Adolescence tends to shut down so that sometimes it causes excessive anxiety and even experiences stress.

The government's efforts related to adolescent reproductive health include providing adolescent

reproductive health services by implementing PIK-R's adolescent reproductive health services.^[4] PIK-R is a forum for preparing the family life for adolescents program, which was managed by and for adolescents to provide information services and counseling on reproductive health and family life preparation. The Ministry of Health also has several policies, the first of which was Adolescent Reproductive Health.^[5] Teens can more easily express their opinions to their peers. Attitudes, conversations, interests, appearance, and peers' behavior have a more significant influence than family.^[6]

Adolescence was divided into three stages, namely early adolescence (10-14 years), intermediate (15-16 years), and late (17-20 years). Middle adolescence marked by the near completion of puberty, the emergence of new thinking skills, increased recognition of the onset of adulthood, and a desire to establish emotional and psychological distance from parents.^[7] The tasks of adolescent development were^[8]: a) Able to accept physical conditions. b) Able to accept and understand the role of adult sex. c) Able to build good relationships with members of different types of groups. d) Achieve economic independence. e) Achieve emotional independence. f) Developing concepts and intellectual skills that are indispensable to perform a role as a member of society.

Puberty is a time when a child experiences changes in physical, psychological, and sexual function maturation. Puberty starts at the age of 8 to 10 years and ends at around 15 to 16 years of age. At this time, growth and development took place rapidly. Anxiety often arises at this time. Anxiety is a condition when the individual feels worried/anxious.^[9] Uncontrolled tension and flattening of discomfort about something bad that was about to happen. A person will focus on personal affairs and become

more aware of possible dangers or threats.^[10]

When a person experiences excessive anxiety, it can impact decreasing the body's immunity so that it is challenging to fight various diseases, increasing heart problems.^[11]

The facilitator is responsible for assisting in various program activities. Facilitators are also often called community facilitators (CF) because their duties are more of a driving force, activator, catalyst, community motivator, while actors and managers of activities are the people themselves.^[12]

2. Methods

The design of this study was quasi-experimental.^[13] This research was conducted in June - July 2020 at the Yogyakarta Regional Orphanage. The research sample was young women aged 10-17 years in the Yogyakarta Regional Orphanage. With the total sampling technique, data obtained 52 respondents. This research had passed the ethical stage at Aisyiyah University Yogyakarta. The analysis of this study used the Wilcoxon analysis because the data were not normally distributed.

3. Results and Discussion

Table 4.1 Characteristics of Respondents by Age and Menarche

Variable	F
1. Respondents' Age	
a. 2	6%
b. 13	27%
c. 14	21%
d. 15	17%
e. 16	15%
f. 17	13%
2. Menarche's Age	
a. 10	2%
b. 11	13%
c. 12	46%
d. 13	19%
e. 14	8%
f. 15	8%
g. 16	4%
Total	100%

Based on table 4.1, most respondents were 14 years old (26.9%), while most respondents experienced menarche at 12 years old (46.2%).

Table 4.2 The Effectiveness of Assistance in Dealing with Teenage Girls' Anxiety in Facing Puberty

	Post Test - Pre Test
Z	-5.869
Asymp. Sig. (2-tailed)	0.000

Table 4.2 shows a significant difference before and after an intervention (p-value=0.000,) which means that there is the effectiveness of assistance to adolescents on anxiety in facing puberty.^[14]

This finding is in line with previous research, which stated that anxiety was a condition when individuals feel worried/anxious. Uncontrolled tension and discomfort about something bad that was about to happen. Adolescence was marked by puberty characterized by rapid physical changes, experiencing menarche, psychological changes, and the emergence of secondary sex characteristics, such as the growth of breasts, enlarged and enlarged hips, and fine growth hairs in the armpit area, and the smell of sweat. These changes can cause feelings of confusion, questions, fear, and anxiety.^[15] This can be influenced by several factors, one of which is age. Following the research above, the age who experiences anxiety is mostly adolescents aged 12-13 years (48%). There were dramatic changes at the age of 12-13 years when sexual hormones such as progesterone and estrogen increase strongly. At this age, there was also anxiety. It was easier for someone younger to experience anxiety disorders. This is in line with Hardianingsih (2017) research that young women's anxiety about physical changes at puberty is influenced by

age. Based on the research results, almost half of the respondents were 13 years old (44.7%).^[16]

According to Sujianti, at puberty, girls experience menstruation. Menstruation is a biological sign of sexual maturity. At the time of menstruation for the first time, generally, there was anxiety or fear strengthened by the desire to reject this physiological process. Sometimes there was a wrong assumption about menstruation, resulting in shame, feeling unclean or unclean, feeling dirty and stained, and overwhelmed by other negative emotions.^[17]

One of the factors that can overcome anxiety is mentoring. Mentoring is a process of providing convenience to adolescents in identifying needs and solving problems, and encouraging self-confidence in adolescents.^[18] Assistance was carried out in counseling and regular visits to provide support and motivation to adolescents in the orphanage.^[7] This study's findings indicate a p-value: 0.000, which shows that assistance is very effective in overcoming anxiety in adolescents facing puberty, especially adolescents in the orphanage.^[19]

4. Conclusion

Mentoring to teenage girls in Girls Orphanage significantly help to reduce anxiety in puberty (p-value: 0.000). To reduce anxiety, teenage girls need to be more open to tell their problems. It could help companion to understand and help them.

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