

THE RELATIONSHIP BETWEEN KNOWLEDGE, ATTITUDES AND PARENTAL ROLES WITH READINESS TO FACE MENARCHE IN EARLY ADOLESCENTS

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Abstract

Adolescents who are about to menstruate need good mental preparedness. Teenagers who are not ready to face menarche will feel menstruation as something cruel and threatening, this situation can continue into adulthood if they are not given the right information. The aim of the research was to determine the relationship between knowledge, attitudes and the role of parents with readiness to face menarche. This type of research is quantitative research with a descriptive analytical design and a cross sectional approach. The population in the study were all early teenage female students at SDN 01 Sukalarang, totaling 117 female students with a sample size of 100 respondents. The sampling technique uses quota sampling. The research was conducted in February 2024 using a questionnaire as a research instrument in collecting data which was analyzed using Chisquare. The results of the analysis showed that there was a relationship between knowledge ($p\text{-value} = 0.005$, $OR = 3.727$), attitude ($p\text{-value} = 0.030$, $OR = 2.681$), and the role of parents ($p\text{-value} = 0.017$, $OR = 2.895$) towards readiness to face menarche in early adolescents. The need to improve, optimize and develop health programs reproduction for early adolescents, especially in providing health education about menarche.

Keywords: Knowledge, Attitude, Role, Menarche

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1. Introduction

Adolescence will experience a period of puberty which accelerates physical growth and development and is characterized by the maturity of the reproductive organs. In women, puberty takes the form of the first menstrual event called menarche. The age of menarche varies for each woman. In general, menarche occurs at the age of 12-14 years, but currently there is a tendency to decrease the age of menarche to a younger age so that many elementary school students experience menarche earlier [1].

Based on data obtained by about one-fifth of the world's population of adolescents aged 10-19 years have

experienced menarche [2]. Nationally, the average age of menarche is 13-14 years old in 37.5%. The youngest age of menarche in adolescent girls in Indonesia is 9 years and the oldest age of menarche is 18 years. Most adolescent girls in Indonesia experienced menarche at the age of 12 years 31.33%, age 13 years 18.24%. Most of the age of menarche of adolescent girls in Indonesia is at the age of 12-14 years [3].

Adolescents who will experience menstruation need good mental preparedness. Readiness to face menstruation is a condition that shows that a person is ready to reach a physical maturity [4]. The first menstruation (menarche) will be a stressful time for early

adolescent girls because they have just experienced it [5]. Readiness to face the first menstruation (menarche) where a woman reaches one of the physical maturities, namely the arrival of the first menstruation (menarche). This is characterized by a deep understanding of the menstrual process so that they are ready to accept and experience the first menstruation (menarche) as a normal process [4]. Adolescent girls need information and assistance during menstruation. Adolescents learn about menstruation from their mothers and peers but not all mothers can provide information that talks openly to anyone until their children experience their first menstruation [6].

The phase of the arrival of the first menstruation is also a period in which women actually undergo their female functions. So for women, the menstrual event occupies a unique psychological existence, which can affect women's perception of the reality of life, both in adolescence and adulthood [7].

The researcher's consideration chose respondents aged 10-12 years because at this age is early adolescence which is very vulnerable to the outside world which is a transition period in reaching maturity and is the age approaching menarche. Based on the results of direct interviews from a teacher on October 4, 2023, he said there were still students who were embarrassed and felt anxious in facing menarche, students did not understand what menarche was, students had a negative attitude who thought that menarche was a disease, and students said that there was no parental role in educating related to menarche.

Adolescents who will experience menstruation need good mental readiness. Readiness to face menstruation is a condition which shows that a person is ready to reach a physical maturity. Based on this background, the researcher will conduct research on the relationship between knowledge, attitudes, and the role of parents with readiness in early adolescents in facing menarche [8].

Adolescence is a transition period from childhood to adulthood. In adolescence a woman will have her first menstruation (menarche). Every teenager must prepare themselves in facing menarche, several factors that must be prepared include adolescents must have good knowledge about menarche, a positive attitude, and a good parental role. If not well prepared, then the lack of knowledge and the role of parents will tend to make adolescents have a negative attitude so that they are not ready to face menarche. The readiness of early adolescents at the elementary level in facing menarche is still low. Based on the results of previous research, out of 33 respondents there were 11 (33.3%) schoolgirls ready to face menarche and 22 (66.7%) schoolgirls were not ready to face menarche [9].

The results of a preliminary study conducted by researchers on October 4, 2023 on 10 elementary school students obtained data that 5 (50%) female students said that they did not know what the first menstruation was and how the symptoms felt if they experienced menstruation and also had a negative attitude such as thinking that menarche was unnatural and not ready to experience menarche, while 5 (50%) female students said they already knew what menstruation was and how the symptoms felt if they experienced menstruation because they had been educated by their parents. In the Sukalarang Subdistrict area, no research has been conducted on early adolescents in facing menarche which includes knowledge, attitudes, and the role of parents. Based on the existing problems, the purpose of the study was to determine the relationship between knowledge, attitudes, and the role of parents with readiness in facing menarche in early adolescents at SDN 01 Sukalarang.

2. Methods

This type of research is a type of quantitative research. The design used in this study is descriptive analytic with a cross sectional approach. The study population was all early adolescent

students at SDN 01 Sukalarang as many as 117 students. Based on the Slovin Formula, the research sample was early adolescents at SDN 01 Sukalarang in 2024 which amounted to 90.5 plus 10% so that the total sample was 100 respondents. The research inclusion criteria consisted of female students at SDN 01 Sukalarang aged 10-13 years who had not experienced menstruation, and were willing to become respondents. While the research exclusion criteria are students who are not willing to become respondents.

The research was conducted at SDN 01 Sukalarang because in that place no research had ever been done so that the data in the preliminary study conducted showed that there were female students who did not know what the first menstruation was and how the symptoms were felt if they experienced menstruation and also had a negative attitude such as thinking that menarche was unnatural and not ready to experience menarche. The research began in December 2023 until February 2024. Before the questionnaire was given to respondents, the questionnaire was tested first by conducting validity (validity) and reliability (consistency) tests, the results obtained all question items on each variable were valid and reliable. The research analysis used the chi square statistical test because the data for both the independent variable and the dependent variable were categorical.

3. Results and Discussion

Table 1. Respondent Characteristics

Characteristics	N	%	
Age	10 Year:	22	22,0
	11 Year:	28	28,0
	12 Year:	26	26,0
	13 Year:	24	24,0
Class	4	30	30,0
	5	37	37,0
	6	33	33,0
Total	100	100,0	

Source: Primary Data 2024

Based on table 1, more early adolescents at SDN 01 Sukalarang in 2024 were 11 years old, as many as 28 (28.0%) respondents. More early adolescents at

SDN 01 Sukalarang in 2024 were in grade 5, as many as 37 (37.0%) respondents.

Table 2: Description of Research Variables

Variables	N	%	
Preparation	Not Good	48	48,0
	Good	52	52,0
Knowledge	Not Good	35	35,0
	Good	65	65,0
Attitude	Negative	40	40,0
	Positive	60	60,0
Parental role	Less role	49	49,0
	Active role	51	51,0
Total	100	100,0	

Source: Primary Data 2024

Based on table 2, more early adolescents at SDN 01 Sukalarang in 2024 had good readiness in facing menarche, as many as 52 (52.0%) respondents. More early adolescents at SDN 01 Sukalarang in 2024 had good knowledge, as many as 65 (65.0%) respondents. More early adolescents at SDN 01 Sukalarang in 2024 had a positive attitude, as many as 60 (60.0%) respondents. More early adolescents at SDN 01 Sukalarang in 2024 had parents who played a role, namely 51 (51.0%) respondents.

Table 3. Relationship between Research Variables

Variables	Category	Menarche Readiness				Pv
		Not Good		Good		
		n	%	n	%	
Knowledge	Not Good	24	68,6	11	31,4	0,005 OR:3,723
	Good	24	36,9	41	63,1	
Attitude	Negative	25	62,5	15	37,5	0,030 OR:2,681
	Positive	23	38,3	37	61,7	
Parental Role	Less role	30	61,2	19	38,8	0,017 OR:2,895
	Role	18	35,3	33	64,7	

Based on table 3. it is known that of the 35 early adolescents who had poor knowledge about menarche, most had poor readiness in facing menarche by 24 respondents (68.6%). While out of 65 early adolescents who had good knowledge about menarche, most had readiness in facing good menarche by 41 respondents (63.1%). The results of the chi square hypothesis test obtained a p-value of 0.005

(p-value <0.05), it can be concluded that H_0 is rejected and H_a is accepted, which means that there is a relationship between knowledge and readiness to face menarche in early adolescents at SDN 01 Sukalarang in 2024. The results of the analysis obtained the Odds Ratio (OR) value of 3.727, meaning that early adolescents with good knowledge will be more ready to face menarche 3 times than adolescents with less good knowledge.

Based on table 3. it is known that of the 40 early adolescents who had a negative attitude towards menarche, most had poor readiness in facing menarche by 25 respondents (62.5%). Whereas out of 60 early adolescents who had a positive attitude towards menarche, most had a good readiness to face menarche by 37 respondents (61.7%). The results of the chi square hypothesis test obtained a p-value of 0.030 (p-value <0.05), it can be concluded that H_0 is rejected and H_a is accepted, which means that there is a relationship between attitude and readiness in facing menarche in early adolescents at SDN 01 Sukalarang in 2024. The results of the analysis obtained an Odds Ratio (OR) value of 2.681, meaning that early adolescents with a positive attitude will be 2.681 more prepared than adolescents with a negative attitude.

Based on table 3. it is known that of the 40 early adolescents who had a negative attitude towards menarche, most had poor readiness in facing menarche by 25 respondents (62.5%). Whereas out of 60 early adolescents who had a positive attitude towards menarche, most had a good readiness to face menarche by 37 respondents (61.7%). The results of the chi square hypothesis test obtained a p-value of 0.030 (p-value <0.05), it can be concluded that H_0 is rejected and H_a is accepted, which means that there is a relationship between attitude and readiness in facing menarche in early adolescents at SDN 01 Sukalarang in 2024. The results of the analysis obtained an Odds Ratio (OR) value of 2.681, meaning that early adolescents with a positive attitude will be 2.681 more prepared than adolescents with a negative attitude.

Knowledge with Menarche Readiness

The results of the study obtained there is a relationship between knowledge and readiness in facing menarche in early adolescents at SDN 01 Sukalarang in 2024. The results of the analysis obtained the Odds Ratio (OR) value of 3.727, meaning that early adolescents with poor knowledge have a chance of 3.727 times having readiness in facing menarche that is less good compared to early adolescents who have good knowledge.

The results of this study are in line with previous research, the results obtained there is a relationship between the level of knowledge and readiness to face menarche (p value = 0.026), where the correlation formed is a weak correlation but has a positive relationship pattern. This means that if you want to increase the readiness of female students in facing menarche, it is necessary to increase knowledge through providing information to elementary school students or adolescents of menarche age [10]. Knowledge obtained by adolescents about menstruation will affect adolescents' perceptions about menstruation. If the perception formed by adolescents about menstruation is positive, then this will affect adolescents' readiness to face menstruation [11].

Knowledge about reproduction tells us that what is experienced by a woman who is in puberty is normal. The feeling of confusion, anxiety, and worry when experiencing menstruation for the first time is caused by adolescent girls' lack of knowledge about menstruation [12]. The impact of a lack of knowledge about first menstruation in early adolescents will affect the readiness of early adolescent girls in facing menarche where the individual has a very strange fantasy picture along with feelings of guilt where all of these things are associated with the problem of bleeding in the genitals and the menstrual process. The solution for adolescent girls to have a good perception of menarche is to provide information about menarche correctly [13].

According to the researcher's analysis, the first menstruation is often lived by girls as a traumatic experience,

sometimes children who are not ready to face menarche because they have insufficient knowledge so that there will be a desire to reject the physiological process, children will feel menstruation as something cruel and threatening, this situation can continue in a more negative direction, where the child has a very strange fantasy picture along with unreasonable anxiety and fear, can also be accompanied by feelings of guilt or sin, where all of these things are associated with bleeding problems in the genital organs and the menstrual process. But it is different for children who have good knowledge, where they are ready to face menarche, they will feel happy and proud, because children

Attitudes with Menarche Readiness

The results of the study obtained there is a relationship between attitude and readiness in facing menarche in early adolescents at SDN 01 Sukalarang in 2024. The results of the analysis obtained an Odds Ratio (OR) value of 2.681, meaning that early adolescents with a negative attitude have a chance of 2.681 times having a readiness to face menarche that is less good than early adolescents who have a positive attitude.

The results of this study are in line with previous research, obtained statistical test results (chi-square test) P value = 0.016 ($P < 0.05$). This means that there is a significant relationship between attitude and readiness of adolescent girls to face menarche at SD Negeri 3 Peuniti Banda Aceh [14]. Adolescent girls who have a negative attitude towards menstruation will experience depression and discomfort in their menstrual cycle. Adolescent girls with more positive attitudes about gender roles and sexuality experience less pain during menstruation compared to girls with negative attitudes towards menstruation. Therefore, if adolescents are not informed or properly prepared about the physical and psychological changes that occur during puberty, the experience of these physical changes can be a traumatic event. As a result, adolescents will develop unfavorable attitudes towards these changes [15].

When approaching the beginning of menstruation, each teenager has a different attitude and response. Attitudes in facing menarche can be positive or negative, a positive attitude is shown by a sense of sincerity when he knows that he is heading towards adulthood, confident, not afraid and not anxious about what he is experiencing. Negative attitudes are shown by feelings of anxiety, fear, lack of confidence, and confusion about what will happen [16]. Adolescent girls who have a negative attitude towards menstruation will experience depression and discomfort in their menstrual cycle. Adolescent girls with more positive attitudes about gender roles and sexuality experience less pain during menstruation compared to adolescent girls who have negative attitudes towards menstruation [17].

According to the researcher's analysis, adolescents have not received correct information about menstruation so they have misinformation about menstruation, and even tend to associate menstruation with something negative. Adolescents usually do not know about the basic changes that occur to them. Therefore, if adolescents are not informed or properly prepared about the physical and psychological changes that occur during puberty, the experience of these physical changes can be a traumatic event. As a result, adolescents will develop unfavorable attitudes towards these changes.

Parental Role with Menarche Readiness

The results of the study obtained there is a relationship between the role of parents with readiness in facing menarche in early adolescents at SDN 01 Sukalarang in 2024. The results of the analysis obtained an Odds Ratio (OR) value of 2.895, meaning that early adolescents with parents who play a less important role have a chance of 2.895 times having a readiness to face menarche that is less good than early adolescents who have parents who play a role.

Based on the results of previous research, using chi-square statistical test analysis, the p value = 0.000 < 0.05 , it can be concluded that there is a significant

relationship between the role of parents and readiness to face menarche [18]. In addition, the study explained that the role of parents is very large in providing answers and alternative answers to things that are questioned by adolescents, so that adolescents can think further and choose the best. Parents unable to explain wisely and being rigid will make adolescents more confused and misinterpret the explanation [19].

External factors that influence girls in facing menarche are the provision of sufficient information about menstruation and environmental factors which include family environment and friend environment.

Things that need to be explained to girls related to menstruation are about menstruation, namely the definition and signs of menstruation, how to maintain personal hygiene, including how to use pads, clean pads, wash underwear, and clean the body. It is also explained about the changes that occur after menstruation which include physical, behavioral, and emotional changes, as well as patterns that need to be maintained after experiencing menstruation such as eating patterns and sleeping patterns [20].

The role of parents in preparing adolescent girls to face menarche includes the role as educators who provide complete and correct information about menstruation to children, as friends for children in providing information about menstruation, as role models who provide good examples to girls on how to maintain personal hygiene during menstruation, as supervisors in children's relationships, and as providers of support or support both physically and mentally to girls in facing menarche [21].

According to the researcher's assumption, parents play an important role in preparing their children to face puberty and need to convey information about sex and sexuality because parents are the first source where a child learns and is guided to recognize sex. Parents, especially mothers, have a great responsibility to teach about the changes in puberty experienced by their daughters, including clear and correct

information about menarche. Therefore, a study on the role of parents in preparing adolescent girls for menarche is needed.

4. Conclusion

Based on the results and findings of the study, it can be concluded that the description of early adolescents at SDN 01 Sukalarang has good knowledge (65.0%), positive attitudes (60.0%), parents who play a role (51.0%), and readiness in facing menarche is good (52.0%). There is a relationship between knowledge and readiness to face menarche in early adolescents at SDN 01 Sukalarang in 2024 with a p-value of 0,005 and an Odds Ratio of 3,727. There is a relationship between attitude and readiness to face menarche in early adolescents at SDN 01 Sukalarang in 2024 with a p-value of 0.030 and an Odds Ratio of 2.681. There is a relationship between parental role and readiness in facing menarche in early adolescents at SDN 01 Sukalarang in 2024 with a p-value of 0,017 and an Odds Ratio of 2,895.

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