



INNOVATIVE: Journal Of Social Science Research

Volume 3 Nomor 1 Tahun 2023 Page 910-916

E-ISSN 2807-4238 and P-ISSN 2807-4246

Website: <https://j-innovative.org/index.php/Innovative>

Representative Knowledge About Menarche In Primary School Students In Classes 5 And 6

Tri Wulan^{1✉}, Restu Duwi Lestari²

Midwifery Diploma Study Program, Politeknik Mercusuar Indonesia, Kediri, East Java

Email: triwulan@polimercia.ac.id[✉]

Abstrak

Menarche merupakan tanda penting dalam perkembangan reproduksi perempuan dan dapat menimbulkan berbagai gejala fisik maupun emosional yang memengaruhi kesiapan remaja menghadapi menstruasi. Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan tentang menarche pada siswi kelas 5 dan 6 di SDN 1 Lirboyo, Kecamatan Mojoroto, Kota Kediri. Penelitian ini menggunakan desain deskriptif kuantitatif dengan total sampling, melibatkan 34 siswi yang belum menarche atau dapat memberikan informasi terkait menarche. Data dikumpulkan menggunakan kuesioner terstruktur yang mengukur pengetahuan tentang proses fisiologis, gejala, dan kebersihan selama menstruasi, lalu dianalisis secara deskriptif. Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 11 tahun (50%) dan berada di kelas 5 (55,8%). Sebanyak 19 siswi (55,8%) memiliki pengetahuan baik tentang menarche, 11 siswi (32,3%) memiliki pengetahuan cukup, dan 4 siswi (11,7%) memiliki pengetahuan kurang. Pengetahuan yang memadai membantu siswi mempersiapkan diri menghadapi menstruasi dan mengurangi kecemasan. Namun, sebagian responden masih memerlukan edukasi tambahan mengenai kesehatan reproduksi. Disarankan agar tenaga kesehatan dan sekolah mengadakan penyuluhan dan kegiatan ekstrakurikuler terkait menarche untuk meningkatkan pemahaman dan kesiapan siswi.

Kata Kunci : *Menarche, Pengetahuan, Siswi SD, Kesehatan Reproduksi*

Abstract

Menarche is a significant milestone in female reproductive development, often accompanied by physical and emotional symptoms that can affect adolescents' readiness for menstruation. This study aimed to describe the knowledge of menarche among fifth- and sixth-grade female students at SDN 1 Lirboyo, Mojoroto District, Kediri City. A descriptive quantitative design was used with total sampling, involving 34 students who had not yet experienced menarche or could provide information regarding it. Data were collected using a structured questionnaire assessing knowledge of physiological processes, symptoms, and menstrual hygiene, and analyzed descriptively. The results showed that most respondents were 11 years old (50%) and in grade 5 (55.8%). Nineteen students (55.8%) had good knowledge of menarche, 11 (32.3%) had fair knowledge, and 4 (11.7%) had poor knowledge. Adequate knowledge helps students prepare for menstruation and reduces anxiety, while some still require additional reproductive health education. It is recommended that healthcare professionals and schools provide counseling and extracurricular activities focusing on menarche to improve students' understanding and readiness.

Keywords: Menarche, Knowledge, Elementary School Students, Reproductive Health

INTRODUCTION

Menarche is a normal physiological milestone in female reproductive development, marked by the first menstrual bleeding, regulated by estrogen and follicle-stimulating hormone (FSH) (Prawirohardjo, 2014). The menstrual cycle typically lasts around 28 days, with bleeding occurring for 3–8 days, although variations may occur depending on individual hormonal balance and nutritional status (Nurlaeli, 2021). This early reproductive event is often accompanied by physical and emotional symptoms such as abdominal cramps, back pain, headaches, mood swings, and discomfort, which may influence young girls' readiness in facing menarche (Juliana, 2018).

Adolescence represents a critical developmental stage, and female adolescents require adequate knowledge about reproductive health to prepare for physiological changes, such as menarche (Kementerian Kesehatan RI, 2018). The age of menarche varies widely and is influenced by factors such as nutritional status, genetics, and overall health. A study by Juliyatmi and Handayani (2015) reported that nutritional status is significantly associated with age at menarche among junior high school students. Lack of appropriate knowledge about menstruation and reproductive health often leads to fear, confusion, or anxiety among young girls experiencing menarche for the first time (Liswidyawati, 2012).

Knowledge plays an essential role in reducing anxiety and improving readiness among young girls facing menarche. Knowledge is shaped by learning experiences, access to information, and health education interventions provided by families, schools, or health

professionals (Notoatmodjo, 2012). Health education has been shown to influence students' understanding and emotional preparedness regarding menstruation significantly. For example, Utari (2016) found that menstrual health education significantly reduced anxiety levels among elementary school students experiencing or preparing for menarche.

A preliminary study conducted at SDN 1 Lirboyo, Mojoroto District, Kediri City, revealed that fifth- and sixth-grade girls who had not yet experienced menarche showed limited understanding of menarche and menstrual health. Inadequate knowledge, combined with limited family support and misconceptions, may increase students' anxiety and negatively affect their readiness to face menarche. Therefore, this study aims to explore representative knowledge about menarche among female students in grades 5 and 6 at SDN 1 Lirboyo, Mojoroto District, Kediri City.

RESEARCH METHOD

This study was conducted in 2022 at SDN 1 Lirboyo, Mojoroto District, Kediri City, focusing on female students in grades 5 and 6 who had not yet experienced menarche. The research design used was a descriptive, quantitative design, aimed at providing an overview of students' knowledge of menarche without manipulating variables (Nursalam, 2013). A total sampling technique was applied, including all eligible students in grades 5 and 6. The inclusion criteria were female students in grades 5 and 6 who had not experienced menarche or were able to provide information about their knowledge of menarche. In contrast, students who were absent during data collection were excluded. The total sample consisted of 34 students.

Data collection was conducted using a structured questionnaire comprising items measuring knowledge of menarche, including physiological processes, symptoms, and personal hygiene during menstruation. The questionnaire was tested for validity and reliability prior to the main study. Data were analyzed descriptively, presenting frequency distributions and percentages of respondents' characteristics and levels of knowledge about menarche (Hidayat, 2013; Notoatmodjo, 2012). The results were used to provide an overview of students' understanding of menarche and to identify potential educational interventions.

RESULTS AND DISCUSSION

Table 1. Distribution of Respondents Based on Age and Grade at SDN 1 Lirboyo, Mojoroto District, Kediri City

Characteristics	Category	Frequency (n)	Percentage (%)
Age (years)	11	17	50.0
	12	12	32.5
	>12	5	14.7
	Total	34	100.0
Grade Level	Grade 5	19	55.8
	Grade 6	15	44.1
	Total	34	100.0

Table 1 shows that the majority of respondents were 11 years old, with 17 students (50%), followed by 12-year-olds with 12 students (32.5%) and students over 12 years old with 5 students (14.7%). This indicates that most of the students in the study are in the early stage of adolescence. Regarding grade level, most respondents were in Grade 5, totaling 19 students (55.8%), while 15 students (44.1%) were in Grade 6. These results suggest that the sample is fairly evenly distributed between the two grades, with slightly more students in the lower grade.

Table 1. Distribution of Respondents Based on Age and Grade at SDN 1 Lirboyo, Mojoroto District, Kediri City

Knowledge Level	Frequency (n)	Percentage (%)
Good	19	55.8
Fair	11	32.3
Poor	4	11.7
Total	34	100.0

Table 2 shows that 19 students (55.8%) had good knowledge of menarche. Meanwhile, 11 students (32.3%) had fair knowledge, and four students (11.7%) had poor

knowledge. This suggests that most students have an adequate understanding of menarche, though a significant proportion may require additional information or education to improve their knowledge.

DISCUSSION

Respondents Characteristic

Age. Based on the results presented in Table 1, the majority of respondents were 11 years old, totaling 17 students (50%) out of 34 respondents. Age can influence knowledge, as increasing age is associated with greater exposure, understanding, and experience regarding menarche. Adolescents with adequate knowledge are generally better prepared to face menstruation, and their anxiety levels tend to decrease (Goldman, Troisi, & Rexrode, 2012).

Grade Level. Table 1 also shows that most respondents were in Grade 5, with 19 students (55.8%). Education affects the learning process, as students with higher levels of education are better able to receive and process information effectively (Juliana, 2018). Knowledge about a particular topic has both positive and negative aspects, which influence attitudes toward it. The greater the number of positive aspects understood, the more likely students are to develop a positive attitude toward menarche (Liswidyawati, 2012).

Knowledge of Menarche among Grade 5 and 6 Students

Based on Table 2, most respondents had good knowledge of menarche, totaling 19 students (55.8%) out of 34. Knowledge consists of facts and theories that help individuals solve problems and make informed decisions. Adequate knowledge can help students prepare for menarche more effectively (Notoatmodjo, 2012). Knowledge is acquired through sensory perception, including sight, hearing, taste, smell, and touch, with sight and hearing being the primary sources of information. Students who already possess strong knowledge are encouraged to continue updating and expanding their understanding by seeking valid, up-to-date information (Utari, 2016). Nearly half of the respondents had fair knowledge of menarche (15 students, 44.1%). Previous studies indicate that students with fair knowledge often obtain information from parents, siblings, or peers (Pudiastuti, 2012). It is recommended that healthcare professionals, particularly midwives, provide counseling and education about menarche to enhance students' understanding.

A small proportion of respondents had poor knowledge, totaling four students (11.7%). Research by Sholeha and Hidayatus (2016) also showed that some Grade 5 and 6 students still have insufficient knowledge regarding menstruation preparation. This gap is likely due

to limited access to reproductive health information. School principals are encouraged to provide extracurricular activities focusing on reproductive health education, particularly on menarche, to improve students' awareness and preparedness.

CONCLUSION

The study concludes that the majority of fifth- and sixth-grade students at SDN 1 Lirboyo have good knowledge about menarche, which supports their readiness for menstruation and helps reduce anxiety. However, a portion of students still has fair or poor knowledge, highlighting the need for continuous health education. Schools and healthcare providers, particularly midwives, should implement educational programs and extracurricular activities to enhance students' understanding of menarche and reproductive health.

REFERENCE

- Goldman, M. B., Troisi, R., & Rexrode, K. M. (2012). *Women and health*. New York: American Press.
- Hidayat, A. A. (2013). *Metode penelitian keperawatan dan teknik analisis data*. Jakarta: Salemba Medika.
- Juliana, J. (2018). Determinan dismenorea di SMAN 2 Bagan Sinembah Kabupaten Rokan Hilir. *Jurnal Endurance*, 3(1), 67.
- Juliyatmi, R. H., & Handayani, L. (2015). Nutritional status and age at menarche on female students of junior high school. *International Journal of Evaluation and Research in Education (IJERE)*, 4(2), 71–75.
- Kementerian Kesehatan Republik Indonesia. (2018). *Profil kesehatan Indonesia 2017*. Jakarta: Kementerian Kesehatan RI.
- Liswidyawati, R. (2012). *Merawat dan menjaga kesehatan seksual wanita*. Bandung: Grafindo.
- Notoatmodjo, S. (2012). *Metodologi penelitian kesehatan*. Jakarta: Rineka Cipta.
- Nurlaeli. (2021). *Gambaran siklus menstruasi*. Bandung: PT. Remaja Rosdakarya.
- Nursalam. (2013). *Konsep dan penerapan metodologi penelitian ilmu keperawatan: Pendekatan praktis*. Jakarta: Salemba Medika.
- Moriss. (2011). *Komunikasi perawatan terpadu*. Jakarta: Kencana.
- Prawirohardjo, S. (2014). *Ilmu kebidanan*. Jakarta: Yayasan Bina Pustaka Sarwono Prawirohardjo.
- Pudiastuti, R. D. (2012). *3 fase penting pada wanita (menarche, menstruasi, dan menopause)*. Jakarta: PT. Elex Media Komputindo.

- Sugiyono. (2015). *Metode penelitian kombinasi (mix methods)*. Bandung: Alfabeta.
- Utari, E. P. (2016). Pengaruh pendidikan kesehatan tentang menstruasi terhadap tingkat kecemasan menghadapi menarche pada siswi kelas V SD Negeri 16 Pontianak. Naskah publikasi, Fakultas Kedokteran, Universitas Tanjungpura.
- Widyastuti, Y., dkk. (2009). *Kesehatan reproduksi*. Yogyakarta: Fitramaya.