

Knowledge of Elementary School Students on Menarche Preparation in Karangrejo, Kerjo, Karanganyar, Central Java

Tingkat Pengetahuan Siswa Sekolah Dasar tentang Persiapan Menarche di Karangrejo, Kerjo, Karang Anyar, Jawa Tengah

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Abstract

Teenage is one of child growth periods, characterized by sexual organ maturity, developing capability for reproduction. In girls, this period is usually initiated with menarche. In order for them to be ready for this period, the girls need sufficient knowledge about menarche.

This study was aimed at describing the knowledge level of school-aged children on menarche preparation in Karangrejo, Kerjo, Karang Anyar, Central Java. It was a non-experimental cross-sectional descriptive study. There were 103 respondents who were 5th and 6th grade elementary schools children. Data was collected using a questionnaire and then presented in a frequency distribution table. This study demonstrated that most of the girls had good knowledge of menarche (51.46%), fair knowledge (38.83%), poor knowledge (8.74%) and very poor knowledge (0.97%). Regarding the sources of knowledge they obtained, the results showed that they obtained knowledge from friend (63 children), parents (52 children), printed media (23 children), and teachers (4 children).

Key words: menarche; menarche preparation; school age

Abstrak

Usia remaja merupakan salah satu tahap perkembangan anak, dimana terjadi kematangan organ seksual sehingga mampu untuk dapat bereproduksi. Pada anak perempuan hal tersebut biasanya diawali dengan menars. Agar mereka siap dalam menghadapi masa ini, mereka memerlukan pengetahuan yang cukup tentang menars. Penelitian ini bertujuan untuk menggambarkan tingkat pengetahuan anak usia sekolah dalam menghadapi menarche dusun Karangrejo, Kerjo, Karang Anyar, Jawa Tengah.

Penelitian ini merupakan penelitian deskriptif *cross-sectional non-experimental*. Terdapat 103 responden yang masih duduk di kelas 5 dan 6 SD. Data dikumpulkan menggunakan kuesioner dan kemudian didistribusikan dalam tabel distribusi frekuensi. Pada penelitian ini didapatkan sebagian besar anak memiliki pengetahuan yang baik (51,46%), pengetahuan yang sedang (38,83%), pengetahuan yang kurang (8,74%) dan pengetahuan yang buruk (0,97%). Mengenai sumber pengetahuan tentang hal tersebut 63 anak memilih teman, 52 anak memilih orang tua. Media cetak dipilih oleh 23 anak, dan guru dipilih 4 anak.

Kata kunci: menars; persiapan menars; anak usia sekolah

Background

Adolescent is a transition period between childhoods to adulthood. This phase, which takes several years begins by the development of secondary sexual characteristics and ended by their capability for reproduction. That transition phase is called by puberty phase, too¹. Hurlock stated that puberty phase is a unique and special phase that signed by changes of development that do not happen in other phases². The changes are such as body growth rapidly, development of secondary sexual characteristics, menarche and changes in psychology.

Adequate information about menarche and health reproduction is needed by adolescents to run their life. Parents must tell them about it. However, there are some mistakes in society, some of them believe that sexual education is taboo for children, including for adolescents. That is why some parents do not educate their children by sex education or health reproduction. Consequently, the adolescents look for information to their friends, or books, or magazines, or blue film, or internet, which do not exactly giving the right information.

If adolescents do not get right information, it can take them into bad situation. They will face unhealthy sexual problem, such as intercourse before married, unplanned pregnancy, young marriage, transmitted sexual disease, and so on.

There are some study about adolescents and their sexual habit. A 1997 survey held in Manado and Bitung described that 6% of 400 Senior High School (SHS) girl students and 20% of 400 SHS boy student have done intercourse. In 1995/1996 Health Department surveyed to 1189 of 13-19 years old in West Java province within which 7% of them have got pregnant or the late menstruation.

PKBI reports, show that there were 560 incident of unexpected pregnancy in 2004, 10.89% of them are 18s, from the level education junior high school students 1.42%, senior high school 16.6%, the others are undergraduate degree.²

Madani stated in his book, "Pendidikan Seks untuk anak dalam Islam", there are some factors that influence the sexual habits in the puberty age, that are related to their environment⁴. The first is that father does not know about the sexual education. Father is as an *imam* in his family, he has to educate his children about the concept, context and model of sexual education in Islam. If the father is weak about that information, he cannot tell the children good and right information.⁴

The second is sexual stimuli in the family. The stimuli might be in some forms like: the way of parents having sexual intercourse that probably provides for the children to see it; the way of dressing of the family that can raise the lusts of the member of the family; conducting sexual behavior like kissing someone that is not a family member (not "muhrim"). Such stimuli can be avoided by educating the children to knock the door fist before entering the parent's room. Besides, it is also necessary to share different room between daughters and sons.⁴

Sexual education is better to be given in the school, too. It equals with Suharto (2002)³ which stated its time for including the sexual education to the school curriculum, by training teacher and parents about that problem.

Material and Method

This is a descriptive non-experimental cross sectional study. This study took location in Elementary school in Karangrejo, Kerjo, Karang Anyar, Central Java. The population is all of female students who are in 5th and 6th grade of ES, 103 students, and all of them became the sample of the study.

The data war taken by modified questionnaires used to made by Yaroh (2003)³ which consist of 35 items, and have validity level 0.8007 positive, larger than r table: 0.381. The respondents answered that questionnaires by themselves.

The data analyzed by, each correct answer got 1(one) and each wrong answer got 0 (zero). Then the correct answers added, and divided to 4 (four) categories, are: <40% correct answer (very poor), 40-

55% correct answer (poor knowledge), 56-75% correct answer (fair), >75% (good). After that the data were grouped by distribution frequency table.

Result

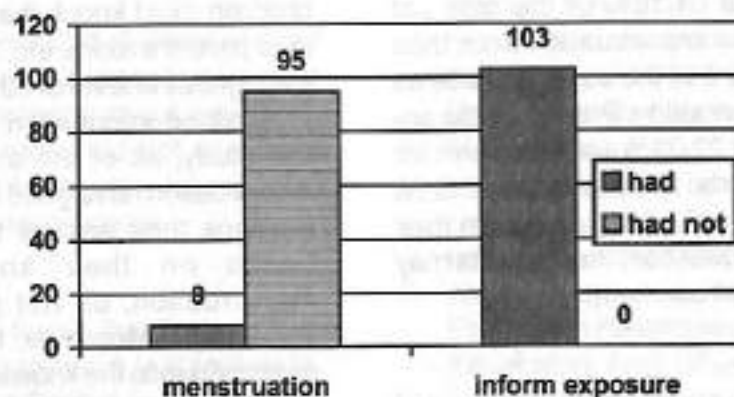
Table 1. Respondent characteristics based on school grade, age and residence

No	Characteristic	Category	Frequency	Percentage
1	School Grade	5 th	49	47.57
		6 th	54	52.43
2	Age	10 years	9	8.74
		11 years	37	35.92
		12 years	47	45.63
		13 years	3	8.74
		14 years	1	0.97
3	Residence	Village	103	100
		Town	0	0

From the table 1 we can see most of the girls (52.3%) are on the 6th grade of ES, and their age are dominated by 12 years

old (45,63%). Moreover, all of the respondent stay in village.

Figure 1. Respondent characteristics based on experience of menstruation and menstruation information exposure



In the chart above 8 girls (7.77%) got menstruation period and 95 students had not got it. In addition, the entire respondent had been exposure by information about menstruation.

The level of menstruation knowledge shows on Figure 2 . It show most of the girls (51.46%) have a good knowledge about menstruation and only 0.97% (one respondent) of the girls has very less knowledge.

Figure 2. Level of children knowledge in menstrual preparation

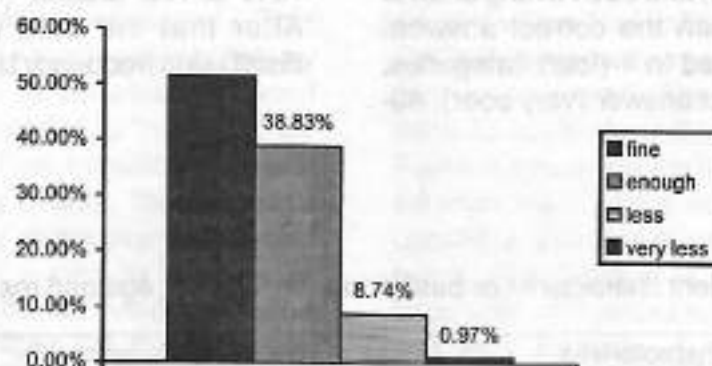
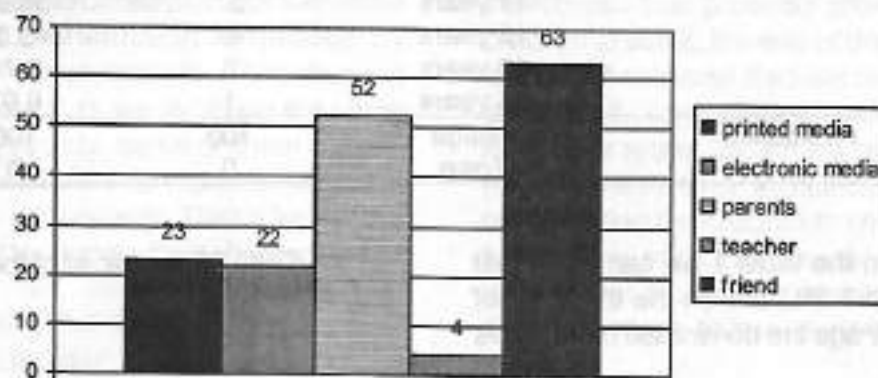


Figure 3. Information resources about menarche resources



When the respondents asked about the information resources, they answered: about 61.16% of the girls got information about menstruation from their friend. Parents are in the second grade as the source of information. Printed media are the resources for 22.33% and electronic for 21.36% of the girls. Moreover, about 3.88 % of the student got information from their teachers. In that question, the students may answer more than one item.

Discussion

In this study most of the girl student, 53 of 103 or 51,46 %, have good knowledge about menarche. Some factors influence peoples to get knowledge². Those are 1) social environment, in this research most of the student get information from their friend; 2) Cultures and religion, some culture in the society place sex education as taboo to tell, but the others are not so. In Islam, there are clear steps to educate children about sex. Such as young boys or young

girls must be bathed at a close place, boy and girl must be sleep in different bed, children must knock the door before enter their parent's room, etc. 3) Education level, the higher the level of education is easier to understand information. 4) Experience, in this study, all of the students who have menstruation have good level of knowledge. Perhaps they answer the questionnaire based on their knowledge about menstruation, do not purely from their knowledge. Moreover, health educations given influence the knowledge, too. Because health education aims at changing the individual, group, and society understanding about health in order to make healthy as an important value and they can reach their healthy life by themselves and they can use the health care effectively. Healthy and responsible information about health reproduction needed by adolescents can help them making decision about their reproduction life.

This study found that most of the students got information from their friends (Figure 3). It is reasonable, because adolescence is a phase when they are closer to their friend rather than their parents. They are more opened telling their life problem to their peer, besides parents do not fulfill the adolescent's eagerness about this crucial knowledge. Therefore, parents have to be careful, because not every information adolescents got about sex is right, they might get wrong information. That is why all parents have to understand about health reproduction and sex education. As a result, when their children ask about that, they can give the right answer wisely.

About 20 percents of the students got information from media, fine printed or electronic. It proves that media have an important role in sex education. Nevertheless, only 3.88% respondents got information from their teachers. There was not curriculum about sex education or health reproduction in the lessons, so the teacher did not teach about that. However, it is important to integrate the health reproduction to the lessons, because most of productive times of adolescents are with their teachers.

Limitation

This study included students who got menstruation period, so it cannot give a clear description of knowledge about menarche preparation. This study did not use deep interview technique to know the respondent's knowledge deeply.

Conclusion

This study found that that most of elementary school students in Karangrejo, Kerjo, Karang anyar, Central Java have good

knowledge of menarche preparation (51.46%), fair knowledge (38.83%), poor knowledge (8.74%) and very poor knowledge (0.97%).

Advice

This is important for parents to know more about sex education, so they may give good and right information to prepare their daughters facing puberty phase better. For teacher, it is the time to teach healthy reproduction in the class, surely equal to student understanding and development. For community nursing, increasing the health education to the student about healthy reproduction by the school health units program. To other researcher, please study this theme but using qualitative method, deep interview, so the result may describe what kind of information respondent got from each information resources.

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