

ABSTRAK

Hubungan Pengetahuan Tentang Menstruasi Dengan Kesiapan Siswi SD Dalam Menghadapi Menarche

Mila Rosita¹, Windha Widyastuti²

Latar Belakang: Menarche merupakan menstruasi pertama yang menandai awal pubertas pada remaja putri dan sering menimbulkan kecemasan apabila tidak disertai pengetahuan dan juga kesiapan yang memadai. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan dengan kesiapan siswi SD dalam menghadapi menarche.

Metode: Penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross sectional*. Sampel yang digunakan sejumlah 94 responden dari siswi kelas 4,5 dan 6 SD melalui teknik total sampling. Analisis data menggunakan uji korelasi Spearman Rank.

Hasil: Hasil penelitian menunjukkan bahwa terdapat hubungan pengetahuan dengan kesiapan siswi SD dalam menghadapi menarche dengan p value <0,05. Sebanyak (43,6%) responden berada pada kategori pengetahuan tinggi dengan aspek definisi dan siklus menstruasi yang paling rendah (53,1%). Kesiapan menarche berada pada kategori siap (56,4%) responden namun aspek kesiapan emosional masih cenderung rendah (69,9%).

Simpulan dan saran: Terdapat hubungan pengetahuan tentang menstruasi dengan kesiapan siswi SD dalam menghadapi menarche. Perlu dilakukan peningkatan edukasi di sekolah khususnya terkait konsep dasar menstruasi dan penguatan kesiapan emosional siswi dalam menghadapi menarche melalui penyuluhan atau kegiatan yang terarah.

Kata kunci: menarche, pengetahuan menstruasi, kesiapan

Pustaka: 45 (2015-2026)

ABSTRACT

**The Correlation Between Knowledge About Menstruation and Elementary
School Students' Readiness to Face Menarche**

Mila Rosita¹, Windha Widyastuti²

Background: Menarche, which is the first menstrual period, signifies the start of puberty in adolescent girls. This transition can often lead to anxiety if the girls lack sufficient knowledge and preparation. This study aims to explore the relationship between the knowledge of elementary school students and their readiness for menarche.

Method: it as descriptive reasearch with cross sectional as the approach. Meanwhile, total sampling technique was applied to select 94 respondents fromthe students of the fourth, fifth, and sixth grade. Then, the data was analysed using Rank Spearman Correlation Test.

Result: The study's results indicated a significant relationship between knowledge and the readiness of elementary school students to face menarche, with a p-value of less than 0.05. Among the respondents, 43.6% fell into the high knowledge category, although the lowest scores were observed in understanding the definition of menarche and the menstrual cycle, at 53.1%. Regarding readiness for menarche, 56.4% of respondents were classified as prepared; however, emotional readiness was notably low, with 69.9% indicating insufficient preparedness.

Conclusion and Suggestions: There is a connection between understanding menstruation and elementary school students' preparedness for menarche. Enhanced education in schools, particularly concerning fundamental menstrual concepts, is necessary. Additionally, students' emotional readiness for menarche can be improved through counseling and targeted activities.

Keywords: menarche, menstruation knowledge, readiness

Refernces: 45 (2015-2026)