



## The Correlation Between Parental Support and Adolescent Girls' Readiness for Menarche at Sdn Wiradadi Banyumas

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### ABSTRACT

*The early onset of menarche can be a frightening event for adolescents who are not prepared. Menarche is a crucial stage for adolescent girls. Therefore, parents should play a role in understanding about menarche. This study aims to determine the relationship between parental support and the readiness of fifth and sixth-grade adolescent girls to face menarche at Wiradadi Public Elementary School. The research method used is correlational, with a cross-sectional approach. This study involved 50 respondents, consisting of fifth and sixth-grade female students who have not experienced menarche at Wiradadi Public Elementary School, selected through the total sampling technique. The statistical test used is the Spearman rank test. The results of this study indicate that the majority of respondents are aged 11 years (48%), have good parental support (35.6%), and have high readiness (42.2%). The research results show a relationship between parental support and the readiness of adolescent girls to face menarche at Wiradadi Public Elementary School, with a moderate strength of relationship ( $p$ -value: 0.001;  $CC = 0.457$ ). In conclusion, there is an average and positive relationship between parental support and the readiness of adolescent girls.*

**Keywords:** Adolescent girls, Menarche, Parental support, Readiness

### 1. INTRODUCTION

Adolescence is a transition period between childhood and adulthood. Adolescents will experience the maturity of sexual organs and the achievement of reproductive capacity accompanied by various physical and psychological changes. Changes that occur in the body of adolescent girls include breast growth, the growth of fine hair in the pubic area and armpits and the start of physical maturity marked by *menarche* (Mahmudah, 2023).

*Menarche* is the term for menstruation that first appears between the ages of 9 and 16 years (Wahyuningsih et al., 2023). *Menarche* that comes too early can be a frightening, traumatic, even disgusting event for girls who do not understand their bodies and how the

reproductive process works (Wahyuni et al., 2019). Mental readiness is needed before the first period because there will be feelings of anxiety and fear and lack of knowledge about self-care during menstruation (Kurniawati & Mauliati, 2022).

Readiness at *menarche* can be done by providing information and attention to adolescent girls in the period of facing *menarche*, thus adolescent girls will become calmer and ready to welcome the arrival of *menarche*. Parents, especially mothers, must provide an explanation of *menarche* to their daughters, so that children are more understanding and ready to face *menarche* (Nabila & Amalia, 2022).

Parental support, especially mothers, in preparing adolescent girls to face *menarche*

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includes the role of an educator in providing information about menstruation to children completely and accurately, as a role model who provides good examples for adolescent girls on how to maintain hygiene during menstruation, as a supervisor of relationships in children's relationships, and as a provider of both physical and emotional support for adolescent girls who will enter *menarche* (Rahayu, 2023).

The World Health Organization (WHO) states that about one-fifth of the world's population of adolescents aged 10-19 years has experienced menstruation or *menarche* (WHO, 2019). According to the Indonesian Ministry of Health (2019), the average age of *menarche* in Indonesia occurs at the age of 12.4 years with a prevalence of 60%, at the age of 9-10 years as much as 2.6%, 11-12 years of age as much as 30.3%, and at the age of 13 years as much as 30%. The rest experienced *menarche* above the age of 13 years (Kemenkes RI, 2019).

Preliminary studies conducted by the author on November 14, 2023 to 10 female students in grades V and VI aged 10 years who had not experienced *menarche* at SD Negeri Wiradadi obtained data that they felt confused and said they were not ready to face *menarche*. In addition, they admitted that their parents never provided information about girls' preparation for puberty, such as *menarche*. This admission reflects the lack of communication needed to support the understanding and management of important changes that will impact on girls' physical and psychological readiness, leaving them without adequate guidance to face this important transition to adulthood.

Based on research conducted by Purwaningsih *et al* 2021, it was found that there was a relationship between parental support and the readiness of adolescent girls in facing *menarche*. The results of the analysis obtained parental support for adolescent girls in the low category, namely 35 people (70.0%) and 54% of adolescent girls were ready to face *menarche*, while the support of parents of adolescent girls in the high category was 15 people (30.0%) and 46% of adolescent girls were not ready to face *menarche*.

## 2. RESEARCH METHODS

### 2.1. Research Methods

This research is a quantitative research with a correlational method using the *Cross Siectiional* design. This research was conducted at SD Negeri Wiradadi Kecamatan Sokaraja Kabupaten Banyumas. The research sample involved in this study amounted to 50 respondents who were taken by total sampling technique on female students who had not yet *menarche*, with the inclusion criteria being female students in grades V and VI who had not yet experienced *menarche* at Wiradadi State Elementary School, Sokaraja District, Banyumas Regency, while the exclusion criteria were female students who were not present during the study and female students whose parents were out of town

### 2.2. Research Instruments

#### a. Parental support questionnaire

This questionnaire contains 16 questions about the readiness of adolescent girls in facing *menarche*.

Table 1. Parental support grid

Sub Indicators	Favorable Items	Unfavorable Items	Amount
Informational Support	1,2,12,13,15,16	3	7
Award Support	4,5,6	-	3
Emotional Support	7,8,9,11	-	4
Instrumental Support	10	14	4
<b>Amount</b>	14	2	16

#### b. Questionnaire Readiness of adolescent girls in facing *menarche*

This questionnaire contains 10 questions about the readiness of adolescent girls in facing *menarche*.

**Table 2. Lattice - lattice of readiness of adolescent girls facing menarche**

Sub Indicators	Favorable Items	Unfavorable Items	Amount
Physical Preparedness	4,6,8,9	7	5
Psychological Preparedness	2,3,1	5,10	5
<b>Amount</b>	<b>7</b>	<b>3</b>	<b>10</b>

Data collection in this study was carried out using a questionnaire. The questionnaire consists of two questionnaires, namely the parental support questionnaire adopted from the researcher iErnia (2018) with a validity test on the parental support variable 16 questions are valid ( $r \text{ count} \geq 0.444$ ) and reliable ( $r \text{ count } 0.853$ ) and the readiness questionnaire for adolescent girls adopted from the researcher Kurniawati (2020) 10 questions are valid ( $r \text{ count} \geq 0.444$ ) and re).  $0.444$  ). The bivariate analysis used in this study was the Spearman Rank test. The Spiearman Rank test aims to determine the characteristics of the respondents in the form of frequency distributions and percentages in the form of tables and narratives.

### 3. RESULTS AND DISCUSSION

#### 3.1. Frequency of Respondent

##### Characteristics

The following table shows the frequency distribution of the characteristics of the respondents based on age at Wiradadi Elementary School in Siokaraja Sub-district, Banyumas Regency. The results of this study as shown in Table 3 show that the majority of the respondents were aged 11 years, 48%.

**Table 3. Frequency distribution of patient characteristics based on age at SD Niegieri Wiradadi (n=50)**

Characteristics	Category	f	%
Age	10 tahun	4	8
	11 tahun	24	48
	12 tahun	22	44
Amount		50	100

Based on the results of this study, it can be assumed that the majority of 11-year-old bierer aged riespiondien in SD Niegieri Wiradadi Kecamatan Siokaraja Kabupaten Banyumas

shows that in this study found biereddien in the normal age range to face *myenarchie*, which is between the ages of 10-14 years. The age of 11 years is one of the critical age ranges where many young girls begin to experience significant biological changes related to puberty.

The results of another study on the characteristics of the age of the participants conducted by Ayu & Sinulingga, (2020) under the title Piengietahuan riemaja putri tientang mienarchie that the majority of participants were at the age of 11-12 years as many as 47 participants (41%). This research is in line with research conducted by Alam et al (2021) under the title The relationship between nutritional status and the age of *myenarchie* in adolescent girls shows the results that the highest age of *myenarchie* is at the age of 11 years, namely a total of 48 patients (63.5%)

The following is a table on parental support for teenage girls in dealing with *myenarchie* at Wiradadi Elementary School in Siokaraja District, Banyumas Regency.

#### 3.2. Frequency of Parental Support

The results of this study obtained the results as shown in Tabiel 4 about the support of parents to teenage girls in facing *myenarchie* at SD Niegieri Wiradadi, which found that the majority of respondents had good parental support, namely 32 respondents (35.6%).

**Table 4. Frequency distribution of support from parents to teenage girls in dealing with myenarchie at SD Niegieri Wiradadi**

Parent Support	Frekuensi	%
Good	32	35,6
Simply	3	3,3
Less	15	16,7
Amount	50	100

Based on the results of this study, it can be concluded that the majority of respondents have good parental support. According to the researcher's assumption, there is a tendency that shows that the majority of the support given to teenage girls in dealing with *myenarchie* at SD Niegieri Wiradadi Kecamatan Siokaraja Kabupaten Banyumas shows a good level of parental support. This was due to the fact that almost all of the respondents lived with their

parents. This may indicate that there is good communication and a deep understanding between parents and their children regarding the physical and emotional changes that occur during puberty.

Parental support is an interaction that is developed by parents to provide support to children, including expressions of affection or positive dioriongments verbally or physically (Yuliya, 2019). Parental support is divided into 4 namely informational support, emotional support, appreciation support, and instrumental support (Priyasti *et al.*, 2021). Informational support is support that provides clear and accurate information about *myenarchie*, including information about the physical changes that will occur, and how to maintain health during the period of myenstruation. Emotional support is support that provides attention, understanding, and support in a personalized way, such as being an active listener when young women express concerns about menstruation. Appreciative support is support that gives appreciation for the achievements of young women in dealing with *myenarchie*, such as giving praise for the challenges and preparation of young women in dealing with *myenarchie*. Intrumental support is support in the form of physical or practical assistance, such as providing assistance in terms of self-care needed during menstruation (Saqinah *et al.*, 2019).

Parents have an important role in child development. One of the most important roles of parents is to provide knowledge and information to their children such as puberty and *menopause*. Providing appropriate and transparent knowledge helps adolescent girls adjust to physical and behavioral changes. Parental support includes providing advice, suggestions, and knowledge ( Patimah *et al.*, 2024)

### 3.3. Frequency of Adolescent Readiness to Face Menarche

The following is a table about the readiness of young women to face *myenarchie* at Niegieri Wiradadi Elementary School in Siokaraja District, Banyumas Regency. From the results of the study as shown in Table 5, it shows that the majority of the respondents had a high level

of preparation in facing myenarchie, namely 38 respondents (42.2%).

**Table 5. Frequency distribution of girls' preparation for myenarchie in Wiradadi primary school**

Readiness	frequency	%
High	38	42,2
Medium	4	4,4
Low	8	8,9
Amount	50	100

Based on the results of this study, it can be concluded that the majority of respondents have a high level of preparation in facing *myenarchie*. Judging from the questionnaire, physical preparation has the highest level of money. Girls who have physical readiness show that with the high readiness of girls about *myenarchie* in elementary school in Wiradadi Niegieri Kiecamatan Siokaraja Kabupaten Banyumas, the girls are ready to face *myenarchie* well.

According to the researcher's assumption, the majority of the respondents had a high level of preparation for puberty, because the respondents received comprehensive sexual education at school that provided clear and accurate information about physical and emotional changes during puberty, having positive parental support that provides iemotional guidance and additional knowledge about menstruation through open communication, and having adequate access to information through various sources to prepare themselves mentally and iemotionally.

Based on a theoretical review, readiness is a state in which a person has prepared himself physically, mentally, and iemiosiiional so that he/she has the ability and readiness to give appropriate riestions to a situation that arises or to design and execute the necessary actions in response to the behavior carried out by a person to achieve a certain goal or to plan and produce something in accordance with the suksies (Usman *et al.*, 2022). The readiness to face a *crisis* is a condition that indicates that a person is ready or unprepared to face any possibility, especially a condition where the person understands and knows the events he is experiencing can be a guarantee that



adolescents will feel ready to face a crisis (Cahyani, 2019).

The results of another study on parental support for teenage girls conducted by Mieinarisa et al (2021) with the title The relationship between knowledge, maternal knowledge and parenting patterns on the preparation of teenagers facing first menstruation (*mienarchie*) at SMP N 04, 06, and 17 in Jambi City, it was found that most of the respondents had good preparation in facing first menstruation (*mienarchie*), 62 respondents (52.1%). The closeness between the child and the mother influenced their preparation for *myenarchie*. The role of the mother in introducing *myenarchie* to young girls is very important in introducing *myenarchie* to young girls so that they are ready to face *myenarchie*.

### 3.4. Relationship between Parental Support and Preparedness of Teenage Girls Facing *Myenarchie*

The following is a table of the relationship between parental support and young women's readiness to face *myenarchie* at Wiradadi Niegieri Elementary School in Siokaraja District, Banyumas Regency. Table 6 shows that the majority of respondents had good parental support and high readiness in facing *myenarchie*, namely 30 respondents (60%).

**Table 6. The frequency distribution of the relationship between parental support and the preparation of teenage girls to face *myenarchie* at Niegieri Wiradadi Elementary School.**

Parent Support	Readiness						Amount		CC	P-value
	High		Medium		Low		t	F		
	F	%	F	%	F	%				
Good	30	60	1	2	1	2	32	64	.457	0,001
Simply	0	0	2	4	1	2	3	6		
Less	8	16	1	2	6	12	15	15		
Amount	38	76	4	8	8	16	50	100		

The results of the *Spearman rank* test showed a *Coefficient Correlation* (CC) value of 0.457, which means that the relationship is moderate in the positive direction, while the *p-value* of 0.001 (<0.05) shows that there is a relationship between parental support and the preparation of fifth and sixth grade girls in facing *myenarchie* at SD Negeri Wiradadi Kecamatan Sokaraja Kabupaten Banyumas.

Preparing for *myenarchie* can be done by providing information and attention to teenage girls during the period of facing *myenarchie* so that they will become more calm and ready to face *myenarchie*. The communication between mother and daughter about *myenarchie* and reproductive health is a factor that supports the preparation of teenage girls in facing *myenarchie*. Parental support is very important in helping teenage girls understand about their menstrual cycle (Nabila & Amalia, 2022).

Parental support in dealing with *myenarchie* to teenage girls can take the form of providing accurate and supportive information, providing emotional and psychological support, and creating an environment that is open to talking about the topic. This can increase the girls' self-confidence and comfort in dealing with the body changes and emotions associated with *myenarchie*. According to the researcher's assumption, parental support is an important factor that influences the preparation of fifth and sixth grade girls in dealing with *myenarchie* in schoolgirls at SD egieri Wiradadi Kecamatan Sokaraja Kabupaten Banyumas.

Parental support at SD Negeri Wiradadi showed that almost all participants had good parental support regarding *myenarchie*. Teenage girls who receive good support from their parents tend to show a better level of preparation in dealing with *myenarchie* in their development. This indicates that parental support is very important in shaping the preparation of young girls in facing *myenarchie* with a more confident and calm attitude.

According to the researcher's assumption, parental support is an important factor that influences the preparation of fifth and sixth grade girls in facing *myenarchie* in female students at SD Niegieri Wiradadi in Siokaraja District, Banyumas Regency. Parental support at SD N showed that almost all of the respondents had good parental support regarding *myenarchie*. Teenage girls who received good support from their parents tend to show a better level of preparedness in dealing with *myenarchie* in their development. This indicates that parental support is very important in shaping the preparation of young girls in facing *myenarchie* with a more confident and calm attitude.

Based on the preliminary study, there were 10 patients who were unprepared for *myenarchie* and they revealed that their parents did not provide adequate information about *myenarchie*. However, the results of the study showed that these patients had good support, especially in terms of informational support, so that they were ready to face *myenarchie*. This phenomenon indicates that there are other factors that play a role in preparing the patients to face *myenarchie*, despite the lack of information from their parents. This emphasizes the importance of various sources of information in supporting adolescent girls in facing *myenarchie* and the need for collaboration between parents, schools, and communities in providing comprehensive health education.

This research is in line with the research of Cahyani (2019) with the title The relationship between parental support and the preparation of teenage girls facing first menstruation (*mienarchie*) in elementary school students Negeri Langensari 02 Unggaran Barat Semarang with a p-value obtained siebiesar  $0.001 < 0.005$ , which means that there is a relationship between parental support and the preparation of teenage girls facing their first menstruation (*mienarchie*) in elementary school students of Negeri Langensari 02 Unggaran Barat Semarang.

As for the limitations or difficulties experienced by researchers in conducting research, namely one way of collecting data is using a questionnaire, this allows respondents to answer questions dishonestly or not understanding the question in question so that it causes biased perceptions. The instrument used did not reflect all the components. This is due to the unbalanced or uneven number of questions between the various aspects to be measured. The researcher excluded parents who did not live with the respondents so that the research was limited to the respondents who were at home.

## CONCLUSIONS

Based on the results of the research and discussion entitled "The relationship between parental support and the preparation of fifth and sixth grade girls in facing *myenarchie* at SD

Niegieri Wiradadi Kiecamatan Siokaraja Kabupatien Banyumas", the following conclusions can be drawn: In the age characteristics, 24 respondents (48%) were 11 years old, 22 respondents (44%) were 12 years old and 4 respondents (8%) were 10 years old. Parental support to teenage girls in dealing with *myenarchie* at Wiradadi Elementary School in Siokaraja Sub-district, Banyumas Regency was highest in the good category with 32 respondents (35.6%). The readiness of adolescent girls to face *myenarchie* at Wiradadi Elementary School in Siokaraja District of Banyumas was highest in the good category with 38 participants (42.2%). There is a relationship between the support of parents and the preparation of teenage daughters in facing *myenarchie* at SD Niegieri Wiradadi Kiecamatan Siokaraja Kabupatien Banyumas, with moderate strength and positive direction (CC: 0.457, p-value: 0.00), meaning that the better the support of parents, the higher the preparation of daughters in facing *myenarchie*.

## ADVICE

Suggestions pThis research can be used as an additional riefieriensi for further research about the factors that can affect the preparation of teenage girls in facing *myenarchie*, researchers can compile queries in a more balanced and priopiorsiional way, so that every kiompionien that you want to measure can be covered thoroughly and evenly and researchers can develop this research by researching peer and environmental variables, using qualitative methods or more specific instruments to measure the preparation of teenagers who have not been researched by previous researchers with more samples and research locations for maximum and accurate results. The suggestion that can be given to the Wiradadi Elementary School is that they can organize an educational program about *myenarchie*. This program can include workshops, seminars or discussion sessions involving professional health workers. In addition, the provision of educative materials such as books, pamphlets, or animated videos that are informative and interesting will help schoolgirls prepare themselves better in facing *myenarchie*. The results of this research are expected to provide scientific information about parental support and *myenarchie*

preparation in elementary school students so that it can be one of the programs of counseling activities for Kiepierawatan students and educators in the Department of Kiepierawatan, Harapan Bangsa University.

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