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The Correlation of Knowledge and the Attitudes of Class VII Teenage Girls in Readiness to Face Menarche



Mulazimah¹, Dhewi Nurahmawati², Indri Hapsari Trishastuti³

^{1,2,3}Faculty of Health and Sciences, Nusantara University PGRI Kediri, Indonesia

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Abstract

Menstruation is one of the things that many girls or teenage girls fear. Those who are not aware of the occurrence of changes in the body and its reproductive processes, can suppose that menstruation is one of the diseases that occurs on her that affects physical and mental health. It happens to girls who are not given the knowledge and understanding of the correct menstruation, that menstruation is as a normal function. teenage girls who are not ready to face menarche will experience fear, anxiety, surprise, sadness, disappointment, shame, worry and confusion that will arise the desire to reject the physiological process. Adolescence feels that menstruation as something cruel and threatening, this can also continue in a more negative direction. Teenage girls who are ready to face menarche, will feel happy and proud, because they consider themselves biologically mature. Analytical observational research with cross sectional design. The subjects in this research were teenage girls in grade VII of SMPN 1 Gampeng Rejo Kediri who were aged 12-14 years and were willing to become respondents, who had not or who had menstruated and wanted to fill out the questionnaires included in the inclusion questionnaire totaling 40 people. Most of the 29 respondents (72.5%) had an attitude of accepting criteria to face menarche, namely 2 respondents (5%) with criteria not ready to face menarche, 16 respondents (40%) with criteria of being sufficiently prepared and 11 respondents (27.5%) with ready criteria. The results of the correlation test showed there was a significant correlation between the Menarche Knowledge and Attitudes of Class VII Teenage Girls in Menarche Readiness. D gets a value of $p\text{value} = 0.000 < \alpha 0.05$.

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✉Correspondence Address:

Nusantara University PGRI Kediri – East Java, Indonesia

Email : mulazimah@gmail.com

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INTRODUCTION

Menarche is the first menstruation that usually occurs in the age range of 11 – 16 years (Suryani and Widyasih, 2012). *Menarche* is one of the early signs of other changes such as breast growth, pubic and axillary hair growth, and fat distribution in the hip area. So far, some people feel it is taboo to talk about menstrual problems in early adolescent families, so the problems that often arise are anxiety and fear and are strengthened by the desire of teenage girls to reject these physiological processes (Devi Octopus Melati, 2013).

Teenage girls who are not ready to face *menarche* will experience fear, anxiety, surprise, sadness, disappointment, shame, worry and confusion that will arise the desire to reject the physiological process, they will feel menstruation as something cruel and threatening to her, with this situation can also continue in a more negative direction (Jayanti *et al.*, 2012). The definition of the first menstruation depends on several factors including the age of the child, the level of psychic development and the environment and education (Zein, 2011). Teenage girls who are ready to face *menarche*, will feel happy and proud, because they consider themselves biologically mature (Suryani & Widyasih, 2012)

Demographic data shows that adolescents make up the largest population of the world's population. WHO in one-fifth of the world's population is adolescents aged 10 – 19 years, about 900 million are in developing countries (Puspita, 2015). The results of Riskesdas show that based on reports of respondents who have experienced menstruation, the average age of *menarche* in Indonesia is 13 years (20%) with an earlier occurrence at the age of less than 9 years. Nationally, the average age of *menarche* 13-14 years occurs in 37.5% of Indonesian children and there are also those who are only 8 years old who have started the menstrual cycle but this number is very small (Puspita, 2015). In 2013 the number of adolescents in East Java Province reached 16.01% of the total population of 37,687,622 or as many as 6,035,175 adolescents. In 2016 the number of teenagers in Kediri was 9.26% of the total population of 281,978 people.

Menstruation is one of the things that many girls or teenage girls fear. Those who are not aware of the occurrence of changes in the body and its reproductive processes, can suppose that menstruation or menstruation is one of the diseases that occurs on him that affects physical and mental

health. It happens to girls who are not given the knowledge and understanding of the correct menstruation, that menstruation is as a normal function (Shah M, 2017).

Based on the previous survey that be done in July at SMPN 1 Gampengrejo, Kediri, it's known that 5 teenage girls from VII grade students were facing menstruation. They felt clumsy, worried, uncomfortable and afraid. It's also known that 3 of those students have low knowledge about *menarche*. Based on the interview result between the researcher and the teacher it's known that there's never done research about *menarche* at that school. The role of midwives in efforts to improve reproductive health is to conduct counseling on ways to reduce these complaints in adolescents, by behaving healthy, improving health conditions such as improving nutrition, living in a healthy and calm environment, reducing weight in women with obesity, exercise, and consumption of balanced nutrition. In addition, especially as adolescents, they must also be able to implement healthy living behaviors to maintain reproductive health, because women are life milestones that will give birth to life generations (Syaifuddin, et al, 2013). The objective of this research was to know the correlation between knowledge and teenage girls' attitude of VII grade students on their readiness of facing *menarche* at SMPN I Gampengrejo Kediri East Java.

METHOD

This was an analytical observational research with Cross-Sectional time approach method. The research was conducted at SMPN 1 Gampengrejo Kediri, East Java. The population of this research was 62 students in grade VII SMPN 1 Gampengrejo Kediri, East Java. The research sample was selected using a purposive sampling technique, namely the technique of determining the sample based on certain considerations, namely 40 students of class VII SMPN 1 Gampengrejo Kediri, East Java. The sample in this research must meet the inclusion and exclusion criteria. The inclusion criteria in this research were adolescent girls in grade VII SMPN 1 Gampeng Rejo, Kediri who were 12-14 years old and willing to be respondents, who had not or who had menstruated and wanted to fill out the questionnaire.

The exclusion criteria were seventh grade girls who were >14 years old, <12 years old and who were not present at the time of data collection. The independent variables in this research were

knowledge in readiness to face menarche; while the dependent variable in this research is the attitude of teenager girls in readiness to face menarche. The instrument used was a questionnaire.

The data collection was carried out by the researcher in July 2021. The researcher asked the respondent's willingness to participate in the

research by signing the respondent's consent sheet that had been provided then distributing the questionnaire to the respondent and explaining how to fill in each statement. The data was processed through Editing, Coding, Scoring and Tabulating. The data analysis was done through descriptive test (percentage) and Spearman's statistical test.

RESULT

Teenager Girls' Knowledge of Class VII in Facing *Menarche*

Table 1: Frequency Distribution of teenager girls' knowledge of Class VII in Facing *Menarche* at SMPN 1 Gampengrejo Kediri

Knowledge Criteria	Frequency	Percentage (%)
Less	12	30
Enough	21	52,5
Good	7	17,5
Total	40	100

Source: Primary Data 2021

Based on table 1. it can be explained that from the results of the research of a total of 40 respondents showed that more than half of the respondents 21 respondents (52.5%) had sufficient knowledge of the criteria.

Teenager Girls' Attitudes of Class VII in Facing *Menarche*

Table 2: Frequency Distribution of teenager girls of Class VII in Facing *Menarche* at SMPN 1 Gampengrejo Kediri

Attitude Criteria	Frequency	Percentage (%)
Not accepting	11	27,5
Receive	29	72,5
Total	40	100

Source: Primary Data 2021

Based on table 2. It can be explained that the results of a research of a total of 40 respondents showed that most of the 29 respondents (72.5%) had a receptive attitude.

Teenager Girls' Readiness of Class VII in Facing *Menarche*

Table 3: Frequency Distribution of Teenager Girls' Readiness of Class VII in Facing *Menarche* at SMPN 1 Gampengrejo Kediri.

Readiness Criteria	Frequency	Percentage (%)
Unprepared	10	25
Just ready	19	47,5
Ready	11	27,5
Total	40	100

Source: Primary Data 2021

Based on table 3. It can be explained that the results of a research of a total of 40 respondents showed that almost half of the 19 respondents (47.5%) had readiness criteria ready.

The Correlation of Knowledge of Teenager Girls of Class VII and Their Readiness in Facing *Menarche*

Table 4: Cross-Tabulation of The Correlation of Knowledge of Teenager Girls of Class VII and their Readiness in Facing *Menarche*

Knowledge Criteria	Menarche Criteria						Total	
	Unprepared		Just Ready		Ready			
	<i>f</i>	%	<i>F</i>	%	<i>F</i>	%	<i>f</i>	%
Less	4	10	7	17,5	1	2,5	12	30

Enough	6	15	12	30	3	7,5	21	52,5
Good	0	0	0	0	7	17,5	7	17,5
Sum	10	25	19	47,5	11	27,5	40	100

Source: Primary Data 2021

Based on table 4. showed that out of 40, more than half of respondents 21 respondents (52.5%) had sufficient knowledge of *menarche* and ter could 6 respondents (15%) were not ready to face *menarche*, the criteria were quite ready 12 respondents (30%) and the criteria were ready 3 respondents (7.5%)

The Correlation Between the Attitudes of Class VII Teenager Girls and their Readiness to Face Menarche

Table 5: Cross-Tabulation of the Correlation between the Attitudes of Class VII Teenager Girls and their Readiness to Face Menarche

Attitude Criteria	Menarche Criteria						Total	
	Unprepared		Just Ready		Ready		f	%
	f	%	F	%	F	%	f	%
Not accepting	8	20	3	7,5	0	0	11	27,5
Receive	2	5	16	40	11	27,5	29	72,5
Sum	10	25	19	47,5	11	27,5	40	100

Source: Primary Data 2021

Based on table 5. Showed that out of 40 respondents, most of the 29 respondents (72.5%) had an attitude of accepting criteria to face menarche and there were 2 respondents (5%) unprepared to face *menarche*, the criteria were quite ready 16 respondents (40%) and the criteria were ready 11 respondents (27.5%).

The analysis results of the correlation between knowledge of class VII Teenager Girls and their readiness to face menarche

Table 6: Distribution of *Spearman's* Test Analysis Results of the correlation between knowledge of class VII Teenager Girls and their readiness to face menarche

			Knowledge Criteria	Readiness Criteria
Spearman's rho	Knowledge criteria	Correlation Coefficient	1.000	.498**
		Sig. (2-tailed)	.	.001
		N	40	40
	Readiness Criteria	Correlation Coefficient	.498**	.1000
		Sig. (2-tailed)	.001	.
		N	40	40

Source: Primary Data 2021

The results of the analysis of the correlation between the knowledge of class VII Teenager Girls and the readiness to face menarche at SMPN 1 Gampengrejo using statistical tests using *Spearman's* obtained a value of $\rho\text{value} = 0.001 < \alpha 0.05$ this shows that H_1 is accepted. The *coefficient correlation* value obtained by (r) 0.498 is included in the category of medium relationship level.

The analysis results of the relationship between the attitudes of class VII Teenager Girls and their readiness to face menarche

Table 7: Distribution of *Spearman's* Test Analysis Results of the Relationships between the attitudes of class VII Teenager Girls and their readiness to face menarche

			Criterion Attitude	Readiness Criteria
Spearman's rho	Attitude Criteria	Correlation Coefficient	1.000	.637**
		Sig. (2-tailed)	.	.000
		N	40	40
	Readiness Criteria	Correlation Coefficient	.637**	1.000
		Sig. (2-tailed)	.000	.
		N	40	40

Source: Primary Data 2021

The results of the research analysis on the relationship of attitudes of class VII teenager girls in readiness to face menarche using statistical tests using *Spearman's* obtained a value of $pvalue = 0.000 < \alpha 0.05$ this shows that H_1 is accepted. The *coeffecient correlation* value obtained by (r) 0.637 is included in the category of strong relationship levels.

Results of *Spearman's* Test Analysis of The Relationship of Knowledge with their attitudes of Teenager Girls of class VII and their readiness to face menarche.

Table 8: Distribution of *Spearman's* Test Analysis of the Relationships of Knowledge with their Attitudes of Teenager Girls of Class VII and their Readiness to face Menarche

			criteria for young women's knowledge of menarche	criteria for young women's attitudes towards menarche	criteria for young women's readiness to face menarche
Spearman's rho	criteria for young women's knowledge of menarche	Correlation Coefficient	1.000	.470**	.498**
		Sig. (2-tailed)	.	.002	.001
		N	40	40	40
	criteria for young women's attitudes towards menarche	Correlation Coefficient	.470**	1.000	.637**
		Sig. (2-tailed)	.002	.	.000
		N	40	40	40
	criteria for young women's readiness to face menarche	Correlation Coefficient	.498**	.637**	1.000
		Sig. (2-tailed)	.001	.000	.
		N	40	40	40

Source: Primary Data 2021

The results of the research analysis on the relationship of knowledge of attitudes of class VII teenager girls in readiness to face menarche at SMPN 1 Gampengrejo Kediri using statistical tests using *Spearman's* obtained a value of $pvalue = 0.000 < \alpha 0.05$.

DISCUSSION

Teenager Girls' Knowledge of Class VII in Facing Menarche

Based on the results of research on the knowledge of Class VII teenager girls about Menarche, from the results of the research of a total of 40 respondents, it was shown that more than half of the respondents, they are 21 respondents (52.5%) had sufficient knowledge of the criteria.

According to Catarina's research (2013) those who have sufficient knowledge, then they had sufficient readiness in facing *menarche*. This is because the sources of information are now freely accessible to the village through: print media, electronic media, families and other sources of information.

The results of Yanti Yusuf's research (2014) showed that respondents with good knowledge are 13 respondents (37,1%), sufficiently knowledgeable 16 respondents (45,7%), and less knowledgeable are 6 respondents (17,1%). This shows that most of

respondents are knowledgeable enough because most of information obtained from parents and friends is 19 respondents (54,3%).

According to Notoatmodjo (2013), Knowledge is the result of 'knowing', and this happens after people have made sensing of a certain object. Knowledge or cognitive is a very important domain for the formation of one's actions (overs behavior). Broadly speaking, it is divided into 6 levels such as Know (*know*) memory memory that has existed before after observing something. Notoatmodjo also explains that to know or measure that people know something can use questions. As an indicator, namely understanding (*comprehension*) an object is not just knowing the object and can correctly interpret the known object. Application (*application*) is that a person who has understood the object in question can apply the known principle. Analysis (*analysis*) is in the form of a person's ability to describe and / or separate, then look for relationships between the components

contained in a problem or known object. Synthesis is defined as the ability of a person to summarize a logical relationship of the components of knowledge possessed. Evaluation is related to a person's ability to justify or assess a particular object.

The knowledge of teenager girls in class VII about *menarche* for respondents in this research showed that more than half had sufficient knowledge of the criteria, this was because respondents had knowledge about *menarche* such as the time *menarche* (first menstruation) was experienced, the normal menstrual cycle, the age of getting menstruation, and respondents understood that menstruation is the culmination of a series of changes that occur in adulthood. Furthermore, the researcher explained that the knowledge about *menarche* that they have is due to the memory of memory that they have obtained through sensing from the information they have obtained so that they have understanding and ability as a component of the knowledge that young women have. However, the knowledge they get has not been maximized and there needs to be an increase in knowledge through the medium of information and experience.

The Attitudes of Class VII Teenager Girls in their readiness of Facing Menarche at SMPN 1 Gampengrejo Kediri

Based on research on the attitudes of class VII I teenager girls in facing *menarche*, it was found that the results of a research of a total of 40 respondents showed that most of the 29 respondents (72.5%) had an accepting attitude. According to Ibrah's research (2010) Overall the attitudes of young women about *menarche* still show negative criteria. Some of the factors that cause the magnitude of attitudes with negative criteria from teenager girls about *menarche* are influenced by the lack of knowledge from teenager girls about *menarche*. For this reason, efforts need to be made in forming a supportive attitude about *menarche*, namely by increasing their knowledge about *menarche*.

Attitude is a reaction or response of a person who is still closed to a stimulation or object. The attitude manifestly shows the connotation of the appropriateness of a reaction to a certain stimulus that in everyday life is a reaction of an emotional nature to the social stimulus. Attitude is a readiness or willingness to act and is not an exercise of a particular motive (Notoadmojo, 2013).

Furthermore, Notoadmojo explained that from attitudes there are several components that form each other's whole attitudes (*total attitude*) such as the existence of beliefs (beliefs), ideas and concepts towards an object which is a belief, opinion or a person's thoughts towards an object. The existence of emotional life and evaluation of an object which is the assessment (contained in it of emotional factors) of the person towards an object. There is a tendency to act (*tend of behave*) which is the component that precedes open actions or behaviors.

In the researcher's opinion, the presence of attitudes in the face of *menarche* in this research shows that most respondents had an attitude of acceptance, this was due to the reaction or response that respondents had in assessing the presence of *menarche* that they experienced as it can be described that the respondents felt happy with the arrival of menstruation for the first time, they prepared themselves with pads before menstruation as a sign of their responses that they were ready to receive *menarche*, respondents also pay attention to changing pads for example changing pads 3-4 times a day as a sign that they paid attention to the menstruation, it showed that the respondents have as a form of behavior accepting *menarche*.

The Readiness of Class VII teenager girls in Facing Menarche at SMPN 1 Gampengrejo Kediri

Based on research on the readiness of young women, it can be explained that the results of a research of a total of 40 respondents showed that almost half of the 19 respondents (47.5%) had ready criteria readiness. According to Research by Dedi, S.S (2018) the results of the frequency distribution of young women's readiness to face *menarche* showed that the readiness of female students in facing *menarche* in the ready category was 49 respondents (76.6%) and the unprepared category was 15 respondents (23.4%). The preparations owned by the teenagers of Nurul Ilmi Padang Private Junior High School are in the ready category. The readiness of adolescents in the face of *menarche* it is a state that indicates that a person is ready both physically and psychologically prepared to prepare for all possibilities, namely with the arrival of the first menstruation for a young woman.

Readiness is a state of getting ready to prepare something. According to the Dictionary of Psychology, readiness (*readiness*) is a point of maturity to accept and practice certain behaviors.

Readiness is Preparedness to respond or react. Readiness is the willingness to respond or react (Jamies Drever in Slameto, 2013). Further explained According to Slameto (2013), readiness is the overall condition of a person that makes him ready to respond in a certain way to a situation.

There are research facts as there are almost half of respondents who are prepared to face menarche with ready criteria. This is as a form of respondents to the situation when facing menarche that they experience makes respondents become ready to face menarche, that is, they feel happy and consider it something ordinary, they tend to be prouder of the existence of menarche, they assume that having experienced menarche means that they are an adult. In addition, the form of readiness of respondents was also shown such as not feeling afraid of facing the first menstruation, not being confused and only considering a maturity of themselves as a woman so that they have readiness to be ready in carrying out the fire of menarche.

The Analysis of the Relationship between Knowledge and Attitudes of Class VII Teenager Girls in Facing Menarche at SMPN 1 Gampengrejo Kediri

The results of the research analysis on the relationship of the level of knowledge of class VII teenager girls with the readiness to face menarche using statistical tests using *Spearman's* obtained a value of $pvalue = 0.001 < \alpha 0.05$ this shows that H_1 is accepted. The *coeffecient correlation* value obtained by (r) 0.498 is included in the category of medium relationship level.

Meanwhile, based on cross-tabulation, it shows that out of 40, more than half of the respondents, 21 respondents (52.5%) have sufficient knowledge of *menarche* and 6 respondents (15%) are not ready to face *menarche*, the criteria are quite ready 12 respondents (30%) and the ready criteria are 3 respondents (7.5%).

According to Shah M, 2017 that menstruation is one of the things that many girls or adolescent girls fear. Those who are not aware of the occurrence of changes in the body and its reproductive processes, can suppose that menstruation or menstruation is one of the diseases that occurs on him that affects physical and mental health.

The most important event at puberty of girls is the symptoms of menstruation or menstruation, which become a biological sign of sexual maturity. (Kartini, 2007 in Suryani and Widiasih, 2012). Teenager girls who do not have knowledge of

menstruation can think that menstruation is one of the diseases that occurs in her that affects physical and mental health. It happens to girls who are not given the knowledge and understanding of the correct menstruation, that menstruation is as a normal function. While *Menarche* is the first menstruation that usually occurs in the age range of 11-16 years (Suryani and Widiasih, 2012).

There were respondents who had sufficient knowledge of the criteria for facing menarche quite ready, this can be explained that knowledge had an impact on the readiness to face menarche by as evidenced there was a relationship between the level of knowledge and the attitude of adolescents. It was clarified from the result of a value (r) of 0.498 belonging to the category of moderate relationship level.

The results of the research analysis on the relationship of attitudes of class VII teenager girls in readiness to face menarche at SMPN 1 Gampeng Rejo using statistical tests using *Spearman's* obtained a value of $pvalue = 0.000 < \alpha 0.05$ this showed that H_1 is accepted. The *coeffecient correlation* value obtained by (r) 0.637 was included in the category of strong relationship levels.

Meanwhile, based on cross-tabulation, it showed that out of 40 respondents, most of the 29 respondents (72.5%) had an attitude of accepting criteria for facing menarche unprepared 2 respondents (5%), the criteria were quite ready 16 respondents (40%) and the criteria were ready 11 respondents (77.5%).

According to Ayu and Khairani (2011), that readiness to face *menarche* is a state that indicates that a person is ready to reach physical maturity that is the arrival of the first menstruation (*menarche*) at the age of eleven to sixteen years which occurs periodically (at a certain time) and is cyclic (repeatedly). It is characterized by a deep understanding of the menstrual process so that it is ready to accept and experience the first menstruation (*menarche*) as a normal process.

In this research, the relationship depicted in cross-tabulation, there were respondents who had an attitude of acceptance there is readiness to face menarche the criteria are quite ready to be clarified by the existence of hasil analysis in this research, namely there is a relationship between the level of knowledge and the attitude of young women in facing *menarche* deng an level of strong relationships. This is that the attitude of accepting can have an impact on the readiness of the

respondent, that is, the more the respondent has an attitude of accepting menarche, the more prepared to face menarche, and vice versa, the more respondents do not accept menarche, the more unprepared to face menarche.

This research is also supported by previous research by Leliana (2010), with the title *The Relationship of Young Women's Knowledge to Readiness in Facing Menarche* at SDAI-Azhar Medan shows that good knowledge as many as 53.66% of respondents can affect the readiness of female students in facing *menarche*, namely as many as 80.49% of respondents so that it can be concluded that someone who is ready to face *menarche* is based on good knowledge as well.

CONCLUSION

The results of this research is there was a significant relationship between knowledge and the attitude of adolescent girls in Class VII in readiness to face menarche. The value of value = 0.000 < 0.05.

SUGGESTION

From the results of this research, the reasearcher suggests for teenager girls must have good knowledge and readiness to face menarche. Information about menarche is needed to avoid feeling awkward, uncomfortable, anxious and afraid when menstruation comes. With sufficient knowledge and readiness to face menarche, it will have a positive impact, namely understanding, appreciating and accepting menstruation as a sign of a woman's maturity. Information can be obtained either through print media, electronic media, family and other sources of information. The reasearcher also suggeseted to the next other researchers to examine the factors of readiness in facing menarche.

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CONFLICTS OF INTEREST

This research is independent research that be done by the lecturer of the D3 Midwifery research program at Nusantara University, PGRI Kediri. In this research we did not involve consultants. The DPM of Kediri Regency and SMPN I Gampingrejo contributed to providing research permits. The author declares that there are no conflicts of interest with the topic or any associated objects upon the publication of this study.

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