**THE RELATIONSHIP OF MENARCHE KNOWLEDGE TO THE ATTITUDES OF CLASS VII YOUNG WOMEN IN READINESS TO FACE *MENARCHE***

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**Abstract**

**Background**: 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. Young women 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. Young women who are ready to face *menarche,* will feel happy and proud, because they consider themselves biologically mature.

**Research Methods**: Analytical observational research with *cross sectional* design*.* The subjects in this study were young women 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.

**Research Results**: 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.

**Conclusion**: The results of the correlation test showed there was a significant relationship between the Menarche Knowledge and Attitudes of Class VII Young Women in Menarche Readiness. Dgets a value of *ρvalue* = 0.000 < α 0.05.

**Keywords: Knowledge, Attitude, Readiness to face Menarche**

**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 young women to reject these physiological processes (Devi Octopus Melati, 2013).

Young women 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 all,* 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). Young women 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 in 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).

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).

**METHOD**

Analytical observational research using the  *Cross Sectional* time approach method. The samples in this study were young women in class VII of SMPN 1 Gampengrejo, Kediri totaling 40 people. Sampling was selected by *Purposive sampling.*

**RESULT**

**Class VII Young Women's Knowledge in the Face of *Menarche***

Table 1. Frequency Distribution of Knowledge Remaja Putri Kelas 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 study of a total of 40 respondents showed that more than half of the respondents 21 respondents (52.5%) had sufficient knowledge of the criteria.

**Class VII Young Women's Attitudes in The Face of *Menarche***

Table 2. Frequency Distribution of Attitudes of Young Women Class VII dnature Facing Menarche at SMPN 1 Gampengrejo Kediri

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

1. Source: Primary Data 2021

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

**Class VII Young Women's Readiness in the Face of *Menarche***

Table 3. Frequency Distribution of Young Women's Readiness 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 study of a total of 40 respondents showed that almost half of the 19 respondents (47.5%) had readiness criteria ready.

**The Relationship of Knowledge of Young Women Class VIIand Readiness to Face *Menarche***

Table 4. Cross-Tabulation of The Relationship of Knowledge of Young Women Class VII with Readiness inthe Face of *Menarche*

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Knowledge Criteria | Menarche criteria | | | | | | Total | |
|  | Unprepared | | Just Ready | | Ready | |
|  | *f* | % | *F* | % | *F* | % | *f* | % |
| 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 Relationship Between The Attitudes Of Class VII Young Women With Readiness To Face Menarche**

Table 5. Cross-Tabulation of the Relationship of Class VII Young Women's Attitudes With Readiness to Face Menarche

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Attitude Criteria | Menarche criteria | | | | | | Total | |
| Unprepared | | Just Ready | | Ready | |
| *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 results of the analysis of the relationship between the level of knowledge of class VII young women and the readiness to face menarche**

Table 6. Distribution of  *Spearman's* Test Analysis Results of Knowledge Relationships Class VII Young Women Prepared 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\*\* | . 1.000 |
| Sig. (2-tailed) | .001 | . |
| N | 40 | 40 |

1. Source: Primary Data 2021

The results of the analysis of the relationship between the knowledge of class VII young women and the readiness to face menarche at SMPN 1 Gampengrejo using statistical tests using *Spearman's* obtained a value of *ρvalue* = 0.001< α 0.05 this shows that H1 is accepted. The *coeffecient correlation*  value obtained by (r) 0.498 is included in the category of medium relationship level.

**The results of the analysis of the relationship of attitudes of young women class VII in readiness to face menarche**

Table 7. Distribution of *Spearman's* Test Analysis Results relationships Young Women's Attitudes Class VII In Readiness Menghadapi 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 young women in readiness to face menarche using statistical tests using *Spearman's* obtained a value of *ρvalue* = 0.000 < α 0.05 this shows that H1 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 And Attitudes Of Class VII Young Women In Readiness To Face Menarche**

Table 8. Distribution of *Spearman's* Test Analysis Results of Knowledge Relationships and The Attitude of Class VII Young Women In Readiness to Confront 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 young women in readiness to face menarche at SMPN 1 Gampengrejo Kediri using statistical tests using *Spearman's* obtained a value of *ρvalue* = 0.000 < α 0.05.

**DISCUSSION**

**Menarche's Class VII Young Women's Knowledge**

Based on the results of research on the knowledge of Class VII young women about Menarche, from the results of the study 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 have 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.

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 young women in class VII about *menarche* for respondents in this study 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.

**Attitudes of Young Women in Class VII Facing Menarche at SMPN 1 Gampengrejo Kediri**

Based on research on the attitudes of class VI I young women in facing menarche, it was found that the results of a study 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 young women about *menarche* are influenced by the lack of knowledge from young women 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, Notoatdmojo explained that from attitudes there are several components that form each other's whole attitudes (*total attitud*) such as the existence of beliefs (beliefs), ideas and concepts towards an object which is a belief, opinion natau of 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 study shows that most respondents have an attitude of acceptance, this is due to the reaction or response that respoden 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 response are 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 are paying attention to the menstruation they are experiencing thus the response that the respondents have as a form of behavior accepting *menarche*.

**Readiness of Class VII Young Women 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 study 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 *(readines)* is a point of maturity to accept and practicen 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 more proud 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 thus they have readiness to be ready in carrying out the fire of menarche.

**Analysis of the** **Relationship between Knowledge Level** **and Attitudes of Young Women Class VII andthe nature of Facing *Menarche* at SMPN 1 GampengRejo**

The results of the research analysis on the relationship of the level of knowledge of class VII young women with the readiness to face menarche using statistical tests using *Spearman's* obtained a value of *ρvalue* = 0.001 < α 0.05 this shows that H1 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 Widyasih, 2012). Young women 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 Widyasih, 2012).

There are respondents who have sufficient knowledge of the criteria there are criteria for facing menarche quite ready, this can be explained that knowledge has an impact on the readiness to face menarche by as evidenced there is a relationship between the level of knowledge and the attitude of adolescents. this is 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 young women in readiness to face menarche at SMPN 1 Gampeng Rejo using statistical tests using *Spearman's* obtained a value of *ρvalue* = 0.000 < α 0.05 this shows that H1 is accepted. The *coeffecient correlation*  value obtained by (r) 0.637 is 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 study, the relationship depicted in cross-tabulation sebagaimana there are respondents who have 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 study, 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 a 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**

Amongthe respondents, 21 respondents (52.5%) had sufficient knowledge, 29 respondents (72.5%) had an attitude of acceptance, 19 respondents (47.5%) were ready to face menarche. Obtained the value of ρvalue = 0.000 < α 0.05, There is a relationship between the level of knowledge and attitudes of young women in class VII with the readiness to face menarche at SMPN 1 Gampengrejo Kediri. The coeffecient correlation value was obtained by (r) 0.498, which is included in the category of moderate relationship level and attitudes of class VII young women with readiness to face menarche at SMPN 1 Gampeng Rejo. The coeffecient correlation value obtained by (r) 0.637 is included in the category of strong relationship levels. From the results of this study , the knowledge and attitudes of young women in readiness to face *menarche*  are good because the source of information is now freely accessed to the village through: print media, electronic media, families and other sources of information so that it has a good impact on young women because thus young women are ready to face *menarche* .

**SUGGESTION**

The advice the researchers gave for the next study was to examine the factors of readiness in the face of menarche.

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