

PREPARATION FOR THE MENARCHE PERIOD FOR ADOLESCENT

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ABSTRACT

Menarche is the first menstruation that usually occurs in the age range of 10-16 years or in early adolescence in the middle of puberty before entering the reproductive period. So far, some people feel taboo to talk about menstrual problems in the family, so that early adolescents do not have sufficient knowledge and attitudes about the physical and psychological changes of menarche (Proferawati, 2009). Implementation of counseling activities on January 31, 2023 at Pucang 4 Sidoarjo Elementary School. Target of this counseling activity is students of class 5 and 6 at Pucang 4 Sidoarjo Elementary School. Prior to carrying out extension activities, there is a process of preparing activities for approximately three weeks prior to implementation activities, starting from determining the type of extension to applying for permits to related parties. As a form of evaluation, the activity was attended by 60 grade five and six students, the participants took part in the activity with very enthusiasm, and the counseling activities ran smoothly.

Keywords: *Menarche Periode, Education, Counseling, Elementary School Students.*

INTRODUCTION

Some people feel taboo to talk about menstrual problems in the family, so that early adolescents do not have sufficient knowledge and attitudes about the physical and psychological changes of menarche (Proferawati, 2009). Young women who do not get enough information and direction from their parents regarding menstruation.

Menstruation is a normal and natural process, but many women experience discomfort. Young women's lack of knowledge about menarche can cause fear, anxiety, embarrassment, lack of confidence and experience difficulties in dealing with menstruation. There is an assumption that parents or in the family are not right. Teenagers are a nation's asset for the creation of good future generations. Reproductive health problems are a common concern in organizing public health services (Kartikasari, 2009).

Menarche occurs related to nutritional status, fat intake, frequency of consumption of junk food, and physical activity. Wulandari et al (2015) showed that the factors associated with the incidence of menarche were the mother's menarche status (genetic), nutrition, nutritional status, exposure to mass media, and lifestyle. Another study conducted by Mayasari et al (2018) showed that students who experienced menarche aged <11 years were 15 students with the largest percentage (28.3%) and students who experienced menarche aged 11-13 years were 38 students with a percentage of (71, 7%). The results of the research conducted (2022) showed that the average age distribution for early menarche was 79 people with a percentage (60.3%), and the distribution of the proportion of normal menarche was 52 people with a percentage (39.7%).

Solutions to overcome various attitudes of adolescents in facing menarche include providing information, counseling and support

psychologically and can also be by providing health education, health promotion, and also providing information

about the changing conditions of adolescence and attitudes towards menarche in adolescents to the community, parents and adolescents. Based on the description above, the writer is interested in doing community service in the form of counseling on how to deal with menarche at Pucang 4 Sidoarjo Elementary School".

OBJECTIVES

General Purpose

After being given counseling, it is hoped that grade IV and V students at Pucang 4 Sidoarjo Elementary School can understand menarche or first menstruation.

Special Purpose

The specific objectives after this counseling were expected to:

1. Students can understand the menarche or first menstruation concept.
2. Students can understand the signs and symptoms during menarche
3. Students can understand how to deal with the first menstruation (menarche)
4. Students can find out how to clean the female genitalia
5. Students can find out how to deal with pain during the first menstruation or (menarche)

PLAN OF ACTION

Strategy Plan

The strategic plan for implementing this counseling includes:

1. Coordinate with policy makers at Pucang 4 Sidoarjo Elementary School
2. Determine the implementation time contract with targets in Pucang 4 Sidoarjo Elementary School
3. Carry out outreach activities at Pucang 4 Elementary School, Sidoarjo

Implementation

Counseling is carried out after the permit to carry out community service issued by Research and Society Kerta Scholar Health Service Institute Sidoarjo Polytechnic with the number: 029/SPPD/D/I/2023.

Actions performed in implementation these activities include:

1. Contact the school principal of SDN Pucang 4 Sidoarjo to request permission to carry out the preparation menarche period counseling activity
2. Prepare the place and equipment for counseling
3. Implementation of prepare the menarche period counseling activities including vulva hygiene practices.

Setting

The setting of health education was at Pucang 4 Sidoarjo Elementary School on January 31, 2023.

Target

The target for preparation menarche period counseling are 60 students in grades 5 and 6 at Pucang 4 Sidoarjo Elementary School.

RESULTS AND DISCUSSION

Counseling activities start from 09.00 to 11.00 PM. Counseling was carried out in the sixth-grade room of Pucang 4 Sidoarjo Elementary School. Counseling was attended by 60 students of grades 5 and 6.

Equipment used for outreach activities includes LCD, projector, laptop, hand washing videos, leaflets, posters, Panthom, sterile gauze, and questionnaires containing attitudes and vulva hygiene actions.

In addition to using video media, this counseling also uses posters and leaflets. Leaflet and poster media can attract students' attention because there is a visual blend in a strong design with colors, writing, pictures, messages. Media flyers and posters aim to grab the attention of passers-by but take a long time to instill a significant idea in memory (Muwakhidah, Fatih, & Primadani, 2021).

All questions raised by participants were answered by the presenter. All students who were asked questions by the presenter were able to answer questions. All students can also re-practice the vulva hygiene practice. So that it can be said that

this counseling was running quite effectively and successfully.

The policy makers of Pucang 4 Sidoarjo Elementary School are willing to work together in implementing this health education.

CONCLUSION

Preparation menarche period counseling is considered sufficient success because the participants were able to mention the definition, signs and symptoms and they can showed vulva hygiene practice correctly.

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