

Original Research Article

THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND THE READINESS OF THE MENARCHE IN YOUNG WOMEN

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Article Info:

Received: 17 August 2020

Revised: 13 September 2020

Accepted: 14 September 2020

DOI:

<https://doi.org/10.36720/nhjk.v9i2.184>

Abstract

Background: Sexual maturity in young women is characterized by menarche. The changes occurring at the moment of the menarche cause teenagers to become awkward. Therefore, teenagers need to organize behavioural adjustments that require family support, especially parental support (Proverawati, 2009).

Objectives: The purpose of this research was to analyze the relationship between family support and the readiness of menarche in young women.

Design: The design of this research was non-experimental with correlation methods and cross-sectional approaches.

Methods: The population of this study is all students of 5th and 6th grade Elementary School, Taman Belajar Surabaya who have not had a menstrual period of 40 students. Sampling techniques use simple random sampling. Large sample of 36 respondents. The research time was 2019. Collection of data using a family support questionnaire and a target readiness questionnaire. The instrument in this study is a questionnaire made by researchers that has previously conducted validity and reliability tests. A family support questionnaire of 16 questions and a readiness questionnaire faced 10 questions. The reliability score of the family support questionnaire using Cronbach's alpha was 0.957, and for the reliability score of the menarche face readiness questionnaire using cronbach's alpha was 0.936. The statistical test used in this study is the Fisher Exact test.

Results: A statistical test is conducted using SPSS, the Fisher Exact test, which shows that $P = 0.001 < \alpha = 0.05$, where the hypothesis is accepted which means there is a significant link between family support and the readiness of the menarche in the young women

Conclusion: There is a relationship between family support and readiness to target because of the provision of good family support so that the young women have a mental knowledge and strengthening to confront the menarche. It is hoped that the family will pay more attention to the children when they begin to step up, especially when the young women are ready to face the menarche.

Keywords: *Family support, menarche readiness, young women.*

INTRODUCTION

Adolescence is a stage between childhood and adulthood. This period usually begins at the age of 14 in males and 10 years in females. (Waryana, 2010). Adolescence is a very important time in the development of a young woman. For physical development, young women will experience a phase in which the sexual organs begin to stage the maturation that has the ability to reproduce. Changes in the body of young women such as the growth of the breasts, the hips dilated and enlarged, the growth of fine hair in the area around the genitals and armpits and also the start of sexual maturity characterized by the first menstrual or called the menarche. Changes occurring at the time of the first menstruation (menarche) cause adolescents to become awkward. Therefore, teenagers need to organize behavioural adjustments. These adjustments cannot be done smoothly, especially if there is no support from the family (Proverawati, 2009).

During this time society still considers taboo to talk about menstruation in the family. The need to be informed with regard to physical and psychological changes related to the targeting of adolescents is often less likely to have positive responses from the environment, especially parents and families. The family is expected to be a communication medium to provide information and moral training for child sexual understanding and development. Therefore, families are expected to provide emotional support and give children a mental strengthening of appreciation or praise when the child does good so that the child feels comfortable, feels loved and is not afraid of the first menstrual period. In addition, the family is also expected to fulfill the needs of children in the future toward his youth (Proverawati, 2009).

Riskesdas 2010 results showed that based on the report of respondents who had menstruation, the average age of menarche in Indonesia was 13 years (20.0%) with an earlier occurrence at the age of less than 9 years and some are slower to 20 years old and 7.9 percent

do not answer/forget and there are 7.8 percent who report not menstruating (Kemenkes RI, 2010). The results of a survey conducted by researchers by conducting interviews on 8 students in the private elementary school Surabaya Learning Park aged 10-12 years, there are 2 students who (25%) Who received information on the menarche of the parents, the two students have already experienced the menarche and claimed to experience fear, shame, and panic when menarche because of lack of information, while 6 people (75%) said they have not experienced the menarche and they feel not ready with what will happen when the menarche because they do not understand correctly what is called the menarche because parents and other family members have never given detailed information about menstruation.

Factors influencing the encountering of the menarche are age, attitude and source of information (family, peer group, and school environment). The source of information includes support, both emotional support, information, appreciation and instrumental. The support can be obtained from family environment (parents), school environment (teacher), peers environment, and community environment. The family environment is the first and foremost environment for child development. Parents can play an active role in providing an understanding of the menarche, as this is a very early thing for a teenager (Jayanti & Purwanti, 2012).

Mental preparedness is necessary, because feelings of anxiety and fear will arise when a lack of understanding of the young women about the menarche. For that, young women need to be prepared in the face of the menarche. With this understanding, the young women are expected to know the efforts to be done if they experience the menarche, so that they are able to do care and personal hygiene. The impact if a teenager is not given an understanding by the family about the menarche will arise a feeling or desire to reject the physiological process, in the youth will sometimes arise false assumptions about the menstruation something

that is filthy, unclean, and unholy. Sometimes they will assume it will die because of the many blood coming out of the vagina (Setiowati, 2015).

The effort to be done by healthcare professionals is to provide counseling and counseling so that families can provide support so that teenagers feel comfortable and not afraid to experience development especially in young women with the advent of first menstruation (menarche). As well as providing correct information or understanding regarding reproductive health, adolescents will better understand the developments and changes that will be experienced and ready to face puberty (Salangka, Rompas, & Regar, 2018).

The purpose of this research was to analyze the relationship between family support and the readiness of menarche in young women.

METHODS

Study Design

The design of this research was non-experimental with correlation methods and cross-sectional approaches.

Setting

This study was conducted in the Elementary School, Taman Belajar Surabaya at 15 February 2019.

Sample/ Participants

The population in this study were all 5th and 6th grades who had not experienced the menarche, a total of 40 students and took samples in the study using simple random sampling method of 36 students. Formula calculates the size of the sample:

$$n = \frac{N}{1 + N(d)^2}$$

$$n = \frac{40}{1 + 40(0,05)^2}$$

$$n = 36$$

Description: n = sample, N = population, d = level of significance.

Instruments

The instrument in this study is a questionnaire made by researchers that has previously conducted validity and reliability tests. A family support questionnaire of 16 questions and a readiness questionnaire faced 10 questions. The reliability score of the family support questionnaire using Cronbach's alpha was 0.957, and for the reliability score of the menarche face readiness questionnaire using cronbach's alpha was 0.936. The statistical test used in this study is the Fisher Exact test.

Data analysis

The instruments in this study used a questionnaire sheet using the Fisher Exact statistical test with a 95% confidence level and a significance level of 0.05.

Ethical Consideration

This research has passed research ethics test conducted at STIKes Adi Husada. Before conducting the study, the researcher explained the purpose of the study and asked the respondent for approval, further explaining in the questionnaire filling out no need to provide names and guarantee the confidentiality of data from respondents.

RESULTS

Characteristics of Respondents

Table 1 Distribution of Frequency of Respondents by Age, Staying with Parents, Last Education, Informant, Family Job, Family Supports and the Readiness of Menarche at Elementary School Taman Belajar Surabaya on 15 February 2019.

Characteristic	Frequency	Percentage
Age		
11 years	10	28%
12 years	12	33%
13 years	12	33%
14 years	2	6%
Staying with parents:		
Yes	32	89%
No	4	11%
Last Education:		
Elementary school	8	22,2%

Junior high school	12	33,3%
Senior high school	13	36,1%
Diploma/Bachelor	3	8,3%
Informant :		
Family	32	89%
School	4	11%
Family job:		
Private officers	16	44%
Self employed	17	47%
Civil servants	1	3%
Unemployed	2	6%
Family supports:		
Good	32	88,9%
Less	4	11,1%
The readiness of menarche:		
Ready	29	80,6%
Not ready	7	19,4%

Sources: Primary Data of Questionnaire, 2019.

According to table 1 it shows that nearly half of the respondents were 12 years and 13 years as many as 12 respondents (33%), the majority of respondents stayed with parents were 32 respondents (89%), nearly half of the last education students' family were senior high school to 13 respondents (36.1%), most respondents were informed about the menarche of a family of 32 respondents (89%), nearly half of the work of the parents of the self-employed were 17 respondents (47%), most of the family support respondents were well as 32 respondents (88.9%) and most of the respondents were ready to deal with the menarche of 29 respondents (80.6%).

Determine of the Correlation between Family Support and the Readiness of Menarche in Young Women at Elementary School Taman Belajar Surabaya using Fisher's Exact Test.

Table 2 Cross Tabulated Family Support Relations with the Readiness of Menarche in Young Women at Elementary School Taman Belajar Surabaya on 15 February 2019.

Family Supports	The Readiness Of The Menarche				Total	
	Not Ready	%	Ready	%	N	%
Less	4	11,1%	3	8,3%	7	19,4%
Good	0	0,0%	29	80,6%	29	80,6%
Total	4	11,1%	32	88,9%	36	100%

Fisher's Exact Test p value = 0,001

Sources: Primary Data of Questionnaire, 2019.

According to table 2 shows that most of the respondents who received "good" family

support and the readiness of the menarche were "ready" as many as 29 respondents (80.6%). The results of the statistical test analysis with the correlation of Fisher's Exact test show p value = 0.001 and $\alpha = 0.05$ ($p < \alpha$) so that the research hypothesis was accepted, it shows that there is a correlation between the family support with the readiness of the menarche.

DISCUSSION

Family support

Based on the results of the study to 36 young women respondents at Taman Belajar Surabaya Elementary School, the distribution of respondents based on family support mostly received "Good" family support as many as 32 respondents (88.9%) and as many as 4 respondents (11.1%) family support.

According to Setiadi (2012) family support is a useful condition for an individual obtained from another person who can be trusted, so that one will know that there are others who pay attention, appreciate and love him. The affecting factors are the stage of development, education (knowledge level), emotional, spiritual, family practice, socio-economic factors, and cultural background (Purnawan, 2008).

Based on research can be seen that the majority of respondents get good family support in a number of 32 people, this is likely influenced by the educational factors of the respondent's mother whose level of high school /equivalent number of 13 guardians and Diploma/Bachelor number 3 guardians. The higher the education of parents (mothers) it is expected that the mother has sufficient knowledge about menarche so that it can be a source of information for young women. In addition to the maternal education factor is a factor in the practice in the family, a number of 30 people out of 32 people whose family support is good living with parents, so that parents are able to spend enough time to be able to gather with their child just to provide support related to menarche. Based on research can be seen that the majority of respondents get good family support in a number of 32 people, this is

likely influenced by the educational factors of the respondent's mother whose level of high school /equivalent number of 13 guardians and Diploma/Bachelor number 3 guardians. The higher the education of parents (mothers) it is expected that the mother has sufficient knowledge about menarche so that it can be a source of information for young women. In addition to the maternal education factor is a factor in the practice in the family, a number of 30 people out of 32 people whose family support is good living with parents, so that parents are able to spend enough time to be able to gather with their child just to provide support related to menarche.

As for the young women who received less family support due to the low maternal education factor, evidenced from 4 respondents who had family support lacking the last education of mothers is junior high school. This is because the low education of parents (mothers) affects the level of maternal knowledge about menarche to be the source of young women's information.

Readiness to Face Menarche

Based on the results of the study to 36 young women respondents at Taman Belajar Surabaya Elementary School, almost all respondents were "Ready" in the readiness to face menarche as many as 29 respondents (80.6%) and as many as 7 respondents (19.4%) "Not Ready" in readiness to face menarche.

According to Fajri and Khairani (2012), the readiness to face menarche is a condition that indicates that a person is ready to achieve physical maturity i.e. the arrival of the first menstruation (menarche) as a normal process. According to Suryani & Widiasih (2010) the factors that affect the readiness to face menarche are age and source of information (family, peer group, school environment). The results showed that knowledge variables had a significant effect on menarche readiness. Young women with good knowledge have a better chance of being ready for menarche (Lutfiya, 2016).

Based on the research can be seen most respondents who are ready in the face of menarche a total of 29 people. The readiness is very much related to the age of the respondent, of the 29 people who have been prepared to face menarche aged 13 years a number of 12 students, 14 years old a number of 2 students, the remaining 9 respondents aged 12 years and 6 respondents aged 11 years. This is because the older the child is, the more the child is ready to receive menstruation events.

As for the respondents who were not prepared in the face of menarche as many as 7 people, this is likely due to the younger age factor. A total of 4 respondents who were 11 years old and the remaining 3 respondents were not ready for menarche and none of the 13-14-year old's were unprepared. Younger young women tend not to be prepared to accept menstruation events, so menarche is considered a surprising disorder. In the end, menarche is regarded by the child as an unpleasant new burden.

The Relationships of Family Support and The Readiness of Menarche

According to table 2 shows that most of the respondents who received "good" family support and the readiness of the menarche were "ready" as many as 29 respondents (80.6%). The results of the statistical test analysis with the correlation of Fisher's Exact test show p value = 0.001 and $\alpha = 0.05$ ($p < \text{Alfa}$) so that the research hypothesis was accepted, it shows that there is a link between the family support variables with the readiness of the menarche.

Ali (2009) argues that the role and support of the family is very important for family members who are experiencing health problems. Families or parents are expected to be able to provide experience to the child in various areas of life so that the child has a lot of information in the face of menarche.

The family support provided to the youth will affect the young woman's anxiety and readiness. This is because family members are the closest people to teenagers so communication on sensitive matters will be

more open. The family plays an active role in knowing the young woman's condition, both physically and psychologically because the family is interdependence of one family member with another family member (Nainggolan & Tambunan, 2013).

In line with the research of Khazani and Suharni (2015) The family has a major role in providing support to teenagers when going to the first menstrual period. Therefore, families are expected to provide support so that teenagers feel comfortable and not afraid to experience the development especially in young women that is with the advent of the first menstruation (menarche). Family support is very influential in the readiness of the young women facing a situation like the coming of the first menstruation (menarche). If the child is not given family support either emotional support, assessment, instrumentals or information will affect the readiness of the young woman in the face of the menarche.

In line with Aboyeji research (2015) families have a large role in providing information about development in adolescents, therefore families are expected to provide emotional support so that teenagers feel comfortable and not afraid to experience development especially in young women namely with the arrival of menarche.

The results of the study are also in line with Astuti's research (2015) on the picture of maternal support with the psychological readiness of young women facing menarche, one of the factors of good maternal support is education, the better the level of education then the better the knowledge obtained.

Based on the results of research of respondents with good family support and the readiness of the menarche ready to 29 students (80.6%), this is likely supported by the provision of good family support so that teenagers have the knowledge and mental strengthening to confront the menarche. In addition, it is also supported by several factors, including young women who live with parents, adequate maternal education, the age of mature

girls, and the correct source of information on the menarche of the family.

As the young woman enters the age of family, especially the mother who also has the same experience but first experience, will surely provide information to her daughter regarding menarche, so that her daughter is better prepared in the face of menarche. The adequate information provided by the family is expected to increase the young women's knowledge so that they are better prepared when menarche arrives.

In addition to information support, families who provide emotional support to young women, will make the young women not feel disturbed by it, and there is no fear of facing menstruation the first time.

CONCLUSION

There is a relationship between family support and readiness to target because of good family support so that the young women have a mental knowledge and strengthening to confront the menarche. It is hoped that the family will pay more attention to the children when they begin to step up, especially when the young women are ready to face the menarche.

ACKNOWLEDGMENT

Thank you to all respondents and to those who have helped in completing this research until the compilation of this manuscript.

DECLARATION OF CONFLICTING INTEREST

There is no conflict of interest in this research.

FUNDING

The funds used in this study came from the researcher's personal funds.

AUTHOR CONTRIBUTION

Etika Purnama Sari : conduct reasearch and compile manuscripts.

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Cite this article as: Sari, E.P. (2020). The relationship between family support and the readiness of the menarche in young women. *Nurse and Health: Jurnal Keperawatan*, 9 (2), 145-151. <https://doi.org/10.36720/nhjk.v9i2.184>