PREPAREDNESS OF YOUTH IN FACING MENARCHE IN THE ERA OF THE INDUSTRIAL REVOLUTION 4.0

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ABSTRACT
Adolescence is a transition from puberty to adulthood. This period, there will be many changes either physical, psychological, or social that teenagers will experience one of them is Menarche. Mental readiness is urgently needed in the face of menarche due to anxiety and fear of appearing, and indispensable knowledge of self-care during menstruation. The purpose of this research is to know the characteristics and readiness of adolescents in the face of menarche in the era of industrial revolution 4.0. The type of research metho d used is descriptive survey. The population in this study was 45 pegandon junior high school students. Proportional sampling technique. Data analysis is done with statistics deskriftiv. The results of the student readiness study with less than 75.6%, and the readiness category in the good category as much as 24.4% of respondents. It is expected that health officials will further improve the implementation of health promotion activities especially in adolescents about the onses of menstruation so that teenagers are better prepared in the face of menarche.

Keywords: industrial revolution 4.0; menarche; readiness; teen

INTRODUCTION
According to Pieter and Lubis (2010) adolescence is a period of transition from puberty to adulthood. During this period, there will be many physical, psychological, or social changes that will be experienced by adolescents. Menarche is the first menstruation that usually occurs in the age range of 10-16 years in early adolescence in the middle of puberty before entering the reproductive period. This period is a sign of the beginning of the change in the lives of teenagers. The biggest change that affects the mental development of adolescents is the physical change of the body becoming more and more length and height, the functioning of the reproductive organs is marked by menstruation or menarche (Sarwono, 2011).

According to data obtained by the World Health Organization (WHO), about one-fifth of the world's population, adolescents aged 10-19 years, have experienced menstruation (Effendi and Mahmudi, 2010). Teenagers in Indonesia, on average, get their first menstruation at the age of 13 years, with the earliest incidence being 9 years old and the latest being 17 years old. Data in Central Java, especially the Semarang city area, about 0.1% of adolescent girls experience early menarche at the age of 6-8 years and another 26.3% experience menstruation at the age of 14 years. Menarche is often experienced by young women at the age of 10-15 years. Menarche that is too early and too late can disrupt the psychological state of young women (Doni, 2013).

Mental readiness is needed in dealing with menarche because anxiety and fear will arise, and knowledge about self-care during menstruation is needed (Pieter and Lubis, 2010). For adolescents, menstrual events occupy a unique psychological existence, which can affect adolescents' perceptions of the reality of life. Psychological symptoms of menarche include anxiety and strong fear by the desire to reject the physiological process (Kartono, 2010). Setyawati, and Wijayanti,
(2017) show the results that readiness to face menarche is categorized as not ready (80.6%) to face menarche.

METHOD
The research design used is a descriptive survey design. The population in this study were young women in SMP N 1 Pegandon, as many as 71 respondents. The sampling technique used is proportional sampling. This research was conducted at SMP N 1 Pegandon and was carried out from September 2019 to February 2020. This research tool was in the form of a questionnaire. Data analysis using univariate.

RESULTS AND DISCUSSION
Characteristics of Respondents

Table 1

<table>
<thead>
<tr>
<th>Age</th>
<th>f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 years old</td>
<td>11</td>
<td>24.4</td>
</tr>
<tr>
<td>12 years old</td>
<td>25</td>
<td>55.6</td>
</tr>
<tr>
<td>13 years old</td>
<td>5</td>
<td>11.1</td>
</tr>
<tr>
<td>14 years</td>
<td>4</td>
<td>8.9</td>
</tr>
</tbody>
</table>

Based on the results of data analysis, the data obtained are respondents aged 11-14 years with a minimum age of 11 years and a maximum age of 14 year.

Table 2

<table>
<thead>
<tr>
<th>Class</th>
<th>f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>VII</td>
<td>36</td>
<td>80.0</td>
</tr>
<tr>
<td>VIII</td>
<td>9</td>
<td>20.0</td>
</tr>
</tbody>
</table>

Based on the results of data analysis, it was found that more respondents were in class VII. The frequency of respondents based on the majority class of class VII is 80%.

Adolescent Readiness in Facing Menarche

Table 3

<table>
<thead>
<tr>
<th>Kesiapan</th>
<th>Frekuensi</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kurang</td>
<td>34</td>
<td>75.6</td>
</tr>
<tr>
<td>Baik</td>
<td>11</td>
<td>24.4</td>
</tr>
<tr>
<td>Total</td>
<td>45</td>
<td>100</td>
</tr>
</tbody>
</table>

Based on the results of the analysis of the readiness of adolescents in facing menarche in the less category as many as 34 (75.6%) respondents and mother's efforts in the good category as many as 11 (24.4%) respondents.
Questionnaire Distribution Results

Table 4

Frequency Distribution of Adolescent Readiness Questionnaire Results in Facing Menarche in the Revolutionary Era 4.0

<table>
<thead>
<tr>
<th>NO</th>
<th>Adolescent readiness in facing menstruation</th>
<th>Ya f</th>
<th>%</th>
<th>Tidak f</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>I feel menstruation is</td>
<td>Favorabel</td>
<td>25</td>
<td>55.6</td>
<td>20</td>
</tr>
<tr>
<td>2.</td>
<td>signifies I'm an adult</td>
<td>Unfavo</td>
<td>24</td>
<td>53.3</td>
<td>21</td>
</tr>
<tr>
<td>3.</td>
<td>I feel knowledge about</td>
<td>Favorabel</td>
<td>25</td>
<td>55.6</td>
<td>20</td>
</tr>
<tr>
<td>4.</td>
<td>Menstruation is not important</td>
<td>Unfavo</td>
<td>24</td>
<td>53.3</td>
<td>21</td>
</tr>
<tr>
<td>5.</td>
<td>I feel menstruation is</td>
<td>Favorabel</td>
<td>21</td>
<td>46.7</td>
<td>24</td>
</tr>
<tr>
<td>6.</td>
<td>signs a woman is able to have</td>
<td>Unfavo</td>
<td>24</td>
<td>53.3</td>
<td>21</td>
</tr>
<tr>
<td>7.</td>
<td>child</td>
<td>Favorabel</td>
<td>24</td>
<td>53.3</td>
<td>21</td>
</tr>
<tr>
<td>8.</td>
<td>I feel confused if I have my first period</td>
<td>Favorabel</td>
<td>23</td>
<td>51.1</td>
<td>22</td>
</tr>
</tbody>
</table>

Based on the results of the study, it shows that the readiness of adolescents in facing menarche in the era of the industrial revolution 4.0 is that menstruation is a sign of women being able to have children. in question number 5.

DISCUSSION

Age

The results showed that the average age of respondents was at SMP N 1 Pegandon, the youngest age was 11 years old and the oldest was 14 years old and the average respondent at SMP N 1 Pegandon was 12 years old (Saryono, 2010). (Nasution, 2011) at this age the development of junior high school students is the ability to think symbolically, and can understand something meaningfully (meaningfully) without the need for concrete or visual objects. Students have understood things that are imaginative. The implication is that students can understand what things must be prepared in increasing their readiness to face menarche, one of which is by utilizing internet technology in an effort to add insight and knowledge about menstruation (Sukarni & Wahyu, 2013). Menarche is the first menstruation that usually occurs in the age range of 10-16 years or the early period in the middle of puberty before entering the reproductive period (Proverawati, 2010). The results of this study are in line with research (Munda et al, 2013) which shows that the age of adolescents at menarche varies between the ages of 10 to 16 years and the average age of menarche is 12 years 5 months (Khairani, 2011)

Class

Based on the results of the study showed that most of the number of respondents consisted of class VII. Class is a group of students with the same level in an educational institution (Yusuf, 2012). In general, adolescents are at the level of junior high school education. This result is in accordance with the opinion of Jahja and Yudrik (2011) which states that at this time all aspects of human development, namely cognitive, affective, and psychomotor experience changes as a transition period from childhood to adulthood, adolescents have many ideals, wishful thinking or desires. which will be realized in the future, but in fact teenagers at this stage do not yet have many adequate abilities to realize all their desires. Teenagers’ curiosity in various ways, one of which is about
knowledge about the first menstruation, curiosity makes teenagers want to find various information about menstruation, one of which is looking for information through the internet (Jatmika and Sidik, 2010).

**Adolescent readiness in facing menarche**

The results of this study indicate that the majority of students have readiness in the less category as much as 75.6%, and the readiness category in the good category as many as 24.4% of the respondents. Adolescent readiness in facing menarche is the respondent's ability to prepare himself for menstruation. The results of this study are in line with research conducted (Iin.S & Wijayanti, 2015) on "The Relationship Between Readiness and Anxiety in Facing Menarche in Students" with the majority results in the 80.6% less prepared category. Proverawati (2010) mental readiness is very necessary in dealing with menarche, respondents aged 11-12 years still like to play and do a lot of activities so they don't think too much about or do various things in order to prepare for the arrival of the first menstruation. The knowledge possessed by students is only an outline, so that students do not fully understand about menarche. Research conducted by Suryoputro (2009) states that low knowledge about reproductive health affects behavior in dealing with puberty. Readiness to face menarche can be done by providing information and attention to young women when facing menarche, the first source of information actually comes from the mother (Tiwari, 2009).

Parents, especially mothers, must provide explanations about menarche to their daughters, so that children understand more and are ready to face menarche, but in reality not all mothers can provide adequate information to their daughters, some mothers are reluctant to talk about menarche openly, other than due to limited or The lack of knowledge of mothers in conveying this information to children is also because many mothers feel awkward and think that girls can prepare for menstruation on their own (Muriyana, 2009). Reproductive health of adolescents in health centers should be intensified in increasing adolescent knowledge about reproductive health. This is in line with the theory (Notoadmojo, 2010) which states that socioeconomic is one of the external determinants or factors that influence a person's behavior, supporting factors are factors that allow someone behaves in a certain way.

In the statement "Information available on the internet makes it easier to prepare for menstruation" based on the results of the distribution of answers on adolescent readiness to face menarche, the majority of respondents answered "Yes" as much as 24 53.3%. The answer to the statement "The use of sophisticated internet that can be accessed through gadgets makes it easier for me to find information about menstruation" as many as 23 51.1%. The era of globalization has led to technological advances that make it easier for teenagers to get information either through cellphones or the internet, the information media has some influence on the behavior and social relationships of teenagers, teenagers can use the convenience of information technology to find information about menarche, teenagers who have sufficient knowledge will feel more comfortable, ready to face the first menstruation compared to adolescents who do not have knowledge about menstruation (Indriastuti, Muhammad and Djuahir, 2015). Soetjiningsih (2010) stated that the information media cannot be left behind to participate in conveying important information to the public, especially teenagers, the mass media is very effective in conveying information, as well as promoting specific things such as providing information about the first menstruation and how to prepare it.
"Menstruation is a sign of adolescence as an adult" in the statement based on the results of the distribution of the answers of adolescents' readiness to face menarche, the majority of respondents answered 25 55.6%. Puberty is marked by sexual maturity, one of which is menarche, then adolescents will be faced with situations that require adjustment to the changes that occur, this condition includes 3 aspects, namely, physical, mental and emotional (Ulfa, et al., 2012). Based on the description above, it can be seen that adolescents after getting their first menstruation begin to develop their reproductive organs optimally (Pudiastuti, 2012).

The statement "students feel that knowledge about the first menstruation is not important" based on the results of the distribution of answers on adolescent readiness to face menarche, the majority answered "Yes" as many as 24 53.3% of respondents. Knowledge is the result of "knowing" and this occurs after people have sensed a certain object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, and touch (Notoadmojo, 2010). Research conducted (Nilawati, 2013) the level of education affects the extent of one's knowledge. Education is needed to obtain and absorb information, such as things that can support health. It is hoped that higher education with knowledge about health will be better, especially knowledge about menstruation.

The distribution of the results of the answers of adolescents' readiness to face menarche with the statement "students feel menstruation is a sign that women can have children" the majority of students answered "Yes" as much as 25 55.6%. (Sarwono, 2010) Menarche is a stage of physical development when the human reproductive organs reach maturity. This menstrual phase is a period where adolescents are truly biologically ready to carry out their female functions, one of which can give birth to offspring. So for adolescents, this menstrual event occupies a unique psychological existence, which can influence adolescents on the reality of life both in adolescence and adulthood (Kartono, 2010).

Based on the results of the distribution of adolescent readiness answers in facing menarche on the statement "students feel confused if they have their first menstruation" the majority of students answered "Yes" as much as 24 53.3%. (Dianawati, 2010) adolescent girls who experience menarche often feel confused and sad, this is because most teenagers do not understand the basis of the changes that occur to themselves during menarche. When approaching menstruation, every teenage girl has a different attitude and response, in line with research (Astiti and Pudjono 2010), saying that perceptions during menstruation can be in the form of positive perceptions when associated with maturity, and negative perceptions if associated with limiting conditions, menstrual myths and inconveniences.

In the statement "students feel that nutritional status has an effect on their menstrual status" the results of the answers to the distribution of adolescent readiness in facing menarche, the majority of students answered "No" as much as 24 53.3%. Adolescent girls need good nutritional status to help them grow, including how fast or slow they are in getting menstruation. Adolescent girls who have less or more nutritional intake can cause reproductive function disorders and have an impact on menstrual disorders (Devirahma, 2012). Nutritional status is a measure of a person's body condition which can be seen from the food consumed in the use of nutrients in the body (Almatzier, 2010). Nearly 50% of teenagers do not eat breakfast every morning. Other studies have shown that many teenagers (89%) believe that breakfast is important, but only 60% of students who eat breakfast regularly (Devirahma, 2012). On the other hand, the pleasure of consuming fast food...
(junk food) has become a trend among teenagers. Though not necessarily fast food has sufficient nutritional content for the needs of the body. Teenagers who eat fast food (junk food) will often experience excess weight (Ministry of Health, 2010 in Adnyani, 2013).

Based on the results of the distribution of adolescent readiness answers in facing menarche on the statement "looking for information before menstruation is not important through the internet using gadgets" the majority of respondents answered "Yes" as much as 24 53.3%. Adolescents who have sufficient information before facing menarche will be more prepared than adolescents who do not have information about menarche. Research conducted by Budiarti & Apriastuti, 2012 revealed that many teenagers have wrong information and associate menstruation with something negative. The lack of awareness of adolescents to seek information through the internet resulted in this condition ultimately causing adolescents to be unprepared to accept menarche and have difficulty dealing with it. The more advanced the times, the easier it is for students to get information about menarche, one of which is information that can be accessed by students through the internet on their mobile phones.

CONCLUSION
Based on research on "Adolescent Readiness in Facing Menarche", it can be concluded that: The characteristics of the respondents are mostly 11-14 years old, 11 years old (24.4%), 12 years old (55.6%) and 13 (11.1%) and 14 year old. as much as (8.9%). Most of the classes in the respondents were in class VII as many as 36 students and class VIII as many as 8 students. Based on the results of the research, some teenagers in SMP N 1 Pegandon have readiness with the category of less in facing menarche as much as 75.6% of respondents.

REFERENCES


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