DESCRIPTION OF THE LEVEL OF KNOWLEDGE OF ADOLESCENT GIRLS ABOUT MENARCHE AT SD NEGERI 1 PAKEM

Yuraida Noni[1], Indriana Widya[2], Atik Ismiyati[3]
[123]*Department of Midwifery*, Poltekkes Kemenkes Yogyakarta
Jalan Mangkuyudan, MJ III/304, Mantrijeron, Yogyakarta
[1]Email : tiarisdayaru@gmail.com

ABSTRACT

Background : *Most schools have not yet made efforts such as educational sessions conducted by the school itself or external parties to increase female students' knowledge regarding menarche.*
Purposes *: To determine the level of knowledge regarding menarche among female students at SD Negeri 1 Pakem in 2026.*
Methods *: This is a descriptive study with a quantitative design. The study population consisted of 50 female students in grades V and VI at SDN 1 Pakem. Purposive sampling was used to select the sample. Primary data were obtained through questionnaires. Data analysis was conducted using univariate analysis, presented in the form of frequency distributions and percentages.*
Result *: In the 11 year old age group, the majority of female students specifically eight of them demonstrated a good level of knowledge regarding menarche.*
Conclusion *: The majority of female students who experienced menarche at age 12 possessed a good level of knowledge and obtained information about menarche from the internet. Enhanced education is needed.*

Keyword : *Menarche, level of knowledge, menarcheal status, sources of information*

GAMBARAN TINGKAT PENGETAHUAN REMAJA PUTRI TENTANG MENARCHE DI SD NEGERI 1 PAKEM

Yuraida Noni[1], Indriana Widya[2], Atik Ismiyati[3]
[123]*Department of Midwifery*, Poltekkes Kemenkes Yogyakarta
Jalan Mangkuyudan, MJ III/304, Mantrijeron, Yogyakarta
[1]Email : tiarisdayaru@gmail.com

ABSTRAK

Latar Belakang : Sebagian besar sekolah belum ada upaya untuk menambah tingkat pengetahuan siswi tentang *menarche* seperti penyuluhan baik dari pihak sekolah maupun luar sekolah

Tujuan Penelitian : Mengetahui tingkat pengetahuan pada siswi di SD Negeri 1 Pakem tentang *menarche* tahun 2026

Metode Penelitian : Deskriptif dengan desain kuantitatif. Populasi penelitian adalah siswi kelas V dan VI di SDN 1 Pakem sebanyak 50 siswi. Pengambilan sampel menggunakan Teknik *purposive* sampling. Menggunakan data primer yang diperoleh dari kuesioner . Analisis data dilakukan secara univariat dalam bentuk distribusi frekuensi dan presentase.

Hasil Penelitian : Mayoritas siswi memiliki tingkat pengetahuan *menarche* yang baik pada kelompok usia 11 tahun sebanyak 8 siswi.

Kesimpulan : Mayoritas siswi yang mengalami *menarche* di usia 12 tahun, memiliki tingkat pengetahuan baik, mendapatkan informasi tentang *menarche* dari internet. Dibutuhkan peningkatan edukasi

Kata Kunci : *Menarche*, tingkat pengetahuan, status *menarche*, sumber informasi