

# The Relationship of Communication and Children's Age with Readiness for Menarche in Students of SMP Negeri 1 Enrekang

Erna Kasim<sup>1</sup>

<sup>1</sup> D-3 Nursing Study Health Science Program, Makassar

\*Correspondence: Erna Kasim

DOI:

## INFO

Submitted: 10-10-2022,

Revised: 12-11-2022,

Accepted: 23-12-2022

## ABSTRACT

*The aim of the research was to determine the relationship between mother-child communication and child age with readiness to face first menstruation (menarche) in female students at SMP Negeri 1 Enrekang, Enrekang Regency. The research method used is an analytical approach using a cross sectional design. The population in this study was a total of 132 people. The sample studied consisted of 99 respondents, from March 23 to April 13 2015. Data was collected using a questionnaire and then analyzed using the Chi square statistical test with a significance level of  $\alpha < 0.05$ . The results of research on mother-child communication related to readiness to face the first menstruation (menarche) obtained a value of  $p = 0.000 < 0.05$ , and the child's age in relation to readiness to face the first menstruation (menarche) obtained a value of  $p = 0.004 < 0.05$ . Based on the research results, it was concluded that there is a relationship between mother-child communication and readiness to face the first menstruation (menarche), and there is a relationship between the child's age and readiness to face the first menstruation (menarche), suggestions for future researchers are to pay attention to several internal factors related to readiness to face the first menstruation (menarche), for example the level of knowledge of teenagers about the first menstruation (menarche), and also other factors so that teenagers are better prepared to face the first menstruation (menarche).*

Keywords: *Communication, Readiness, Menarche*

## INTRODUCTION

The age at which the first menstruation occurs (menarche) is influenced by many factors, including ethnic, genetic, social, economic and other factors. In England the average age for reaching the first menstruation (menarche) is 13.1 years (Proverawati and Misaroh, 2009).

Every teenager will experience puberty. Puberty is the initial period of sexual maturation, namely a period where a child experiences physical, hormonal and sexual changes and is able to carry out the reduction process. At the beginning of puberty, levels of the hormones luteinizing hormone (LH) and follicle stimulating hormone (FSH) will increase, thereby stimulating the formation of sexual hormones.

The first menstruation (menarche) is the most important event that occurs during adolescence, where the first menstruation (menarche) represents a symbol of the transition from childhood to adulthood (Sarwono, 2008).

According to WHO (World Health Organization) in Kusmiran, Eny (2013), around one fifth of the world's population are teenagers aged 10-19 years. About 900 million are in developing countries. The average age of menarche in adolescents decreased from 12.75% to 12.54 per year, and the percentage of women between 10 and 15 years who were above the 85th percentile for body mass index increased from 16% to 27% during the 25 years between the 2 surveys. .

The results of Riskesdas (2013) show that in Indonesia the number of teenagers is very large, namely approximately 44 million people aged between 15 – 24 years. This number covers almost 25% of the total population of 220 million

Indonesia. Half of the population is under 25 years old, more than one billion are between

10 -19 years old. The results of Riskesdas show that based on reports from respondents who have experienced menstruation, the average age of first menstruation (menarche) in Indonesia is 13 years (20.0%) with earlier occurrences at less than 9 years of age. Nationally, the average age of first menstruation (menarche) is 13-14 years, occurring in 37.5% of Indonesian children. In children from Aceh province, the first menstruation (menarche) occurs at an average age of 13-14 years (40.9%).

The mother's role is very important in the process of child growth and development, especially during adolescence. Adolescents first begin to learn about the various sexual processes that occur in their bodies and souls through their mothers. Generally, girls will tell their mothers when they first menstruate. Unfortunately, not all mothers provide adequate information to their daughters. Some mothers are reluctant to talk openly about it until their teenager experiences their first menstruation (menarche). This condition will cause anxiety in children, and the belief often grows that the first menstruation (menarche) is something unpleasant or serious. As a result, children develop a negative attitude towards the first menstruation (menarche) and see it as a disease (Mansur, Herawati. 2009).

The results of research conducted by Ayu Fajri, Maya Khairani (2011), regarding the relationship between mother-child communication and readiness for the first menstruation (menarche) in Muhammadiyah Middle School students in Banda Aceh, show that there is a very significant positive correlation between mother-child communication and readiness to face the first menstruation (menarche).

The results of further research conducted by Syatriani, Nurfadilah Sewang (2012), showed that of the 23 respondents (57.5%) who had insufficient knowledge, 22 respondents (55.0%) stated that they were less prepared.

facing the first menstruation (menarche), and (62.5%) lack of support from the family in facing the first menstruation (menarche).

In this research, there is a problem formulation, namely whether there is a relationship between communication and the child's age with readiness to face the first menstruation (menarche) in female students at SMP Negeri 1 Enrekang, Enrekang Regency. The aim is to determine the relationship between communication and the child's age with readiness to face the first menstruation (menarche) among female students at SMP Negeri 1 Enrekang, Enrekang Regency.

## **METHODS**

This research is a survey research with an analytical approach method using a cross-sectional design, where mother-child communication and child age were measured and readiness to face the first menstruation (menarche) among female students at SMP Negeri 1 Enrekang, Enrekang Regency.

This research was carried out at SMP Negeri 1 Enrekang, Enrekang Regency. Sampling in this study used the Nonprobability Sampling method with a Purposive sampling technique, namely a way of selecting samples from the population according to the researcher's wishes (objectives/problems in the research), so that the sample can represent previously known characteristics of the population. The characteristics are inclusion consisting of (1) Willing to be researched; (2) Parents/mothers who have children and attend SMP Negeri 1 Enrekang, Enrekang Regency; (3) Grade 1 students; (4) Female students who have not experienced their first menstruation (menarche) and exclusion consisting of (1) The existence of ethical obstacles; (2) Refuse to be a respondent; (3) Female students who have experienced their first menstruation (menarche).

The data processing used is editing, coding, transferring and tabulating. The data analysis used is univariate analysis and bivariate analysis.

## **RESULTS**

This research is an observational study with an analytical approach method using a cross-sectional design, where the relationship between communication and the child's age and readiness for the first menstruation (menarche) of female students at SMP Negeri 1 Enrekang, Enrekang

Regency, was measured.

The research results can be presented descriptively with univariate analysis and bivariate analysis with the Chi Square Test as follows:

### Univariate Analysis

#### Mother's Age

Table 1. Distribution of Respondents Based on Mother's Age at SMP Negeri 1 Enrekang Regency

Mother's Age (Years)	n	(%)
20-24	4	4,0
25-30	49	49,5
31-35	36	36,4
36-40	8	8,1
Total	99	100,0

Source: Primary Data

Table 1 shows that the most respondents were in the 25-30 year age group, namely 49 people (49.5%), while the fewest respondents were in the < 25 year age group, namely 4 people (4.0%).

#### Mother's Education

Table 2. Distribution of Respondents Based on Mother's Education at SMP Negeri 1 Enrekang, Regency

Mother's Education	n	(%)
Elementary school	6	6,1
Junior High School	20	20,2
Senior High School	50	50,5
DIII/S1	23	23,2
Total	99	100,0

Source: Primary Data

Table 2 shows that the highest level of education of respondents is high school education, namely 50 people (50.5%), while the lowest level of education of respondents is elementary school, namely 6 people (6.1%).

#### Mother's Job

Table 3. Distribution of Respondents Based on Mother's Occupation at SMP Negeri 1 Enrekang Regency

Mother's Job	n	(%)
Housewife	35	35,4
Laborer	2	2,0
Private	42	42,4
Civil servants	20	20,2
Amount	99	100,0

Source: Primary Data

Table 3 shows that the majority of respondents worked in the private sector, namely 42 people (42.4%), while the majority of respondents worked as housewives, namely 35 people (35.4%).

#### Mother-Child Communication

Table 4. Distribution of Respondents Based on Mother-Child Communication at SMP Negeri 1 Enrekang, Enrekang Regency

<b>Mother-Child Communication</b>	<b>n</b>	<b>(%)</b>
Not enough	27	27,3
Good	72	72,7
Amount	99	100,0

Source: Primary Data

Table 4 shows that most mother-child communication is in the good category, namely 72 people (72.7%), while mother-child communication is in the poor category, namely 27 people (27.3%).

### Child Age

Table 5. Distribution of Respondents Based on Children's Age at SMP Negeri 1 Enrekang, Enrekang Regency

<b>Child Age</b>	<b>n</b>	<b>(%)</b>
10 and 11 Years	39	39,4
12 and 13 Years Old	60	60,6
Amount	99	100,0

Source: Primary Data

Table 5 shows that the majority of children aged 12 and 13 years, namely 60 people (60.6%), while children aged 10 and 11 years were 39 people (39.4%)

### Readiness for First Menstruation (Menarche)

Table 6. Distribution of Respondents Based on Readiness for First Menstruation (Menarche) at SMP Negeri 1 Enrekang, Enrekang Regency

<b>Readiness for Menarche</b>	<b>n</b>	<b>(%)</b>
Not Ready	25	25,3
Ready	74	74,7
Amount	99	100,0

Source: Primary Data

Table 6 shows that the majority of respondents were ready to face menstruation with a total of 74 people (74.7%), while respondents who were less prepared to face menstruation were 25 people (25.3%).

### Bivariate Analysis

#### Relationship between Mother-Child Communication and Readiness for First Menstruation (Menarche)

Table 7. Relationship between mother-child communication and readiness to face first menstruation (menarche) at SMP Negeri 1 Enrekang

<b>Mother-Child Communication</b>	<b>Readiness for Menarche</b>				<b>Total</b>		<b>p Value</b>
	<b>Not Ready</b>		<b>Ready</b>				
	<b>n</b>	<b>(%)</b>	<b>n</b>	<b>(%)</b>	<b>n</b>	<b>(%)</b>	
Not Enough	24	88,9	3	11,1	27	100,0	p = 0,000
Good	1	1,4	71	98,6	72	100,0	
Amount	25	25,3	74	74,7	99	100,0	

Source: Primary Data

Table 7 shows that there were 27 respondents with poor mother-child communication, of which 24 people (88.9%) were less ready to face menstruation, and 3 people (11.1%) were less ready to face menstruation. Meanwhile, there were 72 respondents with good mother-child

communication, of which 1 person (1.4%) was less ready to face menstruation, and 71 people (98.6%) were ready to face menstruation.

After carrying out statistical tests using the Chi Square Test, the value of  $p = 0.000 < 0.05$  was obtained, which means that there is a relationship between mother-child communication and readiness to face the first menstruation (menarche).

### Relationship between Child's Age and Readiness for First Menstruation (Menarche)

Table 8. Relationship between child's age and readiness to face first menstruation (menarche) at SMP Negeri 1 Enrekang

Child Age	Readiness for Menarche				Total		p Value
	Not Ready		Ready				
	n	(%)	n	(%)	n	(%)	
10 and 11 Years	16	41,0	23	59,0	39	100,0	p = 0,004
12 and 13 Years Old	9	15,0	51	85,0	60	100,0	
Amount	25	25,3	74	74,7	99	100,0	

Source: Primary Data

Table 8 shows that respondents aged 10 and 11 years were 39 people (100.0%), 16 people (41.0%) were less ready to face menstruation, and 23 people (59.0%) were ready to face menstruation. Meanwhile, respondents aged 12 and 13 years amounted to 60 people (100.0%), 9 people (15.0%) of whom were less ready to face menstruation, and 51 people (85.0%) were ready to face menstruation.

After carrying out a statistical test using the Chi Square Test, the value of  $p = 0.004 < 0.05$  was obtained, which means that there is a relationship between the child's age and readiness to face the first menstruation (menarche).

## DISCUSSION

Based on univariate analysis of the age of the respondents' mothers, it shows that the majority of mothers were aged 25-30 years with a total of 49 people (49.5%), with the education level mostly being high school with a total of 50 people (50.5%). This is possible because in general women marry more quickly than men, which results in them not being able to continue their education at university because of their responsibilities as housewives who have to serve their families every day. Meanwhile, based on the occupation of the respondent's mother, it shows that the majority work in the private sector with a total of 42 people (42.4%). This is thought to be related to the family's socio-economic level which requires the mother to work to help earn income in the family.

Based on bivariate analysis of the relationship between mother-child communication and child's age and readiness to face the first menstruation (menarche) among female students at SMP Negeri 1 Enrekang, Enrekang Regency, it can be seen as follows:

### The Relationship between Mother-Child Communication and Readiness for First Menstruation (Menarche)

Mother-child communication is one of the factors that plays a role in readiness for the first menstruation (menarche). If the child gets good information or communication from parents, especially the mother, then there will be no fear in the child if the child has previously received information from the parents about being ready to face the first menstruation (menarche).

The research results showed that mother-child communication in the good category was 72 people, most of the respondents were ready to face the first menstruation (menarche), namely 71 people (98.6%), but there was still 1 person (1.4%) who less prepared to face the first menstruation. This is because the child's readiness to face menstruation is not only influenced by

mother-child communication, but is also influenced by the child's psychological factors such as fear, anxiety and sadness experienced by the child which causes the child to be less ready to face the first menstruation (menarche).

Meanwhile, there were 27 respondents in the poor category of mother-child communication, the majority of respondents were less prepared to face the first menstruation (menarche), namely 24 people (88.9%). This is because mothers are busy working so there is very little communication between mother and child, this has an impact on children's psychology when facing their first menstruation. Theoretically, it is explained that communication, both verbal and non-verbal, is basically an important aspect in the child's education process, and is also a source of stimulation to shape the child's personality. If communication between parents and children can take place well, then each party can give and receive information, feelings and opinions to each other so that they can know what they want, and conflict can be avoided. This openness through communication will foster the development that children can be accepted and respected as human beings. On the other hand, if there is no good communication, there is a high possibility that their mental health will experience problems. From the research, evidence was obtained that there is a tendency for psychopathology in children, due to obstacles in the communication process between children and their parents, especially their mothers.

Based on statistical tests using the Chi Square Test, the relationship between mother-child communication and readiness to face the first menstruation (menarche) obtained a value of  $p = 0.000 < 0.05$ , so the hypothesis is accepted, which means that there is a relationship between mother-child communication and readiness to face the first menstruation (menarche). This is theoretically explained by Sarwono (2008) that effective communication between mother and child will help the child adjust to experiencing the first menstruation (menarche). Mother-child communication is the process of sending and receiving messages between mother and child which takes place face to face and in two directions (interpersonal) and is accompanied by intention or intensity from both parties, where both of them act as speaker and listener alternately, thus causing certain effects in the form of immediate response and feedback (feedback).

The results of this research are in accordance with the results of research conducted by Ayu Fajri, Maya Khairani (2011) which states that if communication between mother and child is effective, teenagers will be ready to face the first menstruation (menarche). Where the value of  $p = 0.000$  ( $p < 0.01$ ) was obtained for the statistical test of the relationship between mother-child communication and readiness to face the first menstruation (menarche).

Readiness to face the first menstruation (menarche) is a condition that shows that a person is ready to reach physical maturity, namely the arrival of the first menstruation (menarche), which comes from a special place for women at the age of ten to sixteen years, which occurs periodically (on certain time) and cyclic (repeated). This is characterized by a deep understanding of the menstrual process so that they are ready to accept and experience the first menstruation (menarche) as a normal process (Proverawati A, and Misaroh S. 2009).

### **The Relationship between Child's Age and Readiness for First Menstruation (Menarche)**

A child's age is one of the factors that influences their readiness to face the first menstruation (menarche), therefore a child's age can determine their attitude in facing the development of puberty.

The research results showed that respondents aged 10 and 11 years were 39 people (100.0%), most of the respondents were ready to face the first menstruation (menarche), namely 23 people (59.0%), but there were still respondents who less ready, namely 16 people (41.0%). This is because the child's age can influence the child's thinking patterns, where older children will be more capable and better at dealing with problems related to child development, one of which is the way children perceive menstruation. Most respondents in this study felt ready for their first menstruation because they perceived that menstruation was a normal thing that every woman would experience. However, there are still respondents who perceive that menstruation is one of the diseases or disorders that they will experience, so that children will feel embarrassed, inferior, and afraid when facing their first menstruation.

In the research results, respondents aged 12 and 13 years amounted to 60 people (100.0%), the majority of respondents were ready to face menstruation, namely 51 people (85.0%), although there were still respondents who were less ready, namely 9 people ( 15.0%). Theoretically, it is

explained that the younger a student is, the less ready she is to accept menstruation, so that the first menstruation (menarche) is considered a surprising disturbance, on the other hand, if the child is of mature age and has received information about menarche from parents, especially mother, child will be more prepared to face the first menstruation (menarche) and will not think that the first menstruation (menarche) is a disease that must be avoided.

Based on statistical tests using the Chi Square Test, the relationship between the child's age and readiness to face the first menstruation (menarche) obtained a value of  $p = 0.004 < 0.05$ , so the hypothesis was accepted, which means that there is a relationship between the child's age and readiness to face the first menstruation (menarche). In this study, most of the respondents were in the second stage of early adolescence (12 and 13 years). This theoretically explains that the age at which teenage girls experience their first menstruation (menarche) is different, because it depends on genetic factors (heredity), body shape and a person's nutrition. Generally the first menstruation (menarche) occurs at the age of 10 – 15 years, but on average it occurs at the age of 12.5 years.

The results of this research are in accordance with the results of research conducted by Nur Fitri Jayanti, Sugi Purwanti (2011), which showed that the respondents who were ready to face menarche were 4 children, most of whom were 3 children (75%) aged 13 years. Respondents who were not ready to face menarche were 48 children, the majority of whom were 13 children (27.08%) aged 10 years. According to Suryani and Widayasih (2008), a child's readiness to face menarche is that the younger the child is, the less ready he or she is to receive menarche because he considers it a burden.

The age at which a girl starts menstruating varies greatly. There is a tendency that nowadays children get their first menstruation at a younger age. There are those who are 12 years old when they have their first menstruation, but there are also those who are 8 years old and have started their cycle. If you are 16 years old, menstruation can occur. Globally, women experience premature menstruation. This is due to internal factors and external factors. Internal factors due to congenital hormonal imbalance. This also correlates with external factors such as nutritional intake in the food consumed (Proverawati A, and Misaroh S. 2009).

Based on the discussion presented above, the researcher concluded that the majority of female students at SMP Negeri 1 Enrekang, Enrekang Regency, thought that menstruation was a normal thing experienced by every teenager so that the subjects did not feel afraid, anxious or worried when they had their first menstruation (menarche). Subjects interpret first menstruation more as a positive and enjoyable thing so they feel ready to face their first menstruation (menarche).

## CONCLUSION

Based on the research results, it can be concluded that (1) There is a relationship between mother-child communication and readiness to face the first menstruation (menarche); (2) There is a relationship between the child's age and readiness to face the first menstruation (menarche). Most female students at SMP Negeri 1 Enrekang, Enrekang Regency consider that menstruation is a normal thing experienced by every teenager so that the subject does not feel afraid, anxious or worried when they get their first menstruation (menarche). Subjects interpret first menstruation more as a positive and enjoyable thing so they feel ready to face their first menstruation (menarche).

## REFERENCES

- Ayu Fajri, Maya Khairani. 2011. *Hubungan Antara Komunikasi Ibu-Anak Dengan Kesiapan Menghadapi Menstruasi Pertama (Menarche) Pada Siswi Smp Muhammadiyah Banda Aceh*. Journal (online). <http://ejournal.undip.ac.id/index.php/psikologi/article/view/2885.html>. di akses diakses 28 Januari 2015.
- Mansur, Herawati. 2009. *Psikologi Ibu dan Anak untuk Kebidanan*. Jakarta: Salemba Medika.
- Nur Fitri Jayanti, Sugi Purwanti. 2011. *Deskripsi Faktor-Faktor Yang Mempengaruhi Kesiapan Anak Dalam Menghadapi Menarche di SD Negeri 1 Kretek Kecamatan Paguyangan Kabupaten Brebes Tahun 2011*.

journal(online).<http://ojs.akbidylpp.ac.id/index.php/prada/article/download/11/10.html>.  
di akses diakses 31 Januari 2015.

Proverawati A, dan Misaroh S. 2009. *Menarche (Menstruasi Pertama Penuh Makna)*. Yogyakarta : Nuha Medika.

Riskesdas. 2013. *Kesehatan Remaja*, (online).  
[http://www.litbang.kemkes.go.id/sites/download/buku\\_laporan/lapnas\\_riskesdas2010/Laporan\\_riskesdas\\_2010.pdf.html](http://www.litbang.kemkes.go.id/sites/download/buku_laporan/lapnas_riskesdas2010/Laporan_riskesdas_2010.pdf.html) diakses tanggal 07 February 2015.

Sarwono S.W. 2008. *Psikologi Remaja*. Jakarta: PT. Raja Grafindo Persada.

Sarwono S.W. 2008. *Psikologi Remaja*. Jakarta: PT. Raja Grafindo Persada.

Syatriani, Nurfadilah Sewang. 2012. *Hubungan Pengetahuan Dan Dukungan Keluarga Dengan Kesiapan Remajaputri Usia Pubertas Dalam Menghadapi Menarche Di SMPN 2 Tellu Siattinge kab. Bone*. Journal (online). Syatriani, Nurfadilah Sewang, Stikes Nani Hasanuddin Makassar.  
<http://library.stikesnh.ac.id/files/disk1/2/elibrary%20stikes%20nani%20hasanuddinsyatrianin-62-1-%20artikel7.pdf.html> di akses diakses 31 Januari 2015.