

**PENGARUH PENDIDIKAN KESEHATAN DENGAN MEDIA
AUDIOVISUAL MENSTRUASI TERHADAP KESIAPAN *MENARCHE*
PADA SISWI SD**

Abstrak

Indri Yuliani¹, Lutfatul Latifah², Wahyu Ikka Setyarini³

Latar Belakang: Remaja putri memiliki respon yang berbeda dalam menghadapi *menarche* berupa reaksi positif dan negative. Pemberian pendidikan kesehatan audiovisual menstruasi dapat diberikan untuk meningkatkan kesiapan anak menghadapi *menarche*. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan dengan media audiovisual menstruasi terhadap kesiapan *menarche* pada siswi SD.

Metode: Penelitian menggunakan desain *quasy experimental pretest and posttest with control group*. Populasi pada penelitian ini yaitu 104 siswi kelas 4,5,6 SD. Besar sampel yaitu 64 responden yang dibagi menjadi kelompok intervensi dan kontrol. Teknik pengambilan sampel menggunakan *startified sampling*. Instrumen yang digunakan yaitu kuesioner. Data analisis menggunakan *Chi Square* dan *uji Marginal Homogeneity*.

Hasil: Karakteristik responden berusia 11 tahun, mayoritas berpendidikan SD, dan sebagian besar memiliki kakak perempuan pada kedua kelompok. Terdapat perbedaan kesiapan *menarche* pada siswi SD sebelum dan sesudah diberikan intervensi pada kelompok intervensi dan kontrol dengan nilai signifikansi $p=0,000$ dan $p=0,033$. Tidak terdapat perbedaan kesiapan *menarche* antara kelompok intervensi dan kelompok kontrol sebelum dan sesudah diberikan intervensi dengan nilai signifikansi $p=0,598$. Terdapat perbedaan kesiapan antara kelompok intervensi dan kelompok kontrol setelah diberikan intervensi dengan nilai signifikansi $p=0,000$.

Kesimpulan: Terdapat pengaruh pendidikan kesehatan dengan media audiovisual menstruasi terhadap kesiapan *menarche* pada siswi SD.

Kata Kunci: *Menarche*, Kesiapan, Audiovisual Menstruasi

¹Mahasiswa Jurusan Keperawatan Fakultas Ilmu-ilmu Kesehatan Universitas Jenderal Soedirman

²Dosen Jurusan Keperawatan Fakultas Ilmu-ilmu Kesehatan Universitas Jenderal Soedirman

³Perawat di RSUD Banyumas

EFFECT OF HEALTH EDUCATION WITH MENSTRUATION AUDIOVISUAL MEDIA TO THE READINESS OF MENARCHE ON ELEMENTARY SCHOOL STUDENTS

Abstract

Indri Yuliani¹, Lutfatul Latifah², Wahyu Ikka Setyarini³

Background: Young women have different responses in facing menarche, it can be positive and negative reactions. The use of menstruation audiovisual as health education may be given to improve the readiness of the child in facing menarche. This study aimed to determine the effect of health education with menstruation audiovisual media to the readiness of menarche in elementary school students.

Methods: The study used quasi experimental pretest and posttest with control group design. The population in this research was 104 female students from grade 4th, 5th, and 6th. The sample size was 64 respondents divided into intervention and control group. Sampling technique used stratified sampling. The instrument used questionnaire. Data analysis used Chi Square and Marginal Homogeneity test.

Results: Characteristics of respondents were 11 years old, the majority were elementary school students, and majority had older sisters in both groups. There were differences in the readiness of menarche on elementary school students before and after intervention in intervention and control group with significant value of $p = 0,000$ and $p = 0,033$. There was no difference in the readiness of menarche between the intervention group and the control group before and after intervention with significant value of $p = 0,598$. There was a difference of readiness between the intervention group and the control group after given intervention with significant value of $p = 0,000$.

Conclusion: There was an effect of health education with menstruation audiovisual media to the readiness of menarche on elementary school students.

Keywords: Menarche, Readiness, Menstruation Audiovisual

¹Student of the Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University

²Lecturer of the Department of Nursing, Faculty of Health Sciences, Jenderal Soedirman University

³Nurses of Public Hospital of Banyumas