



Adolescent girls' knowledge about puberty and reproductive health: a test from primary schools in the City of Semarang

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ABSTRACT

Teenagers have a very important role in the sustainability of the future of a nation. Teenagers are prospective individuals of the productive age population who in time will become actors in development so they must be prepared to become quality human resources. During adolescence, physical changes occur, including growing taller, increasing body weight, enlargement of the pelvic area, growth of breasts, changes in voice, appearance of hair in the pubic and armpit area, vaginal discharge, and menstruation. However, most young women do not realize that they are already fertile. The aim of this research was to determine the difference in knowledge of adolescent girls about puberty who had been given knowledge and those who had not been given knowledge about puberty at SDN Wonolopo 1 Mijen District. This research is a quantitative study with a quasi experimental research design, without using a control group with total sampling. This research was carried out involving 67 respondents. Data analysis using univariate analysis and bivariate analysis using paired sample t-test. In accordance with the results of the paired samples test, the significance value was 0.000. Because $p < 0.05$, it can be concluded that there are differences in adolescent girls' knowledge about puberty and reproductive health on reproductive health.

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1. Introduction

Teenagers have a very important role in the sustainability of the future of a nation. Teenagers are potential individuals of productive age who in the future will become actors in development so they must be prepared to become quality human resources. (Rima Wirenviona et al., 2020). Adolescents are understood as individuals who are in the transition period from childhood to adulthood. This transition is called the maturation phase (puberty), which is marked by physical, psychological changes and maturation of sexual function. During puberty, hormones related to active growth are produced, and make teenagers have reproductive abilities. Psychological development is demonstrated by the ability to think logically and abstractly so as to be able to think multi-dimensionally. Emotions during adolescence tend to be unstable, change frequently, and are erratic. Adolescents try to let go of socio-economic

dependence, becoming relatively more independent. Adolescence is a period of crisis in an effort to find one's identity (Susilawati, 2023).

During adolescence, the physiological system also experiences maturation which is marked by physical changes, cognitive changes and psychosocial changes. Hormonal changes cause physical changes, including girls experiencing puberty more quickly than boys. One of the characteristics of puberty in teenage girls is the appearance of menstruation. Cognitive changes experienced by teenagers include teenagers starting to concentrate on making decisions at home and at school, finding out about sex, having more social interactions and focusing more on their plans for the future. Meanwhile, adolescent psychosocial changes are marked by a shift in self-perception (Hastuty et al., 2023).

Research result (Mutia, 2022) states that there is a relationship between the level of knowledge and the physical changes during puberty. This can be concluded that the better the level of knowledge of adolescents, the better the adolescents will be in responding to physical changes during puberty.

However, the opposite is true from the research results (Nursiah, 2022) states that the level of knowledge of young women about physical changes during puberty is still lacking and the majority of young women have experienced physical changes during puberty, thus it can be concluded that there is a need to provide education about puberty and the physical changes that occur during puberty.

The physical changes that occur give rise to sexual urges which means they are ready to produce. It is very important for teenagers to know about physical changes because early adolescence is a very sensitive stage, due to changes from childhood to adolescence which is a time when changes such as physical and psychological changes occur. The teenage years are often associated with growth, change, and the emergence of various opportunities for reproductive health risks (Prihartini & Maesaroh, 2019).

Research result (Novitarum et al., 2022) stated that there is a relationship between knowledge and anxiety among young women. Researchers assume that most female students or teenagers have sufficient knowledge, because respondents had previously received information about menstruation through parents, friends and the internet. Knowledge can also be influenced by age and education. As people get older their mental abilities and outlook on life change, this causes the information they obtain to increase. In this study, respondents did not receive information about reproductive health related to menstruation.

Providing information as early as possible regarding physical changes during puberty and reproductive health can be provided when the child enters the early stages of puberty (10-14 years). Insufficient knowledge will cause children to be unprepared to face and undergo puberty, thus affecting children's attitudes and actions (Chandra-Mouli & Patel, 2020).

2. Research Methods

This research is Quantitative study with a quasi experimental research design, without using a control group with total sampling. Study Quasi experimental is an experimental research study that provides manipulation of independent variables (I Ketut Swarjana, 2023). The population in this study is all young women in grades 5 and 6 at SDN Wonolopo 1, Mijen subdistrict, Semarang City totaling 67 respondents. The research sample was 67 respondents. The sampling technique used in this research is a saturated sampling technique, A sampling technique with a relatively small population (Asari et al., 2023). Data collection uses a structured

questionnaire. Data analysis uses univariate analysis (frequency distribution), bivariate analysis with testswith paired sample t-test. The test is used to test two related or paired samples(Norfai et al., 2022)

3. Results and Analysis

Based on univariate analysis for knowledge, it was found that the majority of young women's knowledge level about the physical changes during puberty was sufficient, namely 37 female students (55.2%), while those with good knowledge were 11 (16.5%) and 19 (28) had poor knowledge. .3%).

Table 1.
Comparison of knowledge scores about puberty and reproductive health

Paired Differences Sig. (2-tailed)	
Pre_test - Post_test	,000

Based on table 1, it is known that the hypothesis existsdifferences in adolescent girls' knowledge about puberty and reproductive health on reproductive health.According to the results of the paired samples test, the significance value was 0.000. Therefore $p < 0.05$ indicates that there isdifferences in adolescent girls' knowledge about puberty and reproductive health on reproductive health.

Overall, the knowledge of female students about puberty and reproductive health is sufficient and after being given knowledge about puberty and reproductive health, the results are changes for the better.

This is in accordance with research(Dewi et al., 2019)The results showed that there was an increase in the ability score to undergo puberty after providing counseling to young women. Providing reproductive health education increases the ability to undergo puberty in junior high school girls.

This is in accordance with research(Ismiyati et al., 2022)The results showed that 62.8% of girls had asked their mothers about puberty or the body changes they were experiencing. Mothers are the closest person to young women. The majority of young women will find out about the changes that occur in their bodies during puberty from their mothers.

However, on the contrary, this is in accordance with research(Galbinur & Defitra, 2021)Overall results obtained, there are still many who do not understand about reproductive health. Basically, teenagers need to have knowledge about reproductive health. Not only to maintain the health and function of these organs, correct information regarding this discussion can also prevent teenagers from doing undesirable things. Factors that influence reproductive health include socio-economic and demographic factors (poverty, low level of education and knowledge about sexual and reproductive development, and living in remote areas), cultural and environmental factors (traditional practices, belief that many children will be lucky), factors psychological (result of parental breakdown, depression, loss of sense of freedom), biological factors (birth defects)

Health education does not only provide information to the community through counseling but also provides learning experiences to facilitate desired behavioral changes(Ira Nurmala, 2020).

4. Conclusion

Based on the research results, it can be concluded as follows: Based on the average knowledge of female students about puberty and reproductive health is sufficient, There are differences in adolescent girls' knowledge about puberty and reproductive health on reproductive health. Advice For parents to pay more attention to their daughter monitoring when her daughter starts menstruating, For school to do monitoring their pupils and monitoring knowledge about reproductive health. or further researchers can do research by adding variables of adolescent attitude to the period of puberty.

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