



Factors related to adolescent women's readiness for menarche

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ABSTRACT

Menarche is the first natural bleeding occurring in teenage women where blood comes out of the vagina or can be called the first menstruation. Menarche is an early sign of other changes such as breast growth, hair growth in the pubic and axillary areas, and fat distribution in the hip area. Objective: This research determines the factors related to the readiness of young women to face menarche in young women at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023. This type of research is an Analytical Survey of researchers who try to explore how and why this phenomenon occurs and this research uses a cross-sectional approach, namely finding out what factors are related to the readiness of young women to face menarche. The sample used was 40 people. Data analysis in this study was univariate and bivariate analysis using the Chi-square test with $\alpha=0.05$. Based on the results of the Chi-square statistical test, this research found that there was a relationship between the readiness of young women to face menarche, namely the knowledge factor with a p-value = 0.001, the attitude factor with a p-value = 0.000, and the family support factor with a p-value = 0.003 so all H_0 are rejected ($p<0.05$). Baitul Aziz High School, Percut Sei Tuan subdistrict, Deli Serdang district, to foster more motivation, enthusiasm and increase knowledge when facing menstruation for the first time (menarche).

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1. Introduction

Menarche is the first natural bleeding occurring in teenage women where blood comes out of the vagina or can be called the first menstruation. Menarche usually occurs in children aged around 10-16 years. Menarche is also a normal process that occurs in women who have reached their fertile period or women who have entered puberty (Khazani and Suharni 2015). Menarche indicates that a young woman has reached puberty (reached adulthood) (Proverawati and Misaroh 2020).

The age at which a girl starts menstruating varies. There is a tendency that nowadays children get their first menstruation at a younger age (Arista 2022). There are those who are 12 years old when they get their first menstruation, but there are also those who are 8 years old and have started their first menstrual cycle. And there are also 16 year olds who have just had their first period (Hartatin, Hariani, and Suhartatik 2019).

Research conducted by Dwi Retnaningsih with the title Readiness to Face Menarche with Levels of Anxiety in Children Plalangan Semarang State Elementary School by sampling using a total sampling technique of 36 female students. The research results are available 77.8% were declared not ready to face menarche, as many as 55.6% of female students with a moderate level of anxiety. The results of the analysis obtained a p value (0.026) with rho (-0.372). The conclusion is that there is a relationship between readiness to face menarche and anxiety levels in school-aged children at Plalangan Public Elementary School, Semarang (Retnaningsih, Wulandari, and Afriana 2018). Research conducted by Yanti Yusuf entitled Relationships Knowledge and Attitudes about Menarche and Young Women's Readiness to Face It Menarche at SMP Negeri 3 Tidore Islands. This research uses analytical descriptive method using a cross sectional study design. The sampling technique is total sampling with a sample size of 35 people. Data analysis was carried out using the chi-square test (χ^2), at level 95% significance ($\alpha \leq 0.05$) shows a p value = 0.017, this value is smaller than $\alpha=0.05$. The results obtained from this research are that there is a knowledge relationship with the readiness of young women to face menarche at SMP Negeri 3 Tidore Islands (Yusuf, Kundre, and Rompas 2019). Research was also conducted by Dina Indarsita with the title Knowledge And attitudes regarding the readiness of young women in facing menarche in elementary school State No. 064023 Medan. This research uses a descriptive method with using a cross sectional design. The sampling technique used in This research is sampling with a total sample of 82 people. Research This shows knowledge of the readiness of young women to face menarche depends on how many sources of information you get. Because the more information the more teenagers know about menarche. Adolescents who have sufficient knowledge of readiness facing positive menarche. Conclusion of young women's knowledge about menarche (first menstruation) was categorized as quite large at 47.6%. Whereas The readiness of young women to face menarche is categorized as positive at 56.1% at SD Negeri 064023 Medan (Ambali, Banne, and Roreng 2022).

Based on data from the World Health Organization (2018), it shows that there are 12.8 million births to teenage girls aged 15-19 years every year, representing 44 births per 1000 teenage girls in this age group. The Indonesian Ministry of Health has set the age limits for adolescents into 3 groups, namely early adolescents (aged 10-15 years), middle adolescents (aged 15-18 years) and late adolescents (aged 18-21) (2). The Health Profile of North Sumatra (2018) according to age groups shows that the young population (0-14 years) is 31.81%, the productive age population (15-64 years) is 64.06% and the elderly (>65 years) of 4.14% (3). Menarche is a sign of a change in social status from child to adult and every month normal girls experience a menstrual cycle and do not get pregnant. The general age for teenagers experiencing menarche is 12-16 years, but there are also 9-10 years, and menarche even occurs at the age of 17 years. Readiness for menstruation is a state of getting ready to face menstruation. Various psychological manifestations such as anxiety, fear, are evidence that young women are less prepared to face menarche, on the other hand, teenagers who are prepared to face menarche will feel confident, happy, proud (a sign of adulthood) so that they are able to maintain personal hygiene when menstruation (SDGs 2018).

Menarche is the first natural bleeding occurring in teenage women where blood comes out of the vagina or can be called the first menstruation. Menarche usually occurs in children aged around 10-16 years. Menarche is also a normal process that occurs in women who have reached their fertile period or women who have entered puberty (Siregar 2018). Menarche indicates that a young woman has reached puberty (reached adulthood). The age at which a girl starts menstruating varies. 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 get their first menstruation, but there are also those who are 8 years old and have started their first menstrual cycle. And there are also 16 year olds who have just had their first period (Handayani 2018). Based on data from the World Health Organization (2018), it shows that there are 12.8 million births to teenage girls aged 15-19 years every year, representing 44 births per 1000 teenage girls in this age group. The Indonesian Ministry of Health has set the age limits for adolescents into 3 groups, namely early adolescents (aged 10-15 years), middle adolescents (aged 15-18 years) and late adolescents (aged 18-21) (Dewi 2020).

The Health Profile of North Sumatra (2018) according to age groups shows that the young population (0-14 years) is 31.81%, the productive age population (15-64 years) is 64.06% and the elderly (>65

years) of 4.14% (Agustama 2017). Menarche is a sign of a change in social status from child to adult and every month normal girls experience a menstrual cycle and do not get pregnant. The general age for teenagers experiencing menarche is 12-16 years, but there are also 9-10 years, and menarche even occurs at the age of 17 years. Readiness for menstruation is a state of getting ready to face menstruation (Suminar and Anisa 2020). Various psychological manifestations such as anxiety, fear, are evidence that young women are less prepared to face menarche, on the other hand, teenagers who are prepared to face menarche will feel confident, happy, proud (a sign of adulthood) so that they are able to maintain personal hygiene when menstruating (Salangka, Rompas, and Regar 2018).

The urgency of research on adolescent readiness to face menarche is a phenomenon that often occurs in society during this time. Some people feel it is taboo to talk about problems menstruation runs in the family, so young women have less Good knowledge and attitude about physical changes and psychology related to menarche. Parents must provide an explanation early on menarche in her daughter, so that the child will better understand and be ready for it facing menarche. Generally girls will tell his mother when he first menstruates. Unfortunately not all mothers provide adequate information to his daughter. Some mothers are reluctant to talk openly about it until they are teenagers experiencing first menstruation (menarche). This condition will cause anxiety in children, often even growing beliefs that menstruation The first (menarche) is something unpleasant or serious. As a result, the child develops a negative attitude towards the first menstruation (menarche) and see it as a disease.

2. Research methods

Research design is all the processes required in planning research implementation. The type of research used is Analytical Survey research which tries to explore how and why this phenomenon occurs and this research uses a Cross Sectional approach, namely finding out what factors are related to the readiness of young women to face menarche. In carrying out this research, the place used was Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency. The time required to complete this research begins in November 2023. The population in this study was 40 people using total sampling. Data analysis in this study was univariate and bivariate analysis with the Chi-square test with $\alpha=0.05$.

3. Analysis And Results

Research results are used to describe the data carried out on each variable from the research results. The data collected is presented in the form of a frequency distribution table below Frequency Distribution of Knowledge, Attitudes, Support and Readiness of Young Women In Facing Menarche at Baitul Aziz High School, Percut Sei Tuan District Deli Serdang Regency in 2023

Table 1. Frequency Distribution of Knowledge, Attitudes, Support and Readiness of Young Women In Facing Menarche at Baitul Aziz High School, Percut Sei Tuan District Deli Serdang Regency in 2023

Variabel	Total	
	F	%
Knowledge		
Good	12	30.0
Enough	23	87.5
Not enough	5	12.5
Attitude		
Positif	34	85.0
Negatif	6	15.0
Support		
Support	14	35.0
Not Support	26	65.0
Readiness		
Ready	35	87.5
Not Ready	5	12.5

Based on table 1, it can be seen that from 40 respondents, 12 teenagers had good knowledge (30.0%), 23 people had good knowledge (87.5%) and 5 people had poor knowledge (12.5%). There were 34 young women who had a positive attitude (85.0%) and 6 people who had a negative attitude (15.0%). There were 14 young women who were supported (35.0%) and 26 people who did not receive support (65.0%). There were 35 young women who were ready to face menarche (87.5%) and 5 people who were not ready to face menarche (12.5%).

Table 2. Cross tabulation between the relationship between Knowledge, Attitudes and Support of young women and Readiness to face Menarche at Baitul Aziz High School, Percut Sei Tuan District

Variabel	Readiness for Menarche				Total		P-value
	Ready		Not Ready		F	%	
	f	%	F	%			
Knowledge							
Good	7	20.0	5	12.5	12	30	0.001
Enough	23	65.7	0	0.0	23	57.5	
Not enough	5	14.4	0	0.0	5	12.5	
Attitude							
Positif	34	85.0	0	0.0	34	85.0	0.000
Negatif	1	2.5	5	12.5	6	15.0	
Support							
Support	9	22.5	5	12.5	14	35.5	0.007
Not Support	26	65.5	0	0.0	26	65.5	

Based on table 2. The relationship between knowledge in young women and readiness to face menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023. Based on the results of the chi-square statistical test analysis, it was obtained that the value $p = 0.001 < 0.05$, it can be concluded that there is a significant relationship between knowledge in adolescent girls with readiness to face menarche. The relationship between attitudes in adolescent girls and readiness to face menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023. Based on the results of the chi-square statistical test analysis, the p value = $0.000 < 0.05$, so it can be concluded that there is a significant relationship between knowledge in adolescent girls. with readiness for menarche. The relationship between support for young people and readiness to face menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023. Based on the results of the chi-square statistical test analysis, the value of $p = 0.003 < 0.05$, it can be concluded that there is a relationship between readiness to face menarche and the level of anxiety in adolescent children.

3.1 Discussion

a. The Relationship between Knowledge of Young Women and Readiness in Facing Menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023

The relationship between knowledge in adolescent girls and readiness to face menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023. Based on the results of the chi-square statistical test analysis, the value of $p = 0.001 < 0.05$, it can be concluded that there is a significant relationship between knowledge in adolescent girls and readiness for menarche. Knowledge is the result of knowing and this occurs after people sense a particular object. The time from sensing to producing knowledge is greatly influenced by the intensity of perceptual attention to the object. In this knowledge there are factors that influence it, namely age. Here it is stated that age plays a very important role in this research because it discusses teenagers who will face menarche. The older you are, the level of maturity and strength a person will be, the more mature they will be in thinking and will be better prepared to face menarche (Muhammad 2019).

This research is in line with research by Chairanisa Anwar and Rikha Febrianty (2017) entitled "The Relationship between Knowledge, Attitudes and the Role of Mothers and the Readiness of Young Women

Facing Menarche in Grade 4-6 Female Students at SD 3 Peuniti, Banda Aceh City". There is a significant relationship between knowledge and the readiness of young women to face menarche. The results of the relationship analysis show that respondents who were ready to face menarche were more likely to be found among young women who had good knowledge (51.2%) than among young women who had less knowledge (28.0%). Meanwhile, respondents who were less prepared to face menarche were more likely to be found among young women who had less knowledge (78.9%) than among young women who had good knowledge (49.1%) (Anwar and Febrianty 2019).

This research is also in line with research by Cintia Fitria Dewi (2017) entitled "The relationship between knowledge and readiness to face menstruation in grade 5 female students at SD Muhammadiyah Wirobrajan 3 Yogyakarta". This has something to do with the readiness of young women to face menarche. The results of the analysis show a significance value (p value) of 0.000 which is smaller than 0.05, so it can be seen that there is a significant relationship between knowledge about menstruation and readiness to face menarche. This can be concluded that H_0 is rejected and H_a is accepted, which means there is a relationship between the knowledge of young women and their readiness to face menarche at Wirobrajan Muhammadiyah Elementary School, Yogyakarta (Dewi and Khusnal 2017).

According to research assumptions, there are 12 well-informed respondents, 7 of whom are ready to face menarche while 5 of them are not ready to face menarche. And there were 23 respondents with sufficient knowledge but all were ready to face menarche. There were also 5 other respondents with less knowledge but they were ready to face menarche.

b. The Relationship Between Attitudes in Adolescents and Readiness in Facing Menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency, 2023

The relationship between attitudes in adolescent girls and readiness to face menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023. Based on the results of the chi-square statistical test analysis, the p value = 0.000 < 0.05, so it can be concluded that there is a significant relationship between attitudes in adolescent girls with readiness to face menarche.

Attitude or what is often called attitude is the most important concept in psychology which discusses attitudes both as individuals and groups. Attitudes have 2 categories, the first is positive and negative, the second attitude is meant by positive attitude, namely the tendency to act, namely approaching, loving and hoping for certain objects (Lora 2019). And if the attitude is negative there is a tendency to stay away from, avoid, hate and dislike certain objects. The more positive the respondent's attitude, the greater their readiness to face menarche. And conversely, if you have a negative attitude, you will have little chance of being ready to face menarche (Simon and Hutomo 2021).

This research is in line with Mardalena's research (2018) "Factors Associated with the Readiness of Young Women in Facing Menarche at SMP Negeri 4 Parepare in 2018". There is a significant relationship between attitudes and the readiness of young women to face menarche. Respondents who were ready to face menarche were 54 people (74.0%) and 38 people (52.1%) had a good attitude about menarche. There were 19 respondents who were not ready to face menarche (26.0%), and 17 people (23.2%) had bad attitudes about menarche (Mardalena 2018).

The results of research from Kuswati and Rohim (2016) entitled "Illustration of Adolescent Readiness in Facing Menarche at SD Aisyiyah Pandes Wedi Klaten" Based on the results. (20%) of 45 teenagers. The results of research from Kuswati and Rohim (2016) entitled "Illustration of Adolescent Readiness in Facing Menarche at SD Aisyiyah Pandes Wedi Klaten" Based on the results. (20%) of 45 teenagers. In accordance with Suryani and Widiasih (2008) in Jayanti (2011), the relationship between attitudes and children's readiness to face menarche, namely, students who have a positive attitude about menarche, in the sense that they are happy and proud, because they consider themselves to be biologically mature, it is said ready to face menarche. So from the research results it can be interpreted that 36 teenagers (80%) who had a positive attitude were ready to face menarche and 9 teenagers (20%) who had a negative attitude were not ready to face menarche (Handayani 2018).

According to research assumptions, there are 34 more respondents who have a positive attitude, but there are 6 respondents who have a negative attitude and are not ready to face menarche, of 1 out of 6 respondents who have a negative attitude, there is 1 who is ready to face menarche. This is because 5 respondents did not know enough about menarche. However, 1 of the respondents who had a negative attitude knew about menarche so that respondent responded to menarche without too much concern. There were only 6 negative adolescent attitudes, 1 of whom were ready to face menarche and 5 of whom were not ready. This can also be influenced by sufficient and insufficient knowledge, sufficient knowledge makes teenagers ready to face menarche but they don't really care, so that the information they get is not understood much by them, and insufficient knowledge makes respondents not at all ready to face menarche because they will be disturbed by menarche.

c. Relationship between support for teenagers and readiness to face menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023

The relationship between support for teenagers and readiness to face menarche at Baitul Aziz High School, Percut Sei Tuan District, Deli Serdang Regency in 2023. Based on the results of the chi-square statistical test analysis, the value of $p=0.003 < 0.05$ can be concluded. It can be concluded that there is a significant relationship between the readiness of young women in facing menarche.

Family support is the attitude and acceptance of the family towards the child. Family members perceive that supportive people are always ready to provide help and assistance if needed. So if a child gets support from the family it will make the child feel comfortable to open up more, especially to the mother of the child who is about to face menarche, usually he will tell his mother more stories that he deems appropriate to tell (Mesquita 2020). On the other hand, if children do not get support, children will be more closed and think that everything can be handled by themselves. Most mothers do not teach their daughters about menstrual issues such as the age at which they start menstruating, the length of menstruation and maintaining health during menstruation (Aryani 2021). Family support is very influential in the readiness of young women to face a situation, namely the arrival of menstruation. If children are not given family support, both informational, emotional, appreciation and instrumental support will affect the readiness of young women to face menstruation (Simon and Hutomo 2021).

This research is in line with research by Gladys Salangka (2018) entitled "The Relationship between Family Support and the Readiness of Young Women in Facing Menarche at SMP Negeri 1 Kawangkoan" showing that respondents with good family support and ready readiness were 19 respondents and family support was lacking with not ready readiness. namely 8 respondents. The results of data analysis using the chi-square test showed a p value = 0.001 so that H_0 was rejected ($p < 0.05$), this shows that there is a relationship between the family support variable and the readiness of young women to face menarche (Salangka, Rompas, and Regar 2018).

Fitri Cahyani's research (2019) entitled "The Relationship between Parental Support and the Readiness of Young Women Facing First Menstruation (Menarche) in Students of Langensari 02 Ungaran Barat Elementary School, Semarang." explanation about problems or complaints that may arise during menstruation, as many as 42 respondents (93%) answered "No" which shows that there is a lack of information from parents about problems and complaints that children may experience when facing menstruation later (CAHYANI 2019).

According to the researcher's assumptions, 14 respondents who received support were 9 of them ready and 5 were not ready, and vice versa for respondents who did not receive support as many as 26 people, and 26 of these respondents were ready to face menarche. This was caused by respondents who received support, 9 of whom were ready because of the active role of the family. It was said to be active, meaning that the respondent received a lot of good information from the family, especially from their mother. And 5 of the 14 respondents who were supported were not ready due to lack of information, such as the family only providing support or information that was limited but not very detailed, which made the respondents think they were not ready for their menstruation later. The 26 respondents who did not receive support from their families, on the other hand, were well prepared, this was because the

respondents thought that being prepared was enough without any support from their families. So this is what makes the child not open up to the family and think about facing a problem that will occur.

4. Conclusion

to face menarche. The results of the relationship between attitudes and the readiness of young women to face menarche in Selemak village, Tanjung Perak subdistrict, Deli Serdang district, found p-value = 0.000, which means there is a relationship between attitudes and readiness to face menarche. The results of the relationship between support and the readiness of young women to face menarche at Baitul Aziz High School, Percut Sei Tuan subdistrict, Deli Serdang district, found p-value = 0.003, which means there is a relationship between support and readiness to face menarche. This research has limitations, both in terms of implementation research and related to research methodology. Limitations related to the implementation of research, namely the existence of a school agenda and schedule The National Examination is for class VI female students so researchers have to coordinate frequently related to the research schedule to find the right time so that it doesn't disturbing the focus of students in preparing for exams. During the data collection process, not all research subjects could be researched because there were several female students who were did not go to school when the research was conducted, absenteeism was due to if a female student is sick, see a doctor without any information. However, these limitations do not interfere with the research process and remain can run smoothly. Limitations related to the research methodology in This research is a univariate analysis of data from research results not analyzed bivariately so it is not analyzed for the relationship between each variable studied is age and source of information its influence on the level of in-depth knowledge. this limitation can be of concern for further research to be better.

The contributions to this research are: It is hoped that the results of this research can provide basic information consideration, support, and contribution of thought to decision makers in adolescent reproductive health and social support provided by mothers for adolescent girls' anxiety Facing menarche can provide emotional benefits and influence the recipient's behavior. In this case the person who feel that you have received social support, feel emotionally relieved because attention, get advice or a pleasant impression on the teenager. Research implications, It is hoped that this research can be useful as information for readers for the purposes of developing references related to readiness to face menarch, As reference material or comparison material for further researchers in the same field and Increase knowledge, insight and experience in developing yourself and dedicate yourself to the world of health, especially in the field of future reproductive health.

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