



Knowledge and Attitudes in Relation to Menstrual Readiness Among Upper-Grade Female Students at SDN Inpres Bertingkat Mabbulo Sibatang, Pinrang Regency

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ABSTRACT

Menarche represents a critical stage of biological maturity in girls, which often occurs when they are not yet physically or psychologically prepared. Insufficient knowledge and negative attitudes toward menstruation can lead to fear, anxiety, and misconceptions about reproductive health. This study aims to examine the relationship between the knowledge and attitudes of fifth and sixth grade female students and their readiness to face menarche at SDN Inpres Bertingkat Mabbulo Sibatang, Pinrang Regency. The research employed a quantitative design with a cross-sectional approach. A total of 41 female students who had not yet experienced menstruation were selected through accidental sampling. Data were collected using validated questionnaires and analyzed using the chi-square test. The results revealed a significant relationship between knowledge and readiness for menarche ($p = 0.000$), as well as between attitude and readiness for menarche ($p = 0.000$). These findings highlight that students with better knowledge and positive attitudes are more psychologically and behaviorally prepared to experience menarche. The novelty of this study lies in its focus on the early development of menstrual readiness among upper elementary students in a rural public school context, an area that is often overlooked in reproductive health research. This study provides important practical implications for educators, parents, and health workers in strengthening school-based reproductive health education programs. Integrating comprehensive and age-appropriate menstrual education into the elementary school curriculum can promote positive perceptions of menstruation, reduce stigma, and enhance girls' confidence in managing biological changes healthily and responsibly.



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1. Introduction

Menarche is the first sign that a girl has entered her reproductive years. The average age of menarche is generally between 12 and 14 years old. Menarche can occur as early as 9-10 years old or as late as 17 years old. Menarche is a sign that a woman has reached sexual and physical maturity. During this period, a woman will also experience other changes, such as a wider pelvis, enlargement of the vagina and uterus, and more hair growth in the armpits and around the genitals (Alam et al., 2021). According to WHO data,

adolescents are defined as individuals aged 10 to 19 years, and menarche occurs in the majority of the world's population, averaging more than 50% of all adolescents. According to data from the National Family Planning Coordination Agency (BKKBN, 2019), 40.75 million adolescents aged 15 to 24 years old experienced menarche, compared to 22.7 million adolescents aged 10 to 14 years old. (World Health Organization 2020). The average age of menarche in Indonesia is 13 years (20.0%), with 7.8% reporting that they have not yet experienced menstruation. According to national statistics, around 37.5% of adolescents in Indonesia experience menarche at the age of 13-14 years (Septina et al., 2021). According to data (Riskesdas, 2018), adolescent girls in Sulawesi generally experience menarche or their first menstruation at the age of 13. In South Sulawesi Province, around 0.1% of adolescent girls experience early menarche at the age of 6 to 8 years, while 26.3% of other adolescent girls experience menarche between the ages of 10-14 years. The number of adolescents aged 10 to 14 years in South Sulawesi is estimated to reach 801,873 in 2021, with 409,791 males and 192,082 females (Central Statistics Agency, 2020).

Early menarche can trigger adverse health risks such as malignant diseases, including breast cancer (Yosali, 2019) and uterine fibroids (Sulastriningsih, 2019). Early menarche can have physical and psychological effects. According to Proverawati (2009) in (Mahmudah and Daryanti, 2021), the physical effects include personal hygiene issues, the risk of urinary tract infections, menstrual disorders, and dysmenorrhea.

According to Astana in (Puspita, 2019), menarche can be a bad experience and cause feelings of panic, trauma, and embarrassment if adolescent girls lack knowledge about menstruation. Emotional reactions can affect a person's health. Negative emotional reactions can lead a person to make inappropriate decisions, in this case related to reproductive health. Unstable emotional outbursts can also affect the body's metabolism, which can cause bodily dysfunction (Notoatmodjo, 2014). Each adolescent girl reacts differently to menarche, depending on her readiness.

Readiness for menarche is influenced by several factors. Factors that can influence readiness for menarche include knowledge, the mother's level of education, and sources of information (Puspita, 2019). Knowledge is the result of human perception of an object, which can be through the senses of sight, smell, hearing, and touch (Notoatmodjo, 2018). Researcher Dr. Rajalakshmi Laksamana found that women who start menstruating before the age of 12 have a high risk of developing heart disease, diabetes, obesity, and several types of cancer such as breast cancer, and experience menopause earlier. According to research conducted by Qonitating Ulfah in Semarang in 2011, out of 50 teenage girls studied, 20 who had already experienced menarche said they had learned about it beforehand from their older sisters and mothers, but they admitted that the knowledge they had gained was still incomplete. because at the time of menarche they still felt inferior, afraid to leave the house, afraid of being seen, and embarrassed that others would know. Of the 20 teenage girls who had not yet experienced menarche, 3 said they were not ready to face menarche because they were embarrassed, and they would rather not experience menstruation. Meanwhile, 7 teenage girls said they were ready to menstruate because it was their nature as women.

This is supported by the fact that many women experience physical discomfort for several days before their period arrives. Approximately half of all women suffer from dysmenorrhea or painful menstruation. This is especially common in early adulthood (Maulana, 2008). SDN Inpres Bertingkat Mabbulo Sibatang Pinrang, located in Watang Sawitto District, Pinrang Regency, is one of the schools selected in this study because of environmental and economic (prosperity) factors in the Watang Sawitto district community, where most of the teenagers behave like city girls, who are highly influenced by their environment. One example is that many adolescents marry at an early age as a result of promiscuity.

SDN Inpres Bertingkat Mabbulo Sibatang Pinrang consists of 6 classrooms, with a total of 216 students (22.22%). There are 111 male students and 105 female students. According to the results of interviews conducted with several female students (12.5%) from grades V and VI (55.81%) during the initial data collection, they revealed that they did not know what menstruation was and said that they were very confused when they first menstruated. They asked when they would get their first period and how to deal with/overcome menarche when it happened to them, and they were even afraid of facing such a thing. (SDN Inpres Bertingkat Mabbulo Sibatang Pinrang, 2025). Negative views about menstruation continued

into adulthood. The feeling of confusion when experiencing menstruation for the first time was caused by the adolescent girls' lack of knowledge about menstruation. Based on the above description, the researcher was interested in conducting research on "The Relationship between the Knowledge and Attitudes of Fifth and Sixth Grade Female Students and their Readiness to Face their First Menstruation (Menarche) at SDN Inpres Bertingkat Mabbulo Sibatang Pinrang, Pinrang Regency, in 2025."

Unlike previous studies that mainly examined menarche readiness from a general adolescent population or focused on urban contexts, this research provides a novel contribution by specifically analyzing the relationship between knowledge, attitudes, and menarche readiness among upper-grade elementary school girls in a semi-urban area. The selection of SDN Inpres Bertingkat Mabbulo Sibatang, Pinrang Regency, is particularly important because it reflects a transitional environment between rural and urban lifestyles, where exposure to reproductive health education remains limited while social influences are rapidly changing. This contextual focus offers valuable insights into how socio-cultural and educational factors interact in shaping girls' preparedness for menarche. Therefore, this study aims to determine the relationship between the knowledge and attitudes of fifth- and sixth-grade female students and their readiness to face menarche, with the ultimate goal of providing evidence-based recommendations for strengthening reproductive health education programs in elementary schools.

2. Methods

This study is an analytical quantitative study with a cross-sectional design, which emphasizes the measurement of variables at the same time. The study was conducted at SDN Inpres Bertingkat Mabbulo Sibatang Pinrang on July 15–24, 2025. The population in this study consisted of all 41 female students in grades V and VI who had not yet experienced menstruation, and the entire population was sampled using accidental sampling techniques. The inclusion criteria were female students in grades V and VI who had not yet experienced menarche, while the exclusion criteria were female students who had already experienced menarche. Thus, the research respondents were all female students in grades V and VI who met these criteria.

Data collection was carried out through two types of sources, namely primary data and secondary data. Primary data was obtained directly from respondents through interviews and questionnaires, while secondary data was obtained from the school regarding information supporting the study. Furthermore, the collected data were processed using SPSS software. The processing included editing to check the completeness and consistency of the answers, coding to assign codes to the data, and tabulation to group the data into tables according to the research variables.

Data analysis was carried out in two stages, namely univariate and bivariate analysis. Univariate analysis was used to describe each research variable by presenting the data in the form of frequency distributions and percentages using Sudijono's formula (2018). Meanwhile, bivariate analysis was used to test the relationship between independent and dependent variables with the Chi-Square test at a significance level of 0.05. If the expected value in the 2x2 contingency table is less than 5, then Fisher's Exact Test is used as an alternative test. The results of the analysis are then interpreted based on the p-value to determine whether there is a significant relationship between the variables studied.

3. Results and Discussion

A. Research Results

This research was conducted at SDN Inpres Bertingkat Mabbulo Sibatang Pinrang on July 15 and 17, 2025. Located in Watang Sawitto District, SDN Inpres Bertingkat Mabbulo Sibatang Pinrang has 9 rooms, namely an office, a library, a meeting room, and 6 classrooms. It has 11 teachers, including the principal, physical education teacher, classroom teachers, and religious teachers. The number of students at SDN Inpres Bertingkat Mabbulo Sibatang Pinrang is 216, with 111 boys and 105 girls. Students at this school also receive lessons on reproduction. This study used a questionnaire distributed to respondents.

The type of research used was quantitative analysis with the Cross Sectional Study method. The research sample consisted of all fifth and sixth grade female students who had not yet experienced their first menstruation. Sampling was carried out using accidental sampling on all research objects, totaling 41

respondents.

The results of the data processing are presented in the form of a distribution table that has been collected and then processed with the help of the computer program SPSS for Windows version 25 frequency and the following research explanations:

1. Univariate Analysis

a. General characteristics of respondents

The results of the study on the characteristics of the respondents are described as follows:

1) Respondent characteristics based on age

The distribution of respondents based on age groups can be seen in the following table:

Table 1.

Distribution of Respondents Based on Age Groups Readiness to Face Menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang Pinrang Regency in 2025

Age (Years)	Frequency	Percentage(%)
10	8	20,0
11	25	62,5
12	7	17,5
Total	40	100

Source: (Primary Data, 2025)

Table 1 shows that of the 40 respondents, most respondents were in the 11-year-old age group, namely 25 respondents (62.5%), and the fewest were in the 12-year-old age group, namely 7 respondents (17.5%).

2) Respondent characteristics based on class

The distribution of respondents based on class groups can be seen in the following table:

Table 2.

Distribution of Respondents Based on Grade Level Readiness to Face Menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang Pinrang Regency in 2025

Grade	Frequency	Percentage (%)
V	15	37,5
VI	25	62,5
Total	40	100

Source: (Primary Data, 2025)

Based on Table 2, it shows that of the 40 respondents, most of them were in grade VI (six) with a total of 25 respondents (62.5%). Meanwhile, there were 15 respondents (37.5%) in grade V (five).

b) Level of knowledge

The distribution of respondents based on the level of knowledge of female students about menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency, can be seen in the following table:

Table 3.

Distribution of Respondents Based on the Level of Knowledge of Female Students About Menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency Year 2025

Knowledge of Menarche	Frequency	Percentage (%)
Adequate	38	95,0
Inadequate	2	5,0
Total	40	100

Source: (Primary Data, 2025)

Based on Table 3, it shows that out of 40 respondents, 38 respondents (95.0%) had sufficient knowledge about menarche (first menstruation). Meanwhile, 2 respondents (5.0%) had insufficient

knowledge about menarche (first menstruation) at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency.

c) Attitude

The distribution of respondents based on the attitudes of female students in their readiness to face menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency, can be seen in the following table:

Table 4.
Distribution of Respondents Based on Attitude in Female Students' Readiness to Face Menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang District Year 2025

Attitude	Frequency	Percentage (%)
Positif	37	92,5
Negatif	3	7,5
Total	40	100

Source: (Primary Data, 2025)

Based on Table 4, out of 40 respondents, 37 respondents (92.5%) had a positive attitude towards preparing for menarche (first menstruation). Meanwhile, 3 respondents (7.5%) had a negative attitude towards preparing for menarche (first menstruation) at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency.

d) Level of readiness

The distribution of respondents based on the level of readiness of female students in facing menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency, can be seen in the following table:

Table 5.
Distribution of Respondents Based on the Level of Readiness of Female Students in Facing Menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency in 2025

Readiness	Frequency	Percentage (%)
Ready	36	90,0
Not Ready	4	10,0
Total	40	100

Source: (Primary Data, 2025)

Based on Table 5, it shows that out of 40 respondents, 36 respondents (90.0%) were ready to face menarche (first menstruation). Meanwhile, 4 respondents (10.0%) were not ready to face menarche (first menstruation) at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency.

2. Bivariate Analysis

a) Knowledge variable on female students' readiness to face menarche (first menstruation)

The relationship between the knowledge variable and female students' readiness to face menarche (first menstruation) at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency, can be seen in the following table:

Table 6.
Relationship between Knowledge Variables and Female Students' Readiness to Face Menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency in 2025

Knowledge	Student Preparedness for Menarche				Total		Statistical Test
	Ready		Not Ready		N	%	
	N	%	N	%			
Adequate	36	94,7	2	5,3	38	100	p=0,000
Inadequate	0	0	2	100	2	100	

Total	36	90,0	4	10,0	40	100
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Source: (Primary Data, 2025)

Table 6 shows that of the 38 respondents (100%) who had sufficient knowledge, 36 respondents (94.7%) were ready to face menarche and 2 respondents (5.3%) were not ready to face menarche. Meanwhile, of the 2 respondents who had insufficient knowledge, 0 respondents (0%) were ready to face menarche and 2 respondents (100%) were not ready to face menarche.

Based on the results of the questionnaire distributed directly by the researcher, 38 (100%) female students had sufficient knowledge because they had previously asked their mothers about menstruation, and had heard about menstruation from other people. Two (100%) students had insufficient knowledge about menstruation because they said they had never heard about menstruation before and did not seek information about menstruation because they felt they were still too young.

The results of the statistical test using the Chi-Square Test obtained a value of $\rho=0.000$ or a value of $\rho<0.05$, thus rejecting H_0 and accepting H_a , meaning that there is a relationship between the knowledge variable and the readiness variable of female students in facing menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency, in 2025.

b) Variable of attitude towards female students' readiness to face menarche (first menstruation)

The relationship between the variable of attitude towards female students' readiness to face menarche (first menstruation) at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency can be seen in the following table:

Table 7.
Relationship between Attitude Variables towards Female Students' Readiness in Facing (First Menstruation) at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang Pinrang Regency in 2025

Attitude	Student Preparedness for Menarche				Total	Statistical Test
	Ready		Not Ready			
	N	%	N	%		
Positif	36	97,3	1	2,7	37	100
Negatif	0	0	3	100	3	100
Total	36	90,0	4	10,0	40	100

Source: (Primary Data, 2025)

Table 7 shows that of the 37 respondents (100%) who had a positive attitude, 36 respondents (97.3%) were ready to face menarche and 1 respondent (2.7%) was not ready to face menarche. Meanwhile, of the 3 respondents who had a Negative Attitude, 0 respondents (0%) were ready to face menarche and 3 respondents (100%) were not ready to face menarche.

Based on the results of the questionnaire distributed directly by the researcher, 37 (100%) respondents had a positive attitude because they were positive about menstruation, namely being able to accept, respond to, and be ready to enter adolescence. And 3 (100%) respondents had a negative attitude about menstruation because they felt afraid and confused about menstruation.

The statistical test results using the Chi-Square Test obtained a value of $\rho=0.000$ or a value of $\rho<0.05$, thus rejecting H_0 and accepting H_a , meaning that there is a relationship between the Attitude Variable and the Readiness of Female Students in Facing (First Menstruation) at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency.

B. Discussion

a. General characteristics of respondents

1. Age

The influence of age on the readiness of adolescent girls to face menarche.

Based on Table 1, it shows that of the 40 respondents, most respondents were in the 11-year-old age group, namely 25 respondents (62.5%), and the least were in the 12-year-old age group, namely 7

respondents (17.5%).

This finding is in line with existing theory, where according to Suryani (2008), the understanding of menstruation for the first time is highly dependent on age, psychological development, environment, and education. The younger the girl, the less prepared she is to accept menstruation and the more threatening the experience of menstruation will feel, and vice versa.

However, the results of this study are related to the opinion expressed by Muhibbudin Syah (2005), who said that age does not affect a person's search for information and knowledge through formal or informal learning processes.

2. Class

The sample taken in this study consisted of fifth and sixth grade students.

Based on Table 2, it shows that of the 40 respondents, most of the respondents were in grade VI (six) with a total of 25 respondents (62.5%). Meanwhile, there were 15 respondents (37.5%) in grade V (five).

b. Characteristics of the variables studied

1. Students' knowledge about menarche (first menstruation)

Knowledge is defined as the understanding that female students have about menarche, including its definition, the menstrual process, influencing factors, and the physical and psychological changes that occur.

Good knowledge about menarche helps female students understand the process that will occur, thereby reducing anxiety and increasing mental preparedness. The role of mothers or other family members is very important in providing information, emotional support, and practical guidance in dealing with menarche. Appropriate information from teachers, the media, and peers can shape correct understanding and perceptions about menarche. Reproductive health education provided in schools can strengthen students' readiness, especially if it is provided before menarche occurs.

Menarche is the first menstruation experienced by adolescents, usually occurring at the age of 11-13 years. However, due to the influence of climate, nutrition, and environment, menstruation and physical maturity can be accelerated. The most important event during a girl's puberty is the onset of menstruation, which is a biological sign of sexual maturity. Menarche or the onset of menstruation is used as a sign of the beginning of puberty (Suryani 2008).

Female students who have sufficient knowledge tend to be better prepared to face menarche than those who lack knowledge. Adequate knowledge enables female students to understand the early signs, how to maintain personal hygiene, and manage emotional changes, thereby increasing their physical and psychological readiness.

The lack of information about reproductive health raises concerns that adolescents will not be able to mentally prepare themselves for menarche. Various negative responses are shown when someone experiences menarche, such as feelings of sadness, fear, shame, and confusion. They are unable to prepare everything, including important information about menarche, and they experience negative responses to earlier sexual development (Dekes RI, 2016).

Table 3 shows that out of 40 respondents, 38 respondents (95.0%) had sufficient knowledge about menarche (first menstruation). Meanwhile, 2 respondents (5.0%) had insufficient knowledge about menarche (first menstruation). This is because 38 students (95.0%) had sufficient knowledge because they had previously asked their mothers about menstruation and had heard about menstruation from other people, while 2 students (5.0%) had insufficient knowledge about menstruation because they said they had never heard about menstruation before and did not seek information about menstruation because they felt they were still too young.

The results of this study are also in line with the research conducted by Wenny Pratiningsih (2011) on the relationship between the level of knowledge about menstruation and the readiness of adolescent girls of puberty age in facing menarche, with the results of the study showing $p = 0.014$, indicating a significant relationship.

Research conducted by Lia Febrina (2011) on the relationship between adolescent girls'

knowledge and their readiness to face menarche. This study shows that there is a relationship between knowledge and adolescent girls' readiness for menarche with a p-value of 0.016.

According to Astana, adolescent girls who lack knowledge and information about menstruation say that menarche is a very bad experience and makes adolescent girls panic, afraid, traumatized, and ashamed. These various conditions show that many adolescent girls are not prepared to face menarche because they do not have the knowledge to prepare themselves (Ayu Putu, 2013).

Based on the results of the research and existing theories, the researcher assumes that the influence of adolescent girls' knowledge in facing menarche occurs because an adolescent's preparedness does not entirely determine their knowledge.

2. Students' attitudes towards menarche (first menstruation)

Attitude is the view, idea, and belief of female students towards menarche, both in the form of acceptance and rejection of the changes that occur. A positive attitude indicates acceptance and readiness, while a negative attitude indicates anxiety, fear, or embarrassment. A positive attitude toward menarche is associated with a higher level of readiness. Positive attitudes are often formed from a good understanding, the experiences of others, and environmental support, which encourage self-confidence and acceptance of the changes that occur. A positive attitude toward menarche is associated with a higher level of readiness. A positive attitude is often formed from a good understanding, the experiences of others, and environmental support, which encourages self-confidence and acceptance of the changes that occur. In this study, attitude refers to the reactions or responses felt by female students in facing menarche. The relationship between attitude and children's readiness to face menarche is that female students who have a positive attitude towards menarche, in the sense that they are happy and proud, consider themselves to be biologically mature (Suriyani and Widyasi, 2008).

Table 4 shows that out of 40 respondents, 37 respondents (92.5%) had a positive attitude in their readiness to face menarche (first menstruation). Meanwhile, 3 respondents (7.5%) had a negative attitude in their readiness to face menarche (first menstruation). This is because the 37 (92.5%) respondents who had a positive attitude were positive about menstruation, meaning they were able to accept, respond to, and prepare for adolescence. The 3 (7.5%) respondents who had a negative attitude toward menstruation felt afraid and confused about it.

These results are in line with the research conducted by Djaelani (2009), which reported a relationship between attitude and readiness to face the first menstruation in fifth and sixth grade students at SDN 06 Solo. The results showed a significant relationship between attitude and readiness to face menarche.

3. Readiness for menarche (first menstruation)

Readiness is defined as the physical, mental, and emotional condition of female students in responding to the onset of menarche. Readiness includes understanding self-care, managing emotions, and the ability to adapt to physical changes.

Readiness is the level of development and maturity or adulthood that is beneficial for practicing something. Psychologically, readiness is defined as a condition in which a person is ready to respond to a situation in a certain way (Audienglish, 2010).

Table 5 shows that out of 40 respondents, 36 respondents (90.0%) were ready to face menarche (first menstruation). Meanwhile, 4 respondents (10.0%) were not ready to face menarche (first menstruation). This was because the respondents had sufficient knowledge and information, which led to positive readiness in themselves.

This is based on research conducted by Nurgaini, Siti (2003), which shows that subjects who are ready to face menarche are influenced by sufficient information, positive reactions, and support from parents and siblings who have already menstruated. Another study was conducted by Rizanna Fajrunimah (2008), which found that the factors that influence the readiness of adolescent girls are emotional maturity, environment, and knowledge (Indra Yudha, 2012).

Based on the research assumption that adolescent girls face menarche, at SDN Inpres

Bertingkat Mabbulo Sibatang Pinrang, it was found that 10.0% were not ready to face menarche. After the researcher asked questions or conducted brief interviews with these adolescents, it was found that they were not ready to face menarche due to a lack of attention and support from their parents.

Adolescents who are not ready to face menarche will develop a desire to reject this physiological process. They will perceive menstruation as something cruel and threatening, and this situation can lead to more negative consequences (Jayanti et al., 2011). However, those who are prepared for menarche will feel happy and proud because they consider themselves to be biologically mature (Suryani & Widyasih, 2008).

4. The relationship between students' knowledge about menarche and their readiness to face menarche (first menstruation)

According to Notoatmodio (2007), a person's knowledge is influenced by several factors, including age, education, experience, social and cultural background, environment, intelligence, and information obtained from parents, books, and the mass media. Knowledge can influence a person's behavior. Starting from knowledge about something and understanding its benefits, a positive attitude towards menarche will develop.

Female students with sufficient knowledge have a greater chance of being prepared for menarche. Good knowledge enables female students to understand the early signs, self-care procedures, and ways to manage emotional changes, thereby reducing fear and increasing self-confidence.

Table 1 shows that of the 40 respondents, most were in the 11-year-old age group, namely 25 respondents (62.5%), and the fewest were in the 12-year-old age group, namely 7 respondents (17.5%). Table 2 shows that of the 40 respondents, the majority were in grade VI (six) with 25 respondents (62.5%). Meanwhile, there were 15 respondents (37.5%) in grade V (five). Table 3 shows that of the 40 respondents, 38 respondents (95.0%) had sufficient knowledge about menarche (first menstruation). Meanwhile, 2 respondents (5.0%) had insufficient knowledge about menarche (first menstruation). Table 4 shows that of the 40 respondents, 37 respondents (92.5%) had a positive attitude in preparing for menarche (first menstruation). Meanwhile, 3 respondents (7.5%) had a negative attitude in preparing for menarche (first menstruation). Table 5 shows that out of 40 respondents, 36 respondents (90.0%) were ready to face Menarche (First Menstruation). Meanwhile, 4 respondents (10.0%) were not ready to face Menarche (First Menstruation).

Table 6 shows that of the 38 respondents (100%) who had sufficient knowledge, 36 respondents (94.7%) were ready to face menarche and 2 respondents (5.3%) were not ready to face menarche. Meanwhile, of the 2 respondents who had insufficient knowledge, 0 respondents (0%) were ready to face menarche and 2 respondents (100%) were not ready to face menarche.

The results of the statistical test using the Chi-Square test obtained a value of $p=0.000$ or a value of $p<0.05$, thus rejecting H_0 and accepting H_a , meaning that there is a relationship between the knowledge variable and the readiness variable of female students in facing menarche at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency, in 2025. Statistically, it can be concluded that there is a significant relationship between students' knowledge about menarche and their readiness to face their first menstruation.

Respondents who had sufficient knowledge about menarche but were not ready to face their first menstruation were those who could not accept the changes that occurred in themselves before their first menstruation, and those who knew about menarche (first menstruation) because they often heard about it from their parents, older sisters, and information from other people. Meanwhile, respondents who had insufficient knowledge but were ready to face menstruation had never heard about menarche (first menstruation) before, but they considered themselves to be girls who would become young women, because according to the information they had received, a girl could be considered normal if she had experienced menstruation (period).

Good knowledge about menarche will affect the readiness of female students in facing menarche (first menstruation), which is in line with the research conducted by Indivani in 2008.

The relationship between female students' knowledge and attitudes and their readiness to face

menarche in the West District of Gorontalo City was examined by distributing questionnaires to female students using accidental sampling and the Chi-Square statistical test, which yielded a result of $p = 0.000$. Thus, it can be said that the two independent variables have a significant relationship with readiness to face menarche.

5. The relationship between female students' attitudes towards menarche and their readiness to face menarche (first menstruation)

A positive attitude facilitates the acceptance of physical and mental changes and reduces feelings of shame or anxiety. This attitude is usually formed from adequate knowledge, the experiences of those closest to them, and social support.

In this study, attitude refers to the reactions or responses felt by female students in facing menarche. The relationship between attitude and children's readiness to face menarche is that female students who have a positive attitude towards menarche, in the sense that they are happy and proud, consider themselves to be biologically mature (Suriyani and Widyasi, 2008).

Attitude is initially defined as a prerequisite for the emergence of an action. The phenomenon of attitude is a mental mechanism that evaluates, shapes views, colors feelings, and will determine our behavioral tendencies towards people or things we encounter, even towards ourselves. Our views and feelings are influenced by memories of the past, by what we know, and by our impressions of what we are currently facing (Aswar, 2007).

Table 1 shows that of the 40 respondents, most were in the 11-year-old age group, namely 25 respondents (62.5%), and the fewest were in the 12-year-old age group, namely 7 respondents (17.5%). Based on Table 2, it shows that out of 40 respondents, most respondents were in grade VI (Six) with a total of 25 respondents (62.5%). Meanwhile, there were 15 respondents (37.5%) in grade V (Five). Based on Table 3, out of 40 respondents, 38 respondents (95.0%) had sufficient knowledge about menarche (first menstruation). Meanwhile, 2 respondents (5.0%) had insufficient knowledge about menarche (first menstruation). Table 4 shows that out of 40 respondents, 37 respondents (92.5%) had a positive attitude in preparing for menarche (first menstruation). Meanwhile, 3 respondents (7.5%) had a negative attitude in preparing for menarche (first menstruation). Table 5 shows that out of 40 respondents, 36 respondents (90.0%) were ready to face menarche (first menstruation). Meanwhile, 4 respondents (10.0%) were not ready to face menarche (first menstruation). Table 6 shows that of the 38 respondents (100%) who had sufficient knowledge, 36 respondents (94.7%) were ready to face menarche and 2 respondents (5.3%) were not ready to face menarche. Meanwhile, of the 2 respondents who had insufficient knowledge, 0 respondents (0%) were ready to face menarche and 2 respondents (100%) were not ready to face menarche. Table 5.7 shows that of the 37 respondents (100%) who had a positive attitude, 36 respondents (97.3%) were ready to face menarche and 1 respondent (2.7%) was not ready to face menarche. Meanwhile, of the 3 respondents who had a negative attitude, 0 respondents (0%) were ready to face menarche and 3 respondents (100%) were not ready to face menarche.

The results of the statistical test using the Chi-Square test obtained a value of $p=0.000$ or a value of $p<0.05$, thus rejecting H_0 and accepting H_a , meaning that there is a relationship between the Attitude variable and the Readiness of Female Students to Face (First Menstruation) at SDN Inpres Bertingkat Kompleks Mabbulo Sibatang, Pinrang Regency.

Some respondents who had a negative attitude towards menstruation were not ready to face their first menstruation because they were unable to accept the changes that would occur in themselves, and they were afraid of getting their first menstruation, but they felt ready because they considered it to be the nature of a woman that could not be avoided. Meanwhile, respondents who had a positive attitude towards menarche but were not ready to face their first menstruation because they felt they were already mature, as they had started to feel attracted to the opposite sex, but they said they were not ready to face menarche (first menstruation) because they were afraid of getting pregnant and marrying young.

This is supported by Septi Mulyawati's 2010 study at SMP N 3 Kec. Guguk, Kabupaten Lima Puluh, entitled "The Relationship between Female Students' Attitudes and Readiness to Face Menarche" with a p-value of 0.001, meaning that there is a relationship with readiness to face menarche.

4. Conclusion

Based on the results of the research conducted on fifth- and sixth-grade female students at SDN Inpres Bertingkat Mabbulo Sibatang, Pinrang Regency, in 2025, it can be concluded that the majority of respondents were 11 years old and in grade VI. Most of the students (95.0%) had a good level of knowledge about menarche, and 92.5% showed a positive attitude toward it. Furthermore, 90.0% of the respondents were ready to face menarche, indicating that their level of understanding and attitude strongly influenced their preparedness. The results of the Chi-Square test showed a significant relationship between knowledge and readiness to face menarche ($p = 0.000 < 0.05$) and between attitude and readiness to face menarche ($p = 0.000 < 0.05$). These findings suggest that students with adequate knowledge and positive attitudes are more likely to be mentally and emotionally prepared for their first menstruation. Therefore, reproductive health education programs in elementary schools, supported by parents and teachers, play a crucial role in improving students' knowledge and readiness to face menarche in a healthy and positive manner.

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