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The Association Between Family Knowledge and Support with the Readiness of Madrasah Ibtidaiyah Students in Facing Menarche

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Abstract

Introduction: Menarche is a sign of a change in social status from child to adult. The importance of knowledge and family support influences female students' readiness to face menarche. Knowledge is related to the physiology and psychology of young women regarding menstruation, while family support is related to the role of parents. The unpreparedness of young women in facing menarche has an impact on their implementation in daily life and young women are more susceptible to reproductive tract infections.

Objective: This study aims to analyze the relationship between knowledge and family support and female students' readiness to face menarche at Al-Fitrah Private Madrasah Ibtidaiyah, Kupang City.

Method: This research was conducted in February 2024. The research design was analytical observational with a quantitative approach with a cross-sectional design. The population in this study were female students in grades IV, V, and VI at Al-Fitrah Private Madrasah Ibtidaiyah Kupang City, namely 52 respondents. The technique used in this research is proportional sampling. The instrument used was a questionnaire consisting of a readiness-to-face menarche questionnaire, a knowledge questionnaire, and a family support questionnaire. Data analysis used univariate analysis and bivariate analysis using the chi-square test.

Result: Data analysis used univariate analysis and bivariate analysis using the chi-square test. The results of the research show that there is a relationship between knowledge and family support and the readiness of female students to face menarche at Al-Fitrah Private Madrasah Ibtidaiyah with a p-value of 0.015 and 0.025 (< 0.05). It is known that 33 out of 52 female students with poor or good knowledge and poor or good family support are ready to face menarche (63.5%). Meanwhile, 19 out of 52 were not ready to face menarche (36.5%).

Conclusion: There is a relationship between knowledge and family support and female students' readiness to face menarche at Al-Fitrah Private Madrasah Ibtidaiyah, Kupang City

Keywords: Menarche; Knowledge; Family Support; Female Students' Readiness

INTRODUCTION

Based on WHO in 2018, teenagers are those aged between 10-19 years, with an average age of menarche of 13 years. Nationally, the average age of menarche is around 13-14 years, occurring in 37.5% of Indonesian teenagers with the earliest occurrence being less than 9 years of age or later until 17 years of age (1). Based on basic health research results, the average age of menarche in Indonesia is 13-14 years with the earliest age of menarche being under 9 years and late at 17 years (2). Population census data for 2020 shows that the number of teenagers (aged 10-14 years) is 67 million people or 24% of the total population of Indonesia, so teenagers are the main goal of national development (3). Based on BPS, East Nusa Tenggara Province has a population of 10-24-year-old teenagers with a total of 1,459,778 people (4), while based on the NTT BKKBN in 2021 the number of teenage girls is 700 thousand (5). According to the 2022 Central Statistics Agency, Kupang City has 111,974 teenagers aged 10-24 years.

Menarche is a sign of a change in social status from child to adult (6). Menarche is an important period for children as a sign that they have entered the adolescent stage of life, and have a responsibility to look after themselves because they can reproduce (7). Adolescence is a transition period from childhood to adulthood, encompassing all the development experienced as preparation for adulthood. Along with biological development, adolescent girls will go through a period where they will reach the stage of sexual maturity and fertility which is called puberty. Puberty in adolescent girls can be marked by hormonal changes that cause menarche (8).

Readiness for menarche is a condition that shows that a young woman is ready to reach physical maturity, which is marked by the appearance of menarche. Readiness for menarche requires knowledge about the menstrual process to be ready to accept and experience menarche as a normal process faced by young women (9). Adolescents who are not ready to face menarche and will have a desire to reject this physiological process, they will feel menarche is something cruel and threatening, and this situation can continue in a more negative direction. In contrast to those who are ready to face menarche, they will feel proud and happy, because they consider themselves to be biologically mature. Many factors influence readiness to face menarche, namely age, level of knowledge, attitudes, sources of information, and family support (10).

The impact of lack of knowledge is one of the problems that occurs in adolescents when facing menarche. Teenagers' lack of understanding about menarche is sometimes caused by teenagers' unwillingness to seek information that is very useful for themselves and their parents' lack of interest in conveying health information (11). The impact of lack of preparation of adolescent girls for menarche affects their behavior of adolescent girls so families must provide full support to their daughters because adolescent girls are more vulnerable to reproductive tract infections. The main causes of diseases of the reproductive system are low immunity (10%), unhygienic menstrual behavior (30%), unhealthy environment, and inadequate use of sanitary napkins (8).

Madrasah Ibtidaiyah has the same curriculum as the elementary school curriculum, but what makes it different is the Islamic religious knowledge provided, one of which is fiqh which discusses personal hygiene and menstruation starting from grade IV. Knowledge of menstruation is related to reproductive function which begins with menstruation in women. This is very important in jurisprudence because when a woman experiences menstruation it is burdensome for her to carry out obligatory acts of worship such as prayer, fasting, covering her intimate parts, and so on. This shows that young women need knowledge of menstrual fiqh. Fiqih menstruation explains the procedures for purifying or cleansing oneself during menstruation, apart from that, fiqh also explains the different types of menstrual blood. This can be a factor in the knowledge of young Madrasah Ibtidaiyah girls in their readiness to face the menarche. Lack of knowledge impacts adolescent girls' unpreparedness in practicing menstrual health management in adolescent girls. MIS Al-Fitrah has complete facilities, including separate toilets specifically for students and also a School Health Business (UKS) room to support the school in providing health services at school.

Based on research conducted by Lutfiyah (2016) at SDN Pacarkembang 1/192, Tambaksari District, it shows that the factors that influence the readiness of elementary school girls to face menarche are divided into two, namely internal and external. The internal factors studied were the age and level of knowledge of elementary school students. Meanwhile, the number of sources of information and parenting patterns are external factors studied. The research results showed that the knowledge variable had a significant effect on menarche readiness. This is in line with research conducted by Novitasari, et al (2018) at SDN Asrikaton 1, Pakis District, Malang Regency, showing that there is a significant relationship between knowledge about menstruation and readiness to face menarche among female students at SDN Asrikaton 1.

METHOD

The type of research used is analytical observational research with a quantitative approach and a cross-sectional design which is characterized by collecting relevant information (data) at a certain point in time. The sample size in this study used a proportional sampling method, that is, taking subjects from each stratum or each region was determined to be balanced or proportional to the number of subjects in each stratum or region. The sampling method for this research uses simple random sampling by entering the names of female students who make up the population into the *spin-the-wheel* application then the names that come out are used as a sample. This is done until the required number of samples is met.

The data collection instruments used in this research were in the form of filling out a request letter to become a respondent an informed consent form and a questionnaire filling sheet containing questions to collect data regarding the variables studied, namely knowledge about menarche, jurisprudence, physiology, psychology, and things you need to know when facing menarche such as the menstrual cycle, use of sanitary napkins, signs of menstruation, menstrual symptoms, physical changes and the term pain during menstruation. Family support questionnaire on information, appreciation, emotional, and instrumental support. Preparedness questionnaire for facing menarche about whether female students are ready and not ready to face menarche based on the knowledge and family support they receive. Data analysis was carried out in 2 ways, namely univariate analysis and bivariate analysis. Presentation of data with tables is used for data that has been classified and tabulated. Presenting data in table form is a systematic presentation of numerical data, which is arranged in columns (13).

RESULT

Univariate analysis

Based on the results of interviews with respondents, it is known that the respondents' ages range from 9-12 years and are presented in the following table:

Table 1. Frequency Distribution Based on Age at Al-Fitrah Private Madrasah Ibtidaiyah Kupang City

Students age	Total	
	n	%
9 years old	3	5,8
10 years old	18	34,6
11 years old	23	44,2
12 years old	8	15,4
Total	52	100

Table 1 shows that the highest number of female students was at the age of 11 years, namely 23 female students (44.2%), and the lowest number of female students was at the age of 9 years, 3 female students (5.8%).

Table 2. Frequency Distribution Based on Knowledge at Al-Fitrah Private Madrasah Kupang City

Knowledge	Total	
	n	%
Poor	24	46,2
Good enough	28	53,8
Total	52	100

Table 2 shows that most female students at Al-Fitrah Private Madrasah Kupang City have quite good knowledge, namely there are 28 female students (53.8%) out of 52 female students. Knowledge is quite good because several questions have a frequency of answers that are difficult to answer correctly.

Table 3. Frequency Distribution Based on Family Support at Al-Fitrah Private Madrasah Ibtidaiyah Kupang City

Family support	Total	
	n	%
Poor	15	28,8
Good	37	71,2
Total	52	100

Table 3. shows that 37 female students (71.2%) out of 52 female students at Al-Fitrah Private Madrasah Ibtidaiyah Kupang City received family support in facing menarche. The family support provided is informational, instrumental, emotional, and appreciative support.

Table 4. Frequency Distribution Based on Female Students' Readiness Facing Menarche at the Al-Fitrah Private Madrasah, Kupang City

Students readiness	Total	
	n	%
Not ready	19	36,6
Ready	33	63,4
Total	52	100

Table 4 showed that 33 female students (63.4%) out of 52 female students at Al-Fitrah Private Madrasah Ibtidaiyah Kupang City were prepared to face *menarche*.

Bivariate analysis

Table 5. The Relationship between Knowledge and the Readiness of Female Students to Face Menarche at Al-Fitrah Private Madrasah Ibtidaiyah Kupang City

Knowledge	Students Readiness				Total		<i>p-value</i>
	Not ready		Ready		n	%	
	n	%	n	%			
Poor	13	25	11	21,2	24	46,2	0,015
Good enough	6	11,5	22	42,3	28	53,8	
Total	19	36,5	33	63,5	52	100	

Table 5 It is known that 33 out of 52 female students with poor and good knowledge were ready to face menarche (63.5%). Meanwhile, 19 out of 52 female students with poor and good knowledge were ready to face menarche (36.5%).

The results of the analysis using the chi-square test have a p-value of 0.015 (< 0.05). This shows that there is a significant relationship between the level of knowledge of female students and the readiness of female students to face menarche at Al-Fitrah Private Madrasah Ibtidaiyah, Kupang City. So that female students with good knowledge are better prepared to face menarche, compared to female students with less knowledge.

Table 6. The Relationship Between Family Support and Female Students' Readiness to Face Menarche at Al-Fitrah Private Madrasah, Kupang City

Support	Students readiness				Total		<i>p-value</i>
	Not ready		Ready		n	%	
	n	%	n	%			
Poor	9	17,3	6	11,5	15	28,8	0,025
Good	10	19,2	27	52	37	71,2	
Total	19	36,5	33	63,5	52	100	

Table 6 It is know that 33 out of 52 female students received poor and good family support and were ready to face menarche (63.5%). Meanwhile, 19 out of 52 female students with poor and good family support were not ready to face menarche (36.5%).

The results of the analysis using the chi-square test had a p-value of 0.025 (< 0.05). This shows that there is a significant relationship between family support and the readiness of female students to face menarche at Al-Fitrah Private Madrasah Ibtidaiyah, Kupang City. So that female students with good family support have better readiness to prepare themselves for menarche, compared to female students with less family support.

DISCUSSION

The Relationship between Knowledge and the Readiness of Female Students Facing Menarche at Al-Fitrah Private Madrasah Ibtidaiyah, Kupang City

According to Notoatmodjo (2014), knowledge is the result of knowing and this occurs after someone senses a particular object. Sensing occurs through the five human senses, most human knowledge is obtained through the eyes and ears. Knowledge or cognition is a very important domain for the formation of a person's actions (over behavior). Acceptance of new behavior or adoption of behavior is based on knowledge, awareness, and positive attitudes, so the behavior will be long-lasting. On the other hand, if the behavior is not based on knowledge and awareness, it will not last long. Human behavior is based on knowledge, if humans have little knowledge, they will have a smaller desire to behave. The lower a person's level of knowledge, the less likely they are to be ready for menarche.

The results of this study show that more than half of the respondents, female students have fairly good knowledge regarding readiness for menarche. However, there are no female students with good knowledge because female students do not properly understand knowledge about menarche, menstrual law, physiology, psychology, and things you need to know when facing menarche such as the menstrual cycle, use of sanitary napkins, menstrual symptoms, physical changes, pain during menstruation and most female students have forgotten about this. This is what causes there to be no female students with good knowledge. Female students who do not understand the menstrual cycle will have an impact on biological factors that result in menstrual disorders and irregularities, this requires more serious action so as not to disrupt female students' daily activities when experiencing menstruation. According to (14), the impact that occurs if the menstrual cycle is irregular and is not treated seriously is fertility problems, the body lacks enough blood which causes anemia which is characterized by easy fatigue, paleness, lack of concentration, and other symptoms of anemia. Female students who do not understand the use of sanitary napkins will have an impact on personal hygiene behavior. Knowledge about the use of sanitary napkins is very important to avoid infections in the reproductive organs such as vaginal discharge, urinary tract infections, and itching. Therefore, sanitary napkins should be changed every 4-5 times a day or no more than 6 hours. This aims to avoid moisture in the vaginal area which can cause microorganisms and fungi to grow around the vagina which results in vaginal itching and odor. This is in line with research conducted by Rosdiana and Musaidah (2019) that the description of the use of sanitary napkins for grade VII and VIII girls experiencing menarche at Unismuh Makassar Middle School is good with a percentage of 37.5%. Apart from that, female students who do not understand pain during menstruation (dysmenorrhea) and menstrual symptoms will have an impact on disrupting daily activities, due to the lack of self-care during menstruation. Dysmenorrhea is a pain in the lower abdomen that causes pain down to the waist, lower back, and thighs. Unbearable dysmenorrhea during menstruation can affect daily activities (16). However, most female students do not understand the term dysmenorrhea due to a lack of information sources obtained from teachers, parents, and their peers who have experienced menstruation. This is in line with research conducted by Solehati, et al (2018) showing that more than half of the respondents, 69 people (69%) experienced complaints of aches, and some respondents, 56 people (56%) experienced dysmenorrhea during menstruation.

The knowledge obtained by female students is quite good because female students only know but are not able to understand correctly. This fairly good knowledge of female students is also obtained because female students have sufficient access to information not only from one source but also from several sources such as fiqh textbooks and science lessons that they already have. The curriculum used at MIS Al-Fitrah is the 2013 curriculum. Apart from that, information can also be obtained from parents, teachers, and friends who have experienced menarche. Female students' knowledge can also be better regarding menstruation because nowadays sources of information are very easy for female students to obtain and search for via the internet. The higher the level of knowledge of female students, the better the female students are at preparing themselves to face menarche. Someone with less knowledge does not mean they are not ready to face menarche but can influence female students' behavior when facing menarche. The results of this research are in line with research conducted by Ariesthi (2020) at SMP Negeri 8 Kupang which shows that the picture of the level of knowledge of young girls in dealing with menarche at SMP Negeri 8 Kupang City is not good. Similar research was conducted by Manase (2022) at SMP Negeri 2 Rantebua which showed that the majority of students had sufficient knowledge about menarche and were ready to face menarche compared to those with less knowledge.

According to the researcher's assumption, female students' knowledge is quite good and this is because many female students are still confused in answering questions about the basic things they should know when facing menstruation. This also causes a lack of good knowledge, the information obtained from teachers, peers, and parents is not listened to properly by female students. Sufficient and insufficient knowledge makes some female students ready and not ready to face menarche. Female students are ready to face menarche because the knowledge they have is deemed sufficient even though there are things they don't know, so teachers and parents have a big role in providing

further information about menstruation. Female students with less knowledge feel that they have resigned themselves to facing menarche with feelings of doubt and fear which cause female students to be unprepared to face menarche. Therefore, the better the student's knowledge, the better prepared the student will be in facing menarche.

The results of statistical tests show that there is a significant relationship between knowledge and the readiness of female students to face the menarche at Al-Fitrah Private Madrasah Ibtidaiyah, Kupang City. This relationship exists because female students have good enough knowledge, meaning that female students have acquired knowledge about menstruation and menstruation quite well, so they are more ready to prepare themselves for menarche or the first menstruation. Meanwhile, female students with less knowledge tend to be unprepared for facing menarche because female students are not prepared to look for information and do not pay attention when studying menstrual fiqh, so they are easy to forget. The more sources of information obtained by female students, the higher the level of female students' knowledge. The results of this research are in line with research conducted by Juwita (2018) with the title *The Relationship between Knowledge and the Readiness of Adolescent Girls in Facing Menarche* which shows that the result value is <0.05 (0.000) meaning that there is a relationship between knowledge and the readiness of adolescent girls in facing menarche. Similar research conducted by Sobaria (2024) shows that there is a significant relationship between the level of knowledge and readiness for menarche.

The Relationship Between Family Support and Female Students' Readiness to Face the March at Al-Fitrah Private Madrasah, Kupang City

Family support is an interaction developed by parents that is characterized by care, warmth, approval, and various positive feelings of parents toward children. A relationship with good quality will have a positive influence on development, for example, adjustment, well-being, prosocial behavior, and the transmission of values. On the other hand, poor relationship quality can have negative consequences in the form of incompatibility, behavioral problems, or psychopathology in children (20). Based on the theory put forward by Friedman (2010), family support is an integral part of social support. Family support can take the form of internal social support, such as support from parents, or support from siblings. The positive impact of family support is to increase a person's adjustment to events in life. The social support indicator consists of 4 components according to Sarafino in (21), namely: informational support, appreciation support, instrumental support and emotional support.

The results of this study show that more than half of the respondents, female students have good family support in their readiness for menarche. This is because the family has an important role in providing information and support to female students to accept and be ready to face menarche. Female students receive family support, especially from parents, in dealing with menarche because parents are the closest family to female students. The support provided by parents is in the form of informational, instrumental, emotional, and appreciation support. The information support provided is about the meaning of menstruation, menstrual fiqh, physiology, factors that influence menstruation, and procedures for cleaning oneself during menstruation in fiqh. Information support is very influential on female students' knowledge in dealing with menarche. Therefore, there needs to be support from parents, especially mothers, so that they can provide information that suits the child's needs in preparing for menarche. This is in line with research conducted by Widayati (2016) showing that the higher the information support provided by the family, the higher the readiness to face menarche. Instrumental support, namely parents plays a role when female students experience menstruation by helping the female students buy sanitary napkins and providing assistance when female students experience menstrual pain. Emotional support, namely parents provides a sense of comfort and freedom for children to ask questions about menstruation and are willing to take the time to listen to stories or complaints faced by female students in preparing themselves to face menarche. Appreciative support, namely parents play a role in providing motivation and encouragement to children to prepare themselves well for facing menarche. The results of this research are in line with research conducted by Saputro (2021) which states that the important role of parents, especially mothers, is to provide understanding and form positive attitudes toward young women facing menarche. This research is also in line with research conducted by Arifin (2019) that strengthening young women's understanding of menstrual jurisprudence is very important and cannot be separated from the role of parents.

According to the researchers' assumption, the greater the family's support in providing information, appreciation, instrumental and emotional support to female students in preparing themselves to face menarche, the better prepared the female students are to face menarche. If female students do not receive enough family support, female students will feel unprepared to face menarche. Lack of parental support will trigger high levels of anxiety in female students, this will affect female students' knowledge and perceptions regarding menarche. The results of this study are in line with research conducted by Zulaikha, et al (2023) showing that there is a relationship between parental support and the level of anxiety about facing menarche.

The results of statistical tests show that there is a significant relationship between family support and the readiness of female students to face menarche at Al-Fitrah Private Madrasah Ibtidaiyah, Kupang City. This

relationship exists because female students have good communication with their families, especially parents as the main source of information. Family is the closest person for female students to communicate in conveying their problems when preparing themselves to face menarche. Therefore, the family has an important role in fostering a sense of comfort and security so that female students can prepare themselves well physiologically and psychologically without fear, anxiety and discomfort regarding the changes they will experience. The family support provided is very influential on female students' readiness to face menarche. If female students do not receive family support in the form of information, appreciation, instrumental, and emotional support, it will affect the female students' readiness to face menarche. The results of this research are in line with research conducted by Arista (2022), based on a literature study, it was concluded that of the 10 articles reviewed, there were 9 significant articles between family support and readiness for adolescent girls to face menarche. -value ($0.009 < 0.05$). Similar research also conducted by Salangka (2018) shows that there is a relationship between the variable family support and the readiness of young women to face menarche.

During the process of this research activity, the researcher realized that this research still had shortcomings and was far from perfect. This is due to several limitations that the researcher experienced, namely that the researcher found it difficult to divide time in the data collection process for each class at MIS Al-Fitrah because there were classes that only entered during the day, so the research had to be carried out the next day. Researchers need quite a long time in the process of selecting respondents who fit the inclusion criteria using the spin of the wheel and must adjust for absences and attendance. The researcher only conducted research at one Private Ibtidaiyah Madrasah in Kupang City.

CONCLUSION

This research concludes that the description of the level of knowledge and family support of female students in facing menarche at the Al-Fitrah Private Madrasah Al-Fitrah City of Kupang is that there are 24 female students with insufficient knowledge (46.2%) and 15 female students with insufficient family support (28.8%), 28 female students with fairly good knowledge (53.8%) and 37 female students with good family support. (71.2%). There are no female students with good knowledge, so female students with good knowledge and good family support are more prepared to face menarche. There is a significant relationship between knowledge and the readiness of female students to face the menarche at the Al-Fitrah Private Madrasah Ibtidaiyah, Kupang City with a p-value of 0.015 (< 0.05).

The impact of a lack of knowledge causes female students to not prepare optimally for menarche. This will affect the time before menstruation which can cause fear and anxiety. Therefore, readiness to face menarche is very important for young women because it will have an impact on menstrual hygiene management, personal hygiene behavior, and maintaining reproductive health to avoid vaginal infections.

SUGGESTION

Al-Fitrah Private Ibtidaiyah Madrasah, it is hoped that teachers at Al-Fitrah Private Islamic Madrasah can provide an understanding of the subjects of menstruation and menstruation more clearly and easily for female students to understand and the library will provide more references about menstrual fiqh, reproductive health, and science, so that female students are better prepared to face menarche.

Al-Fitrah Private Madrasah Ibtidaiyah student, it is hoped that Al-Fitrah Private Madrasah Ibtidaiyah students can further increase their knowledge about menstrual jurisprudence and menstruation (reproductive health). Female students can also search for information digitally about menarche so that they can get more information to prepare themselves for menarche.

Health Service, it is hoped that it can provide socialization or education on the importance of knowing about menarche and reproductive health on a regular basis to students from an early age and provide real programs related to menarche and reproductive health to female students.

Ministry of Religion, it is hoped that it can increase the learning capacity about fiqihbabbaid to female Madrasah Ibtidaiyah students so that female students' understanding of facing menarche can be better prepared from religious and health aspects. Adding menstrual fiqh lessons to the learning curriculum for grades V and IV.

Future Researcher, it is hoped that future researchers can carry out research using other variables such as attitudes and sources of information and by using a different research design, namely qualitative research methods, so that research on readiness for menarche can be more varied and the information obtained can be more extensive.

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