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*Optimizing The Life Quality of Children Under SDGs*

POLTEKKES KEMENKES YOGYAKARTA

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0-9	<b>The Influence Of Knowledge, Attitude And Personal Protective Equipment Availability On Safety And Health Behaviour Officer Of Laboratory In Stikes Surya Global Yogyakarta</b> <i>Nor Wijayanti</i>	62
0-10	<b>The Application of Myra E. Levine Conservation Model on Pediatric Care for Children with The Risk of Impaired Skin Integrity at Infection Room BuildingA First Floor RSUPN Dr. Cipto angunkusumo Jakarta</b> <i>Suyami, Nani Nurhaeni, Elfi Syahreni</i>	69
0-11	<b>The Relationship Between Self Esteem And Quality Of Life In School Dropout Adolescence</b> <i>Ice Yulia Wardani, Mustikasari, Poppy Fitriyani, Tantri Widyarti Utami, Rahma Fadillah Sopha</i>	78
0-12	<b>Parental Practice In Adolescents With Video Game Playing In Yogyakarta Municipality</b> <i>Romdzati, Nilawan Chanthapreeda</i>	85
0-13	<b>The Effect Of Generalist And Specialist Therapies (Thought Stopping And Progressive Muscle Relaxation) In Reducing Anxiety Response Of Clients With Physical Illness In Dr.H. Marzoekihospital Of Bogor</b> <i>Livana PH, BudiAnna Keliat, Yossie Susanti Eka Putri</i>	90
0-14	<b>Analysis Of Factors Affecting Post Cardiac Catheterization Hematoma Transradial In dr. Sardjito Hospital Yogyakarta</b> <i>Subroto, Tri Wahyu Murni Sulisetyowati, Aan Nuraeni</i>	97
0-15	<b>Ergonomic Exercises And Low Back Pain For Working Woman CRAKERS Lempeng Makers In Bantul Yogyakarta</b> <i>Sri Setyowati, Debby Yulianthi</i>	110
0-16	<b>Elementary School Student's Experience In Dealing With Menarche</b> <i>Yuyun Setyorini</i>	115
0-17	<b>Premarital Class And Pregnancy Planning Documentation Practice</b> <i>Yani Widyastuti, Suherni</i>	120
0-18	<b>Correlation Between Combination Of Yoga And Classical Musictherapy Mozart With The Level Of Dysmenorrhea</b> <i>Munica Rita Hernayanti, Hesty Widyasih</i>	127
0-19	<b>The Relationship Between Activity And Nutrition With Vaginal Discharge Incidence Of The Students In SMA Negeri 7 Cirebon In 2015</b> <i>Rofiqoh Rachmah Azizah, Dwiyanti Purbasari, Riris Wistigarini</i>	134
0-20	<b>The Relationship Between Phase Of Contraception Selection With Long Term Contraception Method For Family Planning Acceptors In Talaga Bodas Public Health Center Lengkong District Bandung 2014</b> <i>Tri Setiowati</i>	140



## ELEMENTARY SCHOOL STUDENT'S EXPERIENCE IN DEALING WITH MENARCHE

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### ABSTRACT

Menarche is the first menstruation in women, which is the beginning of maturity of a woman who is healthy and un pregnant. Menarche occurs at the age of 9-17 years old. Menarche is a new experience for a girl and perhaps in dealing with menarche will cause uncomfortable feeling. The purpose of this study is to describe the experience of a girl in the experience of menarche. The method used is a method of qualitative research design with a descriptive phenomenology of Husserl's philosophy. Data collected by the method of semi-structured interviews and analyzed using Colaizzi data analysis techniques. The total sample of 7 participants by purposive sampling technique. Identification results obtained five clusters of themes: perception of menarche, feelings at menarche, actions taken at menarche, preparedness menarche, and resources. The results of this research was recommended to health workers to provide the information as early as possible to a girl (elementary school student) about menarche and what should be done, to parents to pay attention about the readiness of the child in the experience of menarche and the peers to share experiences in dealing with menarche and to further research to examine the reproductive health, especially in elementary school children.

Keywords: menarche, elementary school student

### INTRODUCTION

Reproductive health is a state of complete physical, mental, social intact in all matters relating to systems, function and reproductive processes. Reproductive health in women becomes quite serious throughout a woman's life, because she is vulnerably exposed to the disease and it is also associated with her social life.<sup>1</sup> Reproductive health problems in women occur because of lack of education and knowledge, early marriage, maternal mortality, reproductive disorders including menstruation, occupational health problems, menopause and nutrition problems. Menarche is the first menstruation in women, which is the beginning of maturity of a woman who is healthy and un pregnant. Menarche occurs at the age of 9-17 years old. Menarche is a new experience for a girl and perhaps in dealing with menarche she will have uncomfortable feelings.<sup>2,3</sup>

Children are entitled to the fulfillment of reproductive health on them. Reproductive health therefore must have been introduced since childhood, especially during school period.<sup>4</sup> This is very important because the development of the reproductive starts at the school age characterized by the onset of puberty. Especially to girls, the introduction of reproductive health can prepare them to deal with the experience of menarche. Menarche is one of the sign of the beginning of puberty. Menarche is generally starts in elementary school age.

Menarche in elementary school girls is very important to note because the girls have begun to have the ability to learn but still has minimal knowledge related to menarche. The purpose of this study is to describe the experience of a girl in dealing with menarche.





## RESEARCH METHODS

This study is a qualitative research design with a descriptive phenomenology of Husserl philosophy. This descriptive phenomenology used to develop the structure of the life experience of a phenomenon in seeking the unity of meaning by identifying the core phenomena that accurately describe the experience of everyday life.<sup>5</sup> Descriptive phenomenological approach emphasizes the subjectivity of human experience which means that researchers cannot do direct excavation conscious experience and describe the phenomena without being influenced by the earlier theories and assumptions.

Stages descriptive phenomenological approach used in this study is based Spiegelberg. It is bracketing and examining the phenomenon (intuiting, analyzing and describing). Bracketing is performed by researchers and participants.<sup>6</sup> Researchers do bracketing by avoiding pre-existing assumptions of the phenomenon being studied.

Analyzing stage is the stage where the researcher identifies the meaning of the phenomenon that has been excavated and explored the relationship and linkages between the data with existing phenomena. The data were analyzed by citing significant then categorized and explore the essence of the data that will be acquired understanding of the phenomenon under study.

Describing phenomenology is the stage where researchers communicate the findings and provide an overview of critical elements based on the classification and group the phenomenon. Researchers can understand the depth of experience in dealing with the phenomenon of menarche thus discovered the meaning of the participants' experience history.

Participants in this study were elementary school students in the city of Surakarta. The timing of this study of the Month September to November 2014. The sampling technique used in this research is purposive sampling technique. Purposive sampling is the selection of respondents or participants with specific considerations based on criteria and research purposes. The number of samples in this study were 7 participants. The principle of collection is to achieve saturation of data, or no more new information is obtained.

Data were collected by the method of semi-structured interviews and analyzed using Colaizzi data analysis techniques. During the interview, the strategy used was open-ended interview. Open ended interview can provide an opportunity for participants to fully express their experience of the phenomenon being studied.<sup>8</sup> Researchers used an interview guide that contains open questions to decipher the core question.

Triangulation of data is done with the source, which means that in this study data triangulation is done by comparing and checking the information gained from multiple sources. The sources of information used in this study is the mother and closest friend of the respondent.

## RESULTS AND DISCUSSION

Menarche is a new experience for a child of primary school age daughter and the experience in the face of menarche will cause uncomfortable feeling. Menarche is the first menstruation in women, which was the hallmark of maturity of a woman who is healthy and fertile. This is consistent with the statement of the respondent about the perception of menarche is as follows:



- \* ... Eee felt it was a great ... adults ...." (respondents 1)
- \* "Very uncomfortable, anxious to make so agitated, signs of puberty" (respondent 2)
- \* ... Indicates that the reproductive organs are already working ..." (respondent 3)
- \* ... Grateful to be a woman ..." (respondent 4)
- \* ... Be a complete woman ..." (respondent 5)
- \* "Eee ... the sign has begun to mature ..." (respondent 6)
- \* ... Puberty, become an adult ... (respondent 7)

Feeling when experiencing menarche is an experience that was first perceived, is likely to cause uncomfortable feeling. It is as expressed by the following respondents:

- \* "Shame ...." (respondents 1)
- \* ... Happy ... but a little sad because it is rather uncomfortable" (respondent 2)
- \* ... Happy menstruating ..." (respondent 3)
- \* ... Fear .... happy ... mixed tastes ...." (respondent 4)
- \* "There is a sense of happiness but anxious not knowing what to do" (respondent 5)
- \* ... Anxious, dag dig dug ..... " (respondent 6)
- \* "Happy, happy, hehe shame too ..." (respondent 7)

The statement above is in accordance with the opinion of Muriyana is feeling a teenager at the time of first menstruation (menarche) is scared, shocked, confused, even some that not happy. This suggests that the need for socialization of menarche on elementary school children so that they can face menarche comfortably.<sup>9,10</sup>

Actions taken at the time of first menstruation (menarche) of the respondents is as follows:

- \* ... Cry ..." (respondents 1)
- \* ... Chat with friends ..." (respondent 2)
- \* ... Tell mom and ask what to do ..." (respondent 3)
- \* ... Searching ... searching for info and ask a friend ..." (respondent 4)
- \* ... Ask my brother and taught how to use sanitary napkins ..." (respondent 5)
- \* ... Ran to the mother, telling us all .." (respondent 6)
- \* ... Immediately put on the pads, cry ... (respondent 7)

Readiness of primary school children in the face of menarche should be a concern, because reproductive health is essential for a child's growth. This is consistent with the statement of the respondent about the readiness in the face of the first menstrual period is as follows:

- \* ... Do not know yet ..." (respondents 1)
- \* ... Ready ...." (respondent 2)
- \* ... To be ready ... the mother has a lot to tell ..." (respondent 3)
- \* "Eee .... ready anyway ..." (respondent 4)
- \* ... Ready ... even had to buy sanitary napkins as well ..." (respondent 5)
- \* ... Ee how yaa ... not ready, do not know yet ..." (respondent 6)
- \* "Actually prepared but a bit confused ..." (respondent 7)

Children are entitled to the fulfillment of reproductive health on her.<sup>4</sup> Reproductive health therefore must have been introduced since childhood, especially during school. This is very important because the development of the reproductive started school age characterized by the onset of puberty.



Sources of information about menarche and what should be done by primary children when getting menarche as a statement of the respondents as follows:

- "... From a schoolmate, teacher ..." (respondents 1)
- "... From friends and looking on the internet ..." (respondent 2)
- "... Of parents, especially mothers and teachers at the school ..." (respondent 3)
- "... Searching on the internet, magazines, stories sister ..." (respondent 4)
- "... Info from sister, from a teacher but ..." (respondent 5)
- "... The mother, from the Internet ..." (respondent 6)
- "... The Internet, magazines, my parent ..." (respondent 7)

This is in accordance with the opinion Muriyana and Fitkarida that provide reproductive health education, particularly in the students clearly menarche before they experience menarche, in order to be better prepared to deal with it. The source of information obtained from family, peers, school and social media.<sup>9,11</sup>

## CONCLUSION

Based on the research results showed that experiences of primary school children on the face of menarche is as follows: the perception of menarche, feeling at menarche, taken at menarche, preparedness menarche, and resources.

## RECOMMENDATION

Based on the results of this research was recommended to health workers to provide information as early as possible to children daughter elementary school about menarche what should be done, to parents to pay attention about the readiness of the child on the face of menarche and the peers to share experiences in dealing with menarche and to conduct research to examine the reproductive health, especially in elementary school girls.

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