

Description of Anxiety in Facing Menarches in Grade V Students of Public Elementary School Sumput, East Java

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ABSTRACT

Anxiety in facing menarche is one of the problems that is often experienced by young women. This condition can cause a decrease in pain threshold, exacerbate menstrual pain, and has the potential to become physical and emotional disturbances. Young women in Indonesia, including in Sidoarjo Regency, also face similar challenges. Lack of experience, information, and understanding about menarche is a factor causing high levels of anxiety in young women. This situation has an impact on academic achievement and can lead to depression. Study This aim to know the description of anxiety in facing menarche on fifth grade students at SD Negeri Sumput. Study This done for prevent happening anxiety in adolescents daughter moment will experience menarche. Study This use method descriptive with collect data through statement structured Revised Children's Manifest Anxiety Scale (RCMAS). Study This conducted at Sumput Public Elementary School in the month March 2023. Subject study This is female student class V SD Negeri Sumput who have not experience menarche which numbered 42 female students. Research results This show percentage level experienced anxiety students who don't experience worry ie 66.7% and students who experience worry namely 33.3%. According to researcher students who don't experience worry because they Already many earn information about menarche through a number of source information that is through electronic media, print media and direct media so that There is readiness for students in face menarche. From the results study the can concluded that female student class V SD Negeri Sumput part big female student class V SD Negeri Sumput No experience worry in face menarche.

Keywords : *Description of anxiety, menarche, pain peri*

INTRODUCTION

Worry is feeling concern, uncertainty and fear without a clear stimulus, is associated with change physiological (tachycardia, sweating, tremors, etc.). Frequent anxiety experienced by teenagers daughter that is worry when they face menarche. A experienced adolescents worry in face menarche can resulted decline to threshold pain in the end make painful period become more heavy with level chronic and acute, symptoms worry can shaped disturbance physical (somatic) like disturbance channel digestion, pain moment menstruation and yes appear alone or join with other symptoms of various disturbance emotion. According to Ministry of Education and Culture (Kemendikbud) (2022) population women in Indonesia aged 10 to 19 years of 24,231.44 3 soul and in East Java the population Woman ages 10 to 19 years of 2,855,761 souls . Regency Sidoarjo resident Woman ages 10 to 19 years of 1 62,866 soul (Dinkes Kab. Sidoarjo, 2022).

Amount teenager daughter experience worry in face menarche Still tall because they Not yet own experience on happening menarche, and also lack information and understanding teenager daughter about menstruation first (menarche). Anxiety in adolescents daughter will impact on performance Study Because activity Study teenager disturbed consequence concentration decreased learning. Impact worry teenager daughter in face persistent menarche can resulted teenager white the experience depression

RESEARCH METHOD

Study This is research using method descriptive. Research design descriptive is method used For obtain describing facts in a manner systematic. Study This aim For identify description level worry teenager daughter in face period first time (menarche) in female students class V SD Negeri Sumput.

Subject used in study This is female student class V who have not experience

Source Information	Worry				
	No There is worry		Anxious		Total
	N	%	N	%	N
Electronic media (television , radio, internet)	0	0	7	46,7	7
Direct media (power health, staff posyandu , family)	7	25,9	2	13,3	9
Electronic media (television , radio, internet) and print media (booklets, leaflets, posters)	0	0	1	6,6	1
Electronic media (television, radio, internet) and direct media (power health, staff posyandu, family)	19	70,4	4	26,8	23
Print media (booklets, leaflets, posters) and direct media (power health, staff posyandu, family)	1	3,7	1	6,6	2
Total	27	100	15	100	45

menarche at SD Negeri Sumpat as many as 42 out of 51 female students. Sampling technique in research this use technique *total sampling* that is take sample in a manner whole female student class V who hasn't menarche totaling 42 students and by written has state willing follow as well as in research and have sign sheet agreement or *informed consent*.

RESULT AND DISCUSSION

Characteristics demographics respondents

The level of anxiety in students Class V of Negeri Sumpat Elementary School

No	Anxiety Level	frequency	percentage (%)
1.	No There is worry	27	64,3

2.	Worry	15	35,7
Total		42	100

Source: Personal data 2023

Table shows that of 42 female students class V SD Negeri Sumpat studied is known that part big students who don't experience worry ie 27 students (64.3 %) and partly small experience worry namely 15 female students (35.7%).

**Table
Anxiety level under age schoolgirl Class V of Negeri Sumpat Elementary School**

Age	fear				
	Not Have Anxiety		Worry		Total
	N	%	N	%	N
10 years	2	7,4	1	6,7	3
11 years	18	66,7	13	86,6	31
12 years	7	25,9	1	6,7	8
Total	27	100	15	100	42

Source: Personal data 2023

Table shows that of 42 female students class V SD Negeri Sumpat studied is known that part big students who don't experience worry ie 27 students (64.3 %) and partly small experience worry namely 15 female students (35.7%).

**Table
Anxiety level UNDER source information schoolgirl Class V of Negeri Sumpat Elementary School**

Table shows that of 42 female students class V SD Negeri Sumpat who did not experience anxiety of 19 female students (70.4%) who got source information about menarche through electronic media (television, radio, internet) direct media (power health, staff posyandu, family), and female students who experience anxiety of 7 female students (46.7%) who got source information about menarche through electronic media (television, radio, internet).

Source: Personal data 2023

CONCLUSION

Based on objective research that has made so can pulled something conclusions, including :

1. Level results worry female student class V SD Negeri Sumpat obtained that part big students who don't experience worry ie 27 (64.3 %) female students and some small experience worry namely 15 (35.7%) female students.
2. Level results worry based on age obtained students who don't experience anxiety of 18 students (66.7%) aged 11 years, and students who experienced anxiety of 13 female students (86.6%) aged 11 years.
3. Level results worry based on source information obtained students who don't experience anxiety of 19 female students (70.4%) who got source information about menarche through electronic media (television, radio, internet) and direct media (power health, staff posyandu, family), and female students who experience anxiety of 7 female students (46.7%) who got source information about menarche through electronic media (television, radio, internet).

SARAN

Researcher expected consider exists conditions that are not desired in place possible research influence condition respondent for example, if There is other activities take place on the premises study should No retrieve data on the day it. Researcher must ensure respondent fill in in a manner Honest with notice distance place charging questionnaire for each respondent. And for researcher furthermore expected made reference and can add amount respondent.

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