

Article

Parental Support is Associated with An Adolescent Girl's Readiness to Facing Menarche

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A B S T R A C T

Adolescent girls need information about the menstrual process and health during menstruation. Young women will experience difficulties in facing their first menstruation if they have never previously known or discussed it with their peers or parents. This research aimed to determine the association between parental support and the readiness of adolescent girls to face menarche. This is a cross-sectional study with a sample of 105 adolescent girls and parents who were determined using a simple random sampling technique using a questionnaire on parental support and readiness to face menarche via Google Form. Based on the Chi-Square test, there is a significant association between parental support and the readiness of young women to face menarche (p -value = 0.002). Adolescent girls with good family support are three times more prepared to face menarche than those who do not have good family support, with an OR (95% CI) = 2.981 (1.263–7.037).

I. INTRODUCTION

Reproductive health is an essential part of health that receives little attention. Adolescent reproductive issues are considered very sensitive to bring to the surface because society believes these issues are taboo to discuss, including information about menarche. Menarche is the first menstruation experienced by women as a sign of maturity that occurs in the middle of puberty before entering the reproductive period. Menarche is usually interpreted by young women as a traumatic experience (Titik, 2015; Mahajan & Sharma, 2004). The onset of menstruation will be a traumatic event for some young women who do not prepare themselves in advance (Sayogo, 2006).

Adolescents are residents who are still aged 10-20 years. Adolescence is a period where an individual develops secondary sexual signs until they reach sexual maturity. Every individual experience psychological development and identification patterns starting from childhood to adulthood. Many adolescent girls are anxious when they face menstruation for the first time. (Santrock, 2012). The results of research by Marvan and Veronica (2014) show that the level of anxiety experienced by young women when experiencing menarche is with the highest anxiety being fear, worry, and restlessness (Ma Luisa Marvan & Veronica Alcala-Herrera, 2014). Meanwhile, the results of Afiyah's research (2016) show that the greatest level of anxiety felt by young women is in the form of anxiety, fear, pain and embarrassment regarding their physical changes (Afiyah, 2016):

Parental support is very important for the growth and development of children. Similarly, when experiencing menarche, adolescent girls need to know more clearly about menarche, how to care for menstruation, how to carry out genital care and know the physical and psychological complaints that usually arise so that teenagers do not still think that menarche is a shameful event and is a disease (Nilima Bhore & Kumbhar, 2014; Kusumaningrum et al., 2022). Parental support is a form of assistance or encouragement given by parents to their children in verbal and nonverbal form that is beneficial for the child so that the child feels happy, cared for, more focused and loved by the surrounding environment (Mahajan & Sharma, 2004; Diniaty, 2017). A child has his first communication interaction in the family environment, especially with parents. The child's attachment relationship with parents lasts until the child reaches adolescence (Fajri & Khairani, 2011).

Several studies show the importance of parental support for adolescent reproductive health education. Parents who do not have self-confidence and the ability to explain the importance of reproductive health are a major influence on the formation of adolescents' self-confidence in going through the process of reproductive change and knowledge of reproductive health (Kusumaningrum et al., 2022). Other studies also report that parents with good communication skills will increase reproductive health knowledge among their teenage children (Gavin et al., 2015). However, existing research has not focused on seeing how parental support influences the readiness of adolescent girls to face menarche. Previous research has focused more on parental support for reproductive health in general (Nilima Bhore & Kumbhar, 2014; S et al., 2011). For this reason, this research aims to assess the association between parental support and the readiness of young women to face menarche.

II. METHODS

This research design is quantitative, and the method used is analytical with cross-sectional design. This research will be conducted on a population of parents and elementary school students in grades IV, V and VI with a sample size of 105 pairs using the Lameshow sample calculation formula and sampling using probability sampling techniques with the simple random sampling

method. The inclusion criteria for research subjects as samples in this study were female students aged 9-12 years, female students who had not experienced menarche, female students who lived with their parents and female students who were willing to be respondents, while the exclusion criteria were female students whose parents did not fill in the data completely.

This research used a questionnaire addressed to parents and adolescent girls. The questionnaire was aimed at parents to find out about parental support, while the questionnaire given to young women was to find out the readiness of the young women to face menarche. The validity and reliability of the questionnaire have been measured, and this questionnaire has been declared valid and reliable.

A bivariate analysis was carried out to determine the relationship between parental support and the readiness of young women to face menarche using the chi-square statistical test. Data analysis was carried out using SPSS. This research has received approval from the ethical commission of Respati Indonesia University no. 151/SK.KEPK/UNR/III/2023.

III. RESULT

Table 1. Characteristics of Respondents

Characteristics	Frequency (n)	Percentage (%)
Age		
10 years	44	41.9
11 years old	40	38.1
12 years old	21	20.0
Class		
4	46	43.8
5	31	29.5
6	28	26.7
Parental Support		
Good	73	69.5
Not enough	32	30.5
Readiness Teenager		
Good	65	61.9
Not enough	40	38.1
Amount	105	100.0

Based on Table 1, of the 105 respondents, it is known that the majority of respondents were ten years old, namely 44 people (41.9%), 11-year-olds, namely 40 people (38.1%), and 12-year-olds, 21 people (21%). Then there were 46 people (43.8%) who were in class 4, 31 people (29.5%) were in class 5, and 28 respondents (26.7%) were in class 6. Next, the variable "Parental Support" shows that most respondents (69.5%) in the sample received good support from their parents. In comparison, only a tiny percentage of respondents (30.5%) had less parental support. The variable "Adolescent readiness" shows that the majority of respondents (61.9%) in the sample had good readiness, while only a small number of respondents (38.1%) had poor readiness.

Table 2. The Association Between Parental Support and Adolescent Girl's Readiness to Face Menarche

Variable	Category	Teen Readiness				P-Value	OR	95% CI			
		Good		Not enough				Total	Lower	Upper	
		n	%	n	%						n
Parental Support	Good	51	69.9	22	30.1	73	100	0.020	2,981	1,263	7,036
	Not enough	14	43.8	18	56.3	32	100				

Table 2 shows that for most parents who have provided exemplary support to their children, the readiness of young women to face menarche is getting better, namely 69.9%. Meanwhile, if parental support is not good, adolescent girls are not prepared to face menarche, namely 56.3%. The chi-square analysis results showed an association between family support and the readiness of young women to face menarche, p -value = 0.002. Good parental support will increase the readiness of young women three times to be better prepared to face menarche, with the OR (95% CI) being 2.981 (1.263–7.037).

IV. DISCUSSION

The research results show that good parental support can increase the readiness of young women three times more to face menarche compared to young women who receive less good parental support. This research is by Sainah et al. (2022) regarding how vital the role of parents is in providing reproductive health education to young women, which should be given during their early teenage years in order to build their readiness to face their first menstruation (Suparyanto dan Rosad, 2020). Adolescent girls are not ready for changes and bleeding from the genitals. This condition makes young women feel afraid and/or anxious about facing menarche, giving rise to phobia or hypochondria regarding menstruation, which occurs due to a lack of knowledge or lack of support from parents who explain menarche, therefore parental support is vital in preparing for menarche so that female students do not feeling anxious about menarche (Sundari & Panjaitan, 2016).

Adolescents preparing for menarche need good support from the family, including emotional support, information, appreciation and instrumental support. The family, especially parents, plays a major role in providing this support. Family support helps teenagers feel more prepared and confident in facing menarche (WOLLA, 2022). According to Sinaga and Lubis (2021), reproductive health education, especially about menstruation, is still considered taboo by parents and the community in the respondent's environment. They greatly influence the child, which can influence the child's understanding and preparation depending on the group's values. It is essential to create awareness and open dialogue about menstruation so that children can receive important education in reproductive health (Sinaga & Lubis, 2021).

A child's readiness to face menarche requires information provided by parents. Parents are the primary source of information for children in this matter. Information provided by parents helps children understand the changes that occur in their bodies and provides essential insight into the menarche process (Sundari & Panjaitan, 2016; Abreu & Kaiser, 2016). With the correct information from parents, children can feel more prepared and better understand facing menarche. Adolescent girls' readiness to face menarche is influenced by the family support they receive. By getting support from the family, young women will feel more comfortable and the anxiety they

feel when facing menarche can be reduced. This condition will help them be better prepared to face the menarche process physically and emotionally (Sundari & Panjaitan, 2016).

The research results obtained are relevant to the results of research conducted by Yohana Magdalena Wolla in 2022; her research showed that there was a significant relationship between parental support and the readiness of elementary school students to face menarche (WOLLA, 2022). Similar results were also shown by Sinaga and Lubis (2021) that there was a significant relationship between parental support and the readiness of elementary school students to face menarche (Sinaga & Lubis, 2021). The results of other research conducted by Sundari and Panjaitan (2017) show that there is a relationship between parental support regarding menarche and the level of anxiety facing menarche in female students (Sundari & Panjaitan, 2016). Other research also states that there is a relationship between parental social support and readiness to face menarche in school-aged children (Di & Baginda, 2022). Good communication between parents and their children regarding reproductive health information will increase children's knowledge of this matter (Kusumaningrum et al., 2022;Gavin et al., 2015). The role of parents is very much needed in providing support so that adolescent girls will be well prepared to face their first menstruation. The role of parents can increase well in line with parents' increasing knowledge about the importance of reproductive health education for their teenage daughters (Kusumaningrum et al., 2022;Gavin et al., 2015).

This research has looked at the association between parent support and the readiness of adolescent girls to face menarche. However, the statistical analysis of this research has yet to look at other factors that influence adolescent girls' readiness process, such as reproductive health education at school or adolescent activities followed by teenagers in the community. For this reason, further plans are needed for research that more fully uses and links other factors that are considered related.

V. CONCLUSION

This research concludes that young women who receive good parental support will increase their readiness to face menarche. Therefore, young women need to be able to care about their reproductive health and apply knowledge or information regarding readiness to face menarche (first menstruation) obtained from parents and also other media to prepare themselves to face menarche. Parents can improve communication with their children so that they can share support, especially in preparing for their child's menarche.

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