

ABSTRACT*Knowledge of Adolescent Reproductive Health Influences to Adolescent Preparedness's Facing Menarche*

Fenny Martina Dewi

Menarche that occur in adolescence, about at age 10-16 years is often considered a disease for adolescent who does not know the process of reproduction in their body properly. An adequate knowledge and information of adolescent reproductive health that has been obtained, primarily about menstruation, will certainly enhance the preparedness of adolescent girl in practice to face pre-menarche period without experiencing a sense of shame, fear, and worries. The purpose of this study was to learned about knowledge of adolescent reproductive health influences to adolescent preparedness facing menarche.

This study used "Cross Sectional" design with sample from teenage girl in the grade 4th and 5th in SDN Made 4 Lamongan. Sampling with total sampling that met the inclusion criteria. It has done in May-June 2016. The independent variables was knowledge of adolescent reproductive health. The dependent variable was preparedness's practice facing pre-menarche period. Data were analyzed using "Chi Square". The results of the study is known that mostly students has sufficient knowledge's level (61,90%) of adolescent reproductive health, primarily about menstruation. And almost entirely of them (76,19%) has been well-prepared to face their menarche. Statistical analysis showed that there are meaningful correlation $p=0.048$.

The conclusion is knowledge of adolescent reproductive health has correlated influences to adolescent preparedness facing menarche, means that a group with better knowledge has higher level of preparedness facing menarche than a group with lower knowledge level.

Keywords: adolescent, knowledge about adolescent reproductive health, readiness of menarche