
THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND ADOLESCENT GIRLS' READINESS TO FACE THEIR FIRST MENSTRUATION (MENARCHE): A LITERATURE STUDY**Devi Fani Arista , Nurlinawati, Riska Amalya Nasution**Departement of Nursing Faculty of Medicine and Health Sciences, Universitas Jambi,
IndonesiaCorresponding: devifany28@gmail.com**ABSTRACT**

Background :The Indonesian Ministry of Health notes that the average age of menarche in Indonesia occurs at the age of 12 years and 4 months with a prevalence of 60%, age 13 years 30%, and the rest above 13 years. Adolescent girls need to get family support in order to have good readiness when facing menarche. Lack of information about care can cause reproductive tract infections that can lead to infertility. **Objective:** To know the relationship between family support and the readiness of adolescent girls to face their first menstruation (menarche). **Methods :**This literature study is a literature review, searching for articles using electronic based such as Google Scholar, Garuda, Semantic Scholar and Researchgate. The keywords used are parental support, menarche, adolescent girls, role of parents. **Results :**The results obtained from 9 articles show that families support adolescent girls facing menarche and 1 article shows a lack of family support. **Conclusion :** Conclusions and Suggestions of this study from 10 articles found that there is a significant relationship between family support and the readiness of adolescent girls to face menarche. Advice for parents is the need for approach and assistance from parents to their children in facing menarche.

Keywords : *parental support, menarche, adolescent girls, role of parents*

INTRODUCTION

Adolescence is a period of development towards adulthood, not only physically, but also social and psychosocial development with the community that adolescents go through¹. According to the World Health Organization (WHO), the so-called adolescents are those who are in the transition period between children and adults, ages 12-19 years are the characteristic limits of adolescence². The World Health Organization (WHO) states that one-fifth of the world's population are adolescents and those whose starting age varies between 9 and 13 years. Adolescents with signs of puberty in the United States about 95% of adolescents experience menarche at the age of 12 years and the average age is 12.5 years with physical development at the time of menarche.² In Indonesia about 37.5% of adolescents experience menarche between the ages of 13 to 14 years³. The women experience their first menstruation have two attitudes that they positive and negative. Positive attitudes such as courage, no anxiety, no fear, confidence, and sincerity in facing menstruation. While negative attitudes are shown by feelings of discomfort, embarrassment, anxiety, and restlessness⁴.

Adolescent girls always feel worried about facing menstruation if they are not exposed to information about menstruation and do not get support from their families.⁵ Lack of

understanding of adolescents will cause adolescents to have difficulty in maintaining their reproductive health, namely experiencing vaginal discharge caused by the lack of care of adolescent girls towards genitalia readiness such as improper vaginal washing, the use of pants that do not absorb sweat, the habit of not changing underpants and pads.⁶

Parents need to explain early the importance of maintaining reproductive health and how to care for it, so that children can understand and be ready when they will face their first menstruation.⁷ Parents play an important role in preparing adolescents to face menarche such as providing knowledge about at what age to get menstruation.⁸ However, not all parents provide adequate information to their daughters, this situation will lead to the belief that first menstruation is something unpleasant and consider it a disease.⁹

Rahmawati (2017) states that the task of parents to prepare their daughters to face menarche is to educate and provide clear information, as supervisors in children's relationships, parents play a role in providing physical and emotional support in facing menarche.¹⁰ This research is also supported by research from Anwar (2017) which shows that girls who are unaware of their physiological changes feel unprepared to resist, causing feelings of emotional distress to be rejected.

Therefore, the role of parents is needed to educate girls to face menarche.¹¹ Based on the background above, it can be concluded that every woman will experience menstruation and there are women who feel afraid when facing menstruation. To overcome this, support from the family is needed to prepare for menstruation by providing knowledge about menstruation, but not all parents provide sufficient information to their daughters. Therefore, research is needed on family support for adolescent girls' readiness to face menarche. So, researchers are interested in conducting research entitled "Literature study of family support for adolescent girls' readiness to face their first menstruation (menarche)".

METHODS

This study uses a literature review design that aims to analyze the relationship between family support and the readiness of adolescent girls to face their first menstruation (menarche). The data used is secondary data using electronic-based search sources, namely Google Scholar, garuda portal, semantic scholar, and researchgate with the keywords "parental support, menarche, adolescent girls, role of parents".

The articles used in this research were published at least in the last 5 years in the range of 2017-2021, articles are original research and full text, using Indonesian and / or English. The search was conducted from early September 2021 to mid-June 2022.

RESULTS

No.	Author, year	Title	Results
1.	Gladys, et.al. 2018	Relationship between family support and readiness of adolescent girls to face menarche at SMP Negeri 1 Kawangkoan.	<p>Based on the results of the frequency distribution, it is known that:</p> <ul style="list-style-type: none"> - Respondents who received good family support were 21 respondents (66%). - Respondents who are ready to face menarche were 22 respondents (69%). - Respondents with good family support and ready readiness were 19 respondents and less family support with unprepared readiness were 8 respondents - Based on the chi-Square test, the results showed a relationship between the two variables with a value of $p=0.001$ less than $\alpha=0.05$ with a strong correlation (0.544). The conclusion of this study is that there is a relationship between family support and the readiness of adolescent girls in facing Menarche at SMP Negeri 1 Kawangkoan
2.	Shinta Yulia, et.al 2021	The Relationship between Maternal Support and Readiness of Adolescent Girls Facing Menarche at SMP Negeri 2 Sukoharjo.	<p>Based on the results of the frequency distribution, it is known that :</p> <p>Univariate Analysis:</p> <ul style="list-style-type: none"> - Mother's support for adolescent girls in facing menarche at SMP Negeri II Sukoharjo can be known that the majority of adolescent girls who have positive maternal support are 29 (60.4%). - Readiness in adolescent girls in facing menarche at SMP Negeri II Sukoharjo can be known that the majority of adolescent girls who have positive readiness are 41 (85.5%). <p>Bivariate Analysis:</p> <ul style="list-style-type: none"> - Obtained a value of $p=0.001$ which indicates that there is a significant relationship between maternal support and the readiness of adolescent girls to face menarche and a correlation value of 0.329 indicates a positive

			correlation with moderate correlation strength
3.	Heni Purwaningsih, et.al	Parental Support in Adolescent Girls' Readiness for Menarche	<p>Based on the results of the frequency distribution, it is known that:</p> <ul style="list-style-type: none"> - The support of parents of adolescent girls in Gebugan Village, Bergas District, Semarang Regency is mostly in the low category, namely 35 people (70.0%). namely 35 people (70.0%). - The readiness of adolescent girls in facing menarche in Gebugan Village, Bergas Subdistrict, Semarang Regency was mostly in the ready category, namely 27 people (54.0%). - Respondents who received low parental support were 35 people where most of them faced menarche with an unprepared category, namely 20 people (57.1%) more than the ready category, namely 15 people (42.9%). - The results obtained from respondents who received high category parental support were 15 people where most of them faced menarche in the ready category, namely 12 people (80.0%) more than the unprepared category, namely 3 people (20.0%). - The results of statistical tests using the chi square test obtained a p value of $0.035 < 0.05$ (α), it can be concluded that there is a significant relationship between parental support and the readiness of adolescent girls in facing menarche.
4.	Yuli Irnawati, et.al 2017	The relationship between parental support and the attitude of pre-menarche adolescents at SMP Negeri 1 Brati	<p>Based on the results of the frequency distribution, it is known that:</p> <p>Univariate Analysis</p> <ul style="list-style-type: none"> - It is known that most of the respondents did not get parental support, namely 19 (54.3%), while respondents who received support from parents were 16 people (45.7%). - It is known that most of the respondents with a moderate attitude were 17 people (48.6%), respondents with a poor attitude were 12 people (34.3%) while respondents with a good attitude were 6 people (17.1%).

Bivariate Analysis

- The results showed that of the 17 respondents who had a moderate attitude, 10 people (28.6%) received parental support and 7 people (20.0%) did not receive parental support. Of the 12 respondents who behaved less, 10 people (28.6) did not receive parental support and 2 people (5.7%) received parental support. While out of 6 respondents 4 (11.4%) received parental support and 2 people (5.7%) did not receive parental support.
- The results of the study showed that most respondents did not get parental support, namely 19 people (54.3%) while those who received support from parents were 16 respondents (45.7%). Most respondents with moderate attitudes were 17 people (48.6%), respondents with poor attitudes were 12 people (34.3%) while respondents with good attitudes were 6 people (17.1%). There is a relationship between parental support and the attitude of pre menarche adolescents at SMPN 1 Brati. (p value = 0.042 <0.05).

5.	Sellia 2019	Juwita, Maternal Support with Adolescent Daughter's Readiness in Facing Menarche	<p>Based on the results of the frequency distribution, it is known that:</p> <ul style="list-style-type: none"> -Distribution of Maternal Support to Adolescent Girls in facing Menarche it is known that the majority of adolescent girls do not get maternal support in facing menarche as many as 131 people (57.8%). - Distribution of Readiness of Adolescent Girls in Facing Menarche can be known that the majority of adolescent girls experience anxiety in facing menarche as many as 148 people (57.4%). - The relationship between maternal support and readiness of adolescent girls in facing menarche can be seen that most adolescents who get maternal support and are ready to face menarche are 99 people (66.9%). <p>The results of bivariate analysis showed that there was a relationship between maternal support and adolescents' readiness to face menarche. where the p value is 0.000</p>
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6.	Etika Purnama Sari, 2020	The Relationship Between Family Support And The Readiness Of The Menarche In Young Women.	<p>Based on the results of the frequency distribution, it is known that:</p> <ul style="list-style-type: none"> - Of the 91 female students, there are 0.07065 bivariate students who have experienced menarche and 15 students who have not experienced menarche. Of the 76 students who had experienced menarche, 33 students (36.3%) were at the age of 13 years. - Of the 91 students, the students with the most parental roles in the good category were 48 female students (52.7%) and 49 female students (53.8%) had parents with a junior high school education level. - Based on the results of the study, respondents who had experienced menarche with the role of parents in the good category were 48 respondents (52.7%). - The results of the analysis with the chi Square test showed that there was a relationship between the role of parents and the incidence of menarche with a p value of 0.005, meaning that the p value < the value (0.05)
7.	Novita Dewi Iswandari, dan Imam Santoso. 2017.	The Relationship Of The Role Of Parents To The Occurrence Of Menarche Among Female Students In SMP Negeri 26 Banjarmasin	<p>Based on the results of the frequency distribution, it is known that:</p> <ul style="list-style-type: none"> - Of the 91 female students, there are 0.07065 bivariate students who have experienced menarche and 15 students who have not experienced menarche. Of the 76 students who had experienced menarche, 33 students (36.3%) were at the age of 13 years. - Of the 91 students, the students with the most parental roles in the good category were 48 female students (52.7%) and 49 female students (53.8%) had parents with a junior high school education level. - Based on the results of the study, respondents who had experienced menarche with the role of parents in the good category were 48 respondents (52.7%). - The results of the analysis with the chi Square test showed that there was a relationship between the role of parents and the incidence

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8.	Ibrahim Laurensia Yunita, dan Lailatul Fitri. 2019.	Mother-Child Communication About Menarche Preparation For Menarche And For	<p>Based on the results of the frequency distribution, it is known that:</p> <ul style="list-style-type: none"> - The characteristics of respondents based on the mother's occupation of 43 respondents involved in this study were dominated as housewives 72.1%, traders as much as 20.9% and the rest worked as farmers, private and teachers. - It is known that the majority of mothers with the latest education are elementary school as many as 15 people (34.9%). 32.6% of mothers have a high school education and 25.6% have a junior high school education - It was obtained that the frequency of maternal communication from 43 respondents involved in maternal communication to children was still lacking 25 (58.1%) and adolescents who were not ready were 23 (53.5%). - The results of this study state that maternal communication to adolescent girls in menarche meetings is mostly categorized as lacking and the readiness of adolescent girls to discuss menarche is categorized as not ready.
9.	Parastika Anggun Fauzia, dan Suci Anggraeni. 2021.	Menarche Readiness Judging from the Role of Parents and Attitudes of Sunan Ampel Junior High School Students in Pagelaran	<p>Based on the results of the frequency distribution, it is known that:</p> <ul style="list-style-type: none"> - The role of parents and the attitude of adolescent girls towards menarche readiness above was obtained from 29 respondents, a positive parental role, 12 respondents (41.4%) who were not anxious as many as 2 respondents (6.9%) and 10 respondents (34.5%) experienced readiness. Respondents who were included in the negative role were 17 respondents (58.7%), there were 5 respondents (17.2%) who were ready. respondents (17.2%) who were ready and 12 respondents (41.4%) were not ready - The results of statistical data analysis using the Chi Square Test, it is known that the

relationship between the role of parents and menarche readiness in adolescent girls at SMP Sunan Ampel Pagelaran Malang obtained a p value of 0.04 which is smaller than the limit. critical research is 0.05 so that the hypothesis decision rejects H0 accepts H1, namely there is a relationship between the role of parents and menarche readiness at SMP Sunan Ampel Pagelaran Malang.

10.	Nurul Fauziah, dkk. 2020	<i>Correlation Between Knowledge, Mother's Support, with Readiness to Confront Menarche among Adolescents</i>	<p>Based on the results of the frequency distribution, it is known that:</p> <ul style="list-style-type: none"> - The last education of mothers was more college graduates with 87 (80.6%) housewives and 26 (24.1%) students had menstruation. - In the variable of maternal support, the significance p is 0.000 (<0.05), which means rejecting H0. This means that there is a relationship between maternal support and adolescents' readiness to face menarche, the resulting strong relationship is -0.725, which means that the two variables have a strong relationship.
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DISCUSSION (Times New Roman 11)

After a review of the 10 articles above, it was found that most of the articles that discussed family support for the readiness of adolescent girls facing menarche showed quite a lot, but there was one article that was less supportive in providing family support for the readiness of adolescent girls facing menarche. In the study there were articles that showed the results that families did not support when adolescent girls faced menarche, as found in the 8th article which showed the results of 58.1% of respondents stating that mothers lacked communication with adolescent girls. Based on the research, it can be seen that most respondents who have good communication to communicate are indeed more ready to communicate than respondents who have poor communication to communicate.

In line with Fajri's research, and M. Khairani (2012) suggests that mother-to-child communication provides a 30% role in student readiness in achieving completed menstruation (menarche). Adolescent girls need support including communication who have good communication to communication readiness are indeed more ready to communicate compared

to respondents who lack communication with their daughters.¹² Low family support can hinder the readiness of adolescent girls in facing menarche. Where the family plays a very important role in providing information and support for adolescent girls to accept the situation when experiencing menstruation. When going through menstruation, adolescents will definitely be afraid of several questions such as how to deal with menstrual pain, how to change pads properly and correctly

This is supported by the theory put forward by Ayu (2013) that the readiness of adolescent girls in facing menarche depends on several things, one of which is influenced by parental behavioral factors, most mothers do not teach their daughters about menstrual problems such as at what age to get the first menstruation, how long menstruation lasts and health maintenance during menstruation.¹³ Nainggolan & Tambunan (2013) stated that family support provided to adolescents will affect the readiness of the adolescent girl. This is because family members are the closest people to adolescents so that communication on sensitive matters will be more open. The family plays an active role in knowing the condition of adolescent girls, both physically and psychologically because the family is interdependent on one member of the family with other family members. family members with other family members.¹⁴

Based on the results of the analysis of the article above, it shows that there is a significant relationship between family support and the readiness of adolescent girls to face menarche where family support plays a big role in the readiness of adolescent girls in facing menarche. The greater the support provided by the family, the greater the chance that adolescent girls are ready to face menarche, in the articles analyzed show that adolescent girls are ready to face their first menstruation (menarche).

CONCLUSIONS

Based on the literature study conducted, it can be concluded that the 10 articles reviewed there are 9 articles that are significant between family support and the readiness of adolescent girls to face menarche. Family support plays an important role in the readiness of adolescent girls to face menarche. Menarche, the greater the support provided by the family, the greater the chance that adolescent girls will be ready to face menarche. If the family does not provide support, adolescent girls will always feel afraid and unprepared when experiencing menstruation. From the 10 articles found that adolescent girls who get support from their families are 9 (1,2,3,4,5,6,7,9,10) articles, while those who lack support are 1 (8) article. So it

can be concluded that there is a significant relationship between family support and the readiness of adolescent girls to face menarche.

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