

# The Effect of Peer Group Health Education on Anxiety Levels in Young Women in Facing Menarche at SD IT Ummi Aida Medan

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## ARTICLE INFO

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## ABSTRACT

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### Keywords:

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Menarche is a sign that a young woman has entered the maturity stage, especially the organs of the reproductive system. Anxiety can occur due to a lack of information about menstruation and poor health education from parents. Peer group health education is a variety of activities carried out to develop the knowledge, attitudes and behavior of the target group which are carried out among the peer groups themselves. The research objective was to determine the effect of peer group health education on the level of anxiety of female adolescents in facing menarche. This type of research uses quantitative and the design of this study uses the One Group Pretest-Posttest design. The number of samples was 15 students. The instrument used was the SARS anxiety level questionnaire sheet. Data analysis was performed using the t-dependent test. The results of the research before being given health education were 12 people (85.7%) moderate anxiety, 2 people (14.3%) mild anxiety. Then after being given health education, there were 11 people (78.6%) mild anxiety, 3 (21.4%) moderate anxiety. The results of statistical tests with the t-dependent test obtained a value of  $0.002 < 0.05$ , meaning that there was a significant influence between the effect of peer group health education on the level of anxiety in young women in facing menarche. The conclusion of the study is that there is a significant influence between peer group method health education on the level of anxiety in girls in facing menarche at SD IT Ummi Aida Medan in 2019. Suggestions for research sites are to apply to all students of SD IT Ummi Aida Medan to use the peer group method as one of the alternative ways to increase readiness to face menarche.

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## 1. Introduction

Adolescence (adolescence) is a period of transition or transition from childhood to adulthood which is marked by physical, psychological and psychosocial changes. Adolescents not only grow to be taller and bigger but there are also changes in the body that make it possible to reproduce [1].

According to Adams and Gullota (in Aaro, 1997), adolescence includes ages between 11 and 20 years. As for Hurlock (1990), dividing adolescence into early adolescence (13 to 16 or 17 years) and late adolescence (16 or 17 years to 18 years). Hurlock distinguishes between early and late adolescence because in late adolescence individuals have reached a developmental transition closer to adolescence (Yudrik Jahja, 2012).

According to Ali (2011) and Agustina (2009), physical changes experienced in early adolescence include the emergence of primary sex signs and secondary sex signs. One of the signs of primary sex in adolescent girls is the arrival of the first menstruation (menarche) which is caused by hormonal changes in the adolescent, while secondary sex signs include changes in body shape according to genital sex, for example, growth of pubic hair, enlargement of breasts, hips. .

Menarche, which is a sign that a young woman has entered the maturity stage, especially the organs of the reproductive system, is an important period in the life cycle of women [2]. Menarche is defined as the first menstruation that usually occurs in the age range of 10-16 years, which is in the form of periodic and cyclic bleeding from the uterus accompanied by flaking (desquamation) of the endometrium [3], [4].

Menarche is a sign of a change in social status from children to adulthood and is an important sign for a woman that shows the normal production of hormones made by the hypothalamus and then transmitted to the ovaries and uterus. Menarche generally occurs in young girls at the age of 10-16 years or in early adolescence in the middle of puberty before entering the reproductive period [5] - [7].

The Ministry of Health of the Republic of Indonesia reported a decrease in the age of menarche in Indonesia. Based on the results of RISKSDAS in 2010, there were 5.2% of children in 17

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Indonesian provisions who had entered the age of menarche under the age of 12 years, Laadjim (2013). According to Mitayani & Sartika, (2010), Menarche is the first menstruation that is a characteristic of a woman's maturity healthy and not pregnant.

From research conducted by Destri (2013), the level of anxiety of grade VII students in facing menarche at SMP Warga Surakarta. There were 8 students (22.9%) mild anxiety level, 17 students (48.6%) moderate anxiety level, 10 students (28.5%) severe anxiety.

The results of research by Fajria (2010) concluded that there was an effect of knowledge of menstruation on anxiety in dealing with menstruation in grade V and VI grade students at SDN Ardumulyo 3 Singosari in 2010. With the results, p value = 0.000. Thus, health education about menstruation is proven to have a significant effect on reducing anxiety levels in facing menarche in SDN 011 grade V and VI Tanjung Pinang Barat students regarding menstruation.

According to Triwibowo (2013), health education is an activity to help individuals, groups and communities to increase knowledge, attitudes and skills to achieve optimal healthy life. One of the methods of health education is to use the peer group method.

Peer groups are one of the characteristics formed in social behavior where the group's behavior will influence the behavior and values of individuals who are members so that these individuals will form new patterns of behavior and values [8] - [10]. Adolescents often develop distinctive peer-to-peer interactions by gathering to carry out joint activities by forming fellow gangs. With groups, they can interact and share experiences about menarche with their peers intensely because the perceptions of adolescents in dealing with changes that exist in themselves depend on the experience and education they get [11], [12]. In determining attitudes and behavior, these adolescents must have a good perception of what they are experiencing (Ali, 2011).

Based on the results of the initial survey conducted at SD IT Ummi Aida Medan on January 10, 2019, information was found from the principal that at SD IT Ummi Aida had 15 students who were in class V and who had never been given health education about menarche, both from the school and health center officers as the holder of responsibility for health education.

## 2. Method

This type of research used in this research is to use the quantitative type. pre-experimental research design with One Group Pretest Posttest Desing, the sampling technique was carried out by purposive sampling, there were 14 students from a total sample of 15 students. The instrument used was the SARS anxiety level questionnaire sheet. And analyzed by univariate, bivariate with T-Dependent test.

## 3. Results & Analysis

### 3.1 Results

**Table 1.**

Frequency Distribution of Anxiety Levels Before Menarche Health Education was Conducted at SD IT Ummi Aida Medan in 2019

No	Kategori	Frekuensi	%
1	TidakCemas / normal	0	0
2	KecemasanRingan	2	14,3
3	KecemasanSedang	12	85,7
4	KecemasanBerat	0	0
	<b>Jumlah</b>	<b>14</b>	<b>100</b>

Based on Table 1 above, it was found that the majority of students were in moderate anxiety as many as 12 people with a percentage of 85.7%. Meanwhile, there were 2 students with mild anxiety or 14.3%.

**Table 2.**

Frequency Distribution of Anxiety Levels After Menarche Health Education at SD IT Ummi Aida Medan in 2019

No	Kategori	Frekuensi	%
1	TidakCemas / normal	0	0
2	KecemasanRingan	11	78,6
3	KecemasanSedang	3	21,4
4	KecemasanBerat	0	0
	<b>Jumlah</b>	<b>14</b>	<b>100</b>

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Based on Table 2 above, the results showed that 11 students had mild anxiety levels (78.6%), and 3 students had moderate anxiety (21.4%).

**Table 3.**

The Effect of Peer Group Health Education on Anxiety Levels in Young Women in Facing Menarche at Ummi Aida IT Elementary School, Medan, 2019

N	Mean Skore Pretest	Mean Skore Posttest	Selisih	T	P
14	61,93	54,79	7,14	3.735	.002

Based on table 3 above, it is known that the t-dependent test obtained a t-value of 3,735 with  $p = 0.002$  ( $<0.005$ ), which means that there is a significant effect of the peer group method health education on the anxiety level of young women in facing menarche at SD IT Ummi Aida Medan in 2019.

### 3.2 Discussion

Based on the results of statistical tests carried out using the dependent t-test, the result was 0.002 ( $p < 0.05$ ), which means that there is a significant influence between the effect of health education using the Peergroup method on the level of anxiety in young girls in facing menarche.

According to research conducted by Gita FitriaSundari in 2015, health counseling on menarche levels of anxiety had a significant effect. This is shown from the Wilcoxon test which was conducted to find the value of Zhitung = -4206 with  $p$  value  $0.000 < \alpha = 0.05$  and there was a decrease in student anxiety levels in dealing with anxiety levels.

In addition, research conducted by Elsa Pernanda Utari in 2016 also showed the effect of health education on the level of anxiety facing menarche in grade V SD Negeri 16 with the result that the mean score of anxiety before being given health education was 11.50 and after do given health education down to 5.50 with a value of  $p = 0.002$ .  $P$  value  $< 0.05$ , which means that there is an effect of health education on student anxiety levels in facing menarche at SD Negeri 16 Pontianak.

According to the researchers' assumptions, girls who have not experienced menarche get significant results after being given health education to reduce their anxiety levels. In addition to reducing anxiety, young women also gain knowledge about menarche, have less fear, and know how to anticipate how to deal with menarche.

## 4. Conclusions

Based on research conducted at SD IT Ummi Aida Medan on the effect of peergroup method health education on the level of anxiety in young women in dealing with menarche, the following conclusions were obtained: The majority of teenage girls' anxiety levels in facing menarche before being given health education were in the moderate anxiety category at elementary school. IT Ummi Aida Medan in 2019. The majority of teenage girls' anxiety levels in facing menarche after being given health education are in the not anxious / normal category at SD IT Ummi Aida Medan in 2019. There is a significant influence between peer group health education on the level of anxiety in young women in facing menarche at SD IT Ummi Aida Medan in 2019.

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