

Relationship Between Knowledge and Attitudes Among Adolescent Toward Menarche of Psychological Response in The Junior High School, Siak

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ABSTRACT

Adolescence is an important time in a person's development is marked by menarche in young women as well as changes both biologically and psychologically, causing psychological response to menarche is influenced by the knowledge and behavior of teenagers. The purpose of this study to determine the relationship of knowledge and attitudes of young women against psychological response at menarche in SMPN 5 Sungai Apit Kabupaten Siak. The design was analytic correlation with cross sectional approach. Analysis is univariate and bivariate analysis using purposive sampling counted 43 respondents. The result showed that there is a relationship between knowledge and attitudes of young women against psychological response at menarche in SMPN 5 Sungai Apit Kabupaten Siak with p value = 0,026 (p value < $\alpha=0,05$), p value = 0,000 (p value < $\alpha=0,05$). To the young or girls in SMPN 5 Sungai Apit Kabupaten Siak advised to seek information about the periods to get a good knowledge in order to get a positive attitude.

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1. Introduction

Adolescence is a very important period in one's development. In general, adolescence is defined as a transitional period from childhood to adulthood. The transition from childhood to adulthood involves changes in various aspects such as biological, psychological, and socio-cultural (Sarwono, 2013).

In adolescent girls, puberty is often marked by menarche or menstruation for the first time. This indicates that the hormonal activity and reproductive organs in the body are mature. Menarche usually occurs at the age of 11-13 years (Irianto, 2014).

Adolescence is a period of individual life where there is psychological development to find identity (Kusmiran, 2011). Demographic data show that the world's population, the number of adolescents, is a large population. According to the World Health Organization (WHO), about a fifth of the world's population is 10-19 years old (Tarwoto, 2010). Worldwide, more than 1.8 billion people are aged 10-24 years and 90% of them live in developing countries (UN, 2013).

Meanwhile in Indonesia, from the BKKBN (2011) data, a total of 237.6 million Indonesians population 26.67%, 63.4 million of them are teenagers, 49.30% of the total teenagers are female. The results of the Indonesian Youth Demographic and Health Survey (SDKI-R) in 2012 stated that as many as 13.3% of young women did not know anything about their physical changes during puberty. Even 47.9% of adolescent girls do not know the time of puberty (BKKBN, 2012).

In Indonesia, the youngest age for menarche in young women is 9 years and the oldest age for menarche in young women is 18 years. Most adolescent girls in Indonesia experience menarche at the age of 12 (31.33%), 13 years of age (31.30%), and 14 years of age (18.24%) (Batubara, 2010).

The results of the Basic Health Research (RisKesDes) in 2010 stated that the average age of menarche in Indonesia for women aged 10-19 years was 13 years, amounting to 20% and in Riau province itself, the age of menarche in young women was 13-14 years old. namely as much as 41.2%. Mardiah (2012) in his research found that the average age of menarche in Pekanbaru city occurs between 12-15 years of age.

Based on his research on 155 adolescents, Lee (2010) found that 12% of adolescents who did not prepare for menarche revealed that they felt dirty, embarrassing, and disgusting because they found their pants full of menstrual blood stains. Apart from Lee, research conducted by Gunn (2010) showed that out of 639 girls, 120 (18%) stated a positive response, namely that they considered menstruation as an index of maturity, while the rest stated a negative response was indicated by the response of young women who felt disappointed, slightly surprised, a little happy,

sad and feel the hassle of bringing a change of sanitary napkin, limitations in behavior and emotional changes. Meanwhile Atwater researched the same thing and the response that emerged was to rate menarche as disturbing, frightening, and embarrassing (Orringer, 2014). The variety of responses that arise to menarche is of course influenced by many factors, one of which is the loss of freedom to be a child due to the fact that there will be many changes that follow the arrival of menarche (Sommer, 2012).

According to Marhamatunnisa (2013), facing menarche at a young age is certainly not something that is easy to deal with, especially for school-age children who tend to be immature in thinking and making decisions. Therefore, children often show a less favorable psychological response to menarche, including anxiety, fear, sadness, and anger. Even so, not all children give a bad response, some children are actually happy and happy because menarche is a sign of a woman's maturity, some also take it casually.

The study was conducted on young women who had an age range of 11-14 years, where the results showed that 52% of adolescents experienced severe anxiety, 42% with moderate anxiety and 6% with low anxiety (Babu, 2013).

Based on the results of interviews conducted with several junior high schools in Sungai Apit Subdistrict, Siak Regency, students in their schools had already been given education about reproduction, but it was not sufficient, and while the research sites that the researchers conducted had not received counseling on reproductive health or other counseling.

Based on the initial survey on April 30, 2016 at SMPN 5 Sungai Apit with a total of 145 people including 72 students and 73 female students. The results of interviews of seventh and eighth grade students from 49 students to 17 students who have experienced menarche and psychological responses during menarche. There were 8 students who responded feeling scared, 2 students responded feeling normal, 3 students responded feeling happy, 4 students responded feeling tense.

Based on the background and initial survey above, the researcher was interested in examining the relationship between knowledge and attitudes of adolescents to psychological responses during menarche at SMPN 5 Sungai Apit, Siak Regency.

2. Methodology

The research design used quantitative research with cross sectional approach. This research was conducted at Puskesmas Harapan Raya Pekanbaru in April 2016 - February 2017. The population in this study were VII and VII grade students of SMPN 5 Sungai Apit, which were equipped with 49 female students. with a sample size of 43 students.

The sampling technique was carried out with purposive sampling technique, which is sampling based on considerations made by the researcher himself, the characteristics or characteristics of the population that have been previously known. The data method used in this study is to use primary and secondary data. The analysis used the chi-square test by looking at the level of significance (p-value) $p < 0.05$.

3. Result and Discussion

Table 1.

Age Frequency Distribution of Respondents			
No	Age During Menstruation	f	%
1.	11 years old	1	2.3
2.	12 years old	25	58.1
3.	13 years old	17	39.5
	Amount	43	100

The results of the table above show the characteristics of respondents based on the age of young women at menarche, the highest number of respondents was 12 years (58.1%) and the number of at least 11 years (2.3%).

Table 2.

Frequency Distribution Based on Knowledge

No	Knowledge	f	%
1.	Good	10	23.3
2.	Enough	19	44.2
3.	Less	14	32.6
	Amount	43	100

The results of the table above show the characteristics of respondents based on the knowledge of young women when menarche, the highest number of respondents is sufficient respondents (44.2%) and the least number of respondents is good (23.3%).

Table 3.

Frequency distribution based on attitude

No	Attitude	f	%
1.	Negative	11	25.6
2.	Positive	32	74.4
	Amount	43	100

The results of the table above show the characteristics of respondents based on the attitudes of young women when menarche, the highest number of respondents is positive respondents (74.4%) and the smallest number of respondents is negative (25.6%).

Table 4.

Frequency Distribution Based on Psychological Responses

No	Psychological Response	f	%
1.	Negative	37	86.0
2.	Positive	6	14.0
	Amount	43	100

The results of the table above show the characteristics of respondents based on the psychological response of young women when menarche, the largest number of respondents is negative (86.0%) and the number of positive respondents is (14.0%).

Table 5.

Relationship between Knowledge and Psychological Response of Young Women at Menarche

No	Knowledge	Psychological Response				Amount		P Value
		Positive		Negative		f	%	
		f	%	f	%			
1.	Good	5	11.6	8	18.6	13	30.2	0.026
2.	Enough	6	14	1	2.3	7	44.2	
3.	Less	18	41.9	5	11.6	23	53.5	
	Amount	29	67.4	14	32.6	43	100	

The results of the table above show that 18 respondents with less knowledge (41.9%) had a positive psychological response, higher than the negative psychological response, namely 5 respondents (11.6%). Meanwhile, respondents with sufficient knowledge were 6 respondents as much as (14%) had a positive psychological response, higher than the negative psychological response, namely 1 respondent (2.3%). In addition, 5 respondents with good knowledge (11.6%) had a positive psychological response, lower than 8 respondents (18.6%) with negative positive responses.

The statistical test results obtained p value = 0.026 (p <0.05), which means that there is a significant relationship between knowledge and psychological responses during Menarche at SMPN 5 Sungai Apit, Siak Regency.

Table 6.

The Relationship between Attitudes and Psychological Responses of Young Women at Menarche

No	Attitude	Psychological Response				Amount		P Value
		Positive		Negative		f	%	
		f	%	f	%			
1.	Negative	28	65.1	2	4.7	30	69.8	0.000
2.	Positive	1	2.3	12	27.9	13	30.2	
Amount		29	67.4	14	32.6	43	100	

The results of the table above show that 28 respondents (65.1%) had a positive psychological response, which was higher than the negative psychological response, which was 2 respondents (4.7%). While respondents with a negative attitude of 1 respondent (2.3%) had a positive psychological response, lower than the negative psychological response, namely as many as 12 respondents (27.9%).

The statistical test results obtained p value = 0.000 ($p < 0.05$), which means that there is a significant relationship between attitudes towards psychological responses during menarche at SMPN 5 Sungai Apit, Siak Regency.

3.1 Discussion

a. Age at First Menstruation

The results of this study indicate that most of the respondents, first menstruation at the age of 12 years were 25 respondents (58.1%), greater than the age of the respondents at the first menstruation at the age of 13 years, namely 17 respondents (39.5%) and at the age of 11 years as many as 1 respondent (2.3%).

The results of this study are in line with Bagus's research (2011), regarding the condition of menstruation in adolescents who live in the slum areas of the city of Surabaya. It is found that most of the menstrual adolescents at the age of 12 years (35%) are greater than respondents who are 14 years old (32.5%), 13 years (22.5%) and 11 years (10%).

In addition, this study is also in line with research conducted by Suci (2010), regarding the relationship between social support and readiness to face menarche in grade VII students at SMP 1 Playen Gunungkidul. It was found that most adolescents experienced 12 years of menarche, as many as 60 respondents (36.67%), greater than the respondents aged 14 years (32.33%) and 17 years (31%), this difference can be caused by hormonal factors and reproductive organs.

Misaroh (2010) states that audio-visual stimulation also affects menarche. This audio-visual stimulation can come from conversations or shows from movies or the internet labeled adult, vulgar, or indulging in sensuality. The stimulation from the ears and eyes then stimulates the reproductive and genital systems to mature faster. Even this audio-visual stimulation is a major contributing factor to early menstruation.

The results of this study provide a high awareness of the age at menarche and the factors that can affect menarche, one of which is the effect of audio-visual in society. Audio visual is meant to be vulgar or indulge in sensuality. The stimulation from the ears and eyes then stimulates the reproductive and genital systems to mature faster, because the researchers assume that there is no disturbance in the growth and development process of the young women themselves, so these girls do not experience delays during menarche.

b. Young Women Knowledge at Menarche

The results showed that most respondents had sufficient knowledge, namely as many as 19 respondents (44.2%), this number was greater than the knowledge of respondents when menarche on less knowledge, namely as many as 14 respondents (32.6%), and on knowledge which is good as many as 10 respondents (23.3%).

The results of this study are in line with Yanti's research (2014) regarding the relationship between knowledge of menarche and the readiness of young women to face menarche at SMP Negeri 3 Tidore Kepulauan. It is found that most respondents have sufficient knowledge, namely 16 respondents (45.7%), this figure greater when compared with respondents with good knowledge (37.1%), and less knowledge (17.1%).

The results of this study are in line with Dewi's (2015) research, regarding the relationship between knowledge about menstruation and the readiness of young women to face menarche

at SMPN 1 Bone, which shows that most respondents have sufficient knowledge, namely 46.9%, greater than the knowledge of respondents who enter 15.1% less category and 38% good.

Regarding knowledge, according to (Notoatmodjo, 2007) there are 6 levels of knowledge, namely know (know), understand (comprehension), application (application), analysis (analysis), synthesis (synthesis), evaluation (evaluation). In this case, young women only come to the level of knowing information about menstruation without understanding, analyzing, or even evaluating the information that has been obtained is true or not. There are factors that can affect knowledge such as the level of education, according to Wawan (2011), the level of education affects the extent of a person's knowledge level. Education is needed to get information so that you can change your perspective according to the education and information you get so that it has quality the individual's life can become higher.

Apart from education, social / culture also has a share in knowledge. Because it will filter information so that the knowledge obtained is in accordance with social / cultural norms. The thing that affects the next knowledge is the experience of students, either directly or indirectly, because experience can be obtained from events experienced by themselves and others (peers, parents, family), the more experience gained, the higher the knowledge gained.

The results of this study most of the respondents have sufficient knowledge, knowledge when menarche there is an effect due to lack of information from family, lack of health education and lack of awareness of adolescents to seek information. Knowledge is a process from not knowing to knowing, if this process works well if someone gets information or learning from outside, such as obtaining counseling about reproduction or about menstruation and seeking more information to increase good knowledge.

c. Attitude of Young Women at Menarche

The results showed that most respondents had a positive attitude, namely as many as 32 respondents (74.4%), this number was greater than the respondents who had a negative attitude, namely as many as 11 respondents (25.6%).

This study is in line with Devi's research (2015) which states that most respondents have a positive attitude, namely (55%), this number is higher than the responses that have a negative attitude towards menarche, namely (25.6%). However, this research is not in line with the research conducted by Ita (2015), in his research it states that most respondents have a negative attitude towards menarche, namely (25.9%), this result is greater than the positive attitude towards menarche, namely (47, 1%).

The data above shows that there are still many students who have negative attitudes because in a person's life before acting there is one stage that affects him, namely knowledge. Because in determining a complete attitude, knowledge, thoughts, beliefs and emotions play an important role. Knowledge is influenced by information sources. According to Devi (2015), information sources are indeed influential, especially if the information sources are insufficient or wrong. Because it will lead to less perception if the information is lacking and can cause a wrong attitude if the information obtained is wrong. Therefore the need for carefulness in selecting and understanding the information that comes to the individual.

In dealing with menarche, there are two attitudes that often arise, namely positive attitudes and negative attitudes. According to Notoatmodjo (2010), negative attitudes towards menarche can be caused by several things, such as the experience of first menstruation obtained from an unsupportive environment and negative information about menarche from peers, thus making young women have a negative response. This is in accordance with the existing concept that a person's attitude and behavior in responding and responding to certain stimulations can be influenced by the knowledge a person gets based on the learning process or the influence of the environment. Attitude is an evaluative statement of objects, people or events so that it can reflect someone's feelings about something (Budiman, 2015).

The results of this study most of the respondents have a positive attitude, because these respondents are ready to receive their first menstruation, adolescents already know and understand about menarche so that respondents respond well to menarche even though they understand and know that the woman is coming to menstruate, but they still don't deepen it. knowledge about menstruation.

d. Psychological Response to Menarche

The results showed that most of the psychological responses when menarche had negative respondents, namely 37 respondents (86%), greater than the positive respondents, namely 6 respondents (14%).

This research is not in line with Suratiah's (2014) research on reproductive health education for adolescent psychological respondents at menarche, the results show that all psychological respondents are positive (100%), while according to Dariyo (2015), in the psychological response of respondents in Denpasar, which said most had negative respondents (60%) and positive respondents as much as 40%.

Dariyo (2015) states that the negative psychological response during menarche is probably due to children's ignorance of the physiological changes that occur early in a woman's life. The frightening picture of menstruation begins to emerge in adolescence. This picture is a misinterpretation of information that is not real, namely information from parents, or other frightening delinquency about being told, about menstruation before she actually experiences it, maybe she will be happy, because then she looks towards maturity. Those who do not receive an explanation about menstruation will feel frightened when they see blood starting to come out of the vagina so that young women need information about the menstrual process and health during menstruation.

The results of this study most of the respondents had a negative psychological response during their first menstruation, because these respondents did not care less about menstruation as well as the lack of family roles (mother, older sister), environment, health education, sources of information both in terms of print media, magazines, and mass media. Because some students said that they did not get an explanation when their first menstruation came from their parents, they only got brief information from friends, whereas here the role of parents is very important to tell their daughters not to feel afraid, anxious, and sad when experiencing first menstruation.

e. The Relationship Between Knowledge and The Psychological Response of Young Women at Menarche

The results showed that of the 43 respondents who had insufficient knowledge, 18 respondents (41.9%) had a positive psychological response, higher than the respondents with sufficient knowledge, namely 6 respondents (14%) and good knowledge, namely as many as 5 respondents (11.6%) who have a positive psychological response. In addition, the results of the study showed that respondents with good knowledge but had a negative psychological response were as many as 8 respondents (18.6%). This is higher than the respondents with sufficient knowledge, namely 1 respondent (2.3%) and less knowledge, namely 5 respondents (11.6%).

According to Slameto (2010), there are several factors that can influence individual responses, these factors can be grouped into several groups, namely internal factors, which are conditions that can cause changes in behavior as a result of changes in behavior as a result of growth and development, besides that there is a factor of intelligence (thinking power).

Someone who has normal or above normal intelligence will be more prepared to face and solve the problems faced, compared to people whose intelligence is below normal. Factors that influence adolescent responses in facing menarche (first menstruation) that come from outside (external) include sources of information, the role of mothers, families, mass media, and electronic media (Proverawati, 2014).

Azwar (2011) states that culture is a factor that influences adolescent responses, because culture can affect a person's knowledge of new information which should be filtered first according to the culture and beliefs held by the local community, if the filtering of knowledge or information is not in accordance with norms. prevailing in society will cause a negative response to knowledge about the menarche. In this screening, a strong understanding of menarche is needed, because there are still many cultures in society that still consider the taboo regarding menarche.

The results of statistical tests on the relationship between knowledge and psychological responses of respondents at menarche obtained p -value = 0.026, so it can be concluded that the p -value < 0.05, meaning that there is a relationship between knowledge and psychological responses during menarche. This result is in accordance with research conducted by Anisatun

(2014), in his research on the relationship between knowledge and the psychological response of student menarche at SMPN 3 Tidore Kepulauan where it was found that there was a positive relationship between knowledge and psychological response of respondents, with the results of the study obtained p value = 0.017.

This research is in line with Leliana's (2010) research on the relationship between knowledge and psychological responses in the face of menarche, which states that there is a positive and significant relationship between knowledge and psychological responses, the better one's knowledge, the easier it is to respond when experiencing menarche. The results of this study are also in line with the research conducted by Wenny Pratiningsih (2011) on the relationship between the level of knowledge about menstruation and the psychological response of puberty-age girls in dealing with menarche, with the results of the study being that $p = 0.014$, it is known that there is a positive relationship.

This shows that to get good knowledge with a positive psychological response, young women should increase their knowledge again. If someone's knowledge is high, the results of their knowledge will be good and their psychological response will have a positive impact. If young women do not explore sources of information, it will affect their knowledge, here the role of the family is very important in providing information about menarche to young girls.

f. The Relationship Between Attitudes and Psychological Responses of Young Women at Menarche

The results of this study indicate that of the 43 respondents who have a positive attitude, as many as 28 respondents (65.1%) have a positive psychological response, higher than the respondents with a negative attitude who have a negative psychological response, namely as many as 12 respondents (27.9 %). In addition, the results of the study also showed that respondents with positive attitudes but negative psychological responses were 2 respondents (4.7%). It was higher than the respondents with negative attitudes and had a positive psychological response, namely 1 respondent (2.3%).

According to Ahmadi (2009), an important factor in the formation of attitudes includes the first is family, which is the family that has a big role in shaping the attitudes of their sons and daughters. Because family is the primary group for children which is the dominant influence. Therefore, if adolescents have a positive attitude about menarche and their family gives an example of a negative response, it can also have a negative effect on the adolescent's response. The second factor is the peer group. This group is an important part of interacting life that can influence the development of a person's attitude. Because the desire to be equal, want to be accepted and be part of the peer group, this will shape one's attitude, and from this group can also cause different responses regarding menarche (Dwi, 2015).

Mass media is a means of communication that has a major influence in forming people's opinions and beliefs, because it has the main task of conveying information to the public. The mass media also carries messages that contain suggestions that can direct one's opinion. New information about something that is received by a person can become a new cognitive foundation for the formation of attitudes towards it. The suggestive messages that the information carries, if strong enough, will provide an affective basis in assessing something so that a certain attitude is formed. Therefore, mass media is the most important factor that can influence the psychological response of young women regarding menarche, because not all of the information conveyed in the mass media is positive so that it can affect the formation of a person's attitude and the psychological response of adolescents when they are about to experience menstruation.

Long before menstruation arrives, normal girls already have different feelings of anticipation (prior perception) about menstruation. This anticipation is in accordance with the information previously obtained. The anticipation period which is also known as the waiting period is immediately ended by the maturity period. Menstruation events in a woman state that girls are now truly biologically ready to perform their female functions, therefore the role of people around them is important regarding the understanding of menstruation (Kartono, 2009).

The results of statistical tests on the relationship between attitudes and psychological responses of respondents at menarche obtained p -value = 0.000, so it can be concluded that the p -value < 0.05 , meaning that there is a relationship between attitudes towards psychological responses during menarche. This result is in line with research conducted by

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Ninawati (2006), in her research on the relationship between attitudes and psychological responses to female menarche, where the results showed that there was a positive relationship between knowledge and psychological responses of respondents, with the results obtained p value = 0.006. In addition, this study is also in line with research conducted by Primastuti (2010), in her research on the relationship between attitudes and psychological responses in dealing with menarche at SDN Bulukantil Jebres Surakarta, it was found that there was a significant relationship between attitudes and psychological responses in dealing with menarche.

This shows that young women have given a good attitude towards psychological responses when menarche with a positive response, because the respondents have accepted and already know that the woman will experience menstruation, but they still lack deepening and increasing knowledge about reproduction.

4. Conclusion

Based on the results of research on the relationship between maternal education level and family economic status on the nutritional status of children under five at Puskesmas Harapan Raya Pekanbaru, it can be concluded as follows:

- a. There is a relationship between knowledge and psychological responses during menarche. with p value 0.026 ($p < 0.05$).
- b. There is a relationship between attitudes and psychological responses at menarche with p value 0.000 ($p < 0.05$).

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