


The influence of health education through video media about menarche on knowledge level of teenage students in primary school 1 paret bolaang district east mongondow

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Article Info	ABSTRACT
Keywords: Health Education, Level of Knowledge, Menarche.	Menarche is the first menstruation experienced by women as a sign of maturity. Menarche is caused by the first release of blood from a woman's genitals, which is the shedding of the inner lining of the uterus which contains many blood vessels and menarche occurs. The aim of this research was to determine the effect of health education about menarche on the level of knowledge of female students at SD N 1 Paret, East Bolaang Mongondow Regency. The research was conducted using quantitative descriptive research methods with a cross sectional approach. Samples were taken based on the number of respondents of 15 people using total sampling. Data collection was carried out by means of a questionnaire. Next, the collected data was processed using the Paired T-test statistical test with a significance level (α) of 0.00. The research results showed that there was an increase in respondents' knowledge with a p-value (0.00). The conclusion in this research is that there is an influence between health education on the level of knowledge of female students at SD N 1 Paret, Bolaang Mongondow Regency. It is hoped that the suggestions can become a source of information, knowledge development for respondents, research sites, educational institutions and can be used for research development for future researchers.
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INTRODUCTION

Adolescents are considered aged 10 to 18 years based on the Regulation of the Minister of Health of the Republic of Indonesia Number 25 stage 2014. In addition, The organization responsible for population and family planning (BKKBN) considers teenagers in the age group 10–24 years who are not married (Diananda Amita, 2018). Menarche is a woman's first menstruation before the reproductive period. This occurs at the age of 10–16 years, at the beginning of puberty (Proverawati, 2017). There is no reason to worry because first menstruation is a very normal thing for normal teenage girls. In reality, women who experience their first menstruation always experience feelings of confusion, anxiety, embarrassment and discomfort because of menarche. However, this problem will get

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worse if teenage girls don't know about menarche and parents assume their children will find out on their own.

Factors such as heredity, environment, race, nutrition, social and economic conditions, exposure to adult video content, and illnesses suffered by girls can slow down the development of menstruation in adolescent girls. It is not surprising that teenagers are easily angry and offended because adolescence is considered a stormy and violent period (Mansur & Budiarti, 2017).

Data collected by the World Health Organization (WHO) in 2021 shows that teenagers make up 18% of all people in the world, or 1.2 billion people. In Indonesia, 17% of the population are teenagers (aged 10-19 years), or 46 million people, 48% women and 52% men, 51% aged 10-14 years and 49% aged between 15-19 years (UNICEF youth profile 2021).

According to data taken from the Bolaang Mongondow Regency Statistics Agency (BPS 2022), there are 21,778 teenagers aged 10-14 years, with 10,440 girls and 11,338 boys. The number of teenagers aged 15-19 years was 20,289, with 9,644 girls and 10,645 boys. In North Sulawesi, there are 26,609 teenagers aged 10-14 years, with 9,045 girls and 17,564 boys. Adolescents aged 15-19 years numbered 29,124, with 10,465 women and 18,659 men (North Sulawesi Central Provincial Statistics Agency, 2022).

A sense of security can be obtained from science. With knowledge about reproduction. What a woman experiences when she reaches puberty is normal. Because the young woman didn't know much about menstruation, she felt confused the first time she experienced menstruation. This is because they don't know anything about menstruation and consider it a sign of disease or potentially fatal bleeding (Septina & Nurohmah, 2021). The results of an initial survey conducted on 4 grade 5 female students at SD N 1 Paret, Boltim Regency, on April 27 2023, showed that 2 female students knew less about menarche and 2 other female students did not know what menarche was.

Teenagers who don't know about menstruation will consider menarche as a symptom of illness, making them panic. Some teenagers also believe that their first period must be very dirty, so they feel embarrassed, making them unprepared for menarche . Carrying out education about health is the process of gaining knowledge in individuals, groups or communities learning from ignorance that process data for adolescent girls menstruating and health during menstruation is needed. Health education is a data source that may be used to convey this information to other people which is the process of informing people, groups or communities who do not know to become informed (Notoadmodjo, 2018).

METHOD

Experimental methods were used in this research design. Experimental research involves experimental activities on subjects who will receive certain treatment within a certain period of time (independent variable), and then after the experimental period is finished, studying how the treatment given has an impact on the dependent variable. This study

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used a one-group poster design. which means measurements were carried out before and after treatment. This research involved 15 teenage students in grade 5 at SD Negeri 1 Paret in East Bolaang Mongondow Regency who had not yet experienced menarche . By using a total sampling technique, which means the number of samples is the same as the population (Sugiyono, 2018). This was done because all samples in the study were less than 100. First, the subject's level of knowledge was measured using a knowledge level questionnaire, then treatment was given in the form of health education about menarche , then the level of knowledge was measured again using a knowledge level questionnaire. Using a Quasy Experiment design for the pre-test and post-test control groups. This research uses the Paired T-test.

RESULTS AND DISCUSSION

This research was conducted at SD Negeri 1 Paret, East Bolaang Mongondow Regency from June 5 to June 7 2023. From the results of data collection and data management through distribution of questionnaires and testing via SPSS, the following results and discussion were obtained.

Respondent characteristics

Table 1 Frequency Distribution of Respondents Based on Age on Menarche Knowledge Level

Age	Number of respondents	
	Frequency (n)	Present (%)
9 years	3	20.0
10 years	8	53.3
11 years old	4	26.7
Total	15	100.0

Source: Primary data 2023

Based on the table above from 15 respondents, the highest age is 10 years (8 respondents, 53.3) and the smallest age is 9 years (3 respondents) (20.0).

Univariate analysis

Table 2 Frequency Distribution of Respondents' Level of Knowledge Before Being Given Health Education About Menarche Through Video Media at SD N 1 Paret, East Bolaang Mongondow Regency

Level of Knowledge of Female Students Before Being Given Health Education About Menarche	Number of respondents	
	Frequency (n)	Present (%)
<30 (decreasing)	15	100
>30 (increasing)	0	0
Total	15	100

Source: Primary Data 2023

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Table 2 shows that 15 respondents in this study had insufficient knowledge of menarche, namely (100%)

Table 3 Distribution After Education 1Frequency Distribution of Respondents' Knowledge Level After Being Given Health Education About Menarche Through Video Media at SD N 1 Paret, East Bolaang Mongondow District

Level of Knowledge After Being Given Health Education About Menarche	Number of respondents	
	Frequency (n)	Present (%)
<30 (decreasing)	0	0
>30 (increasing)	15	100
Total	15	100

Source: Primary Data 2023

Table 3 shows that in this study 15 respondents had a good level of knowledge regarding menarche , namely (100%)

Bivariate analysis

Table 4 Tabulation of the Effect of Education 1Tabulation of the Effect of Health Education on Menarche on the Level of Knowledge

Knowledge level	<30 (decreasing)	>30 (increasing)	Total	P-value
Pre-test	15 (100%)	0 (0 %)	15	0,000
Post test	0 (0 %)	15 (100%)	15	

Tabulation of the influence of education. Paired T-test results = 0.05. Based on table 5.4, it is explained that the paired T-test with a significance value (α) = 0.05 through SPSS v 16.0 testing obtained a value of $P = 0.000 < (\alpha) = 0.05$, so H_0 was rejected and H_a was accepted, shows that health education influences the level of knowledge among female students at SD N 1 Paret, East Bolaang Mongondow Regency. This shows that menarche education through video media can help people who have not experienced it to understand it better.

Discussion

Based on research conducted on 15 respondents, the most number of 10 year old 5th grade students who had not yet experienced menarche was 8, and the least 9 year old were 3 female students. This shows that the respondents are at the age of menarche in Indonesia (Ministry of Health of the Republic of Indonesia, 2018).

The results of research conducted using the Paired T-test to compare levels of knowledge, found that there were significant changes before and after health education about menarche was carried out via video media. This shows that grade 5 students at SD N 1 Parer, East Bolaang Mongondow Regency, who have never had menarche before, understand menarche better . This is in line with the opinion of Ira Danoer (2021), who stated that the health training regarding menarche given to young students in class VI at

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SD Negeri 004/XI Pelangraya, Sungai Full City had an impact on their knowledge about menarche and their understanding of it.

This is the same as previous research by Amalia (2022), which found that the research results showed differences in knowledge and attitude variables, so it can be concluded that there are differences in knowledge and attitudes about menstruation in young women facing menarche. According to Proverawati (2017), teenagers who do not know about menstruation will consider the arrival of menarche as a symptom of disease, which makes them panic and unprepared to face menarche. Health education is the process of informing individuals, groups, or communities that they need information about menstruation and their health during menstruation. One way to provide information to elementary school students about menarche.

Researchers assume that health learning through video media about menarche can help female students visualize things they cannot see or imagine. It is based on research findings, supporting theories, and previous research. And the benefit is that it attracts attention with synchronized sound and movement. This can increase the knowledge of female students who have never had menarche before.

CONCLUSION

The results of this research show that health education about menarche provided through video media has an impact on the knowledge of adolescent students at SD N 1 Paret, East Bolaang Mongondow Regency. It is hoped that the suggestions can become a source of information, knowledge development for respondents, research sites, educational institutions and can be used for research development for future researchers.

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