

MOTHER'S SUPPORT AND FEMALE ADOLESCENT'S READINESS FOR MENARCHE: A CORRELATIVE STUDY

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Article Info	Abstract
DOI : https://doi.org/10.26751/ijp.v9i2.2548	<p><i>Menarche, the onset of menstruation, marks a significant milestone in a girl's life, often accompanied by a range of physical and psychological changes. Mother's support during this period play a crucial role in shaping girls' perceptions and experiences of menarche. This study aimed to determine the correlation between mother's support and the readiness of female adolescents for menarche. The participants consisted of 93 adolescent girls who were in elementary school. The inclusion criteria for participants include adolescent girls who attend Mangunjiwan Demak State Elementary School and still have a mother who can communicate well, adolescent girls aged 10-13 years, both menstruating, and those who have not menstruated. The research was conducted in October 2023. The sampling method was nonprobability sampling with a total sampling technique. The questionnaire was about readiness to face menarche and the mother's support. The research used a quantitative approach with a correlation study and cross-sectional design. Results show a correlation between mother's support and the readiness of female adolescents for menarche. The chi-square test results obtained a value of 0.044(<0,05). There is a significant and positive relationship between mother's support and the readiness of female adolescents for menarche. The results of this study are expected to provide a reference for primary schools in the Mangunjiwan Demak village area to make efforts to provide support for their students in readiness to face menarche.</i></p>
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I. INTRODUCTION

Menarche is an important phase in the lives of adolescent girls that marks the transition from childhood to adulthood. Readiness for menarche can affect their mental and physical health. Many adolescents experience anxiety, confusion, and fear when facing their first menstruation, which can negatively impact their psychological well-being, so maternal support is instrumental in providing information and understanding about menstruation (Nuraeni et al., 2023).

The number of adolescents worldwide is around 1.2 billion, or about 18 percent of the total population worldwide (Sopari, 2023). On

a national scale, the number of people aged 10-24 is 66.74 million or 24.2 percent of the 275.77 million total population in 2022. The number of adolescents aged 10-14 years in Indonesia is 23.4 million, and those aged 15-19 are 21.3 million (Tarigan, 2022). There are three classifications of adolescents, namely early adolescence (10-13 years), middle adolescence (14-16 years), and late adolescence (17-19 years). Adolescence is a transition from childhood to adulthood (Saputro & Ramadhani, 2021).

Covering all developments experienced in preparation for entering adulthood. Female adolescents will reach the stage of maturity of sexual organs that have the ability to

reproduce, which is called puberty (Salangka et al., 2018). One of them is marked by the arrival of the first menstruation (menarche), menarche is often considered a disease that causes anxiety among adolescents (Lestari et al., 2022).

Menarche can cause various negative physical, psychological, and social changes in female adolescents if not given comprehensive health information. The age of menarche is different in every woman; according to the Ministry of Health in RI 2018, the average age of menarche in Indonesia is 12 years old with a prevalence of 60%, at the age of 9-10 to 2.6%, at the age of 11-12 to 30.3%, at the age of 13 in 30%. The rest started menstruating after age 13 (Hidayah & Palila, 2018).

Menarche is a stage of physical development when the human reproductive organs reach maturity. The age of menarche is different for every female adolescent. Usually, menstruation appears at the age of 12-14 years, but at that time, there was a tendency for the age of menarche to decrease as younger; many elementary school students experienced menstruation (Nabilah & Amalia, 2022).

As the first menstrual period approaches, female adolescents must have adequate information. For this reason, female adolescents need to recognize what will happen to their bodies so that they are not surprised or frightened when the first menstruation arrives. The information provided must also be considered in stages and depth to make them comfortable and by their maturity level (Sinaga et al., 2017).

Menstrual health is an important part of a woman's reproductive health, which includes not only physical health aspects but also social health aspects, the obligation to maintain health and hygiene related to menstruation is often ignored. Factors that cause this include ignorance or lack of attention and support from parents, especially mothers, in preparing their daughters for menarche (Sinaga et al., 2017).

Female adolescents need to have sufficient knowledge related to the life processes they

are going through. Therefore, parents, especially mothers with children who are close to 9 years old, must teach various things about menstruation so that they are ready to face their first menstruation (menarche) (Sinaga et al., 2017).

Mother's support is needed to deal with menarche. Early mothers need to provide knowledge about menarche to their daughters so that they understand and are ready to face menarche. Unfortunately, not all mothers provide adequate information to their daughters, which will cause anxiety in children. Social support provided by mothers to their daughters provides emotional benefits and influences their behavior. Mental readiness is very necessary because feelings of anxiety and fear will arise if female adolescents lack understanding about menarche. The arrival of menarche requires emotional support, information, appreciation, and instrumental (Herwati et al., 2016).

This support can be obtained from the family environment (parents, especially mothers), school environment (teachers), peer environment, and society (Lestari et al., 2022). The family environment (parents, especially mothers) is the first and main environment for child development; parents can play an active role in providing an understanding of menarche and, with this understanding, are expected to know the efforts that must be made if they experience menarche (Salangka et al., 2018).

Ignorance of female adolescents' physiological changes causes a perception that menstruation is a bad thing. Lack of mental readiness and knowledge about self-care requires parents, especially mothers, and teachers at school, to provide health education or correct information about the changing conditions in adolescence. Every teenager must prepare themselves to face menarche; if not well prepared, it will tend to make adolescents have a negative attitude that they are not ready to face menarche (Herwati et al., 2016). Based on the results of the previous study, female adolescents' who received their mother's support were 49.2%, those who did not receive support were 57.8%, adolescents who were ready to face menarche were 57.4%,

and those who were not ready were 42.6% (Juwita, 2018). Most adolescents who received maternal support felt more prepared; around 66.9% of those who received support stated their readiness to face menarche (Saputro & Ramadhani, 2021). Conversely, lack of support can cause confusion and illness in adolescent girls (Arista et al., 2022). The study showed that 57.8% of respondents had good parental support, and 60% were ready to face menarche (Cahyani, 2019).

The novelty of this study lies in the variables and location of the study. This study specifically focused on maternal support, and the research site was conducted at an elementary school in Mangunjiwan Village, Demak. The implications of the results of this study are very relevant to the development of science and the nursing profession. By integrating the findings on maternal support and adolescent girls' readiness to face menarche into nursing practice, education, and health policy, the nursing profession can contribute significantly to improving the quality of health services for adolescents.

Based on the results of preliminary studies at Mangunjiwan 1, 2, and 3 State Elementary Schools through observation, it was found that 26 female students knew information about menarche and were ready to face menarche. At the same time, 14 female students were not ready to face menarche. Those who get good mother's support are 33 female students and those who get poor mother's support are 20 female students. Based on this, the researcher is interested and wants to conduct research titled *Mother's Support and Female Adolescents' Readiness for Menarche: A Correlative Study*.

II. METHODS

The research used a quantitative approach with a correlation study and cross-sectional design, in a correlation study examining the correlation between mother's support and female adolescents' readiness for menarche. The participants consist of 93 female adolescents in elementary school. As for the criteria inclusion of participants, female adolescents in Mangunjiwan State Elementary

School still have a mother, female adolescents who can communicate well, and female adolescents aged 10-13 years, both menstruating and not yet menstruating as for the criteria exclusion participants, including female adolescents who refuse to follow the research from start to finish. The research was conducted in October 2023. The sampling method used in this research is non-probability sampling with a total sampling technique. The questionnaire used was the mother's support relationship questionnaire readiness of female adolescents facing menarche, measuring readiness to face menarche and the mother's support (Hidayah & Palila, 2018; Hardianti et al., 2020).

The results of the validity test of the mother's support questionnaire consisting of 10 questions showed the calculated r-value ranging from 0.449 to 0.701, greater than the r-table of 0.443. Thus, the questionnaire was declared valid. In addition, the reliability test results of the maternal support questionnaire also showed a Cronbach's alpha value of 0.822, which is greater than 0.60. Therefore, the questionnaire is reliable and consistent in measuring maternal support variables and scoring a total of 1 of 1-40: poor maternal support and a total of 41-80: good mother's support.

The validity test results of the readiness to face menarche questionnaire consisting of 10 questions showed the calculated r-value ranging from 0.521 to 0.784, greater than the r table of 0.443. Thus, the questionnaire was declared valid. In addition, the reliability test results of the menarche readiness questionnaire also showed a Cronbach alpha value of 0.762, which is greater than 0.60. Therefore, the questionnaire is reliable and consistent in measuring the menarche readiness variable. Total score rating 1-20: schoolgirls are not ready to face menarche, total 21-40: schoolgirls are ready to face menarche.

The answer choices for the maternal support questionnaire and the readiness to face menarche questionnaire use a Likert scale consisting of several answer choices: SS: Strongly agree: 4, S : Agree: 3, KS: Disagree: 2, TS: Disagree: 1.

The data analysis used descriptive statistics, including frequency and percent, to analyze the demographic data (Syamsul et al., 2022). Statistical analyses used chi-square to determine the relationship between study variables (Lestari, 2021).

III. RESULTS AND DISCUSSION

The study results in Table 1 show that the average age of 93 female adolescents is 11,17 years old with a standard deviation of 1,07. Meanwhile, the average age of 93 mothers is 39,99 years old, with a standard deviation of 3,64. The result shows that most mothers' recent education is in high school, with 58 mothers (62,4%).

Table 1. Distribution of age and recent education

Characteristic	Mean±SD	F	%
Adolescent's age	11,17±1,07		
Mother's age	39,99±3,64		
Mother's recent education:			
Bachelor		35	37,6
High school		58	62,4
Total		93	100

Table 2 shows that most respondents have good mother support, which is 65 respondents (69.9%). Meanwhile, 28 respondents have poor mother support (30.1%). Most adolescents are ready to face menarche, with 56 adolescents (60,2%), and the other 37 are not ready to face menarche (39,8%).

Table 2. Distribution of mother's support and adolescence's readiness for menarche

Characteristic	f	%
Mother's support		
Good	65	69,9
Poor	28	30,1
Readiness of menarche		
Ready	56	60,2
Not ready	37	39,8
Total	93	100

The results shown in Table 3 show that 68 adolescents who have good mother support are ready to face menarche. The majority, with a total of 44 adolescents, are ready to face menarche. Meanwhile, from a total of 28 adolescents who have poor mother support, the majority, with a total of 16 adolescents,

are not ready to face menarche. Based on a statistical test using the chi-square test, the p-value is 0.044 (< 0.05), so it can be concluded that there is a significant relationship between the mother's support and the readiness of female adolescents to face menarche.

Table 3. Correlation between mother's support and adolescence's readiness for menarche

		Adolescents's Readiness of Menarche		Total	P value
		Ready	Not ready		
Mother's Support	Good	44	21	65	0,044
	Poor	12	16	28	
Total		56	37	93	

Respondent Characteristic

Results show that the average age of 93 female adolescents is 11,17 years old. As a biological development, adolescent girls go through a phase where they reach the stage of sexual organ maturity that can reproduce, which is called puberty. Puberty in teenage girls can be marked by hormonal changes that cause the first menstruation to occur (Fauziyah et al., 2020). Most girls experience menarche between the ages of 12 and 13 years. Constituting over 500 menstrual cycles during an average lifetime (Demaria et al., 2020).

The age of menarche tends to be similar between mother and daughter; this supports the existence of genetic influences on the age of menarche. Environmental factors, including nutrition, psychosocial variables, and endocrine-disrupting chemicals, also influence the timing of menarche. The decrease in age at menarche can be explained by environmental factors such as nutritional status and increased prevalence of obesity. However, genetic factors also play an important role in pubertal development (Lee, 2021).

Younger adolescents rarely communicate with their mothers and spend more time with their peers. Adolescent girls' views regarding knowledge of menarche require special attention. Because of the tendency for adolescent to mostly share their menstrual experiences only with their peers, it can cause the information they receive about menarche

is not comprehensive (Mahmudah & Daryanti, 2021).

Most mothers' recent education from Table 1 is a high school, with 58 mothers (62,4%). Female adolescents can learn about menstruation from their mothers, but some mothers are reluctant to talk about this openly because many still think menstruation is taboo. This causes adolescents to view menstruation as a negative problem (Rahmah et al., 2022). Parents, especially educated mothers, are very influential in providing information to their daughters about menstruation so adolescents can have a good knowledge about menstruation and respond positively to menstruation (Puspita & Syafnil, 2019).

Mother's Support

Based on the result, most respondents have good mother support, which is 65 respondents (69.9%). Menarche can cause negative emotions in adolescents. Mothers' reactions to their children's negative emotions may affect their daughter's ability to regulate their arousal physiologically and behaviorally. Mothers' support may affect their daughter's ability to manage emotions and behavior. A good mother's support also helps to navigate the increasingly complex social context of adolescence (Perry et al., 2020).

Mothers are often the main caregivers for their children; mothers must have useful insight into the experience of caring for daughters and the various changes that children will experience throughout their lives. When female adolescents experience puberty, they will experience various changes, including changes in their physical appearance. Many researchers have found that family influence, and more specifically maternal influence, impacts the development of body dissatisfaction in girls. The quality of the parent-adolescent relationship plays an important role in adolescent behavior. In families with good parent-child relationships, adolescents will develop close bonds and maintain good communication with their parents, preventing problematic adolescent behavior. Conversely, in families with poor parent-child relationships- In the future,

adolescents may view their parents as "insensitive, unresponsive, hostile, rejecting, unaffectionate, or unsupportive." These unpleasant experiences can result in teenagers experiencing negative emotions or even maladaptive coping strategies (Shek et al., 2020).

In addition, most adolescents tell their mothers first about their menarche experiences. A daughter's communication with her mother is important to one's experience of menarche. In a qualitative retrospective study in Brazil, young and middle-aged women reported that they were strongly influenced by their mothers' behavior and attitudes toward menstruation, both positively and negatively (Rados, 2020).

Adolescence's Readiness of Menarche

The results show that most adolescents are ready to face menarche, with 56 adolescents (60,2%). Adolescents who have not experienced menarche may experience anxiety about facing menarche. Several factors influence adolescents' readiness to face menarche. Driving factors that can influence adolescents' readiness to face menarche include family support: mother, peer support, behavior of health workers, and community behavior (Fauziyah et al., 2020).

Female adolescents can experience mixed feelings about menarche. Research in various countries showed a variety of pleasant and unpleasant emotions that adolescent girls may experience when experiencing menarche. Some initial negative reactions to menarche are worry, feeling strange and confused, embarrassment, worry, and fear (Rados, 2020).

Female adolescents who will experience their first menstruation need good mental preparation. Readiness for menarche shows that a person is ready to reach physical maturity, the arrival of the first menstruation at the age of ten to sixteen years which occurs at certain times and is repeated. Therefore, teenagers need support from parents, especially mothers, to be ready. If this is not balanced by providing the right information and the mother is willing to explain it openly

to the daughter, then this condition will cause anxiety, and often the daughter will even consider menarche to be an illness (Yunita & Fitri, 2020).

Female adolescent should be aware of their physical change in a complex physical and cultural environment where open communication about sexuality is considered limiting (Gumbaketi et al., 2021). Adolescent's physical growth and biological maturity, including menarche, are influenced by their level of happiness. This can influence young women's readiness to face menarche (Narsih et al., 2022).

Correlation between Mother's Support and Adolescence's Readiness of Menarche

Based on a statistical test using the chi-square test, the p-value is 0.044 (< 0.05), so it can be concluded that there is a significant relationship between the mother's support and the readiness of female adolescents to face menarche. Parents, especially mothers, can play an active role in providing understanding about menarche. The better the mother's support given to their child, the better the child's readiness to face menstruation (Nabilah & Amalia, 2022). The results of this research align with previous research by Nabilah & Amalia (2022), which shows a relationship between social support parents and readiness to face menarche in school-aged children.

One factor that influences the readiness to face menarche in adolescence is the mother's support of her daughter. Mothers have an important role in sharing information. Family guidance is needed to prepare for the arrival of menarche, especially from the mother. However, some Indonesian people still consider it taboo to discuss menstruation in the family. This can cause physical and psychological changes to become a problem when facing menarche (Syahdatunnisa et al., 2022).

Adolescents sometimes have the wrong opinion about menarche—adolescents mostly believe that menstruation is something dirty, impure, and unclean (Juwita, 2019). The impact and consequences of a lack of

mother's support will lead to a lack of information about menarche, reproductive health problems, and especially menstruation. Research conducted by Syahdatunnisa, Hamidi, and Erlinawati (2022) shows that maternal support has a strong correlation with the level of anxiety in children facing menarche (Syahdatunnisa et al., 2022). Anxiety experienced by adolescents as a result of being unprepared to face menarche, which is not immediately addressed, can cause excessive and repeated fear in adolescents when facing menstruation (Juwita, 2019).

Parents in a family are the main educators who provide the best example for their children. Parents are a source of education that provides good information and becomes a medium of moral communication for children's understanding (Sari, 2020). Mothers need to teach children how to use sanitary napkins and how to clean the body after menstruation and provide encouragement and motivation. Previous research evaluating sources of information and knowledge about menstrual hygiene in adolescent girls found that adolescents in the study had certain misconceptions about menstruation due to poor access to health-related education (Michael et al., 2020).

Parents, especially mothers, must explain menarche to their daughters early so that children understand better and are ready to face menarche. Generally, girls will tell their mothers when they first menstruate. Unfortunately, not all mothers provide adequate information to their daughters. Some mothers are reluctant to talk openly about it until their teenager experiences their first menstruation (menarche). Female adolescent girls who have good communication and receive support from their mothers during menarche will easily understand physiological changes so they can anticipate or overcome anxiety about facing menarche (Rahayu, 2023). The limitation of this study is that it cannot describe the causal relationship between the dependent and independent variables. However, this type of research can explain the relationship between the dependent and independent variables. In the

data collection process, the information provided by respondents through questionnaires sometimes does not show the actual opinions of respondents. This happens because of each respondent's different thoughts, assumptions, and understandings. The sample selection only obtained 93 respondents due to the students' limitations in selecting a sample of respondents.

IV. CONCLUSION

Based on the analysis of both variables, it was found that there is a significant and positive correlation between the mother's support and the female adolescents' readiness for menarche. This research recommends increasing mothers' support for their daughters preparing for menarche. Collaboration can be established between the school and the nearest health service by counseling mothers and daughters who are afraid to prepare for the arrival of menstruation.

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