

Menarche Anxiety Judging from the Role of Parents and Attitudes of Sunan Ampel Junior High School Students in Pagelaran

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ABSTRACT

The high menarche anxiety that occurs in young women in term of parents role and teenagers attitude. Purpose to analyze the relationship between parents role and teenagers attitudes about menarche anxiety in Sunan Ampel junior high school. Methods: this study is a quantitative correlation with cross sectional analytic. the samples in this study were 29 female students in sunan ampel junior high school, the variable are parent role and teenagers attitude, and the dependent variable is menarche anxiety. Methods of data analysis using Chi-Square test. Results: most of parents roles about menarche were negative (58.6%), most of the teenagers attitudes about menarche were negative (62.1%), the majority of teenagers did not experience menarche anxiety (51.7%), there is a relationship between parents role with the menarche anxiety in Sunan Ampel Pagelaran junior high school (Asymp. Sig-tailed 0.004), There is a relationship between teenagers attitudes with menarche anxiety in Sunan Ampel junior high school (Asymp. Sig-tailed 0.011). Parent role and teenagers attitudes that tend to negative affect teenagers psychologically, causing anxiety due to unpreparedness and refusing menarche.

Keywords: Anxiety, Menarche, Role of Parents, Teenagers Attitude

INTRODUCTION

Adolescence is a transitional period from childhood to adulthood, and during the transition process women will experience very fast physical and psychological changes, for example, women will experience primary sex changes marked by the first menstruation (menarche) and followed by secondary changes, namely enlarged breasts and hips (Triyanto, 2010). Menarche is a thrilling period for women because the experience of the first menstruation, ignorance of experiencing menstruation can cause pathological symptoms, such as fear, anxiety, mental or psychological conflicts, genetic disorders, dizziness, nausea, amenorrhea (cessation of menstruation), dysminorrhea, irregular menstruation and various other neurotic symptoms (Vidya, 2018)

Emotional instability during adolescence causes the inability to control and control emotions, even his inability can cause shock and stress. Emotional stress can be psychological or physical, especially the hormonal effects of hormonal changes. Nuryoto (2009) states that the characteristics of adolescent maturity are characterized by reduced childishness, are rational, objective, can accept criticism, are responsible for what is done, and are able to face problems and challenges. (Geldard & Geldard, 2011) There are several factors that affect women's readiness in facing menarche, including age, mental readiness, information, and the environment (Rachmawati & Oktaviani, 2017). The unpreparedness of adolescents to face menarche will cause a desire to reject this physiological process, they will feel that menstruation is a frightening and threatening thing, this situation can continue into adulthood if they do not get correct information about menstruation (Jayanti, 2012).

In the US, 18% of adolescent girls experience early menarche, the average age of menarche is 1.1-1.3 months faster in women with stable growth (Flom, 2017). Menarche age fell from 14.2 years in 1900 to 12.45 years in 2010 (MD. Biro et al, 2018). In Indonesia, the average age of menarche is 13 years, with an initial age of 9 years and at the latest 17 years (RISKESDAS, 2010). Basic Health Research (2013) states that 37.5% of Indonesian women experience menarche at 13-14 years of age, 0.1% at 6-8 years of age, 19.8% at 15-16 years of age and 4.5% at age above 17%. In Indonesia, the lowest

average age of menarche is in Yogyakarta (12.5 years) and the highest in Kupang (13.86 years) (Depkes, 2013)

The data on the incidence of menarche in the IDHS increased from the results in 2007, 29% of girls experienced menarche at the age of 13 years, and 24% of young women with menarche at the age of 14 years in 2012 to 23% of girls aged 12 years, 7% aged 10-11 years and 89% aged 12-15 years have experienced menarche. 81.9% of young women who know menstruation, while 4.7% do not know (Idelvia Delvi, 2014) Research conducted by Hardjono in 1998, at the Semarang Municipality, it was found that more than 70% of respondents in rural and urban areas experienced feelings of afraid when facing menarche (Rachmawati, 2017).

Anxiety is a mixed individual feeling about a threat or danger and unclear emotional stress (Sudjiwanati, 2012) anxiety can be due to the loss of a loved one and institutional conflict and environmental conditions that hinder the fulfillment of these needs. According to Ramalah, the causes for anxiety can be due to environment, suppressed emotions, physical causes, and heredity. Each individual always tries to overcome anxiety by showing a reaction to the causes of that anxiety. And according to Lazarus there are two levels of reactions to anxiety, namely physiological reactions and psychological reactions (Sudjiwanati, 2012)

Individuals who are anxious or afraid when facing menarche, violate their human nature and only make them suffer. And this can inhibit self-potential, drain energy, and cloud life. Which means, excessive fear and anxiety about the arrival of menarche will only cause anxiety (Anggraeni, 2015)

Sarwono (2015) states that the role is taken from the world of theater where a character must behave in a certain way. Meanwhile, according to Notoatmojo (2014) Role is the scope of expectations or standards of behavior that are accepted by the environment, be it family, social, or cultural. Each role involves meeting the expectations of others, and fulfilling expectations leads to appreciation. Failure to meet expectations can lead to unacceptability.

The role of parents is the method used by parents related to the tasks that must be carried out in caring for children (Lestari, 2012). According to Friedman (2010), mothers as parents have a role in determining symptoms and deciding to find sources of information that are considered important. The mother also has control over the decision whether the child will receive curative or preventive services and also acts as a source of information and assistance (Hayungningtyas, 2017).

In the process of dealing with menarche, young women need family support, both emotionally, information, appreciation and instrumentally. The family environment is the first and foremost environment for child development. Adolescent perceptions will menarche regarding the role of parents.

The role of parents in dealing with teenage girls' menarche is as educators, friends, role models, controllers, and their supporters (Rachmawati & Oktaviani, 2017) while according to Hayungningtyas, (2017) The role of parents towards young women during menarche is as educators and providers of care including care menstruation, genetic care, physical complaints, and psychological complaints (shock and fear).

According to Purwanto, 1998 attitude is a feeling that tends to act according to the object's attitude (Wawan & Dewi, 2010). According to Campbel, attitude is a set of responses to an object (Wawan & Dewi, 2010). There are 4 levels of attitude, namely: accept, respond, respect, take responsibility (Pieter & Lubis, 2010). And the factors that influence include personal experience, the influence of other people who are considered important, cultural influence, mass media, educational institutions and religious institutions and emotional factors (Wawan & Dewi, 2010)

The attitude structure consists of 3 components that are very supportive, namely: the cognitive component that contains perceptions or opinions and beliefs that individuals have about something, the affective component or individual feelings towards objects and involves emotional problems and the conative component where behavior in acting or reacting about something in a way of course (Lestari, 2015)

According to Widyaningrum (2010), attitudes in dealing with menarche can be positive (supportive) or negative (not supportive). A positive (supportive) attitude shows sincerity when he knows that he has reached adulthood, is confident, is not afraid, and is not anxious about what he is experiencing. A negative attitude (not supportive) is indicated by feelings of anxiety, fear, lack of confidence, and confusion about what will happen (Masan, 2018)

Based on the results of a preliminary study conducted on Saturday, December 13 2019 at SMP Sunan Ampel Pagelaran Malang with 8 female students who were randomly selected, it was found that 6 students had not experienced menarche and had not received information about menarche, they were worried if they experienced menarche at school and did not. knowing what to do, they are also worried if they get sick during menarche.

The background above encourages researchers to conduct research on the relationship between menarche anxiety in young women in terms of the role of parents and the attitudes of young women at SMP Sunan Ampel Pagelaran Malang. The research objective was to analyze the relationship between the role of parents and attitudes of young women about menarche anxiety in young women at SMP Sunan Ampel Pagelaran Malang. The hypothesis proposed is that there is a relationship between the role of parents and the attitudes of young women and menarche anxiety at SMP Sunan Ampel Pagelaran Malang.

RESEARCH METHODS

This type of research used in this research is quantitative research with cross sectional method. The research was conducted at SMP Sunan Ampel Pagelaran Malang. This research was conducted from February 2020. Data analysis used the Chi Square Test.

The population in this study were all students in grades 7 and 8 at SMP Sunan Ampel Pagelaran Malang totaling 39 people, the sampling technique used purposive sampling and the remaining 29 respondents. With the inclusion criteria set by 7 and 8 grade students, willing to be respondents, students who have not had menarche or menstruation for the first time, and exclusion criteria for students who have had more than one menstrual period, students who are not present in the study, students who are not cooperative

The independent variable in this study is the role of parents and attitudes of young women and the dependent variable in this study is anxiety facing menarche in young women.

RESEARCH RESULT

This research was conducted at SMP Sunan Ampel Pagelaran, a junior high school with B accreditation, located on Jalan Raya Pagelaran No. 43, Kec. Show, Malang Regency, East Java Province 65177 Indonesia. The research was conducted in February 2020 on 29 young women at SMP Sunan Ampel Pagelaran Malang and found the following results:

Table 1 Distribution of Respondent Characteristics at SMP Sunan Ampel

No.	Variable	Frekuensi	Persentase (%)
1	Ages		
	12 years	8	27,6%
	13 years	6	20,7%
	14 years	12	41,4%
	15 years	3	10,3%
2	Class/Level		
	Seven	14	48,3%
	Eight	15	51,7%
3	Order of Children		
	First	11	37,9%
	Second	12	41,5%
	Third	3	10,3%
	≥Fourth	3	10,3%
4	Parents Education		
	SD	8	27,6%
	SMP	14	48,3%
	SMA	7	24,1%
	Collage	0	0%
5	Parents' job		
	Housewife	1	3,5%
	Entrepreneur	9	31%
	Swasta/ Private	19	65,5%

Based on the characteristics of the respondents, it is known that almost half of the respondents came from the age of 14, namely 41.4%. And almost half of the respondents are the second child as much as 41.5%. Characteristics of respondents based on parental education state that almost half of the respondents' parents are junior high school graduates as much as 48.3%. And based on the characteristics of the parents' job, most of the respondents' parents work as entrepreneurs as much as 65.5%

Table 2. Distribution of Characteristics of Respondents with the Role of Parents and Attitudes of Young Women Against Menarche Anxiety at SMP Sunan Ampel

No.	Variable	The role of parents		Youth Attitude	
		Positive (%)	Negative (%)	Positive (%)	Negative (%)
1	Age				
	12 Years	2 (6,9)	6 (20,7)	3 (10,3)	5 (17,2)
	13 Years	5 (17,2)	1 (3,4)	2 (6,9)	4 (13,8)
	14 Years	5 (17,2)	7 (24,1)	7 (24,1)	5 (17,2)
	15 Years	0 (0)	3 (10,3)	2 (6,9)	1 (3,4)
2	Kelas				
	Seven	6 (20,7)	8 (27,6)	7 (24,1)	7 (24,1)
	Eight	6 (20,7)	9 (31,1)	7 (24,1)	8 (27,6)
3	Order of Children				
	First	5 (17,2)	6 (20,7)	6 (20,7)	5 (17,2)
	Second	6 (20,7)	6 (20,7)	7 (24,1)	5 (17,2)
	Third	0 (0)	3 (10,3)	1 (3,4)	2 (6,9)
	≥ Fourth	1 (3,4)	2 (6,9)	0 (0)	3 (10,3)
4	Parents Education				
	SD	0 (0)	1 (3,4)	0 (0)	1 (3,4)
	SMP	4 (13,8)	5 (17,2)	6 (20,7%)	3 (10,3)
	SMA	8 (27,6)	11 (37,9)	8 (27,6)	11 (37,9)
	College	0 (0)	1 (3,4)	0 (0)	1 (3,4)
5	Pekerjaan Orang Tua				
	Housewife	2 (6,9)	6 (20,7)	3 (10,3)	5 (17,2)
	Entrepreneur	6 (20,7)	8 (27,6)	7 (24,1)	7 (24,1)
	Swasta/Private	4 (13,8)	3 (10,3)	4 (13,8)	3 (10,3)

Based on the characteristic distribution of respondents with the role of parents, it is known that a small proportion (24.1%) of the role of parents has a negative role at 14 years of age, a small proportion (31.1%) of the role of parents has a negative role in eighth grade girls, a small proportion (20.7%) the role of parents is positive in the second child, and the role of parents is negative in the 1st child and the 2nd child, a small proportion (37.9%) the role of parents plays a negative role in young girls with parents who have high school education, and a small proportion (27.6%) of parents have a negative role for young girls with parents who work privately. attitudes of young women with respondent characteristics found that a small proportion (24.1%) of young women had a positive attitude at the age of 14 years, a small proportion (27.6%) of young women had a negative attitude in the eighth grade, a small proportion (24.1%) of adolescents positive attitude is the second child, almost half (37.9%) young women with parents who have high school education are negative, a small proportion (24.1%) young girls with parents who work private high school are positive and negative.

Table 3. Tabulation of the Role of Parents and the Attitudes of Young Women to Menarche Anxiety at SMP Sunan Ampel

Independent Variable	Menarche anxiety		Total	
	Not anxiety	% anxiety	%	F %
Parents Role				
Positive	10	34,5 2	6,9	12 41,4
Negative	5	17,2 12	41,4	17 58,7
Attitudes of young women				
Positive	9	31 2	6,9	11 38
Negative	6	20,7 12	41,4	18 62,1

Based on table 3, the tabulation of the role of parents and the attitudes of young women towards menarche anxiety above is found from 29 respondents, the role of parents which is positive, 12 respondents (41.4%) who are not anxious are 2 respondents (6.9%) and 10 respondents (34.5%) experienced anxiety. Respondents who are included in the negative role were 17 respondents (58.7%), there were 5 respondents (17.2%) who were not anxious and 12 respondents (41.4%) experienced anxiety.

Meanwhile, the cross tabulation between the attitudes of young women and menarche anxiety showed that of the 29 respondents who were positive, 9 respondents did not experience anxiety (31%) and 2 respondents experienced anxiety (6.9%). 6 respondents (20.7%) had negative attitudes and 12 respondents experienced anxiety (41.4%).

Table 4. Chi-Square Results of the Role of Parents with Menarche Anxiety at SMP Sunan Ampel Pagelaran

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	8.191 ^a	1	.004		
Continuity Correction ^b	6.174	1	.013		
Likelihood Ratio	8.757	1	.003		
Fisher's Exact Test				.008	.006
Linear-by-Linear Association	7.908	1	.005		
N of Valid Cases	29				

Based on table 4, the results of statistical data analysis using the Chi Square Test, it is known that the relationship between the role of parents and anxiety of menarche in female adolescents at SMP Sunan Ampel Pagelaran Malang obtained a p-value (Asymp. Sig-tailed) of 0.04 which is smaller than the limit. critical research is 0.05 so the hypothesis decision rejects H0 accepts H1, namely there is a relationship between the role of parents and menarche anxiety at SMP Sunan Ampel Pagelaran Malang

Table 5. Chi-Square Results of Attitudes of Young Women with Menarche Anxiety at SMP Sunan Ampel Pagelaran

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	6.428 ^a	1	.011		
Continuity Correction ^b	4.633	1	.031		
Likelihood Ratio	6.822	1	.009		
Fisher's Exact Test				.021	.014
Linear-by-Linear Association	6.206	1	.013		
N of Valid Cases	29				

Based on table 5, the statistical test using the Chi Square test shows that the relationship between adolescent attitudes and menarche anxiety in female adolescents at SMP Sunan Ampel Pagelaran obtained a p-value (Asymp.Sig-tailed) of 0.011 which is greater than the critical research limit of 0.05 so that Hypothetical decision to reject H₀ accepts H₁, that is, there is a relationship between attitude and menarche anxiety at SMP Sunan Ampel Pagelaran Malang.

DISCUSSION

Menarche is the phase when young women experience menstruation for the first time, this is a transition from children to adulthood (Pratiwi 2017), several factors that can affect menarche include genetics, nutrition, general health or reproductive health and, most importantly, children's psychology sourced from family (Putra 2017)

In the transition period, adolescents need the role of parents. Because the role is an accumulation of expectations or standards of behavior accepted by the environment. And the failure to meet expectations can lead to unacceptability (Notoatmojo, 2014). So that in this phase, especially in dealing with menarche, the role of parents is very much needed to avoid being accepted. But the fact is that there are still many people who consider the taboo of talking about reproductive health, especially menstruation in a family, so that there are still girls who are not ready to face menarche (Setiawati, 2014).

Other factors that can affect the role of parents in menarche include education, socio-economic environment or work. The higher the level of education of parents, the easier it is to receive or provide information about what they know, parents are obliged to provide knowledge about reproductive health, especially menarche. Children who are in a good socio-economic environment will find it easier to obtain information whereas if the mother is not working, the mother's own knowledge is usually still lacking so that it has an impact on the process of providing information about towers to them (Solekha 2011). Adolescents who are closer to the mother are safer and more comfortable at home because they can convey complaints, including about menarche, so that the child is more ready to face cache than children who lack family support, especially mothers (Purba, Dkk, 2017)

This is in accordance with research from Anwar & Febrianty, (2017) which states that respondents who are ready to face menarche are more often found in young women who have mothers who play a good role, namely 21 people (51.2%) compared to girls who have mothers who play less, namely 14 people. (28.0%). and respondents who were less ready to face menarche were more often found in young women who had mothers with less roles, namely 36 people (72.0%) compared to girls with good roles, namely 20 people (48.8%). From this statement, it is concluded that there are still many parents who still do not play a role in preparing their daughters to face menarche, this results in many adolescents who do not understand menarche because basically the attachment of mothers and children builds adolescent self-confidence and can determine attitudes, as for several things that affect their role. parents about menarche, the role can be influenced by parental education, parental work, the notion that reproductive education is taboo.

In addition to the role of parents, the readiness of menarche can also be influenced by the attitudes of young women where attitudes consist of 2 categories, namely positive attitudes and negative attitudes. A positive attitude will be seen from the supportive community attitude. And a negative attitude is the tendency to stay away from, avoid, hate, dislike certain objects or situations that show, showing rejection (Wawan and Dewi, 2010).

Children with positive attitudes will be happy and proud because they consider them adults and children who have negative attitudes about rejecting and perceiving menarche as a burden. Adolescent attitudes about menstruation are influenced by experiences during menstruation and can reflect feelings as a woman in general. negative menstrual attitude is due to seeing menstruation more often as a curse or an unpleasant biological condition than seeing menstruation as a normal thing Anwar & Febrianty, 2017)

In Lestyani's 2015 study, it was found that 25 female respondents who faced menarche with a positive attitude (50%) and 25 other students faced menarche with a negative attitude (50%), it can be concluded that students who faced menarche positively and negatively were balanced. Meanwhile, research by Anwar & Febrianty (2017) states that there are respondents who are ready to face menarche, which are mostly found in female adolescents who are positive, namely 23 people (52.3%) than 12 women (25.5%). On the other hand, respondents who were less prepared to face menarche

were more often found in adolescent girls who had negative attitudes, namely 35 people (74.5%) than girls who were positive, namely 21 people (47.7%).

Based on the distribution of respondents' characteristics, it was found that a small proportion (24.1%) of young women had a positive attitude at the age of 14, a small proportion (27.6%) of young women had a negative attitude in the eighth grade, a small proportion (24.1%) of young women had a negative attitude. positive is the 2nd child, almost half (37.9%) young women with parents with high school education have a negative attitude, a small proportion (24.1%) young girls with parents who work in private high school have positive and negative attitudes.

The readiness of adolescents in facing menarche is related to several influencing factors including physical condition, psychological condition, accurate information about menarche, family support, economic status, environmental views (Proverawati and Misaroh, 2009) and age (Fitriani & Riry, 2016).

So it can be concluded that there are still many adolescents who respond to menarche negatively, this can be proven by the many young women who are anxious and confused about what if they experience menarche for the first time. This is related to ignorance and the risk of traumatic behavior for the teenager. The attitude of adolescents about menarche can be influenced by many things, it could be due to the age that is too early, family support, family economic status and the psychological condition of the adolescent

Menarche can cause negative reactions. This negative reaction was due to a young woman's unfavorable view of the emergence of menarche. The anxiety experienced by young women is probably due to young women ignorance of the physiological changes in the early stages of becoming a teenager. (Fitriani & Riry, 2016)

Based on Wati's research (2015) states that there are 22 students who experience anxiety and 1 student does not experience anxiety, most of the anxiety experienced by these students is mild anxiety as many as 20 students (87%). According to Tondo et al (2017) there is a relationship between the age of menarche and the incidence of anxiety, this is obtained from the results of the standard bivariate comparisons from the age of menarche with categories (linear regression) and further tests (using the ANOVA method) yield a p-value of 0.002.

Based on the characteristics of respondents and menarche anxiety, it shows that a small proportion (20.7%) of young women are not anxious about menarche at the age of 13 and 14 years, as well as young women who experience menarche anxiety at the age of 12 and 14 years, a small proportion (31%) female adolescents do not experience menarche anxiety in the eighth grade, a small proportion (27.6%) of adolescent girls who do not experience menarche anxiety are second children, almost half (37.8%) adolescent girls do not experience menarche anxiety with parents with high school education , a small proportion (24.1%) of young women with parents who work privately between experiencing and not experiencing balanced anxiety

The reaction to menarche can be influenced by many factors including the family environment, especially the role of parents, level of knowledge, age, education, physical and socio-economic conditions. Negative reactions about menarche can cause anxiety, and the role of parents is a source of coping that can reduce anxiety (Putra, 2017)

Based on this statement, it can be concluded that there are still young women who experience anxiety when facing menarche and this can be influenced by several factors including age and views on menstruation itself. Menarche anxiety experienced by young women can be due to both internal and external factors such as from adolescence, knowledge of menarche, physical and psychological conditions, parental support, family socio-economic conditions.

The results of data analysis using the Chi-Square test obtained a p-value (Asymp. Sig-tailed) of 0.004 which is smaller than the critical research limit of 0.05 so that the hypothesis decision to reject H₀ and accept H₁ has a relationship between the role of parents and adolescent menarche anxiety. daughter at SMP Sunan Ampel Pagelaran.

Many people still consider the taboo talk about reproductive health, especially menstruation in a family, so there are still girls who are not ready to face menarche (Setiawati, 2014), even though the role of parents can help children to be more ready to face menarche by 14.9% , and when the child feels that he / she is getting help such as feeling appreciated, respected, getting concern from parents, and feels that their needs are fulfilled, it is possible that anxiety during menarche can be reduced (Anggraini & Triana, 2015)

Based on Solekha's research (2014), the relationship between the role of parents and the level of anxiety facing menarche in grade V and VI students at SD Negeri Deggung Sleman Yogyakarta was found. As many as 7 respondents (21.9%), the role of parents was quite good. , 2%) did not experience anxiety 3 respondents (9.4% moderate anxiety and 2 respondents (6.2%) had severe anxiety.24 respondents (75%) the role of parents Most were in the unfavorable category 7 respondents (21.9%)) did not experience anxiety, 8 respondents (25%) had mild anxiety and 2 respondents (6.2%) had severe anxiety.

From these data it can be concluded that the role of parents plays an important role in preparing young women to face menarche so that, it is hoped that when the role of parents is good, young women will be free from menarche anxiety.

The results showed that almost half of the girls with negative attitudes experienced anxiety (41.4%) and based on the results of statistical data analysis using the chi-square test on the relationship between parents' attitudes and menarche anxiety in female adolescents at SMP Sunan Ampel Pagelaran, the p-value was obtained. value (Asymp. Sig-tailed) of 0.011 which is smaller than the critical research limit of 0.05 so that the hypothesis decision rejects H₀ and accepts H₁, namely that there is a relationship between attitudes and menarche anxiety in girls at SMP Sunan Ampel Pagelaran.

Widyaningrum (2010) states that attitudes in dealing with menarche can be positive (supportive) or negative (not supportive). A positive (supportive) attitude is shown by a sense of sincerity when he knows that he has reached adulthood, is confident, is not afraid, and is not anxious about what he is experiencing. Negative attitudes (not supportive) are indicated by feelings of anxiety, fear, lack of confidence, and confusion about what will happen (Masan, 2018). According to Gunn and Petersen, young women who have negative attitudes towards menstruation will experience depression and discomfort in their menstrual cycles. Young women with more positive attitudes about gender roles and sexuality experience less pain during menstruation than young women who have negative attitudes towards menstruation (Anwar & Febrianty 2017)

The results of this study are in line with research by Anwar & Febrianty (2017) which states that 23 women (52.3%) have a positive attitude, compared to 12 (25.5%) women who have a negative attitude. On the other hand, respondents who were less prepared to face menarche were more often found in adolescent girls who had negative attitudes, namely 35 people (74.5%) than girls who were positive, namely 21 people (47.7%). Similarly, research conducted by Lestysani & Rokhanawati (2015) states that 50 respondents have varying levels of anxiety, from those who do not experience anxiety to those who experience severe anxiety. Respondents who had negative attitudes experienced severe anxiety levels as many as 6 respondents (12.0%) and 19 respondents (38.0%) experienced severe anxiety, while respondents who had a positive attitude experienced mild anxiety as many as 18 respondents (36.0%) and there were 7 respondents. (14.0%) who did not experience anxiety.

From the data above, it can be concluded that the attitude of menarche greatly affects the psychology of young women who will face menstruation, the perception of menstruation is very important in dealing with menstruation itself to avoid anxiety.

CONCLUSION

Based on the results of the research that has been done, the conclusion is that from 29 respondents, it was found that most of the role of parents of young women about negative menarche (58.6%), most of the attitudes of young women about menarche were negative (62.1%), and some large adolescent girls do not experience menarche anxiety (51.7%). There is a relationship between the role of parents and menarche anxiety among girls at SMP Sunan Ampel Pagelaran based on statistical data analysis using the Chi Square test with p-value (Asymp. Sig-tailed 0.004 <0.05), and there is a relationship between the attitudes of young women and menarche anxiety at SMP Sunan Ampel Pagelaran Malang based on statistical data analysis using the Chi Square test with a p-value (Asymp. Sig-tailed 0.011 <0.05)

Based on the research and association above, some suggestions are proposed, among others, the results of this study are expected to add insight into menarche, how to behave, what can and cannot be done during menstruation or other related matters, so that it can better overcome anxiety independent, can also be used as input for research in an effort to provide counseling to young women about how to menarche, what things must be prepared, how to deal with menarche, or other things related to menarche, the role of parents, attitudes young women and anxiety management, because of the

limitations in carrying out research, it is hoped that further research can be studied more deeply related to nutrition or other factors that affect menstruation, and can also change research variables, and this research is expected to be a discourse, literature and develop i Research, especially regarding the relationship of anxiety in terms of both the role of parents and the attitudes of young women in facing menarche

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