

## THE INFLUENCE OF "SI MENS" BOOKLET EDUCATION ON ADOLESCENT WOMEN'S READINESS FOR MENARCHE

Dina Zakiyyatul Fuadah<sup>1</sup>, Nove Lestari<sup>2</sup>

<sup>1</sup> Program Studi Sarjana Keperawatan STIKES Karya Husada Kediri

<sup>2</sup> Program Studi Diploma Keperawatan STIKES Karya Husada Kediri  
 STIKES Karya Husada Kediri, [dzakiyyaf09@gmail.com](mailto:dzakiyyaf09@gmail.com), 081336468594

### ABSTRACT

Inaccuracy of information can lead to unpreparedness of young women in facing menarche. The unpreparedness of young women in facing menarche can be influenced by the knowledge of young women about menstruation that is lacking. Objective: The purpose of this study was to determine the effect of the education booklet "Si Mens" on the readiness of young women to face menarche. Methods: This study used a pre-experimental design (One Group Pretest-Posttest Design). Population 60 respondents, with purposive sampling technique obtained a sample of 38 respondents. The intervention in this study with education is to read the booklet "Si Mens" 6 times in 1 week. Data were analyzed using the Wilcoxon test. Results: The results showed that before the intervention was given, most of the respondents (76.3%) were not ready to face menarche and after the intervention, most of the respondents (63.2%) were ready to face menarche. The results of the Wilcoxon test data analysis obtained P value:  $0.000 < : 0.05$ , which means that there is an effect of "Si Mens" booklet education on the readiness of young women to face menarche. Conclusion: Educational booklet "Si Mens" is effective for young women in dealing with menarche, with the information and knowledge so that attitudes and attitudes arise and improve youth readiness. The booklet "Si Mens" can stimulate the five senses so that it is easier for the brain to understand and generate a stimulus in the form of an attitude of readiness to face menarche.

**Keywords:** Education booklet "The Mens", Menarche Readiness, Young Women

### INTRODUCTION

Teenage girls experiencing menarche often feel confused and sad. This happens because most young women do not understand the basis of the changes that occur in them. When menstruation approaches, every young woman has different attitudes and responses. Just as some young women are not ready to face menarche, young women will experience fear when they first see blood coming out of their vagina, they will experience pain in their stomach, back pain, and some will develop acne. Adolescents who will experience their first menstrual period need good mental health. Due to the lack of knowledge among young women, it results in the unpreparedness of young women in facing menarche. Unprepared for menarche, young women will experience several impacts such as feelings of anxiety, crying, surprise, fear, anxiety, emotions, depression, and discomfort when using sanitary napkins for the first time.

Changes that occur at menarche cause teenagers to become awkward (Sarwono in Fajri and Khairani, 2011).

The results of Sinaga's (2019) research conducted on 1402 respondents covering 16 schools in four provinces in Indonesia stated that young women believe and believe that menstruation is dirty or unclean. The impact of this low knowledge is that young women are anxious and afraid during menstruation, besides that they pay less attention to personal hygiene (Sinaga, 2019). The reality shows that most young women get information about menarche and puberty from their teachers (61%) and friends (29%). A quarter of teenagers had never discussed menstruation before the individual in question experienced it (Hidayah & Palila, 2018). This shows that not all young women understand and are ready to face their first menstruation. As in Nurdi's research (2018), of the 38 respondents who were class V and VI female students at SDN 01 Pagi, North Jakarta, 60.5% (23 respondents) had insufficient knowledge about menstruation and 65.8% (25 respondents) were not ready to do it. facing menarche (Nurdi, 2018).

Based on the results of a preliminary study conducted by researchers on March 31 2022 at SDN Wonorejo 2, Wates sub-district, Kediri district, with open interviews conducted with 6 female students where the results obtained were that 100% of respondents were not ready to face menarche, this was shown by their lack of confidence in changes. - changes that she will experience after menarche occurs. According to teachers at the school, they said that the delivery of learning material about menarche was still very inadequate so that some were not ready to face menarche, they were still embarrassed to admit that they had menstruated, felt anxious and so on.

Inaccuracy of information can cause adolescent girls to be unprepared to face menarche. The unpreparedness of young women in facing menarche can be influenced by their lack of knowledge about menstruation. As a result, young women will feel confused, anxious and uncomfortable. Negative feelings about menarche in young women will worsen if young women are still unable to increase their knowledge about menarche, so that it will have an impact on psychological disorders such as anxiety, where anxiety will have an impact on mental disorders such as depression, withdrawal, and low self-esteem. Good mental readiness is very important in facing menarche (Erfandi, 2019). Efforts that can be made to reduce feelings such as anxiety, crying, and so on, teenagers need to make behavioral adjustments and clear knowledge and information. Generally, young women learn about menstruation from their mothers, but not all mothers provide this information to their children. Information about readiness for menarche is really needed by young women. To increase readiness to face menarche, it is necessary to carry out learning methods for readiness to face menarche. There are many solutions to provide information and knowledge that are put into practice and made as interesting as possible so that young female students receive information and knowledge effectively and efficiently. Therefore, there is a need for appropriate, fun and not boring education to provide information that can increase the readiness of young women to welcome the arrival of menarche. One suitable method is booklet media, where booklets are a medium for conveying health messages in book form, either in the form of writing or pictures (Zulaekha, 2012 in Putri, 2020).

Booklet media itself has the advantage that it can be stored for a long period of time, is easy to understand, can be read repeatedly, and can be taken anywhere (Aini, 2017). In this study, researchers used the booklet "Si Mens". The title means that "si" is a pronoun for female children/adolescents and "mens" is another word for first menstruation. This booklet has been prepared by researchers in a short and clear manner and includes a combination of colors and images to attract the attention of teenagers. This was done by researchers so that respondents would not get bored of always reading the booklet. The hope of the researchers is that an attractive booklet design will increase teenagers' interest in reading the booklet frequently so

that they can increase their knowledge and prepare themselves to face menarche. Physiologically, education using the booklet "Si Mens" as a medium can be captured by opticians so that it stimulates the eyes to see, followed by the brain's nerves to absorb and remember the material so that it can stimulate the brain's nerves to review or recall material that has been seen and can increase knowledge and understanding about menarche. Currently, reproductive health education is still general in nature but not specific enough and is of little interest to young women themselves as objects of health education. Therefore, it is necessary to provide health education that can attract interest and be fun for young women, one example is the media booklet "Si Mens". An effective educational medium for generating interest in learning and improving student learning outcomes is booklet media, because with booklet media a pleasant and not boring atmosphere will be created for both teachers and students (Wahyuningsih, 2019).

Based on this description, researchers are interested in conducting research on "The Influence of the "Si Mens" Booklet Education on the Readiness of Adolescent Girls to Face Menarche at SDN Wonorejo 2".

## MATERIALS AND METHODS

This research design uses a pre-experimental method with a one group pre-post test design approach. The sample in this study was 38 students in grades 4, 5 and 6 at SDN Wonorejo. The sampling technique used is purposive sampling. The variables examined in this research were: Booklet Media Education (Mens Menstruation) and Readiness for menarche. The instrument used was a psychological readiness questionnaire. The data collection technique in this study used a questionnaire sheet before being given the intervention. The men were given 6 consecutive days in one week with a duration of +30 minutes each time, then after that they were given a post-test on the last day. Data analysis used the Wilcoxon test with a significance level of 0.05. This research has been approved for research ethics by the Ethics Committee of the Research and Community Service Institute STIKES Karya Husada Kediri, with ethical approval number: 305/EC/LPPM/STIKES/KH/XII/2022. The researcher asked for consent and explained the research procedures to participants who met the criteria. Participants who agree will be involved in the research process. This research does not harm participants and result in physical or psychological injury.

## RESULTS

Presentation of data on the characteristics of respondents includes: age, warming up/cooling down, history of injury, length of time following the jaranan, and receipt of information.

**Table 1.** Characteristics of Respondents Based on Age, Class, Parental Education, Living at Home, Older Sister, Information and Source of Information (N=38)  
(N=38)

No	Respondent Data	Amount	%
Age			
1	10 Year	9	23,7
2	11 Year	18	47,4
3	12 Year	11	28,9
Total		38	100%
Parental Education			

1	SD	2	5,3
2	SMP	7	18,4
3	SMA	23	60,5
4	College	6	15,8
Total		38	100%
Stay at home with			
1	Father and mother	35	92,1
2	Just Dad	1	2,6
3	Just Mom	2	5,3
Total		38	100%
Older sister			
1	Don't have	19	50,0
2	1 Older Sister	19	50,0
Total		38	100%
Information			
1	Never received	14	36,8
2	Never	24	63,2
Total		38	100%
Resources			
1	Tidak Pernah	24	63,2
2	Parent	6	15,8
3	Older sister	4	10,5
4	Electronic Media	4	10,5
Total		40	100%

**Table 2.** Frequency Distribution of Adolescent Girls' Readiness to Face Menarche Before Being Given Treatment at SDN Wonorejo 2, Wates District, Kediri Regency, 2022 (N=38)

No	Readiness	F	%
1	Not ready	29	76,3
2	Not enough Ready	9	23,7
3	Ready	0	0,0
Amount		38	100%

**Table 3.** Frequency Distribution of Young Women's Readiness to Face Menarche After Being Given Treatment at SDN Wonorejo 2, Wates District, Kediri Regency, 2022 (N=38)

No	Readiness	F	%
1	Not ready	9	23,7
2	Not enough Ready	5	13,2
3	Ready	24	63,2
Amount		38	100%

**Table 4.** Frequency Distribution of the Influence of the "Si Mens" Booklet Education on the Readiness of Young Women Facing Menarche at SDN Wonorejo 2, Wates District, Kediri Regency, 2022 (N=38)

Readiness	Before Treatment		After Treatment	
	F	%	F	%
Not ready	29	76,3	9	23,7
Not enough Ready	9	23,7	5	13,2
Ready	0	0,0	24	63,2
Total	38	100%	38	100%
Uji Wilcoxon : P Value = 0,000 ( $\alpha$ : 0,05)				

## DISCUSSION

### Identifying the Readiness of Young Women Facing Menarche Before Giving Treatment at SDN Wonorejo 2, Wates District, Kediri Regency in 2022.

Data from research that has been carried out shows that before being given treatment or education with the "Si Mens" booklet, the majority (76.3%) of respondents were not ready to face menarche which they would experience and a small portion (23.9%) of respondents were ready to face menarche.

The results of this research are supported by research conducted by Haryadi (2016) which shows that half (50%) of the respondents had low knowledge about menarche which was due to being a teenager, information that had never been received and almost half (44.4%) had a poor attitude before being given health education. Based on the results of research regarding the readiness of young women to face menarche, it can be seen from the questionnaire that was given. The research data from the questionnaire with the highest score on the positive thinking indicator resulted in the majority (63.2%) of respondents stating that this indicator was ready to face menarche because menarche is something that all women will experience and anxiety about discomfort when experiencing menstruation. and the lowest score on the acceptance indicator was almost half (45.6%) of respondents who stated that they accepted all the discomfort that would be experienced during menarche. When facing menarche, good mental readiness is needed. Readiness for menarche is a condition that shows a person is ready to reach physical maturity (Fajri & Khairani, 2011).

According to researchers, the large number of respondents who were not prepared to face menarche was due to the respondents' lack of information about menarche. Lack of readiness in young women can also be caused by not being able to accept the psychological changes that occur in them as well as a lack of information obtained from those closest to them, where this can lead to a reaction of not accepting that menarche is a natural and natural thing experienced by every woman. will enter adulthood (Agustina, 2013). According to Jayanti & Sugi (2019), this must of course be supported by factors that can influence teenagers' readiness to face menarche, including age and information.

Based on the characteristics of respondents in the age category, almost all respondents (76.3%) were aged 11-12 years. According to Proverawati in Hidayah & Palila (2018), menarche is the first menstruation which usually occurs between the ages of 10-16 years or in early adolescence in the middle of puberty and before entering reproductive age. During this



period, teenagers also experience growth and development and are expected to be able to fulfill their duties as teenagers, where one of the tasks of teenagers is to have the ability to think about things that are good for themselves (Suriyani and Widyasih, 2018). Similarly, being prepared for menarche, teenagers are expected to seek and expand information about what menarche is, what needs to be done, and the impacts that occur if they are not prepared to face menarche.

According to researchers, the respondent's age is early adolescence, where at that age the respondent is confused about what to do, but the growth and development they experience during that period can be a reference for how the respondent can have good coping skills to deal with menarche. namely by having readiness through the knowledge they have. The readiness possessed by teenagers is certainly not far from how teenagers get information.

The research data shows that most (63.2%) teenagers have never received information or sources of information about how to prepare themselves to face menarche. According to researchers, information can be important, with lots of information coming in, the readiness of teenagers will increase, where good and correct information about menarche will influence teenagers' perceptions so that teenagers become more open to various information. Apart from that, information obtained other than through social media can also be obtained from the role of both parents.

This theory is supported based on the characteristics of the respondents where the majority (60.5%) of the respondents' parents had a high school education. Apart from that, according to Lutfiya (2016), parents who have a high level of education will have broader insight and knowledge, so that this can support them in providing good parenting patterns, especially providing health education to their children. This is also supported by research by Alwis (2018), that the more new information that is obtained either from social media, parents, the environment or peers, this can provide good coping for themselves so that an individual will take precautions against things that are not. Mainly detrimental to oneself, apart from that, the information obtained can change students' perceptions so that they feel ready to face menarche.

Based on the facts and theories above, the researcher is of the opinion that before the intervention was given, it turned out that almost some of the respondents were not ready because the lack of readiness of the respondents was due to the lack of education that the respondents received about menarche, apart from that the information received was also not sufficient and extensive about menarche and the information provided. obtained through social media or from family. In this case, the role of parents is important in guiding and conveying education from an early age to children, especially regarding growth and development at their age with the aim that when their child is in that phase they will be well prepared to face menarche and not consider menarche as something unnatural. for a woman. This is in line with the opinion of Hidayah & Palila (2018) that parents nowadays should provide sex education, even though this should have been done long ago. That way, girls will not feel anxious and will be more positive in responding to the arrival of their first menstruation which has an impact on physical and psychological changes.

### **Identification of Adolescent Girls' Readiness to Face Menarche After Being Given Treatment at SDN Wonorejo 2, Wates District, Kediri Regency in 2022.**

Research data shows that after being given treatment, the majority of respondents (63.2%) were ready to face menarche. This is in line with Lutfiya's research (2016), regarding the Readiness of Elementary School Students in Facing Menarche, where in this research the results obtained after being given intervention in the form of education about menarche, almost all (85.7%) of the respondents had high readiness, dominated by teenagers who had good level of knowledge. The increase in readiness experienced by respondents is certainly influenced by several factors, including information. According to researchers, the information that teenagers

have certainly really influences how teenagers perceive menarche, through information obtained from social media, parents and even teenagers who have older sisters, this can certainly help teenagers prepare themselves to face menarche, especially psychological readiness.

Health education is an effort to provide explanations to individuals, groups or communities to foster understanding and awareness regarding healthy behavior (Nurhuda, 2013). The arrival of menarche can cause positive or negative reactions. The negative reactions that arise when young women are not ready for menarche are anxiety, sadness, confusion, fear, feeling that they are not free to do activities and considering that menarche is a new burden in their lives. With this, health promotion innovation is needed to increase readiness to face health problems, especially reproduction. Correct understanding will influence the psychological condition of young women so that they are ready to face new changes within themselves (Ramathuba, 2015).

The "Si Mens" booklet is one of the health promotion innovations with illustrated print media in the form of a book containing important, simple, easy to understand, short, concise and interesting information so that respondents can easily understand the content and material presented and learning is more interesting. The contents of the "Si Mens" booklet consist of various parts including: introduction to puberty, changes that occur during puberty, strategies for going through puberty, menarche, menstrual cycle, menstrual phases, preparation for menarche, emergency kit readiness, use of sanitary napkins, how to throwing away sanitary napkins, tips for washing underwear, menstrual hygiene, how to deal with menstruation, how to deal with menstrual pain and psychological readiness in facing menarche.

The readiness experienced by adolescents can be shown in the form of attitudes as closed responses and behavior as open responses. Factors that influence readiness to face menarche in pre-pubertal adolescent girls are very diverse, both factors from within the individual and factors from outside the individual. Internal factors include age and readiness obtained through information. Saam & Wahyuni (2013) explain that human behavior is the result of knowledge. If humans have less knowledge, the urge to act will also decrease.

The research results are in accordance with this theory, the less education one gets, the less encouragement to be ready to face menarche. Knowledge, thoughts, beliefs and emotions play an important role in determining a complete attitude of readiness. Apart from that, there are factors that support teenagers in the process of increasing their readiness to face menarche, including where they live and older sisters

Based on the characteristics of the respondents, almost all (92.1%) of the respondents live with their father and mother and half (50%) have an older sister. According to Suteja & Yusriah (2017), a child's readiness to face a problem that arises can be influenced by the parenting pattern provided by the parents. The parenting style carried out by parents is a process of guiding, educating and nurturing children, where the parenting process can significantly influence emotional, behavioral, social, cognitive and psychological health development. So when parents provide good care and education for children in the process of development and growth, this can certainly help children have high readiness in facing a problem, because before they face this, their parents have provided good and correct insight and knowledge.

Apart from that, having an older sister is also a factor that can influence a teenager's readiness to face menarche. This is because older sisters have of course gone through menarche, therefore, teenagers can duplicate or have behavior that imitates or duplicates their older sister's habits. Duplication that occurs requires interaction, interactions carried out by parents or siblings such as giving love, attention, speaking well, especially having good behavior in reproductive health will stimulate the teenage brain, so that teenagers tend to imitate what they hear and see (Anisah, 2012).

Based on the facts and theories, this shows that the provision of the "Si Mens" booklet education can have the effect of increasing the readiness of young women to face menarche. This is because the "Si Mens" booklet education provides content that is appropriate to what respondents need during menarche. Apart from that, the booklet also has an attractive appearance so that it attracts respondents to understand more about menarche. According to Rubhan (2017), this can happen because of the role of the learning media used so that it is easier for students to accept and understand as learners. The media used is booklet media, where health education through booklet media is more effective in increasing health readiness compared to using leaflet media (Artini, 2014)). This is in line with the opinion of Mostafa et al (2014), that providing booklets is an educational approach that can significantly increase students' knowledge of certain goals, namely readiness to face menarche.

Based on this, researchers are of the opinion that after being given the "mens" booklet education, there was an increase in the average score of readiness to face menarche, this can be seen from the results of the questionnaire given. Because the education provided with the help of the "Si Mens" booklet media will make it easier and help teenagers to have good information in dealing with menarche so that this can increase the readiness of teenagers in facing menarche at their age. Apart from that, teenagers are also expected to continue to update information about health problems and how to deal with them, especially reproductive health, because if they do not increase their knowledge and readiness in dealing with health problems, it will have an impact on other health, especially psychological health.

### **Analysis of the Influence of the "Si Mens" Booklet Education on the Readiness of Young Women Facing Menarche at SDN Wonorejo 2, Wates District, Kediri Regency in 2022**

Data from the research that was carried out showed that almost all of the results before being given treatment (76.3%) were in the category of not being ready to face menarche, and after being given treatment the majority (63.2%) were in the category of being ready to face menarche. Based on the results of data analysis using the Wilcoxon test, the results obtained were a sig (2-tailed) p value: 0.000 and error level ( $\alpha$ ): 0.05, so  $p < \alpha$  H1 was accepted, meaning that there was an influence of "Si Mens" booklet education on the readiness of young women to face menarche at SDN Wonorejo 2, Wates District, Kediri Regency in 2022. The results of this research are in line with research by Puspitaningrum (2017), where health education using booklet media has a significant influence on increasing the readiness of young women regarding menstrual hygiene.

In order to increase the readiness of adolescents, it is necessary to provide health education, where the delivery of health education that is good, interesting and attracts students' interest can be done using media. Increasing the readiness of female students carried out in this counseling is the right step because the activities of school age teenagers are children who are relatively easy to grasp information so they are easy to guide, direct and instill good habits (Notoatmodjo, 2014). Lack of knowledge about menstruation can cause female students to think that the arrival of their first menstruation is the same as a symptom of an illness, causing panic and some female students feeling unclean during their first menstruation, therefore female students will be embarrassed about menstruation and will not be ready to face their first menstruation (menarche) (Trismiyana, 2020).

Providing education using booklet media can increase knowledge and information that is effectively understood by respondents, so that the scores before being given education and after being given education, youth readiness increases. The majority of human knowledge is obtained through the ears, eyes and information sources through several media, such as audiovisual media (electronic, video, VCD, radio and TV) and print media (books, magazines, leaflets, booklets, posters) (Efendi, 2011). Booklets are special prints, with a shorter presentation and content than books in general, and the arrangement of the contents of the



booklet with material that is as interesting as possible, and the appearance of the booklet can attract the reader's attention (Lubis, Pramana & Kasjono, 2022).

According to the researcher, the influence in this research is because the booklet media has several advantages where the contents of the booklet contain pictures, writing, colors that are attractive and easy to understand so that young women are interested in reading it and this booklet media can also be read repeatedly so that the delivery The message in it can be maximally absorbed. This is in line with previous research, by Indah Agustina (2018), which stated that there was an influence of booklet media on increasing readiness regarding Menstrual Hygiene among female students at SMPN 5 Samarinda City. From this research, the results showed that there was an influence of booklet media on increasing female students' knowledge regarding hygiene. menstruation. Improving a person's readiness requires health education, that is, efforts to influence a person or group according to what is expected from the health education provider. In providing health education using booklet media, it is very effective in increasing the readiness of respondents, the application of media is very influential in increasing the readiness of adolescent girls and is one of the keys to implementing health education in schools. This is also in line with research conducted by Ambarwati Kusuma (2018) which states that booklet media is effectively used as a media for promoting knowledge because it can increase the readiness of teenagers.

The hope of the researchers is that by providing the intervention 6 times for 30 minutes and with an attractive booklet design, it will increase the interest of young women in reading and understanding the booklet frequently so that they can increase their readiness to face menarche. Where physiologically, education using the "Si Mens" Booklet media can be captured by the Optician so that it stimulates the eye to see, followed by the brain's nerves to absorb and remember the material so that it can stimulate the brain's nerves to review or recall the material that has been seen and can increase knowledge and understanding. about menarche so that the readiness of young women in facing menarche increases.

Referring to the research results, researchers are of the opinion that providing education about menstruation using booklet media is considered capable of increasing respondents' readiness to face menarche. If we look at the increase in the average score for readiness to face menarche, it can be seen that providing information about menstruation using booklet media has a greater influence on teenagers' readiness to face menarche. This can happen because with the help of booklet media, respondents have better interest compared to providing education without any media. So that when respondents are interested in the education provided, the learning process will run well and can be easily understood by respondents and from the knowledge they have there will be readiness to face menarche.

Readiness to face menarche in this study can be seen from the questionnaire that has been given, in which there are 4 aspects including positive thinking, mechanisms of pride and satisfaction, self-confidence, acceptance of menarche. Based on the questionnaire, the positive thinking indicator has pre-test results (63.2%) and post-test (88.8%) where the indicator states readiness to face menarche because menarche is something that all women will experience and anxiety and discomfort. during menstruation. Then, apart from the highest score, in the questionnaire results there were also the lowest results, namely in the self-confidence indicator with the results of the pre-test (50%) and post-test (69%) where the indicator stated that they felt discouraged by discomfort and pain during menarche. This is of course very normal for individuals experiencing menstruation for the first time, therefore it is important to have knowledge about what things must be done, especially MHM (menstrual hygiene management), apart from that, it is important for teenagers to have knowledge about how to reduce menstrual pain, such as non-pharmacological techniques and avoiding several foods and drinks that can cause increased menstrual pain, such as trans fats, caffeine, dairy products, sodium and added sugar (Ernawati Sinaga, 2017).

From this, researchers believe that there are still many teenagers who are still not aware of their readiness status in facing health problems, especially menarche, which teenagers will definitely go through, so it is important for teenagers to get the latest information to support their readiness to face menarche. Apart from that, the role of parents, siblings and teachers is also needed in supporting teenagers in the process of growth and development. This support can be psychologically encouraging and motivating for teenagers so that they are not stressed and depressed by fear of the things they will face. Researchers also think that providing education through the booklet "Si Mens" can increase the readiness of teenagers, with the booklet media, teenagers get education with the help of interesting media, thus encouraging teenagers' curiosity in the learning process carried out by researchers.

## CONCLUSIONS

Based on the results of the research, analysis and discussion in this research, the education booklet 'Si Mens' influences the readiness of young women to face menarche at SDN Wonorejo 2, Wates District, Kediri Regency.

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