

THE DESCRIPTION AGE AT MENARCHE AND PREPARATION FOR MENSTRUATION OF CHILDREN AGED BETWEEN 10-11 YEARS

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ABSTRACT

The previous studies has shown that the age of menarche appears at earlier age. It indicated the age of puberty appears at younger age. There are many physical and psychological changes occur at puberty. The aims of this study are to analyze age distribution of menarche and the preparation in facing early menarche. This research used descriptive quantitative method; the data was collected by questionnaires from 140 respondents aged between 10 and 11 years. It analyzed the distribution of age at menarche and preparation for menstruation. The quantitative research data showed that 15% respondents had menarche. All of respondents who had menarche, 52% respondents have menarche was 11 years old, 43% at 10 years old, and 5% respondents have menarche at 9 years old. The most of respondents in 74% said they are not ready to face of early menarche. In conclusion, there are respondents who had menstruated at an early age, starting from 9 years and most of them occur at the age of 11, preparation for menstruation, most of them are not ready to face menstruation. This research suggests that more comprehensive education program and psychological supports especially from parents should target girls to prepare them for an early menarche.

Keywords: Adolescent Girls, Menstruation, Menarche, Preparation

INTRODUCTION

One the purposes in developing healthiness in Indonesia is to reach Indonesia's healthiness in every subject in physic and psychologies. One the subject will concern is on reproduction healthiness. Information about reproduction healthiness in pre puberty child mostly to be concern, especially on child in menarche period which will shows sign of puberties, menarche and first time period.

Based on the research of the age of children that have menarche on the first time it is occurred earlier. Many factors that have influenced, such as follows the factor of genetic, environment and nutrition status [1,2]. Survey is done in Indonesia in the year 2010 showed that the most of girls in Indonesia have menarche in the age of 12-14 years. (the rate of age 12,93) [3].

The girl has puberty and menarche occur many physical and psychological changes, especially to girl that has menarche earlier. On this situation if the child don't have any information and education about menarche and supported from people around them. It can creates feeling and negative behavior such as disgrace and fearful [4]. The aims of this research are to find out the age menarche distribution for the girl in the age 10-11 years and preparation for the girl in the age 10-11 years to face their menarche.

METHODS

The method is used for the research is descriptive quantitative method. The instrument is used by questionnaire which is contains question about age at menarche, menarche status and preparation for the children facing their menarche. Population on this research is children among puberty. This research is done in elementary school in Denpasar. The respondent of this research was the students in grade 5th and 6th and the age of 10-11 years the total is 140 students. These data will analyst by SPSS

(Statistical Package for the Social Sciences). It analyzed the distribution of age at menarche and preparation for menstruation.

FINDINGS AND DISCUSSIONS

The research findings indicate that 15% respondent got menarche and 85% didn't get menarche (Table 1). From 21 children in the age of 10-11 years got menarche in the age of 9 years was 5%, menarche in the age 10 years was 43% and menarche in the age 11 years was 52% (Table 2).

Table 1. Distribution of Menarche Status in Children Aged Between 10-11

Menarche Status	Frequency	(%)
Not Menarche	119	85
Menarche	21	15
Total	140	100

Table 2. Distribution of Aged at Menarche in Children Aged Between 10-11

Aged at Menarche	Frequency	(%)
9	1	5
10	9	43
11	11	52
Total	21	100

As the time goes by the age menarche is happened earlier before. It caused many factors are genetic, nutrition status and environment. The ages of mother's menarche has relationship in child's menarche. It is show, one of influence factor of menarche time is mother's genetic on mother' menarche time. The result before showed there was relation between body mass index (BMI) with the action menarche earlier [1]. The other result in Asia, in Seoul Korea, there was similar characteristic in Indonesia found that the age menarche earlier and that relation with BMI someone [2,4]. The improvement of BMI in the children aged had decrease menarche age 5.2 months [5]. Child which have got sexuality experience since early stages will increase on timing of menarche. Early menarche associated with childhood sexual abuse.

Based on the data shown in Table 3, it indicates that from 141 children in the age 10-11 years that ready to face the menarche was 18%. The most of children was 82% said not ready to face the menarche. The research got the result that preparation to children facing the menarche is lack of preparation, from the qualitative result found that many of children feel shame, scare, and worry when asking how they feel when they will get the menarche [6,7]. There was relation between knowledge and preparation to children in facing menarche. The children have good knowledge about menarche tend to ready facing the menarche [8].

Table 3. Children Preparation in the age 10-11 years in Menarche

Preparation	Frequency	(%)
Ready	25	18
Not Ready	115	82
Total	140	100

CONCLUSION

There are respondents who have menarche or menstruated in the earlier age. It started in the age 9 years and the most of occurs in the age of 11 years. For the preparation of the menarche, most of the children are not ready to facing the menarche. Suggestion more comprehensive education program and psychological supports especially from parents should prepare the children to facing menarche earlier.

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