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**TINGKAT ANSIETAS SISWI SAAT MENGALAMI *MENARCHE* DI MI
AL-KHOERiyAH KALIMANGGIS**

ABSTRAK

Xiii Bagian awal + 83 Halaman + VII Bab + 1 Tabel + 11 Lampiran

Kecemasan menghadapi *menarche* merupakan keadaan suasana perasaan yang ditandai oleh ketegangan fisik, kekhawatiran dan anggapan bahwa sesuatu yang buruk akan terjadi saat *menarche*. Remaja yang tidak mempersiapkan datangnya *menarche* menanggapi *menarche* dengan kaget, terkejut, dan takut. Tujuan penelitian ini untuk mengetahui tingkat ansietas saat mengalami *menarche*. Metode penelitian deskriptif, populasi seluruh remaja putri di MI Al-Khoeriyah Kalimantan Kabupaten Tasikmalaya, dengan tehnik total sampling sebanyak 30 orang. Pengumpulan data menggunakan kuesioner. Hasil didapatkan bahwa tingkat kecemasan siswi saat mengalami *menarche* yang termasuk ringan sebanyak 5 responden (16,7%), kecemasan sedang sebanyak 14 responden (46.7%) dan kecemasan berat sebanyak 11 responden (36.7%). Kesimpulan bahwa responden paling banyak mengalami kecemasan sedang saat mengalami *menarche*. Disarankan bagi perawat dalam menjalankan kiprahnya untuk meningkatkan derajat kesehatan bangsa, untuk sasaran remaja salah satunya dapat memberikan informasi tentang *menarche* pada remaja yang bekerja sama dengan orangtua dan pihak sekolah melalui penyuluhan kesehatan.

Kata kunci : Menarche, Ansietas, Siswi
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*ANXIETY LEVEL OF FEMALE STUDENTS WHEN EXPERIENCING
MENARCHE AT MI AL-KHOERiyAH KALIMANGGIS*

ABSTRACT

Xiii Section beginning + 83 Pages + VII Chapters + 1 Table + 11 Attachments

Menarche anxiety is an emotional state characterized by physical tension, worry and the assumption that something bad will happen at menarche. Adolescents who do not prepare for the arrival of menarche respond to menarche with shock, surprise, and fear. The purpose of this study was to determine the level of anxiety when experiencing menarche. Descriptive research method, the population of all adolescent girls at MI Al-Khoeriyah Kalimanggis Tasikmalaya Regency, with a total sampling technique of 30 people. Data collection using a questionnaire. The results showed that the anxiety level of female students when experiencing menarche which included mild as many as 5 respondents (16.7%), moderate anxiety as many as 14 respondents (46.7%) and severe anxiety as many as 11 respondents (36.7%). The conclusion is that most respondents experience moderate anxiety when experiencing menarche. It is recommended for nurses in carrying out their work to improve the nation's health status, for the target of adolescents, one of which can provide information about menarche in adolescents in collaboration with parents and schools through health counseling.

Keywords: Menarche, Anxiety, Schoolgirls

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