

ABSTRACT

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The Differences Between Anxiety Levels in Facing Menarche Before And After Health Education Provision at Graders Of SMP Negeri 46 Palembang in 2019

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Background : Menarche is first menstruation experienced by teenagers aged 10-16 and occurs in the mid period toward puberty phase. At this age, it is necessary for the teenagers to gain health education about Menarche so that the teenagers especially students of SMP Negeri 46 Palembang have better understanding dealing with it from preparation to caree decrease the anxiety level in facing it.

Objective : This research aimed to investigate the differences between anxiety in facing menarche before and after health education provision at seventh graders of SMP Negeri 46 Palembang.

Method : This research used quantitative approach namely pre-experimental particularly one group posttest design. 40 samples were selected by applying total sampling technique. The data were analyzed by using Wilcoxon Test.

Results : The research result shows that p value $0.014 < 0.05$. It implied that there were the differences between the anxiety levels in facing menarche before and after health education provision at seventh graders of SMP Negeri 46 Palembang.

Conclusion : Based on the research result, it is concluded that the anxiety levels after health education provision may decrease.

Keywords : Menarche, anxiety level, health education