



Level of Knowledge about Menstruation and Anxiety in Facing Menarche

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ABSTRACT

Menarche is one of the important phases in puberty experienced by girls. Lack of knowledge about menstruation often causes anxiety, fear, and unpreparedness in facing menarche. Sufficient knowledge from an early age plays an important role in shaping the mental preparedness of adolescents. This study aims to determine the relationship between the level of knowledge about menstruation and anxiety in facing menarche among fifth and sixth grade students at SDN Gayaman Elementary School in Mojoanyar District, Mojokerto Regency. This study used a quantitative approach with a correlational descriptive design. A total of 21 respondents were selected using total sampling technique. The research instruments were a knowledge questionnaire and an anxiety questionnaire regarding facing menarche. Data analysis used Spearman's rho correlation test to determine the relationship between the two variables. Most respondents had a good level of knowledge (61.9%) and experienced mild anxiety (61.9%). The results of the Spearman's rho test showed a p-value of 0.000 (< 0.05) and a correlation coefficient of 0.767, indicating a strong relationship between the level of knowledge about menstruation and the level of anxiety in facing menarche.

Keywords: Menstrual Knowledge; Anxiety

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INTRODUCTION

Puberty is an important developmental phase marked by physical and sexual maturity, including menarche as the first sign of puberty in girls. It generally occurs between the ages of 10 and 13, which is the age of fifth and sixth graders in elementary school.¹ Lack of knowledge about menstruation can cause anxiety and misperceptions misconceptions about bodily changes, making the level of understanding a crucial factor in readiness emotional female students facing menarche.² At the elementary school level, female students have received educational material about changes in girls and boys during puberty. In fact, based on preliminary studies at Gayaman Elementary School, guidance counselors revealed that most fifth and sixth grade female students already understand that they will experience menstruation. However, many still feel anxious and afraid when imagining their first menstruation, especially since menstruation can occur suddenly and changes after menstruation. This shows the importance of adequate menstrual education to improve students' readiness and understanding of bodily changes.³

More than half of girls worldwide experience anxiety during menarche, indicating that 36.7% of girls aged 10–14 years.⁴ Preliminary studies at Gayaman Elementary School show that five female students feel anxious if they suddenly start menstruating at school. Some of them admit to being afraid of the pain, embarrassed to tell their teachers, and worried about being teased by their friends. Lack of knowledge about menstruation contributes to increased anxiety, which can trigger withdrawal and fear of social reactions in the school environment.⁵ Adequate knowledge plays an important role in preparing female students mentally for the biological changes that occur during puberty, especially during menarche.¹ Good knowledge can help individuals understand the changes occurring in their bodies and reduce negative reactions such as anxiety or fear. Conversely, a low level of knowledge can lead to confusion, unpreparedness, and even psychological stress when menarche occurs..⁶ Fifth and sixth grade elementary school girls experience mild to moderate anxiety prior to menarche. This is largely due to a lack of understanding about the menstrual process and the physical changes that accompany it. This ignorance is often exacerbated by the lack of sex education in the family and school environments, as well as social norms that limit open discussion about reproductive health..⁷ This condition can have a further impact on the psychological aspects of girls. Anxiety that is not handled properly can develop into a decline in self-confidence and a negative self-concept. Female students who are not prepared knowledgeably and emotionally tend to experience shame, fear, or even withdraw from their social environment when they experience menarche. In the long term, this can affect their perception of their own bodies and overall reproductive health.⁸

METHOD

This study used a cross-sectional study design, which is a type of analytical correlation study. Cross-sectional studies can be used to explore the relationship between risk factors and disease occurrence at a specific point in time. The sample consisted of all 21 female students in grades V and VI at SDN Gayaman Elementary School in Mojoanyar District, Mojokerto Regency. Probability sampling total sampling was used. The independent variable in this study was the level of knowledge of fifth and sixth grade female students about menstruation, while the dependent variable was the anxiety of fifth and sixth grade female students in facing menarche.

RESULTS

Based on the research, the result obtained:

No.	Variable	N	Total	%
1	Age			
	10-12 year	21		100
	>12 year	0		0
	total	21		100
2	Class Grade			
	Class V	13		61,9
	Class VI	8		38,1
	Total	21		100
3	Menstrual Hystori			
	Already menstruating			
	Not Yet Menstruation	13		61,9
	total	8		38,1
		21		100
4	Level Knowledge			
	Good			
	Enough	13		61,9
	Not Enough	8		38,1
	Total	0		0
		21		100
5.	Level Anxiety			
	Not Anxiety			
	Mild Anxiety	2		9,5
	Moderate Anxiety	13		61,9
	Very Worried	5		23,8
	Total	1		4,8
		21		100

Based on the results of the study, it was found that most fifth and sixth grade female students had a good level of knowledge about menstruation. Their good knowledge about menstruation was due to the fact that most of the respondents had already experienced menstruation, namely 13 students.

Based on the results of a study of 21 fifth and sixth grade female students at SDN Gayaman Elementary School in Mojoanyar District, Mojokerto Regency, data shows that most respondents experienced mild anxiety in facing menarche, namely 13 respondents (61.9%).

It was found that of the 13 female students who had good knowledge, most of the 11 respondents (52.4%) experienced mild anxiety, 2 (9.5%) did not experience any anxiety at all, and none experienced moderate to severe anxiety. Then, of the 8 female students who had sufficient knowledge, 2 respondents (9.5%) experienced mild anxiety, 5 respondents (23.8%) experienced moderate anxiety, and 1 respondent (4.8%) experienced severe anxiety.

DISCUSSION

1. Level of Knowledge About Menstruation Among Fifth and Sixth Grade Female Students

Based on the results of the study, it was found that most fifth and sixth grade female students had a good level of knowledge about menstruation. Their good knowledge about menstruation was due to the fact that most of the respondents had already experienced menstruation, namely 13 students. This shows that most of them already had direct experience related to these physiological changes and that the knowledge they had acquired about menstruation from teachers or mothers as authority figures tended to be more easily accepted and understood by the respondents. A person's level of knowledge is influenced by several factors, including age, personal experience, education, and sources of information received..⁹ Menstruation is a biological process that first occurs in girls when they enter puberty, and sufficient knowledge about this process is very important to prevent anxiety, misperceptions, or unhealthy practices.⁷ Knowledge about menstruation in elementary school age is greatly influenced by how early female students receive information about the menstrual process and from whom they obtain this information. Information from teachers or mothers as authority figures tends to be more easily accepted and understood by children.⁸

Menstrual knowledge is very important for female students to have. Preparation for menarche. Influencing factors include age, with almost all female students aged 11-12 years old (19 or 90.5%) entering early adolescence at this stage. At this stage, they experience increasingly mature cognitive and emotional development, making it easier for them to accept information and have better knowledge about menstruation. Regarding experiences related to menstruation, 13 students (61.9%) who have already experienced menstruation tend to have better knowledge about

menstruation, so they no longer feel afraid of the physical changes occurring in their bodies. The main source of information about menstruation was teachers, with 12 (57.1%) of the students obtaining information from them. Teachers play a significant role as a trusted source of information. However, parental guidance from an early age is also crucial in reducing anxiety about menarche.²

2. Level of Anxiety in Facing Menarche Among Fifth and Sixth Grade Female Students

Based on the results of a study of 21 fifth and sixth grade female students at SDN Gayaman Elementary School in Mojoanyar District, Mojokerto Regency, data shows that most respondents experienced mild anxiety in facing menarche, namely 13 respondents (61.9%). Anxiety is an emotional response to a perceived or anticipated threat, including biological changes such as menarche. In girls, menarche can cause anxiety if it is not accompanied by adequate knowledge, emotional support, and psychological readiness.¹⁰ Elementary school-aged children are in a period of psychosocial development that is sensitive to bodily changes, so that inaccurate information or misunderstanding about menstruation can trigger anxiety, fear, or even shame. The level of anxiety in facing menarche is closely correlated with the knowledge that female students have about the menstrual process and the support from their environment (parents and teachers). Children who receive education and emotional support are more likely to experience mild anxiety or even no anxiety at all.¹¹

Anxiety about menarche is common among adolescent girls. Factors that influence this include age, with younger adolescents tending to experience anxiety due to a lack of knowledge. Previous experience with menstruation can help them understand and manage it, thereby reducing anxiety levels. Good knowledge about menstruation can help reduce anxiety and better prepare them for menarche.⁴ Family support, especially from mothers, is crucial in preparing for menarche so that anxiety levels can be reduced. Therefore, it is important to increase interaction and support from family and the surrounding environment.

3. Analysis of the Relationship between Knowledge Level about Menstruation and Anxiety Level in Facing Menarche among Fifth and Sixth Grade Female Students

Based on the results of the study, it was found that of the 13 female students who had good knowledge, most of the 11 respondents (52.4%) experienced mild anxiety, 2 (9.5%) did not experience any anxiety at all, and none experienced moderate to severe anxiety. Then, of the 8 female students who had sufficient knowledge, 2 respondents (9.5%) experienced mild anxiety, 5 respondents (23.8%) experienced moderate anxiety, and 1 respondent (4.8%) experienced severe anxiety. The results of the statistical test using Spearman's rho showed that there was a significant

relationship between the level of knowledge and the level of anxiety ($p = 0.000 < 0.05$), with a correlation coefficient value of 0.767, indicating a strong and positive relationship.

These findings indicate that the better the students' knowledge of menstruation, the lower their anxiety levels when facing menarche. This can be explained by the fact that knowledge plays an important role in shaping girls' emotional readiness when facing physiological changes in their bodies. Adequate knowledge enables female students to understand that menarche is a natural part of the growth and development process, so they do not consider it frightening or embarrassing. The results of the study show a significant relationship between menstrual knowledge and anxiety in elementary school female students. This study shows that good knowledge plays a role in reducing anxiety levels significantly, as it helps children understand the menstrual process as a whole.¹¹ In addition, teachers and mothers play an important role as sources of information in shaping a correct understanding of menstruation, which then has an impact on the mental and emotional readiness of female students. Not only knowledge but also parental support can strengthen children's readiness and reduce anxiety. This reinforces the argument that structured menstrual education in a supportive environment is very important for the psychological readiness of girls in facing menarche.¹²

The results of the data analysis show that knowledge plays a major role in moderating anxiety. Most respondents with good knowledge (61.9%) experienced mild anxiety (61.9%) or even no anxiety (9.5%). With a correlation coefficient of 0.767, the relationship between knowledge and anxiety is in the strong category, which means that the higher the knowledge, the lower the anxiety felt (and vice versa). The results of this study show the importance of early educational intervention, especially through the teacher approach, namely 12 respondents (57.1%), and the family, especially mothers, namely 9 respondents (42.9%), in order to be closer to children to build psychological readiness and improve menstrual literacy.

CONCLUSION

There is a close relationship between students' level of knowledge about the menstrual cycle and their level of anxiety. The lower the students' knowledge, the higher their anxiety levels. Adolescents are expected to be more active in seeking information from valid medical sources and forming peer discussion groups to share experiences in order to reduce fear and stigma surrounding menstruation.

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