

# Pengaruh edukasi reproduksi persiapan haid pertama (R-PHP) terhadap pengetahuan, respon emosional dan sikap remaja putri pada haid pertama setelah = The influence of reproductive health education related to menarcheal preparations to female adolescents knowledge, emotional response and attitude on menarche

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## Abstrak

Haid pertama dan menstruasi dianggap hal tabu dan memalukan oleh sebagian besar masyarakat termasuk remaja putri. Haid pertama merupakan pengalaman psikologis dan bermakna bagi remaja putri. Pemberian edukasi reproduksi persiapan haid pertama diharapkan dapat mempersiapkan remaja dalam menghadapi haid pertama. Penelitian ini bertujuan mengidentifikasi pengaruh edukasi reproduksi persiapan haid pertama terhadap pengetahuan, respon emosional dan sikap remaja pada haid pertama. Desain penelitian yang digunakan adalah Quasi Experiment Pre-Post Test with Control Group Design dengan sampel 174 remaja putri yang dipilih dengan teknik stratified random sampling.

Hasil menunjukkan adanya perbedaan signifikan tingkat pengetahuan  $p=0,001$ , respon emosional  $p=0,001$  dan sikap  $p=0,001$  remaja putri terkait haid pertama antara kelompok kontrol dan intervensi, serta terdapat perbedaan signifikan sebelum dan setelah intervensi. Sehingga pemberian edukasi reproduksi persiapan haid pertama direkomendasikan untuk dapat diterapkan di tatanan sekolah dan komunitas guna mempersiapkan remaja menghadapi haid pertama dan menstruasi.

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Menarche and menstruation are considered taboos and embarrassing by communities including female adolescents. Menarche is a psychological and meaningful experience for female adolescents. Reproductive health education for menarcheal preparation is expected to enable female adolescents in preparing the menarche. The aim of this study was to identify the influence of reproductive health education related to menarcheal preparations to female adolescents rsquo knowledge, emotional response and attitude on menarche. The research design was Quasi Experiment Pre Post Test with Control Group Design. The samples were 174 female adolesents, selected by stratified random sampling technique.

The results showed a significant difference of knowledge level  $p 0,001$  emotional responses  $p 0,001$  and attitude  $p 0,001$  between the female adolescents from control and intervention group, as well as those between before and after intervention. It is recommended to provide the reproductive health education related to menarcheal preparations at school and community settings to prepare female adolescents in facing menarche and menstruation.