

Analysis of Interpersonal Communication between Mother and Child to the Readiness of Menarche in MI Ma'arif Polorejo Babadan Ponorogo District

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ABSTRACT

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Menstruation can be a scary experience. Adequate preparation before menarche have a significant impact on girls' early experience of menarche. How does a mother communicating with her daughter about menarche and menstrual problems may affect future experience the girl. The purpose of this study was to analyze the influence of the mother's interpersonal communication factors on the child's readiness to come of menarche at MI Ma'arif Polorejo. This research design uses a qualitative method with a case study approach. The sampling technique used was snowball sampling. The informants used are the mothers of students who have not experienced menarche. The results of the study using in-depth interviews with 9 informants showed that interpersonal communication between mothers and children was still lacking, this was due to the lack of knowledge from mothers and the intensity of communication between mothers and children which could not be done intensively, so there are students who are prepared for menarche, and students are not prepared for menarche. Constraints expressed by the informant because knowledge is limited, and the child has not experienced menarche, so that the informants had not been able to provide detailed information.

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INTRODUCTION

Puberty is a time of many changes. Menarche is the first menstruation that occurs in adolescence. Adolescence and menstruation that occurs in a girl are closely related. At puberty, menstruation is marked by many changes both physically and psychologically. The change is too fast often cause anxiety if not understand. Anxiety as a result of unpreparedness that is not immediately addressed, can cause excessive and repeated fear of menstruation. Initial interviews conducted with a number of students at MI Ma'arif Polorejo who had not yet experienced menstruation, stated that most of the students experienced anxiety in dealing with menstruation. Lack of communication between mothers and children related to menstruation is one of the factors of anxiety faced by students who have not experienced menstruation.

Parents in a family is the first and primary educators should provide the best example for their children. This means that parents are a source of primary education is expected to be a communication tool to provide information and moral training for the child's understanding. An interpersonal communication will help distribute the values, beliefs and expectations regarding sexual and reproductive health from mother to daughter.

Interpersonal communication is the communication between people face-to-face, allowing each participant capture reactions of others directly both verbally and nonverbally. Interpersonal

communication is a dynamic process, often used in daily activities and important for social life, such as exchanging ideas, solving problems, making decisions, and taking action. According to its components, interpersonal communication has a steady and clear relationship. If communication between mother and child is effective then the teen will be ready face the first period, while the communication is ineffective would cause the child unprepared for menstruation.

METHODS

This study used a qualitative method with case study approach. Informants or participants in this study were determined by the Snowball sampling technique. In this study, the informants/research participants were the students' mothers who had not yet experienced menarche. The research instrument in this study used interview guidelines to informants/participants that had been determined by the researcher.

Data collection was carried out after the researchers obtained the ethical approval with the number : 1976/KEPK/IV/2020. Data collection was carried out through a voicemail application (whatsapp) and also via telephone because the research was carried out during the Covid-19 pandemic for approximately 1 month. Researchers provide explanations related to research topics, research mechanisms and make time contracts for data collection to informants. After the informant agreed to the informed consent, the researcher asked questions according to the interview guidelines that had been made previously.

Researchers conducted interviews to several informants related factors - factors of interpersonal communication in the mother to the child's readiness to face menarche. In-depth interviews conducted by researchers to 9 informants and investigators cease-depth interviews when getting answers saturated from informants.

RESULTS

Informants in this study were mothers of students who had not experienced menarche, namely mothers who lived with students and communicated intensely with students. So that mothers who work abroad are not included as informants in this study, namely there are 14 mothers who are currently working abroad. With the presentation of informants based on occupation as follows, 57% of informants are working as housewives or entrepreneurs and are the largest percentage of the number of informants. The next percentage is 15% work as a teacher or teachers and 14% of the informants worked as private employees. Then 9% of the number of informants work as traders and the smallest percentage of informants is as much as 5% work as health workers (midwives or nurses).

Almost all informants know about menarche / early menstruation. The term is still a bit foreign menarche among laymen. But after the researcher explained about menarche, the informant understood. Informants said that early menstruation usually occurs in children who are approaching their teens, around the age of 10 years. Informants are also willing to share their experiences and knowledge about menstruation with their children. When there are concerns about menarche or menstruation can provide solutions to the problems prompted by these children. Informants realized that the child will definitely experience problems when the child experiences menarche / first menstruation.

Informants say for communication with the relevant child menarche is still rare, only occasionally do. When communicating with children related to menarche, informants do not tend to always compare with their past experiences, if indeed there is now scientific development, the informants will also convey information to children according to developments that have occurred now. Surrounding environment can also have an impact on children's readiness to come of menarche. Starting from a friend who had already experienced menarche, technological developments, such as the now countless children - elementary school-age children using the gadget. But there are also those in the environment that still give negative responses about menarche/menstruation. For example, still exist in the environment that considers menstruation is still taboo, when menstruation children will be hurt, and so on.

DISCUSSION

Mother-Daughter Interpersonal Communication

Menarche is the first menstruation or bleeding of the uterus that is the beginning of the menstrual function and mark the occurrence of puberty in young girls (Mutasya, 2016). Menstruation is the periodic bleeding and occurs according to the cycle of hormonal stimulation of the uterus that describes the endometrium due to the absence of pregnancy (Indarti, 2011). Reproductive health

education or informal sexuality in the family usually exists in the form of warm interpersonal communication, which occurs in two persons namely girls and mothers or other family members (Fajri and Khairani, 2014). Mothers are usually the main source of information about menstruation. If mothers communicated a positive view of menstruation, then girls, mostly also gave a positive view. But if mothers give negative views, girls are more likely to have the same views about menstruation. Factors affecting interpersonal communication are :

Mother's Knowledge About Menarche

There are many factors affecting the level of knowledge, such as education. In accordance with what was expressed by Notoatmojo (2012), the higher a person's education, the level of understanding also increases and is appropriate in taking attitudes. A further factor is the work environment, it can make a person gain experience and knowledge, either directly or indirectly.

The results of interviews conducted with informants showed that almost all of the informants knew about menarche / early menstruation. The term is still a bit foreign menarche among laymen. But after the researcher explained about menarche, the informant understood. Informants are also willing to share their experiences and knowledge about menstruation with their children. Informants as mothers more or less can also explain to their children about the signs of people who will experience menstruation, such as discomfort, abdominal pain up to the waist, cramps, nausea, vomiting, dizziness, or even fainting.

Mother's Perception About Menarche

Perception has a very important role in the success of communication. That is, the precision in perceiving sensory stimuli delivered to the success of communication. Conversely, failure to perceive stimuli, causing mis-communication (Suranto, 2011).

Informants realized that the child will definitely experience problems when the child experiences menarche / first menstruation. Informants provide positive support to children when children experience menarche, for example by providing positive information to children, explaining signs when they are about to menstruate, providing support to children so that children do not feel anxious when they are menstruating. If mothers communicate a positive view of menstruation, then girls, mostly also give a positive view. But if the mothers gave negative views, the girls were more likely to have the same views about menstruation.

The Role of Mothers Related to Menarche

In interpersonal communication between mother and child in the face of menarche, communication of mothers and children is the process of sending and receiving messages between mother and child that took place in face-to-face and two-way (interpersonal) and accompanied by an intention or intense on both sides, both of which play a role as speaker and listener alternately so that specific effects in the form of response and immediate feedback (Ramadhani, 2014).

Communication with children related to menarche is still rarely done, only occasionally done, this is because children have not experienced menarche, so questions from children regarding menarche are not so detailed. And informants when communicating with children related to menarche, informants feel comfortable, because they are fellow women and communicate with their own children. When communicating with children related to menarche, informants do not tend to always compare with their past experiences, if indeed there is now scientific development, the informants will also convey information to children according to developments that have occurred now.

Environmental Influences Related to Menarche

The environment is a place for human life. Humans live, exist, grow, and develop on earth as an environment. Environment influences the nature, character and human behavior that inhabit it (Winarno, 2014). Menstruation can be a scary experience. The existence of negative assumptions, such as menstruation being unhealthy, embarrassing, and something to be hidden has made this public health problem more and more protracted. For some people, menarche is a time of transition to adult women (Fathul Lubabin, 2016).

There is also an environment that still gives negative responses about menarche / menstruation. For example, there are still people in the surrounding environment who think that menstruation is still taboo to talk about, when the child's menstruation will be sick, there are also myths around menstruation and so on, which will have a bad impact on the process of children's readiness to face menarche.

Children's Readiness for Menarche

According to Slameto (2015) readiness is the overall condition of a person who makes him ready to respond or answer in a certain way to a situation. In line with Proverawati and Maisaroh (2011), readiness to come of menarche is a condition that indicates that a person is ready to achieve one of the

physical maturity, namely the arrival of menarche. The results of the study can be seen that interpersonal communication between mothers and children is still lacking, so there are students who are ready to come of menarche, and students who are not ready to come of menarche. The existence of interpersonal communication between mother and child has an influence on the child's readiness to face menarche.

According Jayanti and Purwanti (2012) factors that affect a child's readiness to face menarche include the age of the child and the parents' role which also includes recent education mother and mother's occupation. Mother's work is one factor in the intensity of communication between mother and child. The work of parents will have a major influence on the socio-economic and mindset of a person, so that parents are able to provide for their children financially, but tend to be more indifferent to their children or there is not much time with their children, so children are less free to tell stories or ask questions about their children menstrual problems.

In addition, the presence of sources of social support around children who will come of menarche, will be able to increase the readiness of children in facing menarche. As expressed by Sarafino (2016) Social integration can have a direct effect on the health status by encouraging the promotion of health in healthy behavior changes that could ultimately affect the health status

CONCLUSION

1. Research informants are mothers of students who have not experienced menarche
2. Data were obtained from informants by conducting in-depth interviews related to interpersonal communication between children and their mothers and everything related to menarche
3. The dimension of the question that gets the largest gap value from the informant is the intensity of interpersonal communication between mother and child.
4. Results can be seen that the interpersonal communication with the child's mother is still lacking, so that there are students who are prepared for menarche, and students are not prepared for menarche
5. The constraints expressed by the informant were due to the limited knowledge possessed by the informant, and the child had never experienced menarche, so that the informant had not been able to provide detailed information.

SUGGESTION

1. There is more intense communication between mother and child, so that children will be better prepared to come of menarche
2. Parents should spend a little time for their children because parents have a responsibility to provide explanations or information about menstruation to their daughters so that children understand better and are ready to come of menarche.
3. The existence of a support system from both the family and the environment around the child who will face menarche, so that it can increase the readiness of the child to face menarche.
4. Improving health education and health promotion programs in children's schools related to the reproductive system and sexuality in adolescents

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