

Studi kualitatif pengetahuan dan perilaku menstruasi pada siswi kelas I SMPN 1 dan MTS Al-Furqon Kecamatan Kragilan Kabupaten Serang tahun 2008

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Abstrak

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Menstruasi adalah terjadinya perdarahan melalui vagina yang bersifat fisiologis karena terkelupasnya lapisan endometrium dari dinding rahim. Pada siklus menstruasi endometrium dipersiapkan secara teratur untuk menerima ovum yang telah dibuahi setelah terjadi ovulasi, dibawah pengaruh secara ritmik hormon-hormon ovarium yaitu estrogen dan progesteron. Menstruasi bagi sebagian anak merupakan pengalaman psikis yang traumatis. Perasaan yang negatif dapat menyebabkan perasaan sangat lemah karena merasa kehilangan banyak darah sehingga timbul perasaan rendah diri atau merasa sakitsakitan, malu karena masih kecil sudah mendapat menstruasi dan adanya kecemasan dan takut darah menstruasi tembus ke pakaiannya sehingga anak tidak berani keluar rumah.

Penelitian ini dilakukan untuk mendapat gambaran pengetahuan dan perilaku mengenai menstruasi pada siswi kelas 1 di SMPN 1 dan MTs Al-Furqon Kecamatan Kragilan. Pengumpulan data dilakukan dengan metode diskusi kelompok terarah dan wawancara mendalam. Sumber informasi adalah siswi kelas 1 yang sudah menstruasi, ibu, guru IPA/biologi, guru agama serta guru bimbingan dan konseling.

Hasil penelitian menunjukkan bahwa pengetahuan siswi tentang menstruasi dan menjaga kebersihan diri cukup baik, namun demikian pengetahuan mengenai organ reproduksi dan fungsinya belum diketahui oleh siswi secara lengkap. Perilaku siswi dalam pencarian informasi yang berkaitan dengan menstruasi cukup bagus namun hanya seputar informasi keagamaan saja. Perilaku pencarian informasi mengenai menstruasi dari segi kesehatan masih sangat kurang.

Peranan orang tua dan guru di kedua sekolah sudah menunjukkan fungsinya sebagai pendidik, pembimbing dan pengawas bagi anak. Meski demikian peranan sebagai pemberi informasi seputar kesehatan menstruasi dirasa masih sangat kurang, baik informasi dari ibu maupun dari guru di sekolah.

Peranan teman sebaya masih sangat kurang dalam hal pemberian informasi tentang menstruasi. Sumber informasi khususnya media cetak yaitu majalah atau bukubuku dan media elektronik yaitu televisi belum dapat sepenuhnya menyampaikan

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informasi yang bermanfaat untuk anak yang berkaitan dengan menstruasi. Khusus majalah dan buku-buku tentang kesehatan dan menstruasi khususnya bagi masyarakat awam belum dapat terjangkau sehingga anak tidak mendapatkan informasi yang cukup dari sumber ini.

Pada akhirnya peranan ibu, guru dan sekolah perlu ditingkatkan dalam memberikan pengetahuan tentang menstruasi bukan hanya pengetahuan seputar agama tetapi juga pengetahuan seputar kesehatan organ reproduksi khususnya menstruasi. Komunikasi perlu dijalin lebih intensif agar adanya keterbukaan pada anak sehingga anak dapat mempersiapkan fisik dan mentalnya dalam menghadapi masalah yang timbul berkaitan dengan menstruasi.

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ABSTRACT

Menstruating the happening of blood passing vagina having the character of physiological because abrading of coat endometrium from gracious wall. cycle menstruate the endometrium drawn up regularly to accept the ovum which fruit have after happened the ovulasi, below influence by ritmik ovary hormone that is estrogen and progesteron. Menstruate for some of child represent the traumatic psychical experience. Negative feeling can cause the feeling very weak because feeling loss a lot of blood so that arise the low feeling themself or feel sickly, lose face because minimize have got to menstruate and existence of dread and fear the blood menstruate to penetrate its clothes so that child not dare to go out house.

This research is conducted to get the knowledge picture and behavioral hit to menstruate at class 1 schoolgirl in SMPN 1 and MTS Al-Furqon of Subdistrict Kragilan. Data collecting conducted with the directional group discussion method and circumstantial interview. Information source is class schoolgirl 1 menstruate the, mother, learn the IPA / biological, religion teacher and learn the tuition and konseling.

The Result of research indicate that the schoolgirl knowledge of about menstruating and keep cleaning good enough x'self, but that way knowledge of
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concerning organ reproduce and its function for themself not yet been known by schoolgirl completely. Schoolgirl behavior in information seeking of related to menstruating enough nicely but only in around just religious information. behavior of information Seeking hit to menstruate from health facet still very less.

Learn in second school have shown its function as educator, counsellor and supervisor for child. Still role as information giver around health menstruate felt still very less, information goodness from mother and also from teacher at school.

Friend role coeval still very less in the case of information gift about menstruating. Information source specially media print that is magazine or book and electronic media that is television not yet earned full submit the worthwhile information for the child of related to menstruating. magazine and book about health and menstruate specially for civil society not yet earned reached so that child not get the information which enough from this source.

In the end mother role, teacher and school require to be improved in giving knowledge of about menstruating not merely knowledge in around religion but also knowledge in around organ health reproduce specially menstruate the. Communications

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