

**THE RELATIONSHIP BETWEEN KNOWLEDGE ABOUT MENSTRUATION
AND READINESS TO FACE MENARCHE IN STUDENTS OF SDN
JEJALENJAYA 01 TAMBUN UTARA BEKASI**

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ABSTRACT

Background: The first menstruation is a natural process that occurs in reproductive women. Good knowledge related to menstruation is very necessary for students in dealing with menarche, so that they are ready to face menarche. The National Statistics Agency (2023) recorded 44.25 million adolescents in Indonesia. However, only 63% of adolescent girls understand what happens during menarche and only 55% feel ready. **Objective:** To find out the relationship between menstrual knowledge and menarche readiness in students of SDN Jejalenjaya 01 Tambun Utara Bekasi. **Methods:** This type of study is observational analysis, with a cross sectional approach The research sample is 57 respondents, using the Proportionate stratified random sampling technique. Data collection using questionnaires and data has been analyzed using the chi square test. **Result:** Of the 57 respondents, the most dominant respondents had insufficient knowledge with 24 respondents (42.1%), and the most dominant respondents were ready to face menarche with 36 respondents (63.2%). The results of the analysis with the chi square test showed that menstrual knowledge was related to menarche readiness (p-value = 0.000). **Conclusion:** There is a significant relationship between knowledge about menstruation and readiness to face menarche in students of SDN Jejalenjaya 01.

Keywords: menarche, menstruation, knowledge, readiness