

**Family Social Support To The Girls Experiencing Anxiety During Menarche at  
Dusun Jombang**

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**ABSTRACT**

*Girls may suffer from anxiety during the menarche period. The social support of family to the girls with menarche is essential. The study is intended to identify the family social support to their adolescences with menarche who experience anxiety at Dusun Jombang. It is a descriptive study using a single variable, family social support. The populations are 67 families and 20 among them were chosen as the samples using the purposive procedure. The data analysis includes distribution and descriptive tables in percentage. The results of the study are 9 (45%) provides good emotional social support and 11 (55%) with good instrumental supports. The study summarizes that families provide good social supports to their girls with menarche. It is advised that parents need to maintain their social support to reduce the anxiety of their children.*

**Keywords:** Social Support, Adolescence, Menarche, Anxiety

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**INTRODUCTION**

Family support is essential in health care, especially patient with anxiety. The social support may take the forms of empathy, informative, instrumental, and appraisal support. Social support, both physical and psychological, is important for the girls who suffer from menarche. Young girls are not well prepared to face their menstrual events. The situation is getting worse due to the absence of support from family, poor knowledge of parents to assist their girls, the taboo or feel ashamed to inform their girls about menstruation. Poor social support from family for their teenagers about first menstruation may lead to anxiety. For this reason, parents need to aware the importance of their support to their girls entering menarche period (Sukarni& Wahyu, 2013).

The Indonesian Basic Health Research (Riskesdas, 2013) showed that that 37.5% of Indonesian women experience *menarche* at the age of 13-14 years; 0.1% at age 6-8 years; 19.8% aged 15-16 years and 4.5% aged over 17 years. The age of *menarche* for adolescent girls in Indonesia ranges from 12-14 years. A study at the Darul 'Ulum Jombang Islamic boarding school found that 12 respondents (80%) had experienced *menarche* and 3 respondents (20%) had not experienced *menarche* (Mukhoirotin and Taufik 2016). It also found that 87% of girls with menarche have poor knowledge, 90% fail to receive support from their family, and 90% of them suffer from anxiety and restlessness. They girls argued that they have poor support from their families and limited knowledge to the health problem. A study in Jombang Village revealed that 9 (87.5%) of parents acknowledged that their daughters experienced anxiety during menarche, especially when parents support is absence. It also found that 1 (12.5%) of family reported that their daughter free from anxiety as they fully support her during menarche time.

There are many factors related to the lack of support from parent to their daughters with menarche, such as limited knowledge, feel ashamed to talk about reproductive health, lack of communication, or busy parents. These situations may trigger anxiety during menstruation as it is unpleasant. The implication of lack support from family may make the girls to perceive menarche in negative ways by seeing it as disease. The lack of support may also cause pathological symptoms such as fear, internal conflict, dizziness, nausea, and dysmenorrhea. Lacking on knowledge and social support from family risk girls from Urinary Tract Infection (UTI) and cervical cancer. This of course needs serious attention with parents providing the right information (Mandle and Edelman, 2006 in Isnaeni 2011).

The Law No. 10/1992 outlines the right equality for reproductive health. It is supported by the President Regulation N0. 7/ 2005 about the Medium-Term Development Plan (RPJM) 2005-2009 declares the need to

improve the quality of adolescence reproductive health. The rule requires parents to provide attention and information to their teenager girls about menstruation to avoid potential problems such as menarche. The study aims to identify the social support of family to their children with menarche problems.

## METHODS

The study uses a descriptive design. The populations of the study include 20 parents with teenager girls experience menarche in Dusun Jombang. They are all taken as the sample of the study. A questionnaire is used to collect the data needed. Descriptive analysis is performed and the results are presented in tables frequency distribution. The Head of Jombang Village has granted permission for the research. We guarantee that the identification of respondents is confidential, anonymity, and consent form is provided.

## RESULTS

### Emotional Support

Table 1. Distribution of Emotional Support to the Girls with Menarche

Emotional Support	Frequency	Percentage (%)
Good	9	45
Enough	4	20
Less	7	35
<b>Total</b>	<b>20</b>	<b>100</b>

### Instrumental Support Data

Table 2. Distribution of Instrumental Support to the Girls with Menarche

Instrumental Support	Frequency	Percentage (%)
Good	11	55
Enough	8	40
Less	1	5
<b>Total</b>	<b>20</b>	<b>100</b>

## DISCUSSION

### *Emotional Support*

The results show that 9 (45%) families provide emotional support for their daughter who experience menarche. Parents give advice and attention are ways to give emotional support for their daughters by listening their complaints such as dizziness or pain when menarche. Parents provide comfort and emotional support may reduce the negative implication of menarche. According to House in Met (1994), family need to provide emotional support for their daughters with menarche, including empathy, care, and attention to make the comfortable, being loved, and care when facing pressure in their life.

The study reveals that 20% families provide sufficient emotional support while 35% provide less emotional support for their daughters. Girls who have not obtained support their families because they do not get motivation from their families. Emotional support from family is important as it will give positive energy or feeling for the girls. According to Putri (2015) identifies that giving attention and and showing a sense of care and affection for children so that children feel safe, comfortable, and loved.

### *The Instrumental Support*

The study found that 11 (55%) of families provide instrumental support for their children. Making facilities available to support their daughters during menarche is a simple way to support them during the hard time. Providing sanitary napkins, pant liners, and food with high iron contains is important to maintain the health of menarche girls. The provision of materials for menarche is an evident that parents are available to support their girls instrumentally. This important that such support will free the girls from health problems, including pain on lower abdomen. According House in Smet (1994), the instrumental support comes in form of direct provision of facilities and materials to deal with the menarche.

## CONCLUSION

Based on the results of research and discussion on Family Social Support for Adolescents Who Experience Anxiety During Menarche in Dusun Jombang, it can be concluded that some families provide good support to young women who experience anxiety during menarche. The forms of support are emotional support and instrumental. The study recommends that the family should provide more support and attention and information to adolescent girls at puberty so that they can face the menarche period and reduce the potential

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health problems such as anxiety and depression. Also, further study is necessary is important to investigate other characteristics dealing with social support for girls who have their menstruation for the first time.

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