RELATIONSHIP BETWEEN MEDIA EXPOSURE AND THE AGE OF MENARCHE

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abstract

Menarche is the first menstruation marked by the discharge of blood from the vagina due to decay of the endometrial wall, factors affecting the age of menarche include nutritional status, socioeconomic, physical abnormalities, audiovisual, social and genetic environment. One of the factors that influence the occurrence of early menarche is caused by strong stimuli from the external factor, one of which is through exposure to information media, both print and electronic. Information media exposure and the speed of adolescent puberty which indirectly causes the acceleration of the age of menarche. Today, teenagers tend to be influenced by information media easily, misinformation about reproduction, and adult websites. The purpose of this study was to determine the relationship between media exposure and the age of menarche. This study used a cross-sectional approach. The total sample was 173 women adolescents chosen using a simple random sampling technique. Data were collected using interviews and a survey and then analyzed using the Chi-Square test. The results showed that the most age of menarche was 11 years (43.3%), there was a relationship between media exposure with menarche age (p <0.05). It is recommended for each student to be able to choose the right information about reproductive health, it would increase their knowledge and insight about reproductive health.
Keywords: Adolescent, Media, Menarche Age.

INTRODUCTION

Puberty is a very important stage for women. The puberty period changes from childhood to adulthood. This period is a difficult period for adolescents because there are physical, biological, and social changes. In this period the process of adjustment is needed for herself and her friends. Changes experienced by adolescent girls include changes of secondary body organs (breast growth, pubic hair, height changes), and changes in the primary organs, namely *menarche*.

Susanti (2012) explains that *Menarche* is the first menstruation that is marked by the discharge of blood from the vagina due to decay of the endometrial wall. Improving the living standards in family influences food intake and may have an impact on the age of *menarche*; first menstruation that occurs earlier or 1 year earlier than the general practice during today's society. Factors of low fiber intake, high fat and calcium intake have an impact on the age of the early *menarche* (Susanti, 2012).

Factors affecting the age of menarche among teenagers are genetic, ethnic, psychological, body fat, nutrition, and physical activity. Environmental factors such as living in cities or villages, family income, number of family members, parental education level affect puberty in adolescents (Karapanou and Papadimitriou, 2010). Factors affecting the age of menarche

include nutritional status, socioeconomic, physical abnormalities, audiovisual, social and genetic environment (Proverawati, 2009).

Teenagers today tend to be easily influenced by information media. According to Kartono (2006) that one of the factors that influence menarche is caused by strong stimuli from the external factor, one of which is the information media, both print and electronic. Information media exposure in adolescent indirectly causes the acceleration of the age of menarche. Adolescent girls who experience early menarche show a stronger interest when watching shows that contain sexual in a movie, television, and magazines, compared to adolescents who experience menarche in the normal age range (Santrock, 2007)

Problems found at the research location including students who experience early *menarche* at 10.7 years. Based on a preliminary survey and supported by various studies stating that there is a decrease in the age of *menarche* (early *menarche*), the researchers are interested in researching "The Relationship between Media Information Exposure and Age Early *Menarche* in Adolescent Girls at Ummi Kulsum School Banjaran, Banjaran District, West Java Province, West Java Province ". The research problem is whether there is a relationship between media information exposure and the age of early *menarche* in young women in the Umi Kulsum School Banjaran? Research Objectives, analyzing and explaining the relationship between media exposure and age of *menarche* early in young women Ummi Kulsum School Banjaran

METHODS

This study applied the quantitative study using the *cross*-sectional approach, the research was carried out less than one year. This research is located in the district of the junior high school Umi Kulsum Banjaran, Bandung. The research was conducted on March-June 2016. The population in this study were all students of class VII and VIII amounting to 240 people. The sampling technique used *Simple Random Sampling*. The number of respondents was 173 people and randomly chosen.

Data collection was carried out using a questionnaire. The questionnaire was filled in under the researcher's observation, the questions about the habit of watching TV, watching the adult movie and reading comics/novels for adults. The questionnaire was tested for validity with *Product Moment Correlation* and reliability testing was performed with the Cronbach Alpha Coefficient Technique. The initial questionnaire was 30 items, after validity testing, only 25 items were declared valid and 5 items were declared invalid. Invalid items

removed from the question list. The reliability test was carried out on 30 items and the results of the test found all statements reliable with the calculated r-value greater than the r table value.

Grouping is done by making a total score of each assessment component. There were two categories for the age of *menarche,* including <12 years for *early menarche* and ≥12 years for *menarche* (Susanti, 2012). For the variable Media, Information Exposure divided into two categories always (> 3 hours) and rarely (≤3hours). Data were then analyzed using frequency distribution, and the *Chi-Square* test.

RESULTS

Analysis Univariate

1. Age of menarche

Results showed that most teenage girls experience *menarche* age <12 years (80%) and a small proportion of adolescent girls' experience menarche aged ≥12 years *(20%)*

2. Media Information

The results of the study showed that girls who often get information from the media as much as 57.8%. Teenagers often watch TV for more than 3 hours and often watch. While there were 42.2% of young women who rarely get information from the media, and there were young women who rarely watching TV and watching an adult movie.

Bivariate Analysis

Table 1. Relationship between Media Exposure and *Menarche* in Adolescents

Media Exposure	*Menarche*		P-value
	<12 years	**≥ 12 years**	
Always	107 (88.4%)	14 (11.6%)	0,000 OR 4.54
Rare	37 (62.7%)	22 (37.3%)	

Based on table 1 it can be seen that young women who always access media information experienced early *menarche* 88.4%, while girls who rarely access media information experienced early *menarche* as much as 62.7%. Statistical test results obtained p-value 0,000, there was a significant relationship between media information and the age of early

menarche. The analysis results obtained OR = 4.5 means adolescents who always access information from the media have an opportunity to *menarche* early by 4.5 times higher than young women who rarely access information from the media.

DISCUSSION

The majority of the respondent had *menarche* early about 80% of the total population, and they got menarche when 11 years. The risk of *menarche* early experienced by one of them being exposed to incorrect information and often being exposed to media that a teenager should not do. From the results, almost all young women often watch TV for more than 3 hours and are exposed to adult media before its time.

The early *menarche* is the first menstrual period experienced by a young woman under 12 years old. Early *menarche* has the risk of experiencing a decrease in lung function in adulthood due to the role of metabolism and hormonal factors in respiratory health. Several research reports indicate, *menarche* early has a greater risk of the emergence of cancer in women (Manuaba, 2009). Information from various media continues to develop and is needed all the time. From the media everyone can find out the latest information, people can also interact with others. A message from the media information can be conveyed well if the media is developed properly and the information would be beneficial to the publisher and the target.

CONCLUSIONS

The results of this study indicate that almost all young women often watch TV for more than 3 hours and are exposed to adult media before their time. Parents should pay more attention to the daily activities of their children, not to be exposed to harmful information. Each student is provided with information by parents at home, especially about reproductive health. For adolescents who have experienced *menarche* early regularly increase physical activity 3 times a week, consume healthy foods such as vegetables, fruit, and fish. Health workers are expected to be able to do counseling about adolescent reproductive health.

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