

The Effectiveness of Health Education Through Video Learning Multimedia On The Knowledge Of Youth About Menarche at SDN I Pakisaji

Ririn Harini^{1*}, Fridha Luciana Andini²

^{1,2} Faculty of Health Sciences, Universitas Muhammadiyah Malang, Malang, Indonesia

* Corresponding author: ririnharini@umm.ac.id

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ABSTRACT

Menarche (menar) is the first menstruation from the uterus which is the beginning of menstrual function and a sign of puberty in adolescent girls. In the last decade, there is a tendency for the menarche age to shift towards a younger age. (Williams and Wilkins, 2012).. Menars occurs in women of reproductive age between the ages of 10-16 years. What affects a woman to experience menarche is the maturity of the female reproductive organs. Nutritional status and stressors. Many problems are experienced by adolescents who experience menarche due to lack of knowledge about menarche, fear due to wrong information in dealing with menarche, and minimal information from teachers and parents (Andrijono, 2012). Researcher Septiana, 2016 in his research on the Relationship of Adolescent Knowledge with Nutritional Status, Physical Activity, and Age of Menarche. has recommended to provide information about menarche to the public, especially adolescents and to prepare mothers if their children experience early menarche. Research in Rome in 2003-2005 on knowledge and providing information about menarche in adolescents, the results obtained from 390 respondents 54.6% of them lack knowledge about menarche in adolescents (Pavia et al., 2006).

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1. Introduction

Improving women's health is one of the MDGs' national development goals as an effort to deal with emerging problems and reduce mortality caused by several diseases. The disease that is currently a concern of the world and results in a high mortality rate is cervical cancer. According to WHO (World Health Organization) in 2007 of 2329.08 million women aged > 15 years are at risk of cervical cancer. Every year 493,243 women are diagnosed with cervical cancer and 273,505 die from the disease. The mortality and incidence of cervical cancer in women ranks second in the world after breast cancer, and often occurs in women aged between 15 to 44 years (WHO 2007).



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Currently, the age of menarche for young women in Indonesia is faster than some time ago, this can be influenced by various factors. In Septiana's 2016 study, which aims to determine the relationship between nutritional status and physical activity with age at menarche. The design of this research is descriptive correlative. The research sample consisted of 87 young girls in grades 5 and 6 of an elementary school (SD), as well as grades 1 and 2 of a junior high school (SMP) in East Jakarta, which were taken using cluster sampling technique. The results showed that there was no relationship between nutritional status and age at menarche, but age at menarche was associated with physical activity. Researchers recommend providing information about menarche to the public, especially adolescents and preparing mothers if their children experience early menarche.

To prevent the increasing problems faced by adolescents in facing menarche, intervention from all parties is needed, so that the community, especially teachers and parents (mothers) are motivated to carry out socialization or sex education from an early age on how to deal with menarche in early adolescents. Based on the above background and the high incidence and stress in adolescents who experience menarche, as well as the lack of information on how to deal with menarche, this study will further examine the effectiveness of Health Education through Multimedia Video Learning on Knowledge of Adolescent Menarche at SDN 1 Pakisaji.

2. Methods

2.1 Research Design

The type of research used is a cross sectional method, namely a research design where the variables including risk factors and variables including effects are observed simultaneously at the same time at a time (point time approach). This means that each research subject is only observed once and measurements are made on the status of the character or variable of the subject at the time of examination. The subject group was observed before the intervention, then observed again after the intervention. Do a pretest before giving health education.

3. Results and Discussion

The results of Health education based on multimedia video learning that have been carried out on grade 5-6 students of SDN 1 Pakisaji Malang on February 8 and February 22, 2020 are as follows:

The target sample for health education with the theme of menarche that has been carried out by researchers is school-age children who are currently taking elementary education in grades 5 and 6, so that in the research process, researchers use the large group education method. This educational method was taken because the target population was >15 people (n=117 students consisting of 56 students and 61 students) so that it was necessary to choose the lecture method to focus on targeted educational materials.

The large group education method through lectures is also interspersed with other methods, namely multimedia video learning. This additional method is based on advances in educational technology which allows to facilitate and develop creative

packaging of core material. Using the multimedia video learning method, researchers must also choose a suitable platform so that it can support during the health education process, and the platform chosen by the researcher is YouTube. Medienpädagogischer (2017, in Josen Buncher 2018) explains that YouTube can be used as a multimedia learning-based tutoring platform. So that in the process there is a good student interaction control process by understanding the concepts given, directing students to trigger certain questions, and allowing students to discuss with others.

The presentation of multimedia learning videos through the YouTube platform is still adjusted to 6 cognitive domains based on the theme of health education: menarche which includes basic knowledge and understanding of menarche (definition and clinical manifestations of menarche), application of theory with problem solving principles according to the child's growth and development stage (preparing for menarche) , analyzing the basis by describing the basic concepts (simple concepts of etiology and physiology of menstruation), and evaluating learning outcomes through informal interviews and filling out 15 items of the menarche pre-post questionnaire.

Knowledge After Health Education - Knowledge Before Health Education
Z -4.810a
asympt. Sig. (2-tailed) .000

After the questionnaire was given, it can be seen that multimedia video learning is effective for increasing adolescent knowledge about menarche at SDN 1 Pakisaji. The effectiveness was obtained based on the results of the Wilcoxon signed rank test with a significant value of $0.000 < 0.05$ which is listed in table 1 below.

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