

ABSTRACT

THE EFFECT OF AUDIO-VISUAL BASED MENARCHE EDUCATION ON THE KNOWLEDGE OF FEMALE PUPILS AT SDN SUKASENANG, TASIKMALAYA REGENCY

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One of the indicators of puberty in girls is menarche, which is the first menstrual cycle. A lack of knowledge about menarche can leave schoolgirls unprepared to cope with physical and psychological changes. Based on a preliminary study at SDN Sukasenang in Tasikmalaya Regency, it was found that some schoolgirls still have insufficient knowledge about menarche. The purpose of this study is to determine the impact of audio-visual-based menarche education on the knowledge of female students at SDN Sukasenang in Tasikmalaya Regency.. The study used a one-group pretest-posttest design and a pre-experimental methodology. Using complete sampling, 40 female students in Years 5 and 6 who had already experienced menstruation made up the sample. Every response was female, comprising 20 pupils aged 11 (50 per cent) and 20 aged 12 (50 per cent), with 20 pupils each from Years 5 and 6 (50 per cent). The research instrument consisted of a menarche knowledge questionnaire comprising 25 valid items. Data collection was carried out via a pre-test, followed by educational sessions using audio-visual materials, and then a post-test. The results showed that average knowledge increased from 15.58 (62.32 per cent) to 21.53 (86.12 per cent), representing an increase of 5.95 points. The Paired Sample T-Test revealed $p = 0.000$ ($p < 0.05$). In summary, audio-visual menarche education significantly increases the understanding of female students. Regular reproductive health teaching in schools is advised..

Keywords: Menarche Education, Audio-Visual, Knowledge, Female Students.