

HEALTH POLYTECHNIC OF TANJUNG KARANG
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*THE RELATIONSHIP OF PORNOGRAPHY EXPOSURE THROUGH MASS
MEDIA WITH MENARCHE AGE CLASS OF 5 AND 6 FEMALE STUDENTS
IN AL KAUTSAR ELEMENTARY SCHOOL 2020*

xvi + 64 pages, 6 tables, 2 pictures, 5 attachments

ABSTRACT

Today, the age of menarche has shifted to a younger age between 10-11 years. According to the results of the Indonesian Health Demographic Survey (2017), it was found that 28% of girls experienced menarche at the age of 13 years, followed by 12 years of age by 26% and age 14 years by 23%. In addition, among women who at the time of the survey were 15 years old experiencing menarche at the age of 12 years (32%) and 13 years (31%). One of the reasons is exposure to adult mass media which has the effect of arousing sexual stimulation so that the hypothalamus maturation stimulates the FSH and LH hormones to produce estrogen as a reproductive organ maturity. Based on the results of the pre-survey conducted by researchers in three locations, the largest percentage of early menarche events occurred in Al Kautsar Bandar Lampung Elementary School, which amounted to 22.7% students. The purpose of this study was to determine the relationship of exposure to pornography through the mass media with the age of menarche in grade 5 and 6 students at Al Kautsar Bandar Lampung Elementary School in 2020.

This study uses an analytic observational design with a cross sectional approach. The study population of all grade V and VI students in Al Kautsar Bandar Lampung Elementary School was 304 students. The research sample of 61 students who experienced menarche and sampling was done by purposive sampling.

Based on the Chi Square statistical test results between the relationship of exposure to pornography through the mass media to the age of menarche class V and VI students, the value of $\alpha = 0.045$ so $\alpha < 0.05$. The results of statistical tests prove that there is a relationship between exposure to pornography through the mass media with the age of menarche in grade V and VI students at SD Al Kautsar Bandar Lampung in 2020. The conclusion of this study, exposure to pornography through the mass media has a relationship with the age of menarche. The results of this study are expected to increase the participation of schools and families to provide education and supervision of children.

Keywords : Pornography Exposure, Menarche Age

Reading list : 50(2002 – 2019)

POLITEKNIK KESEHATAN TANJUNG KARANG
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HUBUNGAN PAPARAN PORNOGRAFI MELALUI MEDIA MASSA
DENGAN USIA MENARCHE PADA SISWI KELAS V DAN VI
DI SD AL KAUTSAR TAHUN 2020

xvi + 64 halaman, 6 tabel, 2 gambar, 5 lampiran

ABSTRAK

Saat ini, usia menarche telah bergeser ke usia lebih muda antara 10-11 tahun. Menurut hasil Survei Demografi Kesehatan Indonesia (2017), didapatkan 28% remaja putri mengalami menarche di usia 13 tahun, diikuti usia 12 tahun sebanyak 26% dan usia 14 tahun sebanyak 23%. Selain itu, di antara wanita yang pada saat survey berumur 15 tahun mengalami menarche di usia 12 tahun (32%) dan 13 tahun (31%). Salah satu penyebabnya, yaitu keterpaparan media massa orang dewasa yang berefek timbulnya rangsangan seksual sehingga terjadi pematangan hipotalamus yang merangsang hormon FSH dan LH menghasilkan estrogen sebagai kematangan organ reproduksi. Berdasarkan hasil pra survey yang telah dilakukan peneliti di tiga lokasi, menunjukkan hasil presentase terbesar kejadian menarche dini ada di SD Al Kautsar Bandar Lampung, yaitu sebesar 22,7% siswi. Tujuan dari penelitian ini adalah mengetahui hubungan paparan pornografi melalui media massa dengan usia menarche pada siswi kelas 5 dan 6 di SD Al Kautsar Bandar Lampung tahun 2020.

Penelitian ini menggunakan rancangan observasional analitik dengan pendekatan *Cross Sectional*. Populasi penelitian seluruh siswi kelas V dan VI di SD Al Kautsar Bandar Lampung sebanyak 304 siswi. Sampel penelitian sebanyak 61 siswi yang mengalami menarche dan pengambilan sampel dilakukan secara *purposive sampling*.

Berdasarkan hasil uji statistik *Chi Square* antara hubungan paparan pornografi melalui media massa terhadap usia menarche siswi kelas V dan VI didapatkan nilai $\alpha = 0,045$ sehingga $\alpha < 0,05$. Hasil uji statistik membuktikan bahwa ada hubungan paparan pornografi melalui media massa dengan usia menarche pada siswi kelas V dan VI di SD Al Kautsar Bandar Lampung tahun 2020. Kesimpulan dari penelitian ini, yaitu paparan pornografi melalui media massa memiliki hubungan dengan usia menarche. Hasil penelitian ini diharapkan adanya peningkatan peran serta dari pihak sekolah dan keluarga untuk memberikan edukasi dan pengawasan terhadap anak.

Kata Kunci : Paparan Pornografi, Usia Menarche
Daftar Bacaan : 50 (2002 - 2019)