

ABSTRACT

Lailil Afrilia NIM 21153010031 Midwifery Study Program	Advisor Bdn. Dana Daniati S.Tr.Keb., M.Keb NIDN. 0726129501
THE EFFECT OF REPRODUCTIVE HEALTH EDUCATION THROUGH VIDEO MEDIA ON THE LEVELS OF ANXIETY OF ELEMENTARY SCHOOL CHILDREN (SD) FACING MENARCHE (Study at MIN 01 Bangkalan, Kamal, Bangkalan)	
ABSTRACT <i>Anxiety about menarche is an emotional state characterized by anxiety, fear, worry, and the assumption that something bad will happen. Based on a preliminary study at SDN Banyuajuh 6 Kamal on December 16, 2024 through interviews, it is known that most children feel anxious when facing their menarche. This study aims to analyze the effect of reproductive health education through video media on the anxiety level of elementary school children (SD) facing menarche at MIN 01 Bangkalan.</i> <i>The design of this study was an experimental method with a one group pre-test post-test approach. The independent variable was reproductive health education through video media and the dependent variable was the anxiety level of elementary school children (SD) facing menarche. Population 46 with totaled 42 schoolgirls and the sampling technique used probability sampling with simple random sampling. Data collection using the HARS (Humilton Rating Scale Anxiety) questionnaire. The statistical test used is the Wlcoxon Signed Rank Test with $\alpha = (0.05)$.</i> <i>The results of the Wilcoxon Signed Rank Test research obtained a P-Value $(0.000) < \alpha (0.05)$, meaning that there was an effect of reproductive health education through video media on the anxiety level of elementary school children (SD) facing menarche at MIN 01 Bangkalan.</i> <i>It is expected that the MIN 01 Bangkalan school can cooperate with the nearest health worker to provide reproductive health education through videos about anxiety during menarche. In addition, children's knowledge about menstruation also needs to be improved, not just measuring anxiety levels.</i> Keywords: Health Education, Anxiety, First Menstruation, Menarche	