

INTISARI

Latar belakang: Pubertas ditandai oleh perubahan fisik yang dapat memicu kecemasan, ketakutan, dan kecenderungan menarik diri pada remaja. Dukungan orang tua serta pengetahuan sangat penting dalam membantu remaja membentuk sikap positif terhadap perubahan tersebut. Namun, belum banyak penelitian yang secara khusus mengkaji hubungan antara dukungan dan pengetahuan orang tua dengan sikap remaja terhadap perubahan fisik selama masa pubertas.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan persepsi dukungan orang tua dan pengetahuan terhadap sikap tentang perubahan fisik masa pubertas pada remaja perempuan.

Metode: Jenis penelitian ini yaitu kuantitatif dengan pendekatan *cross sectional*. Jumlah responden sebanyak 106 remaja perempuan ditentukan dengan *probability sampling* dan *purposive sampling*. Pengumpulan data dilaksanakan pada 14-17 Februari 2025. Instrumen yang digunakan ada tiga yaitu instrumen persepsi dukungan orang tua oleh Haryani (2018), pengetahuan perubahan fisik masa pubertas oleh Rohmaniah (2014), dan sikap perubahan fisik masa pubertas oleh Rohmaniah (2014). Pengumpulan data menggunakan lembar kertas kuesioner. Hasil penelitian dianalisis menggunakan analisis univariat untuk mengetahui frekuensi dan persentase data serta analisis bivariat menggunakan uji korelasi *Kendall Tau*

Hasil: Hasil analisa univariat, Persepsi dukungan orang tua lebih dari separuh responden kategori tinggi. Pengetahuan remaja perempuan mayoritas kategori baik. Sikap remaja perempuan mayoritas kategori positif. Hasil analisis bivariat dengan *Kendall Tau* menunjukkan bahwa terdapat hubungan ($p\ value = <0,001$; $r = 0,551$) antara persepsi dukungan orang tua dengan sikap tentang perubahan fisik masa pubertas pada remaja perempuan. Terdapat hubungan ($p\ value = <0,001$, $r = 0,531$) antara pengetahuan dengan sikap tentang perubahan fisik masa pubertas pada remaja perempuan.

Kesimpulan:

Terdapat hubungan positif signifikan tingkat sedang antara persepsi dukungan orang tua dengan sikap tentang perubahan fisik masa pubertas. Diharapkan remaja dapat bersikap terbuka kepada orang tua atau teman sebaya untuk membahas tentang pubertas.

Terdapat hubungan positif signifikan tingkat sedang antara pengetahuan dengan sikap tentang perubahan fisik masa pubertas pada remaja perempuan. Diharapkan remaja dapat terus meningkatkan literasi terkait pubertas agar siap dalam menghadapi perubahan fisiknya.

Kata kunci: persepsi, dukungan orang tua, pengetahuan, sikap, perubahan fisik, pubertas, remaja perempuan

ABSTRACT

Background: Puberty is marked by physical changes that can trigger anxiety, fear, and a tendency to withdraw in adolescents. Parental support and understanding are very important in helping adolescents form positive attitudes towards these changes. However, there have been few studies that specifically examine the relationship between parental support and knowledge with adolescent attitudes towards physical changes during puberty.

Objective: This study aims to determine the relationship between perceptions of parental support and knowledge of attitudes about physical changes during puberty in adolescent girls.

Method: This type of research is quantitative with a cross-sectional approach. The number of respondents was 106 adolescent girls determined by probability sampling and purposive sampling. Data collection was carried out on February 14-17, 2025. There were three instruments used, namely the instrument of perception of parental support by Haryani (2018), knowledge of physical changes during puberty by Rohmaniah (2014), and attitudes about physical changes during puberty by Rohmaniah (2014). Data collection used a questionnaire sheet. The results of the study were analyzed using univariate analysis to determine the frequency and percentage of data and bivariate analysis using the Kendall Tau correlation test

Results: The results of the univariate analysis, Perception of parental support more than half of the respondents are in the high category. The knowledge of female adolescents is mostly in the good category. The attitudes of female adolescents are mostly in the positive category. The results of the bivariate analysis with Kendall Tau showed that there was a relationship (p value = <0.001 ; $r = 0.551$) between the perception of parental support and attitudes about physical changes during puberty in female adolescents. There is a relationship (p value = <0.001 , $r = 0.531$) between knowledge and attitudes about physical changes during puberty in female adolescents.

Conclusion:

There is a significant positive relationship at a moderate level between the perception of parental support and attitudes about physical changes during puberty. It is hoped that adolescents can be open to parents or peers to discuss puberty.

There is a significant positive relationship at a moderate level between knowledge and attitudes about physical changes during puberty in female adolescents. It is hoped that teenagers can continue to increase their literacy regarding puberty so that they are ready to face physical changes.

Keywords: perception, parental support, knowledge, attitude, physical changes, puberty, adolescent girls