

## ABSTRAK

Menarche dan menstruasi merupakan proses fisiologis namun dapat menyebabkan ketidaknyamanan fisik, emosional dan rasa cemas. Usia menarche cenderung mengalami penurunan setiap tahunnya. Di SD Muhammadiyah Sagan terdapat 10 siswi kelas 4 yang belum menarche mengatakan tidak mengetahui tentang menarche, hubungan menstruasi dengan kehamilan serta tidak mengetahui apa yang harus dilakukan ketika menstruasi terjadi, Penelitian ini bertujuan untuk mengetahui efektivitas media pembelajaran komik dan leaflet dalam meningkatkan pengetahuan menghadapi menarche pada siswi kelas IV sekolah dasar.

Metode penelitian menggunakan jenis penelitian quasy-experiment dengan pendekatan pretest-posttest control group design. Subyek penelitian adalah siswi kelas 4 di SD Muhammadiyah Sagan dan SD Muhammadiyah Kauman. Penelitian dilakukan bulan Oktober-November dengan 90 responden memenuhi kriteria inklusi. Subyek penelitian dibagi dua yaitu kelompok perlakuan dengan komik (n=44) dan kelompok kontrol dengan leaflet (n=46). Instrumen yang digunakan kuesioner. Teknik pengambilan sampel total sampling. Uji statistik dengan Uji Wilcoxon Test dan Mann-Whitney Test.

Hasil penelitian menunjukkan bahwa pengetahuan tentang menarche sebelum dan sesudah diberikan media komik dan leaflet mengalami peningkatan. Hasil uji Mann-Whitney selisih media komik dan media leaflet didapati Z hitung sebesar -2,815 nilai signifikansi 0,005 ( $p < 0,05$ ).

Media komik lebih efektif dari media leaflet dalam meningkatkan pengetahuan menghadapi menarche pada siswi kelas IV sekolah dasar.

Kata Kunci: media komik, leaflet, menarche.

## **ABSTRACT**

*Menarche and menstruation is a physiological process but can cause physical discomfort, emotional and anxiety. Age of menarche declining and faster every year can cause menarche experienced by elementary school students, at SD Muhammadiyah Sagan there were 10 grade 4 are not yet menarche say not know about menarche and menstruation, not knowing that menstruation interact with pregnancy, also not knowing what to do when menstruation occurs. The study compared the effectiveness of comic and leaflet utilization in health education to increase the knowledge about face of menarche on student grade 4.*

*This study is quasy-experiment with approaches pretest-posttest control group design. Subjects were 4<sup>th</sup> grade students of elementary school at Muhammadiyah Sagan and Muhammadiyah Kauman. The study was conducted on month of Oktober up to November with as many as 90 respondents who met the inclusion criteria. The subjects were divided into two groups: comic (n= 44) and leaflet (n= 46). The instrument used questionnaire. The sampling technique total sampling. Statistical test using Wilcoxon test and Mann-Whitney Test.*

*The result showed that knowledge of menarche before and after the giving comic and leaflets increased. Moreover, Mann-Whitney test resulted that there is difference of knowledge score by using comic and leaflet by Z score of -2,815 and significance by 0,005 ( $p < 5\%$ )*

*In conclusion, comic is more effective than leaflet as media to increase knowledge about menarche through 4<sup>th</sup> grade students of elementary school.*

*Keywords: comic media, leaflet, menarche.*