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The Relationship of Young Women's Knowledge and Attitudes About the Physical Changes of Puberty with Self-Confidence

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ABSTRACT There are still many teenagers who do not know about the physical changes of puberty, so it can affect their confidence. Adolescents must have good self-confidence so that they can help carry out their developmental tasks, in the formation of self-image or identity in adolescents, and the process of adjusting themselves to their social, both to peers and people around them. This study aims to find out the relationship between knowledge and attitudes of adolescent girls about the physical changes of puberty with self-confidence. This research method is observational with a cross-sectional approach. Sampling uses simple random sampling. Independent variables are knowledge and attitudes, while dependent variables are self-confidence. Data collection using questionnaires. The analysis using the Chi-Square test resulted from 71 respondents obtained students who had less knowledge as many as 53 students, had negative attitudes as many as 46 students, and almost all students had low self-confidence as many as 52 students. The results of the analysis of the relationship of knowledge with self-confidence value p value = 0.010 and attitude relationship with self-confidence value p value = 0.003. In conclusion, there is a significant relationship between the knowledge and attitude of young women about the physical changes of puberty with self-confidence in MTs student Ar-Rohman Tegalrejo Semen. It is hoped that school teachers can provide explanations about the physical changes that occur in young women, so that students are better prepared for the changes that occur, and can maintain and improve their reproductive health;

INDEX TERMS knowledge; attitude; self-confidence.

I. INTRODUCTION

Puberty is a sensitive period of life for developing specific skills and knowledge and acquiring abilities and attributes that are essential for managing emotions and assuming adult roles. Thus, this has implications for health education programs to respond to the experimentation and exploration that takes place during puberty[1]. Adolescence marks a period of important physical and sexual changes. It is expected that adolescents face major conflict in adapting to the sudden upsurge of sexual and aggressive drives. These changes may cause unrest and confusion in the adolescents' way of perceiving the world[2].

Family, especially the mother, has the most important role in the education, transformation of information, and health behaviors of girls for them to have a healthy transition from the critical stage of puberty, but there are different views in this regard[3]. Care for the girls' health conditions is very important because they play a crucial role in fertility

and reproduction[4]. Adolescence is a period of life that marks the transition from childhood to adulthood[5]. There are still many teenagers who don't know puberty, so it can affect their self-confidence. A good sense of self-confidence will help them fulfill their developmental tasks both in shaping their image and identity and in the process of adapting to the social environment, business, and the people around them[6].

The results of research conducted by Rohmaniyah showed that 43 people (47.8%) and 47 people (52.2%) had good knowledge. There were 42 (46.7%) adolescents with a positive attitude and 48 (53.3%) adolescents with a negative attitude [6]. The results of a study conducted by Wiranatha & Supriyadi in 2015 found that more than half of respondents had less self-confidence as many as 218 respondents (44.3%), while self-confidence was good for 209 respondents (42.55%). A preliminary study was conducted on February 7, 2022, at MTS Ar-Rohman Tegalrejo Semen

using questionnaires on 25 female students, namely 18 (72%) students lacking self-confidence and 7 (18%) students who are confident in facing puberty.

In general, young women have negative views and judgments of themselves. Factors influencing adolescent readiness in the face of puberty are age, sources of information, and lack of understanding of Anggraini's sexual behavior[7]. Physical changes in adolescence often make adolescents unable to accept the state of their body as it is. This led to a negative assessment of his body. Adolescents who can adapt well to physical changes are characterized by positive self-acceptance and can carry out activities that are beneficial to themselves[8]. Family support has a major influence on the readiness of young women to face situations, especially physical changes that occur in adolescence [9]. To improve the positive attitude of adolescents it is necessary to improve their health, especially reproductive health, which explains the physical changes that occur during adolescence and can maintain and improve their reproductive health [10].

Puberty education programs are universally important, as they provide crucial knowledge and skills to help youth and their caregivers navigate the physical, emotional, and interpersonal changes of puberty with positive outcomes[11]. Because of this, all children and adolescents need good-quality puberty education in school curricula, and this need is supported by positive cost-benefit analysis and international professional consensus[12]. Why focus on early adolescence? The entire period of pubertal transition is overdue for in-depth empirical study and intervention, particularly in sub-Saharan Africa[13]. It is hoped that the community, especially mothers who have early adolescent daughters, can provide support in readiness to face physical changes during puberty[14].

II. RESEARCH METHODS

The general purpose of this study is to find out the relationship between knowledge and attitudes of young women about physical changes in puberty with self-confidence in MTS student Ar-Rohman Tegalrejo Semen. Specific objectives are to identify young women's knowledge of the physical changes in puberty, identify young women's attitudes about physical changes in puberty, identify young women's self-confidence about physical changes in puberty, analyze the relationship between young women's knowledge of puberty and physical changes with self-confidence, and analyze the relationship of young women's attitudes about physical changes in puberty with self-confidence.

This study uses observational analytical research methods with a cross-sectional approach, researchers want to analyze the relationship between young women's knowledge and attitudes about the physical changes of puberty with self-confidence[15]. In this study, sampling used the Simple Random Sampling technique. The inclusion criteria for this study are all female students and female students aged 12-15 years, while the exclusion criteria for sick female students or

school permits. The sample taken must meet the inclusion criteria with a total population of 71 female students. Data collection is carried out directly through questions in the form of questionnaires filled out by participants according to the criteria. The measuring instrument used is a questionnaire sheet, there is a questionnaire on knowledge, attitude, and self-confidence. After the questionnaire is collected, data processing is carried out using editing, coding, tabulating, and data cleaning techniques. Data analysis using univariate and bivariate analysis was performed on two variables that were suspected to be interrelated or correlated. This study using the Chi-square test was carried out with a cross table. With a meaningfulness level or error limit that is $\alpha = 0.05$. If it is not qualified (20%), the table is more than 2x2 then it should be simplified or lowered to a 2x2 table and then the conclusion can be read on the Fisher Exact Test.

III. RESULT

A. CHARACTERISTICS AGE

Age (year)	Sum	Percentage (%)
12	11	15,5
13	26	36,6
14	15	21,1
15	19	26,8
Summary	71	100

The age characteristics of female students of class VII-XI MTs Ar-Rohman Tegalrejo Semen in 2022 can be seen in the following table 1.

TABLE 1
Age of Female Students class VII-XI MTs Ar-Rohman Tegalrejo Semen in 2022

From **TABLE 1** above, it is known that 71 female students are mostly 26 female students (36.3%) aged 13 years, 19 female students (26.8%) aged 15 years, 15 female students (21.1%) aged 14 years, and a small part, namely 11 female students (15.5%) aged 12 years.

B. KNOWLEDGE FREQUENCY DISTRIBUTION

An overview of the knowledge of class VII-XI MTs ar-Rohman Tegalrejo Semen students in 2022 can be seen in **FIGURE 1**. as follows.

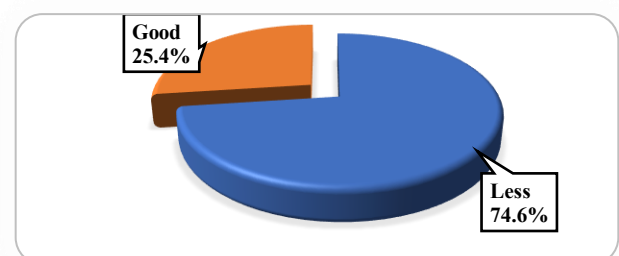


FIGURE 1. Knowledge of Class VII-XI MTs Ar-Rohman Tegalrejo Semen Students in 2022

From **FIGURE 1** above, the results of the study found that 71 female students based on their knowledge of physical changes in puberty mostly had less knowledge than 53 students (74.6%) and have good knowledge than 18 students (25.4%).

C. ATTITUDE FREQUENCY DISTRIBUTION

An overview of the attitudes of class VII-XI MTs Ar-Rohman Tegalrejo Semen students in 2022 can be seen in figure 2 as follows.

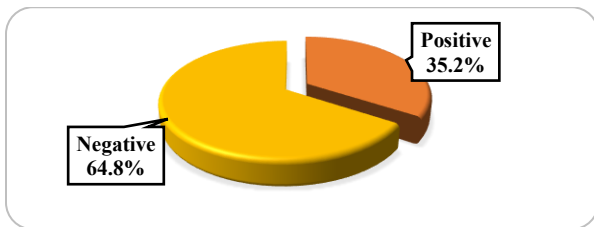


FIGURE 2. Attitudes of Class VII-XI MTs Ar-Rohman Tegalrejo Semen Students in 2022

From **FIGURE 2** above, it is known that 71 female students based on their attitudes about physical changes in puberty mostly had negative attitudes of 46 students (64.8%) and a positive attitude of 25 students (35.2%)

FIGURE 3. Self Confidence of Class VII-XI MTs Ar-Rohman Tegalrejo Semen Students in 2022

From **FIGURE 3** above, it is known that 71 students based on their self-confidence about physical changes in puberty mostly have low self-confidence of 52 female students (73.2%) and high self-confidence of 19 female students (26.8%).

E. ANALYSIS OF THE RELATIONSHIP OF KNOWLEDGE WITH SELF CONFIDENCE

The cross-tabulation of the relationship of knowledge with self-confidence can be seen in table 2 as follows

The results of data analysis using the chi-square $\chi^2 = 6,645$ test showed a p-value = 0.010 so H_0 was rejected because $p < 0.05$. Fisher's Exact Test results show a p-value = 0.015. This shows that there is a relationship between knowledge and self-confidence

F. ANALYSIS OF THE RELATIONSHIP BETWEEN ATTITUDE AND SELF CONFIDENCE

Cross-tabulation of the relationship between attitude and self-confidence can be seen in **TABLE 3** table 3 below.

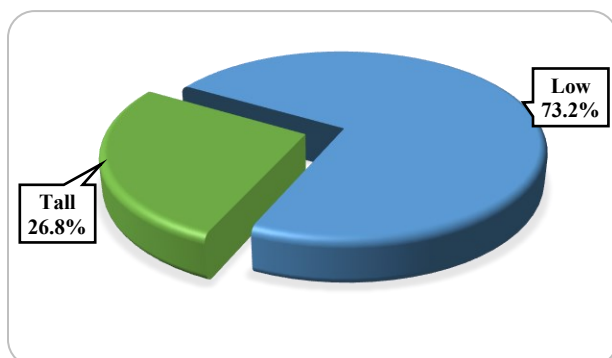
The results of data analysis using the chi-square test $\chi^2 = 8,881$ showed a p-value = 0.003 so H_0 was rejected because $p < 0.05$. Fisher's Exact Test results show a p-value = 0.005.

TABLE 2
Knowledge of Female Students with Self Confidence

Vaiable		Self Confidence				Summary		χ^2	p -value
		Tall		Low					
		n	%	n	%	n	%		
Knowledge	Good	9	50	9	50	18	100	6.645	0,01
	Less	10	18.90	43	81.10	53	100		
Total		19	26.80	52	73.20	71	100		

D. SELF-CONFIDENCE FREQUENCY DISTRIBUTION

An overview of the self-confidence of class VII-XI MTs Ar-Rohman Tegalrejo Semen students in 2022 can be seen in figure 3 as follows



This shows that there is a relationship between attitude and self-confidence

IV. DISCUSSION

The unfamiliarity of adolescents with puberty can lead to physical, psychological, and emotional problems[16]. Several studies indicate low knowledge and poor performance of girls in puberty and menstruation. Puberty complications are easily preventable[17]. Adolescent knowledge about the physical changes of puberty is known to most female students to have less knowledge due to a lack of sources of information and a lack of understanding of sexual behavior[18]. Information is very important for anyone who has puberty. Because when adolescents already know about puberty, it becomes easier to face puberty. The importance of knowledge for adolescence is decisive because adolescence is a stressful period due to physical and biological changes and changes in the environment and

TABLE 3
Attitudes of Female Students with Self Confidence

Variable		Self Confidence				Summary		x ²	p-value
		Tall		Low					
		n	%	n	%	n	%		
Attitude	Positive	12	48	13	52	25	100	8.881	0,003
	Negative	7	15.20	39	84.80	46	100		
Summary		19	26.80	52	73.20	71	100		

requires a process of adaptation for adolescents[19]. This corresponds to information from different sources such as social networks, parents, co-workers, and others. Lack of knowledge has a strong influence on the attitudes and behavior of adolescents. As a result, adolescents are vulnerable to sexual abuse, disability, illegal pregnancy, unsafe abortions, sexually transmitted infections (STIs), and HIV/AIDS [20]. Their sources of information were also limited. The changes in puberty would cause anxiety, discomfort and fear among the adolescent girl[21].

Adolescent attitudes about the physical changes of puberty are known to have largely negative attitudes. Adolescents will be confident and show an attitude of acceptance or rejection as they experience physical changes during adolescence. Acceptance or rejection of physical changes during adolescence is the basis for the formation of attitudes both positive and negative. To increase students' positive attitudes towards physical changes in adolescence, it is necessary to improve health, especially reproductive health[22]. Preparing for puberty is essential for adolescents[23]. Young women's self-confidence about the physical changes of puberty is mostly low. Adolescents who lack confidence show such attitudes, cannot do much, always hesitate in carrying out tasks, do not dare to speak if they do not get support, close themselves, tend to avoid communication situations as much as possible, withdraw from the environment, involve themselves a little in activities or groups, become aggressive, be defensive and avenge treatment that is considered unfair[24]. Self-confidence is one of the most important aspects of a person's personality. Without self-confidence, it can cause problems for him[6][25]. Self-confidence is indeed a useful element for enhancing and empowering one's personality, happiness, and overall fellow human. Consequently, creating an environment to create trust is becoming an important ingredient in the dignified life of society[26].

The results of knowledge analysis with self-confidence there is a relationship between knowledge about physical changes and self-confidence; low self-esteem of participants with low knowledge compared to those with good knowledge and high self-confidence[22]. To provide information about puberty can learn from family, peers, and even the school environment[11][27]. The inadequate

knowledge of females may be attributed to misconceptions regarding menstruation due to poor access to health-related education and a culture of silence around sexual and reproductive health issues[28]. The results showed that students have a poor understanding of puberty, hence, health education must be given to students and their parents[29]. Knowledge is very important if having enough or too much knowledge is the decisive factor in life. A person's knowledge is strongly influenced by the factors and causes that affect it. The number of adolescents who experience physical changes in adolescence is influenced by these experiences. The role of information is very supportive of complementing the importance of adolescent physical changes that can confuse adolescents. The information available directly or through this medium can adequately and accurately convey information about adolescent physical changes and influence the acceptance of knowledge about adolescent physical changes[30][31]. The results of attitude analysis with self-confidence are in accordance, with the that there is a relationship between a bold and confident approach. Negative attitudes require specific and clear guidance from parents about reproductive health education so that the child is not afraid or afraid to inform others, including parents, about the changes the child is experiencing. For this reason, parents should strive to communicate the changes that occur in adolescence through open communication and a more open approach to their child's problems[32][33][34]. Teachers should be encouraged to take a leading role, be positive, and answer the concerns of their students on the matter of sexual information and reproductive health issues in a responsible way[35]. And should be special attention to three factors knowledge, attitudes, and subjective norms to help girls perform healthy behaviors. Furthermore, health education about puberty should continue in high schools[36].

V. CONCLUSION

Based on the results and discussion of research on the relationship of knowledge and attitudes of young women about changes in puberty risk in MTs Ar-Rohman Tegarejo Semen students, it can be concluded that most students have less knowledge, most students have negative attitudes, and most students have low self-confidence about physical

changes in puberty. As well as a significant relationship between knowledge and attitudes about physical changes in puberty and self-confidence. The general purpose of this study is to find out the relationship between knowledge and attitudes of young women about physical changes in puberty with self-confidence in MTS student Ar-Rohman Tegalrejo Semen. Specific objectives identify knowledge, attitudes, and self-confidence and analyze the relationship of knowledge with physical changes in adolescence and the relationship of attitudes with physical changes in adolescence. This research has been carried out as well as possible and by the research procedure. The limitations of this study, researchers had to adjust the time simultaneously because the activities of grades 7-9 were different. Researchers only examined puberty in young women, it also happened to men but was not studied due to time constraints. It is hoped that female students will further improve their knowledge and attitudes in the face of physical changes in the past and find sources of information about puberty, so that female students can accept well during puberty. As well as for other researchers for further research reference materials with more variables and better methods.

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