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## The Effect of Focus Group Discussion on Female Adolescents' Knowledge of Menstrual Cycle

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### ABSTRACT

Menstrual cycle is a sign of the maturity process of the reproductive organs and is closely related to hormones. A normal menstrual cycle occurs every 21-35 days with a duration of 2-7 days. It was found that there were many female adolescents who did not were not aware of their menstrual cycles. The current study aimed to identify female adolescents' knowledge of menstrual cycle both before and after the treatment and to analyze the effect of focus group discussion on the knowledge improvement. This research used pre-experimental design with one group pretest-posttest approach. The population was all female students in class VIII A and VIII B at SMP Negeri 1 Pucuk on July 2022 as many as 32 students with a sample size of 28 students using simple random sampling with lottery techniques, treatment with the Focus Group Discussion method. After the data was collected, it was then tabulated and analyzed using the Wilcoxon Sign Rank Test. The results showed that 27 out of 28 (96%) respondents had good knowledge of menstrual cycle after focus group discussion was held while only 1 (4%) respondent had fair knowledge. Meanwhile, from the statistical test results, it was found that there was an effect of focus group discussion on female adolescents' knowledge of menstrual cycle with a value of -4.919a with a significance level of  $p < 0.05$ . From the results, it is expected that respondents can apply the knowledge they gained so that they can be better in thinking and acting.

Keywords: Focus group discussion, Menstrual cycle Knowledge

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## INTRODUCTION

Adolescence is a transition period from childhood to adulthood. At this time, the maturation of the human reproductive organs begins, and is often called puberty. Puberty in adolescents is marked by the occurrence of menstruation. Every month, adolescents will experience menstruation; however, in many cases, they do not know about the normal menstrual cycle because of the limited information they obtained<sup>1</sup>. Menstrual cycle is a sign of the maturity process of the reproductive organs and is closely related to hormones. The normal cycle of menstruation occurs every 21-35 days with a duration of 2-7 days. The amount of normal menstrual blood ranges from 30-40 ml. According to calculations by experts, a woman will experience 500 menstruations in her life. This cycle occurs due to the presence of a number of hormones circulating in the body in a certain cycle. This hormone cycle is the result of cooperation between the brain, ovary, glands in the brain, and thyroid gland<sup>2</sup>.

Adolescents' knowledge of menstrual cycle in Indonesia is still low. It was only 32% (13-15 years) and 37% (16-20 years) of young women who understood menstrual cycle. Meanwhile, 65% (13-15 years) and 68% (16-20 years) of them did not understand menstrual cycle. Based on the results of a national survey by the University of Indonesia Demographic Institute (LDUI) in 2010, in East Java, Central Java, West Java, and Lampung, 45.1% of young women had good knowledge about menstrual cycle and 55% of them did not know about it<sup>3</sup>. Based on a preliminary survey conducted by the researcher on 31 respondents at SMP Negeri 1 Pucuk, only 5 out of 31 respondents understood about menstrual cycle, while the rest 26 respondents did not understand about it. From the data above, it can be concluded that there are many respondents who do not know about menstrual cycle.

There are several factors which affect knowledge about menstrual cycle including age, education, sources of information, experience, and intelligence. If adolescents do not know about menstrual cycle, they cannot detect the cause of their abnormal menstrual cycle and the diseases related to the uterus and reproductive organs. Also, they will not be able to recognize if there is a change or irregularity in the menstrual cycle. Efforts must be made to overcome problems regarding ignorance and lack of understanding of female students about menstrual cycle. One of them is by conducting focus group discussion. Focus group discussion is a discussion which is carried out in a systematic and directed manner regarding a particular issue or problem<sup>4</sup>. Based on the background above, the researcher was interested in conducting research on "The Effect of Focus Group Discussion on Adolescents' Knowledge of Menstrual Cycle at SMP Negeri 1 Pucuk"

## METHOD

This research used pre-experimental design with one group pretest-posttest approach. The population was all female students in class VIII A and VIII B at SMP Negeri 1 Pucuk on July 2022 as many as 32 students with a sample size of 28 students using simple random sampling with

lottery techniques that have met the inclusion criteria, namely being willing to be respondents, and when data collection is carried out, they are present in class. The variables of the research on the knowledge of young women about the Cycle Of Menstruation, before being given treatment respondents were pretested using a questionnaire and then given treatment with the Focus Group Discussion method, after which a posttest was given with a questionnaire about the cycle of menstruation. After the data was collected, it was then tabulated and analyzed using the Wilcoxon Sign Rank Test.

## RESULTS

Table 1. Frequency distribution Characteristics of Age, Parity, Educational And Occupation

Variabel	category	n	(%)
Age	13 years	2	7 %
	14 years	26	93%
Parents' Occupation	Self-employed	23	82%
	Civil Servant	4	14%
	Other	1	4%
Parents' Education	Primary School	2	7%
	Junior High School	8	29%
	Senior High School	13	46%
	Diploma/Bachelor	5	18%

Data on Table 1 indicate that almost all respondents (93%) are 14 years old, the parents' Occupation indicate that almost all respondents' parents (82%) are self-employed. And the parents' educational background indicate that 13 (46%) respondents' parents are senior high school graduates .

### Female Adolescents' Knowledge before Focus Group Discussion

Table 2. Frequency Distribution of Female Adolescents' Knowledge before FGD

No	Category	Frequency	Percentage (%)
1.	Good	0	0%
2.	Fair	5	18%
3.	Poor	23	82%
	<b>Total</b>	28	100%

Data on Table 2 above indicate that 23 (82%) out of 28 respondents have poor knowledge while 5 (18%) respondents have fair knowledge.

### Female Adolescents' Knowledge after Focus Group Discussion

Table 3. Frequency Distribution of Female Adolescents' Knowledge after FGD

No	Category	Frequency	Percentage (%)
1.	Good	27	96%
2.	Fair	1	4%
3.	Poor	0	0%
	<b>Total</b>	28	100%

Data on Table 3 indicate that almost all respondents (96%) have good knowledge and only 1 (4%) respondent has sufficient knowledge.

Table 4. The Effect of Focus Group Discussion on Female Adolescents' Knowledge of Menstrual Cycle

No	Before	After						Total	
		Good		Fair		Poor		Σ	%
		Σ	%	Σ	%	Σ	%		
1.	Good	0	0%	0	0%	0	0%	0	0%
2.	Fair	5	18%	0	0%	0	0%	5	18%
3.	Poor	22	79%	1	4%	0	0%	23	82%
	Total	27	96%	1	4%	0	0%	28	100%

$Z = -4.919a P = .000$

Data on Table 4 indicate 82% of the respondents have poor knowledge before FGD is conducted. However, after FGD is conducted, almost all respondents 94% have good knowledge.

Based on the results of the Sign Rank Test (Wilcoxon), it can be perceived that the value  $Z = -4.919a$  and  $P = .000$  where  $p < 0.05$ , then  $H_1$  was accepted, meaning that there was a difference in the knowledge of female adolescents about menstrual cycle before and after focus group discussion was implemented.

## DISCUSSION

### Female Adolescents' Knowledge of Menstrual Cycle before Focus Group Discussion

Based on Table 2, it has been clear that almost all respondents (82%) had poor knowledge and a small proportion (18%) had sufficient knowledge before Focus Group Discussion was conducted. The finding might be affected by parents' education and occupation. Moreover, Table 2 indicated that almost all (82%) of the respondents' parents were as self-employed. Parents who work all day long leave little time for their children, in contrast to housewives who have a lot of time to educate their children at home. Even though parents have little time for their children, parents must educate their children when they are at home.

Work is a necessity that is carried out to support family life and is generally a time-consuming matter so that it can affect other things, including knowing something outside of work<sup>5</sup>. In this research, the results indicated that 46.4% of the respondents' parents were senior high school graduates. The higher a person's education level, the easier it is to receive information, so that they have a lot of knowledge. Based On Research <sup>6</sup> A highly educated person has a lot of knowledge and it will be easy for him/her to understand a material and is definitely knowledgeable. In contrast, someone who graduated from elementary or junior high school, his/her knowledge is not the same as a college graduate.

Education broadly covers all processes of individual life from the cradle to the grave, in the form

of individual interactions with their environment, both formally and informally. Educational processes and activities basically involve individual and group behavior problems. Formal and informal educational activities focus on the teaching and learning process with the aim of changing behavior, namely from not knowing to knowing, from not understanding to understanding and from not being able to being able to<sup>7</sup>.

### **Female Adolescents' Knowledge of Menstrual Cycle after Focus Group Discussion**

Table 3 shows that almost all respondents (96%) had good knowledge and a small proportion (4 %) had sufficient knowledge after focus group discussion was held. Good knowledge is affected by the age. Based on Table 1, it was found that almost all respondents were 14 years old or 92.9%. In fact, a person's knowledge depends on his/her age. The more mature, the level of maturity and strength a person will be more mature in thinking and working. The knowledge of adult women and teenagers must be different because it is influenced by age. During the adolescent period, it is easier for someone's brain to digest a given material, in contrast to the elderly, who already have decreased memory and thinking power.

Age is a variable that is always considered in epidemiological investigations. The morbidity and mortality figures in almost all consciousnesses show an age relationship. In this way, people can read it easily and see patterns of morbidity and mortality according to the personal age group encountered, whether the reported age is correct, whether the length of the interval in the grouping of adults does not hide the role of age in the pattern of morbidity and mortality, or whether the age grouping can be compared to age grouping in other people's studies<sup>7</sup>.

From the facts above, almost all respondents had good knowledge. This is because FGD is very helpful for adolescents in increasing knowledge about menstrual cycle. FGD can provide opportunities for female students to express opinions so that they can practice speaking in public and being involved so that the material discussed can be digested properly. In accordance with research from<sup>8</sup> age is a number of individuals which counts from the time of birth to birthday. Age affects one's comprehension and mindset. The older someone is, the more developed his mindset and grasping power so that the knowledge you get is getting better. Based on Table 4, it can be perceived that all respondents aged 13-15 years.

A person's level of education greatly affects knowledge. An individual who is highly educated will be different from someone who has only elementary school education<sup>8</sup>. Explains that in general, the higher a person's education, the easier it is for him/her to receive information, so they also have a lot of knowledge. Conversely, if education is lacking, it will hinder the development of a person's attitude towards the new values that are introduced to him/her.<sup>9</sup>

### **The Effect of *Focus Group Discussion* on Female Adolescents' Knowledge of Menstrual Cycle**

From the results of statistical tests, it shows the effect of focus group discussion on female adolescents' knowledge of menstrual cycle. It can be seen that before focus group discussion, almost all of the respondents (82.1%) had poor knowledge and after focus group discussion, almost all of the respondents had good knowledge. based on research from <sup>10</sup> FGD Effective to increase knowledge . Based on the results of the Sign Rank Test (Wilcoxon), it can be perceived that the value  $Z = -4.919a$  and  $P = .000$  where  $p < 0.05$ , then  $H_1$  was accepted, meaning that there was a difference in the knowledge of female adolescents about menstrual cycle before and after focus group discussion was implemented. From the facts above, it was found that there was a change in behavior, in which before focus group discussion, female adolescents lacked of knowledge while after focus group discussion, the majority of respondents had good knowledge. With a good understanding, female adolescents can find out if there are changes or irregularities in the menstrual cycle. This is because focus group discussion has several advantages including 1) The synergism of a group is able to produce information, ideas and broader views and 2) Stimulants encourage more people to participate in expressing opinions. Based On Research<sup>11</sup> FGD Can increase in knowledge of young women shows that the use of the focus group discussion can actually increase knowledge According to <sup>12</sup> focus group discussion is a discussion which is carried out in a systematic and directed manner regarding a particular issue or problem and the process of systematically collecting data and information regarding a particular problem that is very specific through group discussions<sup>13</sup>.

From the results of the research above, it can be concluded that the focus group discussion is one of the most effective methods in collecting data from a study to obtain rich information in various social experiences from the interactions of individuals who are in a discussion group and as a discussion conducted individually, systematic, and focused on a particular issue or problem and a systematic process of collecting data and information on a very specific problem through group discussions<sup>14</sup>

### **CONCLUSION**

Based on the research objectives that have been made, it can be concluded that almost all respondents have poor knowledge about menstrual cycle before focus group discussion was held at SMP Negeri 1 Pucuk, Lamongan Regency. Furthermore, almost all respondents have good knowledge about the Cycle of Menstruation after focus group discussion method was conducted. Finally, there is a significant relationship between the knowledge of female adolescents about menstrual cycle before and focus group discussion.

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