

ABSTRAK

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PENGARUH *PEER EDUCATION GROUP* DENGAN MEDIA ULAR TANGGA TERHADAP PENINGKATAN PENGETAHUAN REMAJA PUTRI TENTANG *MENARCHE* DI MI AT-TAQWA KEBONAGUNG SIDOARJO

xvi + 72 Halaman + 5 Tabel + 18 Lampiran

Menarche merupakan tanda awal kematangan reproduksi yang sering menimbulkan kecemasan pada remaja putri apabila tidak disertai pengetahuan yang memadai. Kurangnya informasi menyebabkan remaja putri tidak siap secara fisik maupun emosional dalam menghadapi *menarche*. *Peer education group* dengan media permainan ular tangga merupakan metode edukasi yang interaktif dan menarik sehingga lebih mudah dipahami oleh remaja. Penelitian ini bertujuan untuk mengetahui pengaruh *peer education group* dengan media permainan ular tangga terhadap pengetahuan remaja putri dalam menghadapi *menarche*. Penelitian ini menggunakan desain *pre-eksperimental* dengan pendekatan *one group pretest-posttest*. Sampel sebesar 65 remaja putri kelas V di MI At-Taqlwa Kebonagung Sidoarjo yang diambil menggunakan *simple random sampling*. Intervensi *peer education group* dengan media permainan ular tangga dilaksanakan selama 3 hari, yaitu hari pertama berupa edukasi *menarche* menggunakan media presentasi, hari ke-2 dan hari ke-3 berupa intervensi permainan ular tangga. Pada hari ke-2 intervensi diberikan kepada 32 remaja putri, dan pada hari ke-3 kepada 33 remaja putri. *Pretest* dilakukan sebelum diberi intervensi edukasi tentang *menarche* dan *posttest* dilakukan setelah pelaksanaan permainan ular tangga. Instrumen penelitian berupa kuesioner pengetahuan *menarche*. Analisis data menggunakan uji *Wilcoxon Signed Rank Test*. Hasil penelitian menunjukkan adanya peningkatan pengetahuan remaja putri setelah diberikan intervensi *peer education group* dengan media permainan ular tangga. Sebelum intervensi, sebagian besar remaja putri berada pada kategori pengetahuan cukup, sedangkan setelah intervensi hampir seluruh remaja putri berada pada kategori pengetahuan baik. Hasil uji *Wilcoxon Signed Rank Test* diperoleh nilai $Z = -6.214$ dengan $p = 0,000$ yang menunjukkan adanya pengaruh signifikan. *Peer education group* dengan media permainan ular tangga efektif meningkatkan pengetahuan remaja putri tentang *menarche* dan dapat direkomendasikan sebagai metode edukasi kesehatan reproduksi remaja yang menarik dan mudah diterima.

Kata Kunci: *Peer Education Group*, Pengetahuan, Remaja Putri, *Menarche*.

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ABSTRACT

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THE EFFECT OF PEER EDUCATION GROUP USING SNAKE AND LADDER GAME MEDIA ON IMPROVING ADOLESCENT GIRLS' KNOWLEDGE ABOUT MENARCHE AT MI AT-TAQWA KEBONAGUNG, SIDOARJO

xvi + 72 pages + 5 tables + 18 Appendices

Menarche is an early sign of reproductive maturity that often causes anxiety among adolescent girls when it is not accompanied by adequate knowledge. Lack of information may result in adolescents being unprepared physically and emotionally to face menarche. Peer education groups using snake and ladder game media are considered an interactive and engaging educational method that is easier for adolescents to understand. This study aimed to determine the effect of peer education groups using snake and ladder game media on adolescent girls' knowledge in facing menarche. This study employed a pre-experimental design with a one-group pretest–posttest approach. A sample of 65 fifth-grade female students at MI At-Taqwa Kebonagung, Sidoarjo, was selected using simple random sampling. The peer education group intervention using a snakes and ladders game was conducted over three days. On the first day, menarche education was delivered using presentation media. On the second and third days, the intervention was carried out through the snakes and ladders game. On the second day, the intervention was provided to 32 female students, and on the third day to 33 female students. The pretest was administered before the menarche education intervention, and the posttest was conducted after the completion of the snakes and ladders game intervention. The research instrument was a menarche knowledge questionnaire. Data analysis was performed using the Wilcoxon Signed Rank Test. The results showed an improvement in the knowledge of female adolescents after the peer education group intervention using the snakes and ladders game. Before the intervention, most of the female students were in the moderate knowledge category, whereas after the intervention, almost all students were in the good knowledge category. The Wilcoxon Signed Rank Test yielded a Z value of -6.214 with a p-value of 0.000 , indicating a statistically significant effect. Peer education groups using the snakes and ladders game are effective in improving female adolescents' knowledge of menarche and can be recommended as an engaging and easily accepted method of adolescent reproductive health education.

Keywords: *Peer Education Group, Knowledge, Adolescent Girls, Menarche*