# *ABSTRACT*

***THE RELATIONSHIP LEVEL OF KNOWLEDGE ABOUT MENSTRUATION WITH READINESS FOR MENARCHE IN TEENAGE GIRLS CLASS VII***

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*Puberty that occurs in adolescent girls is usually marked by the onset of menarche. Menarche occurs between the ages of 11 and 13 years with a population of adolescent girls in the world of around 1,2 bilion people (18%). The unpreparedness of teenage girl in facing menarche will result in feelings of shame and fear. One of the factors that influences the readiness of teenage girls to face menarche is the knowledge they have about menstruation. This study aims to determine the relationship between the level of knowledge about menstruation and readiness to face menarche in* *teenage girls class VII at SMP Negeri Hindu 2 Sukawati. The descriptive correlation research design is a quantitative research method with a cross-sectional approach. The sample is study amounted to 67 respondents using the total sampling technique. The research results found that most respondents were categorized as having sufficient knowledge about menstruation, namely 50 respondents (74.6%) and the majority were categorized as being ready to face menarche, namely 55 respondents (82.1%). Data analysis used the Spearman Rank Correlation statistical test at a significance level of α 0.05, obtaining a p value of 0.000 < 0.05. This shows that there is a relationship between the level of knowledge about menstruation and readiness to face menarche in class VII teenage girls at SMP Negeri Hindu 2 Sukawati. Knowledge about menstruation is one of the dominant factors in shaping the readiness of teenage girls to face menarche. The better knowledge they have, the better prepared teenage girls will be to face menarche.*

***Keywords: Readiness, Knowledge*, *Menarche***