Original Research

Pornographic And Social Economic Exposure Affect The Age Of Menarch

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ABSTRACT

Background: Menarche is the first menstruation which occurs in middle age of adolescence before entering the reproductive period. Menarche can cause negative reactions in young women due to a lack of readiness and knowledge about personal hygine during menstruation, this is can cause of UTI (Urinary Tract Infection). Asserted that the factors that influence menarche were nutritional status, exposure to mass media and fast food consumption. Media exposure to adolescents will enhance many aspects related to the sexual maturation of the adolescences. Aim of study is to determine the pornographic exposure and economic status in students.

Methods: A mix methods was match qualitative and quantitative research, the samples of the research used were 47 people, they were taken using purposive sampling technique.

Results: The results of this research showed that the age of menarche which occurred were8 to 12 years old. Factors associated with the menarche were socioeconomic status (p-value 0.020) and exposure to pornography (p-value 0.037).

Conclusion: Pornographic and socio economic status affect the age of menarchthe results can be used as material for consideration to provide early reproductive health education and supervise children in using cellphones and internet access.

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INTRODUCTION

Menarche is an important thing for a woman who shows signs of the formation of hormones secreted by the hypothalamus then passed to the inner reproductive organs that are in the ovaries and uterus(Sukarni & Wahyu, 2013). According to the World Health Organization (WHO), early menarche allows young women to get to know sexual life more quickly so that they are at risk of getting pregnant and facing the role of mother more quickly, while late menarche also has an impact on slow physical maturity, both hormones and organs, in addition to slow menarche in Long term will increase the

risk of osteoporosis because of the slow production of estrogen which will affect bone mass(Amaliah et al., 2012).

Riskesdas results in 2010, based on reports of respondents who have experienced menstruation, the average age of menarche in Indonesia is 13 years (20.0%) with an earlier incidence at the age of less than 9 years (0.3%), which is slower until the age of 20 years (0.3%). National data 37.5% menarche occurs at the age of 13-14 years(Kemenkes, 2010). Based on Febrianti, (2017)menarche influenced by nutritional status, exposure to mass media and fast food consumption. Media exposure in adolescents will improve many aspects related to the development of adolescent reproductive organs, they receive impulses from outside, in the form of soap operas featuring children playing adult roles, films about sex (blue films), reading books (novels) and magazines with pictures of sex, disorders of the opposite sex, and accidental viewing of sexual activity.

The stimulation is transmitted to the cortex and then channeled to the hypothalamus, causing the formation (GnRH) of stimulating the anterior pituitary resulting in follicle Stimulating Hormone and Luteinzing Hormone sending signals to the ovaries to produce estrogen hormones that cause changes in secondary sex organs, including hair distribution, fat tissue deposit, and eventually endometrial development in the uterus. Continuous estrogen stimulation in the endometrium eventually comes out the first bleeding called menarche (Guyton & Hall, 2007; (Rahmah, 2016). The rapid development of technology requires its users to be able to take advantage of it, the age of menarch which is influenced by many things, one of which is the development of mass media access that needs to be developed more broadly to prepare children to face menarch with the support of those closest to them.

Based on the results of interviews by researchers, out of the 81 students interviewed, there are 54 students who have had menstruation, at the age of 9, 10, 11 and 12 years and all children have smartphones. Purpose of study is to determine correlation between pornography exposure and socioeconomic with age ofmenarche in students.

MATERIALS AND METHOD

This type of research is a quantitative and qualitative match method. The research sample was 47 of the 54 population of students who had experienced menarche, the sample was taken by purposive sampling with Inclusion criteria: grade IV, V and VII students who have menstruated, students who are still active and willing to be respondents, while exclusion criteria are: students who have dropped out of school, students who are sick so they are unable to fill out questionnaires during research.

In the quantitative method of respondents assessment of the level of exposure to pornographic mass media, the questionnaire used refers to instruments that have been used previously with a data validity and reliability value of 0.841 to see mass media exposure, by giving as many as 8 questions about what respondents saw in negative media content.

Questions include pornographic content on audio, visual and audio visual media (Rahmah, 2016). As for the socioeconomic status factor, it is measured by the minimum wage standard for the City of Mataram in 2019. This research has received an ethical clearance from STIKES YarsiMataram number 14/Kep/STIKES/1/2020, and has received a research permit from Public Elementary Schoolno .7 Univariate and bivariate quantitative data were analyzed by Chi-Square whereas.

The qualitative method is carried out using an in-depth interview approach to students as first informants, triangulation technique is carried out by confirming data from students to the guidance counseling teacher and class teacher.

RESULTS

Tabel 1. Frequency distribution of respondents characteristics based on age and class at Mataram Public Elementary Schoolno.7 in 2020

Demographic Characteristics	Amount	Persentage %
Age		
10 years	7	14,9
11 years	23	48,9
12 years	17	36,2
Class		
IV	2	4,3
V	33	70,2
VI	12	25,5
Total	**47**	**100**

Based on the table above, obtained the highest age data is currently 12 years of age which is as much as 36.2% and the lowest age is the age of 10 years as much as 14.9%. Based on the table above also obtained the most respondent data in class V as much as 70.2%).

Univariate analysis / quantitative analysis

Table 2. Distribution of respondents' frequencies by age category, socioeconomic status, pornography exposure, at MataramPublic Elementary Schoolno.7 in 2020

Univariate analysis	Amount	Percentage (%)
Menarche age		
< 10 years	14	29,8
≥ 10 years	33	70,2
Socioeconomic status by wage standard		
Low	15	31,9
High	32	68,1
Pornography exposure		
Light	26	55,3
Weigh	21	44,7

Based on the table above obtained data as many as 14 people (29.8%) under the age of 10, while 33 people (70.2%) people over the age of 10. Based on the table above obtained data 32 people (68.1%) socioeconomic status, 26 people (55.3%) respondents exposed to light pornography mass media.

Qualitative analysis of pornography exposure

Qualitative analysis results describe the overall theme formed based on the results of the interview, during the data collection of this study presents 4 themes, namely:

Smartphone usage

Here's an excerpt of an interview conducted by a researcher.

"Yes, I play hp every day" (P1)

"I often play hp if I'm from the 3rd grade just got a hp bought papa" (P2)

Ownership of smartphones

Here's an excerpt of an interview conducted by a researcher.

"My own mobile phone was bought by mama, I was given a mobile phone just before entering school" (P1)

"my own phone used to fit class 4" (P3)

"hp have a papa but I wrote that pake because papa has two hp can be said this my hp anyway " (P4)

Parental assistance when the child uses a smartphone

Here's an excerpt of an interview conducted by a researcher.

"gk never accompanied, yes free so be kak" (P1)

"and from the beginning my parents never accompanied and did not forbid the hell to play hp anytime" (P3)

"no, it's just yourself if you play hp" (P4)

Exposure to pornography

Here's an excerpt of an interview conducted by a researcher.

"Korean drama i like but the old drama like the heirs, Phinocchio same suspicious partner if western movie I've seen Christian grey" (P1)

"most watch MV ajasih MV korea most like first 2PM the All day think of you (ADTOY), the song remains the most like the Give me reason by Pink, MV only once I watched it because it is interesting so hehe" (P2)

"Comics like to read it on webtoon read the secret of angel because handsome and beautiful pictures" (P4)

"never tried to read yesterday's novel malik and elsa" (P5)

Bivariate Analysis

Table 3. Socioeconomic status bivariate test and pornography exposure with age menarche of MataramPublic Elementary Schoolno.7 in 2020

Variable	Menarche age				Total		P-value
	< 10 years		≥10 years				
	N	%	N	%	N	%	
Socioeconomic status by wage standard							
Low	1	2,1	14	29,7	15	31,8	0,02
High	13	27,6	19	40,6	32	68,2	0
Pornography exposure							
Light	4	8,5	22	46,8	26	55,3	0,03
Weight	10	21,3	11	23,4	21	44,7	7

Bivariate test results obtained p-value value 0.020 then there is a relationship between socioeconomic status with menarche age, p-value value 0.037 there is a relationship between exposure to medi pornography and menarche age, in students at MataramPublic Elementary Schoolno.7.

DISCUSSION

The results of this study showed the age of menarche respondents between the ages of 8 to 12 years, where the most experienced menarche age 11 years (31.9%) and at least 8 years (4.3%). Menarche the first menstruation of the uterus which is the beginning of menstrual function and a sign of puberty in young women. Research conducted by Astuti, (2014) maulidah research, (2011), the factors that affect menarche are genetic, nutritional status, and habits such as sports activities. Research conducted by Astuti, (2014)showed that menarche occurs in children aged 10 to 13 years. While the research conducted by Yuliasari, Rosida and Wahtini, (2016), in high school students obtained the results of menarche age of respondents ranging in age from 10 years to 15 years. According to Wulandari, Aini and Astuti, 2016) the factors that affect menarche are genetic, nutritional status, and habits such as sports activities.

In contrast to the results of the study Diana & Cicih (2019), which is that there is no difference or influence of the menarche status of students exposed to pornography with students who are not exposed to pornography, it can be seen from the figure that there are 66.7% who are exposed to pornographic media already menarche while students who are not exposed to pornographic media there were 46.4% who had menarche (p Value p>0.05, namely 0.2400). This is different from theory. Because most children today have gadgets, it is possible to accidentally open pornographic content such as advertisements that appear when playing gadgets. In line with research Sinaga (2015), there is no significant relationship between pornography media exposure and menarche status with a p value of 0.111 (> 0.05), from several factors studied which mean age and BMI (body mass index)

The results showed that 68.1% of respondents had high socioeconomic status and 31.9 respondents had low socioeconomic status. In accordance with Harahap's research Harahap, (2017), also obtained data where the frequency of high socioeconomic status was 36.5%. High socioeconomic due to the income of parents who are more than the minimum wage of the city and also the work pursued by parents such as employers, lecturers or civil servants. Further analysis can be found that there is a relationship between socioeconomic status and age of menarche with p-value 0.020. In line with Laili and Malitasari (2016) that the higher socioeconomic status of parents increases the purchasing power of families in meeting basic needs such as nutrition and additional needs such as smartphone electronics and internet access so as to affect the age of menarche. Many in the community in their homes have been paired with Wifi so that the control of children in using Wifi facilities is not controlled.

There is a meaningful socio-economic relationship with the age of menarche. Children raised in high socioeconomic environments tend to be more fulfilled nutritional needs with children born and raised with low socioeconomic. Income in a family is often associated with how the family's ability to meet nutritional needs where it is related to the sexual maturation of adolescents (Lusiana, 2012). This is in line with research Kadri (2018), respondents who are socioeconomic low have a tendency of 28.50 times the age of menarche abnormal or menarche early.

In the results of the bivariate test obtained the results of p-value 0.037, it was concluded that there is a relationship between exposure to mass media and the age of menarche. In line with Herawati (2013), that the sooner children are exposed to negative content media, it will accelerate the coming of menstruation. In line with research conducted by Wulandari, Aini and Astuti, 2016) with a p-value of 0.000.

According to Yazia(2019),exposure to pornographic internet mass media causes students of SMPN 22 Padang to experience early menarche, which is less than 12 years old. However, students who are exposed to normal internet mass media have a normal menarche age of 12-14 years. In line with research R. Astuti & Handarsari (2010), there is a significant difference in the status of menarche ever or not students in seeing adult impressions / readings in suburban and downtown schools (p = 0.000), students who school in the city center are more often exposed to spectacle or adult reading compared to students who school in the suburbs.

Adolescents are exposed to pornographic mass media due to the ease of accessing pornographic information from various media such as smartphones and the internet. They get outside impulses, such as soap operas featuring children playing adults, films about sex (blue films), reading books (novels), temptations and stimuli from men, observations

Direct sexual activity that causes the release of estrogen hormones thus accelerating the maturity of reproductive organs such as endometrium which is the lining of the uterus. And finally there is the decay of the lining of the uterus so that the occurrence of menstruation / menarche (Guyton & Hall, 2007). The slowness of sexual maturity varies not only by the frequency of fast food consumption (affecting nutritional status) but can also be determined by emotional stress, hormonal disorders and physical activity.

CONCLUSION

There is a significant association of fornographic exposure (p-value 0.037) and socioeconomic status (p-value 0.020) with menarche age. Children who are exposed to pornography and high socioeconomic menstruation are faster. For all relevant parties such as the Health Office, schools and parents, it is important to provide sex education faster and supervise children in using mobile phones both at school and at home

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