

MAKNA MENARCHE DAN PENGALAMAN PSIKOLOGIS YANG MENYERTAINYA

Sri Lestari
Wiwin Dinar Pratisti
Universitas Muhammadiyah Surakarta

Abstrak

The emerge of menarche occurs suddenly and can not predict precisely that's why women always memorize that event. The aim of this research are to understand the meaning of menarche for women and find out the psychological experienced that along with it. The data was collected by semi-structured interview. Twenty one women participated in this study, their age range was 14-46 years old. Results showed that menarche become important transition event in female life cycle. Women who unprepared and uninformed about mentruasion have had negative emotion for the onset of menstruation. The meaning of menarche were the sign of being mature and strengthen femininity as gender identity.

Key words: *menarche, psychological experienced*