

## **ABSTRACT**

**Hindrati, Yusmar Izza. 2024. *The Relationship between Mother's Support and the Attitudes and Anxiety of Adolescent Girls in Facing Menarche in Kalirejo Bangil Village*. Thesis. Applied Midwifery Undergraduate Study Program. Malang Ministry of Health Health Polytechnic. Main Supervisor: Rita Yulifah, S.Kp., M.Kes Assistant Supervisor: Sheilla Tania Marcelina, S.Keb., Bd., M.Kes**

*Menarche is the first menstrual period, during adolescence which experiences changes during menarche and experiences anxiety. One of the factors causing anxiety is maternal support. Adolescents' attitudes towards menarche are also an important factor in overcoming anxiety. The aim of this research was to determine the relationship between maternal support and the attitudes and anxiety of adolescent girls in facing menarche in Kalirejo Bangil Village. The design of this research is correlation analysis with a cross sectional approach, with a sample size of 38 teenage girls in grades 4, 5, 6 who have menstruated at the UPT Education Unit of SDN Kalirejo Bangil using proportional random sampling technique. This research instrument uses a questionnaire. The data analysis used was univariate and bivariate analysis with the Spearman rank correlation test. The results of the univariate analysis showed that 29 adolescent girls (76.3%) had sufficient maternal support, 30 adolescent girls (78.9%) had a good attitude and 24 adolescent girls (63.2%) experienced moderate anxiety in facing menarche. Based on the results of the analysis using Spearman Rank, it was found that in the variable maternal support and the attitude of adolescent girls, the P-value was 0.342, which means there is no relationship between maternal support and the attitude of adolescent girls in facing menarche, while in the variable maternal support and adolescent girls' anxiety, the P-value was 0.017, which means There is a relationship between maternal support and adolescent girls' anxiety in facing menarche.*

**Keywords: Puberty, Menarche, Support, Attitude, Anxiety**