

ABSTRACT

DESIGNING ILLUSTRATED BOOK STORIES ABOUT THE INTRODUCTION OF PUBERTY, MENARCHE AND REPRODUCTIVE HEALTH FOR ADOLESCENT GIRLS AGES 10-15 YEARS

By: Shofani Azhari

NIM: 1401130547

Puberty is a time when teens experience growth, usually starting at age 8 to 10 years and ending approximately at the age of 15 to 16 years. A girl will experience first menstruation or menarche at that times. In addition, they also began to experience the start of early breast growth and their fine hair on the armpits and genital area will begin to appear. At this age, adolescent girls will be more susceptible to have reproductive health problems. Before entering this period, children should be introduced gradually on puberty education as well as signs that they'll experience it. Various factors such as economic conditions, the environment, and limited knowledge usually affect the parents to begin introducing puberty to their children. Besides, the introduction of puberty is still considered as taboo subject for adolescent girl. The required data obtained through observation, library research, informant interviews and distributing questionnaires to the respondents who represent the target audience. This research aims to make the design of media information and education about the introduction of puberty, menarche and the importance of maintaining reproductive health for young women aged 10-15 years using picture books as its media. Once the data is obtained, designing a picture story book about the introduction of puberty, menarche and the importance of maintaining reproductive health will begin. Hopefully this book can make girls adolescent girls are more aware and ready to face puberty.

Keywords: Puberty, Menarche, Reproductive Health, Picture Story Books, Adolescent girls