

ABSTRACT

Menstruation is periodic and cyclical bleeding from the uterus accompanied by endometrial detachment (Desquamation) (Wiknjastro, 2005). Menstruation that occurs in early adolescence is a significant event for girls, marking the beginning of their reproductive health journey. Early menstruation, which is common at a younger age than expected, can cause questions, concerns, and confusion in adolescent girls and their parents.

This study was conducted in Garut, while the data collection method taken was qualitative with observations made through observations about menstrual experiences on social media, questionnaires will be distributed to women about what experiences they had during their first menstruation and interviews with elementary school girls aged 10-11 years. The design of the app is also expected to contribute to teens' understanding of the preparation required and reduce anxiety associated with early menstruation. The theory that will be used is in accordance with DKV theory related to UI / UX to design this study, and finally using educational media theory because this research adjusts to the needs of health education related to menstruation for children aged 10-15 years.

The design of this menstrual recognition application for adolescents aged 10-15 years was created to consider the needs and preferences of target users and use a user-friendly and attractive approach for teenagers. The main features of this app will include explanations regarding menstrual cycles, use of various menstrual devices, early signs of menstruation, and menstrual health care, as well as answers to common questions often asked by teenagers related to menstruation. The visual design needed will adjust to research focusing on girls aged 10-15 years. Of course, the application should be attractive and fun, with a choice of colours.

Keywords: Menstruation, Health Education, and Adolescent Girls.