

## The Influence of Parental Roles on Adolescents' Knowledge of Puberty at MTS BI Islami

### Pengaruh Peran Orang Tua Terhadap Pengetahuan Remaja tentang Pubertas di MTS BI Islami

Rahmawati<sup>1\*</sup>, Zaenal Basri<sup>2</sup>, Nurlaeliana<sup>3</sup>, Aliya Az zahra Ibrahim<sup>4</sup>

<sup>1, 2, 3, 4</sup> Universitas Sipatokkong Mambo, Bone, Indonesia

**\* Correspondence:**

E-Mail/ Phone Number: [rahmawatiskm4@gmail.com](mailto:rahmawatiskm4@gmail.com)/ 082331518502

Address: Jl. Dr. Wahidin Sudirohusodo No. 75, Bone, South Sulawesi 92733, Indonesia

#### ABSTRACT

Adolescents' lack of knowledge about puberty greatly affects the behavior of young people. Adolescents who lack information can trigger bad behavior; curiosity is more dominant, so it results in fatal things if not balanced with assistance from parents. The Role of Parents as the Main and Trusted Source The purpose of the study was to determine the role of parents in adolescent knowledge about puberty in class VIII students at MTS BI Islami. The type of research is quantitative with a cross-sectional study design. The population in this study were all VIII grade students, totaling 34 students, with a sample size used in this study of 31 students, while sampling techniques by means of simple random sampling. The instrument used in data collection is a questionnaire. To test the hypothesis, the data analyst used inferential statistics: simple linear regression. The results showed that the role of parents of students in the category of sufficient by 3%, good at 39%, and very good at 58%, while the knowledge of adolescents about puberty was in the medium category at 42% and high by 58% with high knowledge. The conclusion from the results of the data analysis showed.  $sig = 0.030$  means  $sig < 0,05$ , which means there is a significant influence of the role of parents on adolescents' knowledge about puberty.

**Keywords:** Parental role, adolescent, knowledge

#### ABSTRAK

Kurangnya pengetahuan remaja tentang pubertas sangat berpengaruh terhadap perilaku kaum muda. Remaja yang kurang mendapatkan informasi dapat memicu perilaku kurang baik, rasa penasaran yang lebih dominan sehingga mengakibatkan hal yang fatal apabila tidak diimbangi dengan pendampingan dari orang tua. Peran orang tua sebagai sumber utama dan terpercaya Tujuan penelitian untuk mengetahui peran orang tua terhadap pengetahuan remaja tentang pubertas pada siswa kelas VIII Di MTS BI Islami, Jenis penelitian adalah kuantitatif dengan desain *cross sectional study*. Populasi dalam penelitian ini adalah seluruh siswa kelas VIII yang berjumlah 34 siswa dengan ukuran sampel yang digunakan dalam penelitian ini sebesar 31 siswa, sedangkan untuk teknik pengambilan sampel dengan cara *simple random sampling*. Instrumen yang digunakan dalam pengumpulan data berupa quesioner. Untuk menguji hipotesis analisis data yang digunakan yaitu statistik inferensial: *regresi linear sederhana*. Hasil penelitian menunjukkan bahwa peran orang tua siswa dalam kategori cukup sebesar 3%, baik sebesar 39%, dan baik sekali 58%, sedangkan pengetahuan remaja tentang pubertas yang berada pada kategori sedang sebesar 42%, dan tinggi sebesar 58% dengan pengetahuan tinggi. Kesimpulan dari hasil analisis data penelitian menunjukkan  $p. sig = 0,030$  artinya  $p. sig < 0,05$  yang berarti ada pengaruh yang signifikan peran orang tua terhadap pengetahuan remaja tentang pubertas.

**Kata Kunci:** Peran orang tua, pengetahuan, remaja

#### Article Info:

Received: 29 April 2025 | Revised form: 7 May 2025 | Accepted: 27 June 2025 | Published online: 30 June 2025



## INTRODUCTION

Puberty is the development of a child into sexual adulthood. In females, puberty sometimes occurs between the ages of 10-14 years. Meanwhile, puberty in men occurs at the age of 12-16 years. According to the 2018 Demographic and Health Survey of Indonesian Youth (SDKI-RI), up to 13.3% of young women said they did not know about the physical changes during adolescence, and 47.9% of young women did not know about puberty.<sup>1</sup> UNESCO health research and development studies show that the Indonesian government has identified 5.6 adolescents as vulnerable to sexually transmitted diseases. According to Indonesia Health Research (SDKI), 81% of young women and 84% of male adolescents have sexual intercourse, while about 44% started engaging in intimate acts before they were 15 years old. Based on data from BKKBN and the national population, it appears that young people have a very poor understanding of their reproductive health<sup>1</sup>.

In the digital age, cultural influences are increasingly accessible through social media platforms, digital games, and app programming. This makes it difficult for young people to select and evaluate the information they receive. Therefore, the role of parents, teachers, and communities is crucial in helping adolescents cope with complex and changing cultural influences.<sup>2</sup> Adolescents are often curious about adventures and challenges and often take risky actions without thinking things through.<sup>3</sup> Adolescents' lack of knowledge about puberty greatly influences young people's behaviour.<sup>4</sup> Entering puberty, children have a high level of shyness so they do not dare to ask questions. On the other hand, children have a

sense of wanting to get new things, both knowledge and other information quite high, especially about changes related to themselves.<sup>5</sup> Attitudes and actions of adolescents experiencing puberty that are somewhat worrying are problems related to free sex, venereal disease, unwanted pregnancy.<sup>6</sup> The lack of parental role as the first source of information about puberty can result in poor behavior, curiosity is more dominant so that it can lead to fatal things.<sup>7</sup> Things that can affect adolescent changes are ethnic, social, psychological, nutritional, physical, the body becomes taller. Muscles get bigger.<sup>8</sup> Puberty is associated with increased risks, both behavioral and physical, in women and men. Health problems are found in the form of sleep disorders, abnormal body mass index, and depression.<sup>9</sup>

Knowledge can be obtained through our understanding of something; the level of knowledge about puberty includes the amount and quality of relevant information. All children need attention when entering puberty, and parents must always accompany comprehensive sex education, including puberty issues, which must be centered in the family environment.<sup>10</sup> Low levels of knowledge among adolescents can make them less sensitive to situations of sexual harassment and less developed in positive attitudes towards sexuality.<sup>11</sup> In addition, related to puberty, adolescents are still lacking in addressing the actions that must be taken with the developments that are being experienced; most children are still not ready to accept the changes that occur, so they tend to experience problems.<sup>12</sup> During this period, the role of parents is very important in providing support, being a good listener, and as the first and trusted source of information, besides that parents must instill more



religious values. Therefore, young people must prepare for the changes that occur so as not to do distorted things such as free sex or drugs.<sup>13</sup> This can lead to an unhealthy young generation, but young people are the next generation that will replace the previous generation in the future. From these problems, the role of parents is needed when adolescents begin to enter the puberty phase, so the authors are interested in examining the influence of parental roles related to adolescent knowledge about puberty in class VIII students at MTS BI Islami.

**MATERIALS AND METHODS**

This research is quantitative research with a cross-sectional study design. This research was conducted in April, located at MTS BI Islami. The population in this study consisted of all VIII grade students, totaling 34 students; the sample size used in this study was based on the Slovin formula, so 31 students were obtained, and the sampling technique used simple random sampling. The data was collected with an instrument in the form of a questionnaire. To analyze the role of parents on adolescents' understanding of puberty, the data were processed with descriptive statistics, while to test the hypothesis, the data analysis used was inferential statistics: simple linear regression.

**RESULTS**

Based on Table 1, the results of data processing on the variable role of parents of class VIII students at MTS BI Islami show that the entire score of the Role of Parents of Class VIII Students at MTS BI Islami observed there was one person who was in the category with a percentage of 3 percent, there were 12 people in the category with

a percentage of 39 percent. There are 18 people in the excellent category, with a percentage of 58 percent. The role of parents of class VIII students of MTS BI Islami is generally evenly distributed in the excellent category. For the variable of adolescent knowledge about puberty in class VIII at MTS BI, Islami descriptively shows that as many as 13 people are in the medium category, with a percentage of 42 percent, while 18 people are in the high category, with a percentage of 58 percent. The knowledge of adolescent girls about puberty in class VIII at MTS BI Islami is generally evenly distributed in the High category.

**Table 1. Description of Parental Role and Adolescent's Knowledge about Puberty Based on Respondents' Score**

Research Variables	n	%
<b>Parental Role</b>		
Very good	18	58
Good	12	39
Fair	1	3
Less	0	0
<b>Adolescents' Knowledge of Puberty</b>		
High	18	58
Medium	13	42
Low	0	0

Source: Primary data, 2025

Based on Table 2, the results of simple linear regression analysis were obtained.  $psig = 0.030$  means  $sig < 0,05$ , which means there is a significant influence of parental role (X) on the knowledge of adolescents about puberty (Y). Furthermore, to obtain a regression model and see how much influence the role of parents (X) has on adolescent girls' knowledge about puberty (Y), the above obtained constant  $a = -1.217$  and coefficient  $b = 0.221$  so that the simple linear regression equation model is:



$$\hat{Y} = 1.217 + 0.221X$$

The above equation can be interpreted that if the role of parents increases by one unit, the knowledge of adolescent girls about puberty will increase by 0.221 at a constant of 1.217.

**Table 2 Results of Simple Linear Regression Analysis of Parental Role (X) and Adolescent Knowledge of Puberty (Y)**

Research Variables	Model			Statistical Test Results
	Regression			
Role of Parents	MS	F	Sig	
Regression	49.407	5.243	0.030	$\alpha = 0.05$
Total	9.424			$p.sig = 0.030$
Role of Parents	Coefficient			Statistical Test Result
	B	Beta	t	
Constant	1.217		-0,115	$\alpha = 0.05$
	0.221	0.391	2.290	$p.sig = 0.030$

Source: Primary data, 2025

## DISCUSSION

The role of parents of students in class VIII of MTS BI Islami observed shows the role of parents of students who are in the category of sufficient by 3%, good by 39%, and very good there are 58%. The role of parents of students in class VIII of MTS BI Islami is generally evenly distributed in the excellent category.

This research is in line with Nindy Kurniawati's findings, which show that children at a young age still need strong guidance from parents and schools because they are not yet fully able to manage and apply their knowledge and skills properly.<sup>13</sup> During the puberty phase, children need assistance because individuals who have a poor body image tend to see themselves as less attractive or unattractive. Adolescents who feel dissatisfied

with their body image often show a less active attitude.<sup>(1) (4,15)</sup> Parents have an important role as the main source of reproductive health correctly and instill more religious values and always provide explanations related to reproductive health.<sup>16</sup>

Knowledge is the result of knowing that can occur after people sense a particular object, according to the results of research on adolescents' knowledge about puberty, which is in the medium category by 42% and high by 58% with high knowledge. It is found that most respondents already have very good knowledge about puberty due to several influencing factors. namely with the advancement of information and technology, students now more easily access information about puberty from various platforms such as mobile phones, Instagram, Google, WhatsApp, and TikTok, as well as online media sites that provide writing, videos, and images (audio visual) that are made interesting to see so that the information can be understood as well as possible.<sup>17</sup>

This research is based on Puspitasari, Novianti & Agustiani's study on adolescent girls with disabilities, in which they found that adolescents understand basic knowledge about their bodies, hygiene, and menstruation. However, they still lack information about relationships with men and some aspects of reproductive health.<sup>19,18</sup> Sihalohe explained that health education about puberty has an impact on adolescents' insight at an early age. This finding is in line with research studies that show that adolescents' understanding of their reproductive health has a major effect on their readiness to face puberty. The higher the level of knowledge, the more prepared adolescents are to deal with these changes.<sup>20</sup>



Adolescents are able to gain knowledge through news generated around them if the environment is supportive; the knowledge they have also tends to be good. However, individuals with a good background may still reject information from their environment, resulting in less knowledge.

The results of the Differential analysis of the influence of parents on adolescents' knowledge found that there is a significant influence of the role of parents (X) on adolescents' knowledge about puberty (Y). From the above analysis, it can be explained that parents play an important role in adolescents' lives; parents can explain the characteristics of puberty and how to maintain reproductive health, which will increase adolescents' knowledge about puberty by 0.221 at a constant 1.217. This study is supported by research that says that parents have a role in providing education related to puberty in children because education about puberty starts from parents because parents are the first and best teachers for adolescents.<sup>3</sup>

Parents with higher education have more information about puberty, making it easier for parents and adolescents to exchange ideas about the changes that occur in adolescents. It can be seen from the analysis conducted by researchers that all students already have good knowledge because getting information nowadays is very easy. The rapid development of technology makes children able to search for themselves on the Google platform, making it easier for them to understand the changes that occur in themselves. Parents are responsible for always reminding them that many things can happen when they enter puberty.

## CONCLUSION AND SUGGESTION

The conclusion of the research on the influence of parents on adolescents' knowledge about puberty in class VIII students at MTS BI Islami shows that there is a relationship between the role of parents and adolescents' knowledge about puberty. The value indicates this.  $p_{sig} = 0.030$ , which means  $p_{sig} < 0.05$ .

It is expected that when a child develops and enters puberty, parents need to understand the various developments and changes that occur in children. Besides that, parents must always provide positive support and try to be good listeners so that parents can provide the right solution for adolescents. Parents are obliged to give their children religious knowledge so that they can avoid promiscuity.

## ACKNOWLEDGEMENTS

The authors are grateful to the Principal of MTS BI and the respondents who were willing to take the time to fill in their questions. I appreciate your cooperation

## CONFLICT OF INTEREST

The authors declare that there are no conflicts of interest that could affect the results or interpretation of this study.

## REFERENCES

1. Idhayanti RI, Patimah D, Sukini T, Masini M, Saputra WJ. Aplikasi Rehat Remaja Sehat Untuk Meningkatkan Pengetahuan Dan Sikap Remaja Tentang Masa Pubertas. *Jurnal Sains Kebidanan*. 2023. 29;5(2):50-9. Doi: 10.31983.V5.I2.10253.
2. Sucipto W, Avezahra MH. Pengaruh Budaya



- Terhadap Remaja. *Flourishing Journal*. 2023. 15;3(5):205-10. Doi: 10.17977/10.17977/Um070v3i52023p205-210.
3. Pangajouw CN, Oroh W, Renteng S. Gambaran Pengetahuan Pubertas pada Anak Usia Sekolah di SD Negeri 8 Tondano. *Mapalus Nursing Science Journal*. 2023.29;1(2):22-30. <https://doi.org/10.35790/mnsj.v1i2.48924>
  4. Rachman WO, Putri ZD. Pengaruh Penyuluhan Melalui Media Vidio Terhadap Peningkatan Pengetahuan Tentang Pemeriksaan Payudara Sendiri (SADARI) Pada Siswi Kelas X Di SMAN 8 Kendari. *MIRACLE Journal of Public Health*. 2020 Dec 30;3(2):172-8. <https://doi.org/10.36566/mjph/Vol3.Iss2/175>
  5. Mirawati M, Ruslinawati R, Sholeh H, Maimunah M, Ernawati E. Edukasi Tentang Pubertas Dan Implementasi Tatacara Bersuci Menurut Islam Pada Anak Sekolah Dasar. *JMM (Jurnal Masyarakat Mandiri)*. 2024 Oct 4;8(5):4740-50. DOI: <https://doi.org/10.31764/jmm.v8i5.26301>
  6. Hayati S, Hanim B, Martilova D, Amran HF, Safitri Y. Peer-based Health Education About Puberty. *JCES (Journal of Character Education Society)*. 2022.25;5(1):216-25., DOI: <https://doi.org/10.31764/jces.v5i1.6990>
  7. Novilia B. Komunikasi Interpersonal Orang Tua Dan Anak Dalam Memberikan Pendidikan Seks Dimasa Pubertas:(Studi Kasus Pada Organisasi Katolik Republik Indonesia di Karanganyar). *Solidaritas*. 2022;6(2). <https://ejurnal.unisri.ac.id/index.php/sldrts/article/download/7948/4839>.
  8. Gultom DM, Sari E. The Penyuluhan Kesehatan Tentang Perubahan Hormon Masa Pubertas Pada Usia Remaja di SMK Negeri 3 Padangsidempuan: Sumatera Utara. *Pengabdian Deli Sumatera*. 2022. 25;1(1):27-32. <https://jurnal.unds.ac.id/index.php/pds/article/view/72>.
  9. Widiastini LP, Karuniadi IG, Saraswati PA. Kenali Masa Pubertas Pada Remaja Melalui Pendidikan Kesehatan. *Gemakes: Jurnal Pengabdian Kepada Masyarakat*. 2024. 27;4(1):65- <https://doi.org/10.36082/gemakes.v4i1.1478>
  10. Indraswari R, Widjanarko B, Shaluhiah Z, Suryoputro A, Musthofa SB. Exploration of Javanese Children's Knowledge and Attitudes about Puberty and Reproductive Health. *Jurnal Kesehatan Masyarakat*. 2023 Oct 18;19(2):178-85. DOI: <https://doi.org/10.15294/kemas.v19i2.43932>
  11. Salsabil A, Novianti LE, Agustiani H. Pengetahuan, sikap, dan keterampilan ibu mengenai pubertas pada remaja putri dengan disabilitas intelektual ringan. *JKKP (Jurnal Kesejahteraan Keluarga dan Pendidikan)*. 2020;7(02):130-43.Doi 10.21009/Jkkp.072.02.
  12. Utamingtyas F, Mufidaturrosida A, Maria A, Agustina CE, Wahyuni I, Sasanti SD. Penyuluhan Kesehatan Tentang Mengenal Ciri-Ciri Pubertas Pada Remaja Melalui Media E-Booklet. *Jurnal Pengabdian Masyarakat Aufa (JPMA)*. 2024.30;6(1):24-30. DOI: <https://doi.org/10.51933/jpma.v6i1.1290>



13. Kurniawati N, Nurmayanti MW. Hubungan Tingkat Pengetahuan Tentang Pubertas dengan Sikap Menghadapi Perubahan Fisik Pada Remaja Awal. *Jurnal Komunikasi Kesehatan*. 2021;20;12(1). <https://doi.org/10.56772/jkk.v12i1.184>
14. Fauzania SN, Solehati T, Hidayati NO. The Description of the Body Image of Adolescent Girls During Puberty. *IJGHR*.2024;6(2):771-8. <https://doi.org/10.37287/ijghr.v6i2.3029>
15. Grit D. Dilema Self-Reward: Apresiasi Diri atau Perilaku Konsumtif?. *Dilema*. 2025;11(34). <https://buletin.k-pin.org/index.php/daftar-artikel/252-vol-11-no-34-mei-2025>
16. Hasmawati, Saafi LA, Ali L. Faktor Risiko Kekerasan Seksual pada Anak Usia 5-17 Tahun di Rumah Sakit Bhayangkara Kendari. *Jurnal Healthy Mandala Waluya*. 2024. 25;3(1):12-20. <https://doi.org/10.54883/jhmw.v3i1.344>
17. Wulansari F. Pemahaman Siswi Tentang Pubertas Dan Implikasinya Terhadap Perilaku Keagamaan Di SMPN 1 Sawahan Kabupaten Madiun (Doctoral dissertation, IAIN Ponorogo). <https://Etheses.Iainponorogo.Ac.Id/9464/1/Over%20bab%20i-Vi%20daftar%20pustaka.Pdf>
18. Puspitasari SV, Novianti LE, Agustiani H. Pubertas menurut perspektif remaja putri dengan disabilitas intelektual. *Psikostudia: Jurnal Psikologi*. 2020 Nov 5;9(3):237. [https://www.academia.edu/download/64955889/4165\\_12726\\_1\\_PB.pdf](https://www.academia.edu/download/64955889/4165_12726_1_PB.pdf)
19. Sihalohe RB. Peran Instagram Sebagai Media Pendidikan Seksual Bagi Remaja. In *Prosiding Seminar Sastra Budaya dan Bahasa (SEBAYA) 2023*;12 (3): 203-212. <https://e-journal.unmas.ac.id/index.php/sebaya/article/view/6984/5320>
20. Sutanto A. Pengetahuan Tentang Pubertas Dalam Menghadapi Perubahan Fisik Pada Remaja Awal di SD Duta Bakti Yogyakarta. *CHMK Midwifery Scientific Journal*. 2021;4(3):323-32. <http://cyber-chmk.net/ojs/index.php/bidan/article/view/1088>

