

**PROGRAM STUDI S1 KEBIDANAN DAN PENDIDIKAN PROFESI BIDAN
FAKULTAS KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI
PEKANBARU**

Riset, 04 Agustus 2026

MARSANDA

**HUBUNGAN DUKUNGAN ORANG TUA DENGAN KESIAPAN REMAJA
PUTRI DALAM MENGAHADAPI PERUBAHAN PSIKOLOGIS PADA
MASA PUBERTAS DISMP NEGERI 20 PEKANBARU**

xiv + 39 Halaman + 15 Tabel + 13 Lampiran

ABSTRAK

Masa pubertas merupakan periode kritis yang memerlukan kesiapan psikologis remaja putri. Penelitian ini bertujuan mengidentifikasi hubungan antara dukungan orang tua dengan kesiapan remaja putri menghadapi perubahan psikologis pada masa pubertas. Metode penelitian adalah kuantitatif dengan desain *Cross-Sectional Korelasional*. Sampel berjumlah 106 siswi kelas VIII SMP Negeri 20 Pekanbaru yang dipilih menggunakan *Proportionate Stratified Sampling*. Data dikumpulkan melalui kuesioner dan dianalisis dengan Uji *Korelasi Spearman Rank*. Hasil penelitian menunjukkan rata-rata skor dukungan orang tua 29,59 dan kesiapan remaja 27,94. Analisis bivariat memperoleh nilai $\rho = 0,109$ dengan $p\text{-value} = 0,266$ ($p > 0,05$), sehingga tidak terdapat hubungan signifikan antara dukungan orang tua dengan kesiapan remaja putri. Disimpulkan bahwa kesiapan psikologis remaja putri dipengaruhi oleh faktor-faktor lain, sehingga diperlukan pendekatan edukasi yang komprehensif dan melibatkan berbagai pihak.

Kata Kunci :Dukungan Orang Tua, Kesiapan Remaja, Perubahan Psikologis,
Masa Pubertas Remaja Putri

Daftar Bacaan :24 (2009-2026)

**BACHELOR OF SCIENCE IN MIDWIFERY AND PROFESSIONAL
MIDWIFE EDUCATION PROGRAM FACULTY OF MIDWIFERY, PAYUNG
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Research, August 4, 2026

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**THE RELATIONSHIP BETWEEN PARENTAL SUPPORT AND
PSYCHOLOGICAL READINESS OF ADOLESCENT GIRLS IN FACING
PSYCHOLOGICAL CHANGES DURING PUBERTY AT SMP NEGERI 20
PEKANBARU**

xiv + 39 Pages + 15 Tables + 13 Appendices

ABSTRACT

Puberty is a critical period that requires psychological readiness of adolescent girls. This research aims to identify the relationship between parental support and the readiness of adolescent girls in facing psychological changes during puberty. The research method is quantitative with a cross-sectional correlational design. The sample consisted of 106 female students from grade VIII at SMP Negeri 20 Pekanbaru selected using proportionate stratified sampling. Data were collected through questionnaires and analyzed using Spearman Rank Correlation Test. The research results showed a mean score for parental support of 29.59 and psychological readiness of 27.94. Bivariate analysis obtained a rho value of 0.109 with $p\text{-value} = 0.266$ ($p > 0.05$), thus there is no significant relationship between parental support and psychological readiness of adolescent girls in facing psychological changes during puberty. It is concluded that the psychological readiness of adolescent girls is influenced by other factors, therefore a comprehensive educational approach involving various stakeholders is needed.

Keywords: *Parental Support, Adolescent Readiness, Psychological Changes, Puberty in Adolescent Girls*

References: *24 (2009-2026)*