

ABSTRACT

THE RELATIONSHIP OF NUTRITIONAL STATUS WITH MENARCHE AGE IN ADOLESCENT WOMEN AT UPT SMP NEGERI 13 GRESIK

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Background : Menarche is a change that indicates that adolescents have entered the stage of maturity of the sexual organs in the body. Age to reach the phase of the onset of menstruation for the first time is influenced by many factors, including ethnicity, genetics, nutrition, social, economic, and others.

Objective : To find out the relationship between nutritional status and age of menarche in adolescent girls at SMPN 13 Gresik

Method : This study used a correlational analysis design with approach *cross sectional*.

Results: It is known that the results of research conducted at UPT SMPN 13 Gresik mostly experienced early menarche as many as 33 respondents (49.3%), normal menarche age as many as 32 respondents (47%), age tarda menarche as many as 2 respondents (3%). And most of them experienced mild fat nutritional status as many as 30 respondents (44.8%), nutritional status with severe underweight categories as many as 6 respondents (9.0%), nutritional status with mild underweight categories as many as 8 respondents (11.9 %), nutritional status with normal category as many as 23 respondents (34.3%), and 0 respondents with severe nutritional status (0%).

Conclusion: There is a relationship between nutritional status and age at menarche as evidenced by the analysis shown by the value of value $(0.000) < (0.05)$.

Keywords: Nutritional Status, Age of Menarche, Young Women

ABSTRAK

HUBUNGAN STATUS GIZI DENGAN USIA MENARCHE PADA REMAJA PUTRI DI UPT SMP NEGERI 13 GRESIK

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Latar belakang : Menarche merupakan perubahan yang menandakan bahwa remaja sudah memasuki tahap kematangan organ seksual dalam tubuh. Usia untuk mencapai fase terjadinya menstruasi pertama kali dipengaruhi oleh banyak faktor antara lain adalah suku, genetik, gizi, sosial, ekonomi, dan lain-lain.

Tujuan : Diketuainya hubungan status gizi dengan usia menarche pada remaja putri di SMPN 13 Gresik

Metode : Dalam penelitian ini menggunakan desain analisis korelasional dengan pendekatan *cross sectional*.

Hasil : Diketahui hasil dari penelitian yang dilakukan di UPT SMPN 13 Gresik sebagian besar mengalami menarche dini sebanyak 33 responden (49,3%), usia menarche normal sebanyak 32 responden (47%), usia menarche tarda sebanyak 2 responden (3%). Serta Sebagian besar mengalami status gizi gemuk tingkat ringan sebanyak 30 responden (44,8%), status gizi dengan kategori kurus tingkat berat sebanyak 6 responden (9,0%), status gizi dengan kategori kurus tingkat ringan sebanyak 8 responden (11,9%), status gizi dengan kategori normal sebanyak 23 responden (34,3%), serta 0 responden dengan status gizi gemuk tingkat berat (0%).

Kesimpulan : Ada hubungan antara status gizi dan usia menarche terbukti hasil dari analisa yang ditunjukkan dari nilai p value $(0,000) < \alpha (0,05)$.

Kata kunci : Statuz Gizi, Usia Menarche, Remaja Putri