

ABSTRAK

Hubungan Status Gizi dengan Menarche pada siswi kelas 3,4 dan 5 SD di SDI At Taqwa Kramatjegu Taman Sidoarjo

Menarche merupakan indikator penting pertumbuhan dan perkembangan reproduksi anak perempuan, sedangkan status gizi berperan dalam mendukung keseimbangan hormon yang memengaruhi waktu menstruasi pertama.

Penelitian menggunakan metode analitik dengan pendekatan observasional dan rancangan cross sectional. Data dikumpulkan melalui pengukuran berat badan dan tinggi badan untuk menentukan status gizi berdasarkan indeks massa tubuh menurut umur (IMT/U). Populasi berjumlah 34 siswi, teknik *total sampling* sehingga responden 34 siswi. Instrumen menggunakan kuesioner dan lembar observasi. Analisis menggunakan uji *kendall's tau*.

Hasil penelitian kelas III status gizi normal 2 (50,0%), gizi lebih 1 (25,0%), dan obesitas 1 (25,0%). Kategori menarche, 4 siswi (100,0%) tercatat mengalami menarche cepat. Kelas IV status gizi normal tercatat 4 siswi (28,6%), gizi lebih 7 (50,0%), serta obesitas 3 (21,4%). Sementara itu, kelas V 16 siswi dengan status gizi normal, 10 (62,5%) dengan gizi lebih, dan 2 (12,5%) mengalami obesitas. Dari keseluruhan 34 siswi, status gizi normal berjumlah 10 (29,4%), gizi lebih 19 (55,9%), dan obesitas 5 (14,7%). Kategori menarche terdiri dari 4 (11,8%) yang mengalami menarche cepat dan 30 (88,2%) mengalami menarche normal. Berdasarkan hasil uji *kendall's tau*, diperoleh nilai koefisien korelasi sebesar 0,425 dengan nilai signifikansi $p = 0,012 (< 0,05)$. Kesimpulan bahwa terdapat hubungan antara status gizi dan usia menarche. Diharapkan untuk orang tua memperhatikan asupan gizi dan nutrisi yang seimbang untuk masa remaja.

Kata Kunci: Hubungan, Status Gizi, Menarche

ABSTRACT

The Relationship Between Nutritional Status and Menarche Among Grade III, IV, and V Female Students at SDI At Taqwa Kramatjegu Taman Sidoarjo

Menarche is an important indicator of reproductive growth and development in girls. Nutritional status also plays an important role in maintaining hormonal balance, which can affect the age of first menstruation.

This study used an analytical observational method with a cross-sectional design. Data were collected by measuring body weight and height to determine nutritional status based on the Body Mass Index-for-Age (BMI-for-Age). The population consisted of 34 female students. Total sampling was used, so all 34 students participated in this study. The instruments used were a questionnaire and an observation sheet. Data were analyzed using Kendall's Tau test.

The results showed that among third-grade students, 2 students (50.0%) had normal nutritional status, 1 student (25.0%) was overweight, and 1 student (25.0%) was obese. All 4 students (100.0%) experienced early menarche. Among fourth-grade students, 4 students (28.6%) had normal nutritional status, 7 students (50.0%) were overweight, and 3 students (21.4%) were obese. Meanwhile, among fifth-grade students, 4 students (25.0%) had normal nutritional status, 10 students (62.5%) were overweight, and 2 students (12.5%) were obese. Overall, among 34 students, 10 students (29.4%) had normal nutritional status, 19 students (55.9%) were overweight, and 5 students (14.7%) were obese. Regarding menarche, 4 students (11.8%) experienced early menarche, while 30 students (88.2%) experienced normal menarche. The Kendall's Tau test showed a correlation coefficient of 0.425 and a significance value of $p = 0.012$ (<0.05). Therefore, it can be concluded that there was a significant relationship between nutritional status and age at menarche. Parents are expected to pay attention to their children's balanced nutritional intake during adolescence.

Keywords: Relationship, Nutritional Status, Menarche