ABSTRACT

Relationship between Nutritional Status and The Incidence of Early Menarche on Female Adolescent in SD Negeri Kertajaya Surabaya

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Early menarche is the first menstruation that occurs in female adolescents under the age of 11 years. Indonesia is a country with 15th rank out of 67 countries with early age of menarche. There are many factors that affect the age of menarche, one of them is nutritional status. The purpose of this cross sectional study is to determine the correlation between the nutritional status and early age of menarche in female adolescent of elementary students at Surabaya city. The samples were taken by total sampling as many as 123 students and analyzed by using the Spearman test. The result showed the proportion of early menarche in SD Negeri Kertajaya Surabaya in 2016 as much as 60% and 40% incidence of normal age of menarche. Furthermore, the respondent who got menarche earlier than the average of age of menarche, there were 35% on normal nutritional status and 25% on obesity nutritional status. Analysis statistic results from the Spearman test is p = 0.03 0 (p < 0.05). This research shows that there was a correlation between nutritional status and early age of menarche.

Keywords: Nutritional status, age of menarche, incidence early menarche, Surabaya