

ABSTRACT

The most important event during adolescence is menstruation, a period of biological sign of sexual maturity. Causes of early sexual maturity increasing, one of them is caused by better nutritional factor. Person's nutritional status can be determined by calculating the body mass index. Thus this study aims to analyzed correlation between nutritional status and age of menarche.

This was observational research with cross sectional design. The research population was 236 persons and the number of sample was 149 persons which was grade VIII & IX junior high school student. The independent variable was nutritional status and the independent variable was age of menarche. Data collecting used questioner and direct measurement weight and height.

The result of statistical calculations performed by contingency coefficient test produced $r=0,268$ and $p=0,003$ ($P<0,05$). Hypothesis was proven, there is correlation between nutritional status and age of menarche in weak correlation strength.

The conclusion in this research was better nutritional status accelerate age of menarche. So the advice can be given to adolescence was maintain the better food intake.

Keywords: Nutritional Status, Age of menarche