

ABSTRACT

Puberty means the time that indicates person's sexual maturity. It involves biological, physical, psychological, and social development aspect. Although universally it is experienced by most of the adolescents, every person has the different time. Time's variety of teen's puberty could be seen from time, status, and tempo. It also associates with physical activity.

This research used cross-sectional study. Data were taken from one of Middle School in Bojonegoro regency, East Java with 269 respondents by total sampling. The respondents were chosen by qualifying the inclusion criteria, they were attaining the age of 11-14 years old and approving to take part of the research.

The result of this study was 250 (93%) of respondents did moderate physical activity. There were 159 (59.1%) students was in the third step measured by Tanner scale and 140 (52%) of them had menarche at age of 12 years old. The correlation of physical activity and puberty Tanner Scale was found $p = 0.027$ ($\alpha = 0,05$). However, physical activity and the age of menarche were found $p = 0,000$ ($\alpha = 0,05$).

There is correlation between physical activity and puberty Tanner scale and it is associated with the age of menarche.

Keywords: physical activity, tanner scale, puberty