

**ABSTRACT**

*Menarche is the first bleeding of women's uterine wall which occurs in puberty time. Girls in Indonesia get menarche at a fairly young age. The factors that influence the age of menarche are genetic, nutritional, socioeconomic, and general health status. Nutritional status can be interpreted from the person's body mass index (BMI). BMI is determined by weight and height. Weight greatly affects nutritional status in relation to menarche age. This is caused by the presence of leptin hormone derived from body fat that affect early puberty. This study to determine the relationship between body mass index and age of menarche at SMPN 2 Widang.*

*The design of the research was cross sectional study. Data retrieval was done by interviewing with data collection sheets, measuring height and weight of 50 respondents in SMPN 2 Widang Tuban. The sample was taken by consecutive sampling. The data was analyzed by Spearman.*

*Analysis on 50 respondents with Spearman correlation body mass index with age of menarche was  $p = 0,433$ .*

*Conclusion in this research that is no relationship between body mass index with menarche age.*

*Keywords : body mass index, menarche age*