ABSTRACT

CORRELATION OF NUTRITIONAL STATUS AND LIFESTYLE WITH EARLY MENARCHE CASE IN ELEMENTARY SCHOOL STUDENT IN SURABAYA

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Introduction: Early menarche is the first menstrual period which experienced by girls under the age of 12. Nutritional and lifestyle status are often related with early menarche, because sexual maturity is influenced by nutrition in the adolescence’s body. Data survey at Elementary School 4 and 9 Surabaya, obtained 31 students had experienced early menarche. The purpose of this research is to explain the correlation between nutritional status and lifestyle with early menarche case in elementary school student in Surabaya.

Methods: This research used cross-sectional correlation design. The total population is 232 students, using purposive sampling technique to get 145 sample size. Data collecting from questionaires and BMI measurement and analyzed by Spearman rho ($\alpha \leq 0.05$).

Results: There was 39 students (26.9%) had early menarche. There is a relationship between nutritional status and lifestyle with early menarche case p=0.000. Students who experienced early menarche had overweight nutritional status (12.4%) and unhealthy lifestyle (15.9%).

Conclusion: Overweight nutritional status or high BMI and unhealthy lifestyle will tend to experience early menarche.

Keywords: nutritional status, lifestyle, early menarche, school-age children