

**PROGRAM STUDI S1 KEPERAWATAN
STIKes MERCUBAKTIJAYA PADANG
Skripsi, Agustus 2023**

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**Hubungan Status Gizi Dengan Kejadian Menarche Dini Pada Siswi
Sekolah Dasar Negeri 09 Air Pacah Kota Padang**

x + 63 Halaman + 4 Gambar + 5 Tabel + 14 Lampiran

ABSTRAK

Tingginya angka kejadian menarche dini di Indonesia mengalami *menarche dini* pada umur 10 tahun (31,33%), umur 12 tahun (31,00%) dan pada umur 14 tahun (18,24%). Menarche dini memiliki implikasi negatif pada kesehatan seperti kanker payudara, resistensi insulin, intoleransi glukosa, obesitas sentral, penyakit kardiovaskular dan gangguan psikologi. Penelitian ini bertujuan mengetahui hubungan status gizi dengan kejadian menarche dini pada siswi sekolah dasar negeri 09 Air Pacah. Desain penelitian adalah *cross sectional*. Jumlah sampel 44 orang dengan menggunakan teknik *total sampling*. Data dikumpulkan dengan menggunakan lembar kuesioner dan pengukuran status gizi menurut umur menggunakan microtoice dan timbangan. Pengolahan data dilakukan dengan sistem komputerisasi, editing, coding, transferring, tabulating dan dianalisis dengan uji *chi square*. Hasil penelitian diketahui siswi yang mengalami menarche dini paling banyak berdasarkan kategori pada status gizi lebih 50.0%, gizi baik 31.8% dan status gizi kurang 18.2%. Terdapat hubungan antara kejadian menarche dini dengan status gizi berdasarkan indeks massa tubuh (*p-value* 0,02). Diharapkan kepada peneliti selanjutnya agar melakukan penelitian dengan variabel lain dan bagi pihak sekolah diharapkan dapat rutin memeriksakan status gizi siswi.

Kata Kunci: Menarche Dini, Sekolah Dasar, Status Gizi

Daftar Pustaka: 32 (2013-2023)

**STUDY PROGRAM S1 NURSING
MERCUBAKTIJAYA STIKES PADANG
Thesis, August 2023**

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***The Relationship between Nutritional Status and Early Menarche dini in
Public Elementary School Students 09 Air Pacah, Padang City***

x + 63 Pages + 4 Pictures + 5 Tables + 14 Attachments

ABSTRACT

The high incidence of early menarche dini in Indonesia experienced menarche dini at the age of 10 years (31.33%), 12 years (31.00%) and at the age of 14 years (18.24%). Early menarche dini has negative implications for health such as breast cancer, insulin resistance, glucose intolerance, central obesity, cardiovascular disease and psychological disorders. This study aims to determine the relationship between nutritional status and the incidence of early menarche dini in elementary school students Air Pacah 09. The study design was cross sectional. The number of samples is 44 people using total sampling technique. Data collection was carried out using a questionnaire and measuring nutritional status according to age using a microtoise and scales. Data processing is done with a computerized system, editing, coding, transfer, tabulation and analyzed by chi square test. The results showed that most of the female students who experienced early menarche dini based on the category of overweight status were 50.0%, 31.8% good nutrition and 18.2% less nutritional status. There is a relationship between the incidence of early menarche dini and nutritional status based on body mass index (p value 0.02). It is hoped that further researchers will conduct research with other variables and for the school it is hoped that they can routinely check the nutritional status of female students.

***Keywords: Early Menarche dini, Elementary School, Nutritional Status
Bibliography: 32 (2013-2023)***