

## Hubungan Status Gizi Dan Aktivitas Fisik Dengan Usia Menarche Remaja Putri = Relationship Between Nutrition Status And Physical Activity With Age Of Menarche At Women Adolescent

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### Abstrak

Rata-rata usia menarche yang semakin cepat saat ini dipengaruhi oleh status gizi dan aktivitas fisik. Penelitian ini bertujuan mengetahui hubungan status gizi dan aktivitas fisik dengan usia menarche. Desain penelitian ini adalah deskriptif korelatif. Sampel penelitian yakni 87 remaja putri kelas 5 dan 6 SD Cijantung 03 serta kelas 1 dan 2 SMP 98 dengan menggunakan teknik cluster sampling. Hasil penelitian menunjukkan tidak ada hubungan antara status gizi dengan usia menarche tetapi ada hubungan antara aktivitas fisik dengan usia menarche. Peneliti merekomendasikan untuk memberikan informasi tentang menarche kepada masyarakat dan mempersiapkan ibu jika anaknya mengalami menarche yang lebih cepat.

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Nowadays, average age of menarche is growing rapidly which are influenced by nutrition status and physical activity. The study aims are to determine the relationship between nutrition status and physical activity with age of menarche in women adolescent. This study used descriptive correlative design. This study sample are 87 girls in 5th and 6th grade elementary school Cijantung 03 and also 1st and 2nd grade junior high school 98 with used cluster sampling technique. The results showed that no relationship was found between nutrition status with age of menarche but there was relationship between physical activity with age of menarche. Researcher suggested to give information about menarche to the community and to prepare the mother if her child has menarche faster.