Status menarche dan faktor-faktor yang berhubungan pada siswi Sekolah Dasar Negeri Depok Jaya 1 Kota Depok tahun 2014 = Menarche status and factors associated in adolescent girls at Depok Jaya 1 Depok 2014

Liza Aprilia, author

Abstrak

[ABSTRAK
Tujuan penelitian ini adalah untuk mengetahui hubungan antara status gizi, persen lemak tubuh, asupan gizi (energi, karbohidrat, lemak, dan protein), usia menarche ibu, dan sosial ekonomi keluarga (pekerjaan dan pendidikan orang tua) dengan status menarche pada siswi SD Negeri Depok Jaya 1 Kota Depok. Penelitian ini menggunakan desain cross ? sectional dengan jumlah sampel sebanyak 115 siswi kelas 4,5, dan 6 SDN Depok Jaya 1 Kota Depok. Tehnik pengambilan sampel menggunakan metode total sampling dan data dianalisis menggunakan uji chisquare. Hasil penelitian ini menunjukkan bahwa 30,4% responden sudah menarche dengan rata ? rata usia menarche $10,37 \pm 0,37$ tahun, dengan usia termuda yang mengalami menarche adalah usia 9 tahun dan usia tertua yang mengalami menarche adalah usia 11 tahun. Variabel ? variabel yang memiliki hubungan dengan status menarche adalah status gizi (IMT/U) (p value = 0,023), persen lemak tubuh (p value = 0,000), dan asupan lemak (p value = 0,000). Untuk itu, disarankan adanya edukasi tentang kesehatan reproduksi mengingat usia menarche yang semakin cepat.

ABSTRACT
The purpose of this study was to determine the associated between nutritional status, body fat percentage, nutrient intake (energy, carbohydrates, fats, and proteins), mother's menarche age, and family socio-economical status (parents' occupation and education) with female students' menarche status. This study used cross-sectional design with a total sample of 115 female students grades 4, 5, and 6 elementary school of SDN Depok Jaya 1. This research used total sampling method and the data were analyzed by chi-square test. The result of this research showed that 30.4% of respondents had menarche at average age of 10.37 ± 0.37 years old, with the youngest age of menarche was 9 years old and the oldest one was 11 years old. Variables which have relation to menarche status are nutritional status (IMT/U) (p value = 0.023), body fat percentage (p value = 0.000), and fat intake (p value = 0.000), Thereof, a reproductive health education was suggested in elementary school as menarche age was sooner., The purpose of this study was to determine the associated between nutritional status, body fat percentage, nutrient intake (energy, carbohydrates, fats, and proteins), mother's menarche age, and family socio-economical status (parents' occupation and

education) with female students' menarche status. This study used cross-sectional design with a total sample of 115 female students grades 4, 5, and 6 elementary school of SDN Depok Jaya 1. This research used total sampling method and the data were analyzed by chi-square test. The result of this research showed that 30.4% of respondents had menarche at average age of 10.37 ± 0.37 years old, with the youngest age of menarche was 9 years old and the oldest one was 11 years old. Variables which have relation to menarche status are nutritional status (IMT/U) (p value = 0.023), body fat percentage (p value = 0.000), and fat intake (p value = 0.000), Thereof, a reproductive health education was suggested in elementary school as menarche age was sooner.]