

## ABSTRACT

### THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS, EARLY MENARCHE, AND FAST FOOD EATING BEHAVIOUR WITH THE INCIDENCE OF PRIMARY DYSMENORRHEA ON FEMALE STUDENT FROM SMAN 13 BANDAR LAMPUNG

by

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**Introduction.** Primary dysmenorrhea can be caused by several factors. The purpose of this study was to determine the relationship between nutritional status, early menarche, and fast food eating behaviour with the incidence of primary dysmenorrhea.

**Method.** This research was an observational research analytic type with cross sectional approaching to female students X grader of SMAN 13 Bandar Lampung. The number of samples is 180 people which is determined by total sampling method. Nutritional status of respondents known from body mass index by measuring their weight and height. Age of menarche, fast food eating behaviour, and primary dysmenorrhea known through questionnaires. Data were analyzed by univariate and bivariate comparative test such as *chi-square*, *fisher*, and *kolmogorov-smirnov*.

**Result.** Respondents who had primary dysmenorrhea were 90.6%. Respondents with normal nutritional status were 83.9%, overweight 11.7% and underweight 4.4%. Respondents who had early menarche were 1.1%. Respondents who frequently eat fast food were 83.3%. Statistical test results between both nutritional status and early menarche with primary dysmenorrhea was known that  $p$  value = 1.000, and between fast food eating behaviour and primary dysmenorrhea was known that  $p$  value = 0.010, OR = 4.261, CI = 1,474- 12.320.

**Conclusion.** There was no significant relationship between both nutritional status and early menarche with primary dysmenorrhea, but there was a significant relationship between fast food eating behaviour and primary dysmenorrhea.

**Keywords:** early menarche, fast food, nutritional status, primary dysmenorrhea