ABSTRACT

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND INSTANT NOODLE CONSUMPTION HABITS WITH EARLY *MENARCHE* IN ELEMENTARY SCHOOL STUDENTS AT AL KAUTSAR ELEMENTARY SCHOOL BANDAR LAMPUNG

By

Syifa Hafizha Amalia

Background: Early menarche is defined as the onset of the first menstrual cycle before the age of 11 years (9–10 years), influenced by various factors such as nutritional status and lifestyle behaviors. One such behavior is the habitual consumption of instant noodles. This study aims to examine the association between nutritional status and the frequency of instant noodle consumption with early menarche among students of Al Kautsar Elementary School Bandar Lampung.

Methods: This research utilized an analytical cross-sectional design, involving 83 respondents selected through total sampling. Data collection included anthropometric measurements (height and weight) and questionnaires. Data were analyzed using univariate and bivariate approaches, with the Chi-square test applied at a significance threshold of $\alpha = 5\%$.

Results: The univariate analysis revealed that 43.4% of respondents had a normal nutritional status, 33.7% were classified as overweight, 74.7% reported infrequent consumption of instant noodles, and 75.9% experienced early menarche. The bivariate analysis demonstrated a statistically significant association between nutritional status and early menarche (p= 0.025). However, no significant relationship was found between the habit of consuming instant noodles and early menarche (p= 0.741) among the students.

Conclusion: A significant correlation was identified between nutritional status, whereas no significant relationship was observed between instant noodle consumption habits and early menarche.

Keywords: adolescent, early menarche, elementary school, instant noodle consumption, nutritional status

ABSTRAK

**HUBUNGAN STATUS GIZI DAN KEBIASAAN KONSUMSI
MI INSTAN DENGAN *MENARCHE* DINI PADA SISWA
SEKOLAH DASAR DI SD AL KAUTSAR
BANDAR LAMPUNG**

Oleh

Syifa Hafizha Amalia

Latar Belakang: *Menarche* dini merupakan menstruasi pertama yang terjadi pada usia < 11 tahun (9-10 tahun) yang dipengaruhi beberapa faktor seperti status gizi dan gaya hidup. Salah satu gaya hidup adalah kebiasaan konsumsi mi instan. Penelitian ini bertujuan untuk mengetahui hubungan status gizi dan kebiasaan konsumsi mi instan dengan *menarche* dini pada siswa SD Al Kautsar Bandar Lampung.

Metode Penelitian: Penelitian analitik menggunakan desain *cross sectional* dengan sampel sebanyak 83 orang melalui metode *total sampling*. Data dikumpulkan dengan melakukan pengukuran tinggi badan dan berat badan serta menggunakan kuesioner. Analisis data menggunakan univariat dan bivariat dengan uji *Chi-square* dengan signifikansi $\alpha = 5\%$.

Hasil Penelitian: Analisis univariat menunjukkan 43,4% responden dengan status gizi baik, 33,7% gizi lebih, 74,7% responden dengan kebiasaan konsumsi mi instan jarang dan 75,9% responden mengalami *menarche* dini. Analisis bivariat menunjukkan terdapat hubungan signifikan antara status gizi dengan *menarche* dini (p= 0,025) dan tidak terdapat hubungan signifikan antara kebiasaan konsumsi mi instan (p= 0,741) dengan *menarche* dini pada siswi SD Al Kautsar Bandar Lampung.

Kesimpulan: Terdapat hubungan signifikan antara status gizi dan tidak terdapat hubungan signifikan antara kebiasaan konsumsi mi instan dengan *menarche* dini.

Kata kunci: konsumsi mi instan, *menarche* dini, remaja, sekolah dasar, status gizi