

ABSTRACT

CORRELATION BETWEEN NUTRITIONAL STATUS AND ACCURACY OF *MENARCHE* AGE IN TEENAGE GIRLS AT SMP NEGERI 22 BANDAR LAMPUNG

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Menarche is the first menstrual cycle which happens in the age of puberty. A teenage girl experiences *menarche* in a normal age if she experiences it between the age of 11-13. Recently, few newest researches show there is an earlier age of *menarche* because of higher nutritional status.

The purpose of this research is to show the correlation between nutritional status and the accuracy of *menarche* age of students from SMP Negeri 22 Bandar Lampung. Design used in this study was descriptive-analytic method with cross-sectional approach. The time of this research is done on October 2012 in SMP Negeri 22 Bandar Lampung. Samples are taken from 186 girls using stratified random sampling method. The tools used to measure in this research are weight scale, height measurement, and questionnaires. Nutritional status is counted using BMI/age, then measured with standard of WHO's curve.

Results from this research are, 143 respondents have normal nutritional status and age of *menarche*. Twelve respondents have normal nutritional status, but they don't get *menarche* at the normal age. Eleven respondents have normal age of *menarche*, but abnormal nutritional status. Twenty respondents have abnormal nutritional status and age of *menarche*. All data is analyzed with SPSS 17.00 for Windows. Analysis statistic results from the *Chi Square* test is $\alpha = 0,000$, where p used is 0,005. Conclusion is, this research shows that there is meaningful statistic correlation between nutritional status and the age of *menarche*. Because of that, it is recommended for teenage girls to pay attention to their nutritional status in order to get *menarche* in the normal age.

Keywords: nutritional status, accuracy *menarche* age, teenage girls