

Hubungan Antara Status Gizi (IMT/U), Konsumsi Ultra-Processed Food, dan Faktor Lainnya Terhadap Kejadian Menarche Dini Pada Siswi di SD dan SMP X Pondok Aren Tangerang Selatan Tahun 2024

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Abstrak

<div style="text-align: justify;">Pubertas adalah fase penting dalam perkembangan remaja, dan menarche merupakan tanda utama pada remaja perempuan. Menarche dini dapat berdampak negatif pada kesehatan, baik jangka pendek maupun panjang. Dalam jangka pendek, remaja dapat mengalami stres, sementara dampak jangka panjang seperti penyakit metabolik. Penelitian cross-sectional ini melibatkan 114 siswa SD dan SMP X di Pondok Aren, Tangerang Selatan, usia 9-14 tahun. Data dikumpulkan secara primer melalui pengukuran status gizi, wawancara food recall, kuesioner aktivitas fisik, usia menarche ibu, dan konsumsi ultra-processed food. Hasil menunjukkan 48,2% responden telah mengalami menarche. Terdapat hubungan signifikan antara status gizi, aktivitas fisik, dan konsumsi ultra-processed food dengan menarche dini (p value < 0.05). Sementara tidak ada hubungan antara asupan energi, asupan protein, asupan lemak, asupan karbohidrat, dan usia menarche ibu terhadap kejadian menarche dini. Penelitian ini merekomendasikan penambahan variabel keterpaparan media sosial dan peran aktif pemerintah serta sekolah dalam program kesehatan reproduksi.</div><hr /><div style="text-align: justify;">Puberty is a critical phase in adolescent development, with menarche being a primary milestone in girls. Early menarche can negatively impact health, both in the short and long term. Short-term effects include stress among adolescents, while long-term effects may lead to metabolic diseases. This cross-sectional study involved 114 students from elementary and middle schools in X Pondok Aren, South Tangerang, aged 9-14 years. Primary data collection methods included nutritional status measurements, food recall interviews, physical activity questionnaires, maternal menarche age, and ultra-processed food consumption. Results indicated that 48.2% of respondents had experienced menarche. Significant relationships were found between nutritional status, physical activity, and ultra-processed food consumption with early menarche (p value < 0.05). However, no associations were observed between energy intake, protein intake, fat intake, carbohydrate intake, and maternal menarche age with early menarche occurrence. The study recommends incorporating variables related to social media exposure and emphasizes the active roles of government and schools in reproductive health programs.</div>