

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1 KEPERAWATAN
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Hubungan Status Gizi Dengan Usia Menarche Pada Siswi Kelas 1 Di Smp
Ma'arif 08 Desa Kepel Kecamatan Wuluhan Kabupaten Jember, 2016

xvii + 70 hal + 1 bagan + 5 tabel + 3 diagram + 1 gambar + 13 lampiran

Abstrak

Status gizi adalah suatu keadaan terpenuhinya kebutuhan terhadap gizi, yaitu keseimbangan antara konsumsi dan penyerapan zat gizi, kurangnya nutrisi akan memengaruhi kematangan seksual dan menarche remaja putri. Penelitian ini menggunakan desain Korelasional dengan rancangan *Retrospektif*, bertujuan untuk mengidentifikasi hubungan status gizi dengan usia menarche pada siswi kelas 1 di SMP Ma'arif 08 desa Kepel kecamatan Wuluhan kabupaten Jember. Populasi pada penelitian ini adalah siswi kelas 1 SMP Ma'arif 08 desa Kepel kecamatan Wuluhan kabupaten Jember yang sudah mengalami menarche dan siswi yang ingat BB dan TB saat menarche dengan jumlah 38 siswi. Teknik pengambilan sampel menggunakan *Nonprobability Sampling* dengan *Purposive Sampling*. Data dikumpulkan menggunakan lembar kuesioner untuk variabel independen dan dependen. Hasil penelitian menunjukkan bahwa, responden yang memiliki IMT >25.0-27.0 (kelebihan BB tingkat ringan) sebesar 14 responden (36.84%) dan usia menarche 10-13 tahun (normal) sebesar 21 responden (55.2%). Hubungan status gizi dengan usia menarche dilakukan uji *Pearson* dengan $\alpha = 0.05$ didapatkan p value 0.000. Kesimpulan penelitian ini bahwa ada hubungan yang signifikan antara status gizi dengan usia menarche. Rekomendasi penelitian ini adalah diharapkan kepada siswi kelas 1 di SMP Ma'arif 08 desa Kepel kecamatan Wuluhan kabupaten Jember untuk lebih memperhatikan status gizi karena status gizi dapat memengaruhi usia menarche.

Kata kunci: Status Gizi, Usia Menarche, Siswi Kelas 1 SMP
Daftar Pustaka:17 (2002-2015)

Abstrak

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The Relationship Between Nutritional Status And Menarcheal Age Among The First Grade Female Students In Smp Ma'arif 08 Kepel Village Wuluhan Subdistrict Jember District, 2016

xvii + 70 pages + 1 chart + 5 tables + 3 diagrams + 1 picture + 13 appendixes

Abstract

Nutritional status is a state of the body that nutritional needs are fulfilled, which is the balance between the consumption and utilization of nutrients, lack of nutrition will affect female adolescents' sexual maturation and menarche. This research used correlational design with *retrospective* plan and aimed to identify the relationship between nutritional status and menarcheal age among first grade female students in SMP Ma'arif 08 Kepel Village Wuluhan Subdistrict Jember District. The subjects of this research were the first grade female students in in SMP Ma'arif 08 Kepel Village Wuluhan Subdistrict Jember District who have had menarche and the number of the students who remembered their height and weight when they were in menarche were 38 students. The sampling selection was done using *Nonprobability Sampling* and *Purposive Sampling*. The data was obtained using questionnaire for independent and dependent variables. The results showed that the number of the respondents who had $IMT > 25.0-27.0$ (low-level overweight) were 14 respondents (36.84%) and the number of those whose menarcheal age was 10-13 years old (normal) were 21 respondents (55.2%). The result of the relationship between nutritional status and menarcheal age which was obtained using Pearson's test with $\alpha = 0.05$ was p value 0.000. As a conclusion, there was a significant relationship between nutritional status and menarcheal age. The research suggestion is for the first grade female students in SMP Ma'arif 08 Kepel Village Wuluhan Subdistrict Jember District to keep their nutritional status since it affects their menarcheal age.

Key words: Nutritional status, Menarcheal Age, First Grade Female Students

References: 17 (2002-2015)