

ABSTRAK

Nadifatul Islamiyah NIM. 21153010018 Midwifery Study Program	Advisor Dr.Bdn.Eny Susanti,M.Keb NIDN.0707058302
<i>THE RELATIONSHIP OF THE AGE OF MENARCHE AND FAST FOOD CONSUMPTION HABITS WITH THE OCCURRENCE OF PRIMARY DYSMENORRHEA IN ADOLESCENT GIRLS</i> <i>(A Study at MA Ibnu Malik Jambu Burneh Bangkalan)</i>	
ABSTRACT Dysmenorrhea is one type of menstrual disorder characterized by cramps and pain in the lower abdomen, accompanied by lower back pain, nausea, vomiting, headaches, and diarrhea. A preliminary study conducted at MA Ibnu Malik Village Jambu, Burneh District, Bangkalan Regency, through a questionnaire administered to 15 female students in grades X, XI, and XII revealed that 6 students (40%) experienced menstrual pain that interfered with their activities, 8 students (53.3%) felt pain that did not interfere with their activities, and 1 student (6.7%) did not experience pain during menstruation. This study aims to determine the relationship between the age of menarche and the habit of consuming fast food with the occurrence of dysmenorrhea in adolescent girls at MA Ibnu Malik Jambu Burneh Bangkalan. The research design used a quantitative method with a cross-sectional approach. The sample consisted of 35 adolescent girls selected using simple random sampling. The instruments used included an Observation Sheet for Menarche Age, a Food Frequency Questionnaire (FFQ) to assess fast food consumption habits, and a Numeric Rating Scale (NRS) to measure menstrual pain levels. Data analysis was performed using the Spearman Rank test. Based on the results of the study, there was a significant relationship between the age of menarche and Dysmenorrhea with a P value $(0.035) < \alpha (0.05)$ and there was relationship between fast food consumption and the incidence of dysmenorrhea with a p value $(0.017) < \alpha (0.05)$. It is hoped that the results of this study can serve as a source of information for adolescent girls in maintaining a healthy diet. It is recommended that adolescent girls reduce the factors causing dysmenorrhea.	
Keywords: Menarche, Fast Food, Dysmenorrhea	