

ABSTRACT

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THE RELATIONSHIP OF AGE AND THE OF READINESS OF ADOLESCENT GIRLS TO FACE MENARCHE

ABSTRACT

Adolescence is marked by the appearance of signs of puberty such as the first menstruation or menarche. Based on a preliminary study conducted at Banyuajuh Elementary School, 6 kamals were obtained from 27 students, there were 7 students (26%) who were ready to face menarche and 20 students (74%) were not ready to face menarche. The purpose of this study is to analyze whether there is a relationship between age and nutritional status towards the readiness of young girls to face menarche.

Research design using analytics with a cross-sectional approach. Independent variables of age and nutritional status and dependent variables of readiness. The population is 27 female students with a sample of 25 female students. Simple random sampling technique for data collection using a questionnaire with a chi-square statistical test. Research ethics approved by KEPK University Noor Huda Mustofa No. 2668/KEPK/UNIV-NHM/EC/V/2025.

The research results show that most of the female students are almost all <12 years old as many as 20 female students (80%). almost all of the nutritional status of normal female students is 20 people (80%). Most of the female students are ready to face good menarche as much as 15 female students (60%). Based on the results of the statistical test using the Chi-Square test, the result was obtained p value $(0,574) > \alpha$ (0.05) so that it shows that there is no relationship between age and menarche readiness. Based on the statistical test using the Chi-Square test, the result was obtained p value $(0,435) > \alpha$ (0.05) . This shows that there is no relationship between nutritional status and menarche readiness.

The rapid development of technology, the influence of the surrounding environment, learning the reproductive system at school can be one of the factors that greatly affect the readiness of menarche. So it needs a deeper study regarding the factors that affect the readiness of menarche

Keywords: age, nutritional status, menarche readiness