

ABSTRAK

Noviyanti, Ranindya Dwi. 2023. The Relationship between Overweight and age of Menarche in early adolescence at MIN 1 Malang City. Thesis. Undergraduate Study Program In Midwifery. Health Polytechnic Ministry Of Health Malang. Main Mentor : Didien Ika S, S.SiT., M.Keb. Companion Mentor: Innas Tiara Ardhiani, S.Keb., Bd., M.Ke.s

Overweight and obesity has become an epidemic for the whole world, especially for the country of indonesia. Overweight from year to year always has a significant increase, especially in elementary school and becomes a health problem that must be addressed immediately. Epidemiological studies reveal the phenomenon that the age of menarche in different parts of the world is accelerating. The decrease in menarche age reflects better nutritional intake and general health. This is also due to changes in socio-economic conditions and human lifestyle. This study aims to determine the relationship of overweight with menarche age in early adolescence. The design used is observational analytic with Cross-Sectional approach, with a population of 42 overweight adolescents, sampling using total sampling technique. The results of the study obtained by using Spearman Rank correlation test showed a p-value of 0.408 where the p value > 0.05 so that there is no significant relationship between overweight and menarche age in early adolescents in MIN 1 Malang. Overweight and age of menarche interact with genetics, lifestyle, and environment. Being Overweight isn't the only factor in menarche. The need for monitoring the consumption of a balanced diet to maintain a healthy nutritional status. Inadequate nutrition disrupts not only the growth and function of organs, but also reproductive function.

Keywords: *Overweight, age of Menarche*