

ABSTRACT

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Adolescent girls are a vulnerable group prone to eating disorders due to social pressure regarding the ideal body image. Persistent eating disorders can affect nutritional intake, disrupt hormonal balance, and lead to menstrual cycle disturbances. This study aims to determine the relationship between eating disorders and menstrual cycles among adolescent girls at SMK Kartika IV-1 Malang. The research method used was analytic observational with a cross-sectional approach. The sample consisted of 57 adolescent girls aged 15–17 years, selected using purposive sampling from a total population of 130. The research instruments included the Eating Attitude Test-26 (EAT-26) questionnaire to assess the risk of eating disorders and a menstrual cycle questionnaire. The results showed that the majority (63.2%) of respondents were at risk of eating disorders and most (61.4%) had abnormal menstrual cycles. The chi-square test revealed a significant relationship between eating disorders and menstrual cycles (p -value = 0.000), with almost all (86.1%) respondents at risk of eating disorders experiencing abnormal menstrual cycles. Nutritional imbalance due to eating disorders can inhibit the production of reproductive hormones such as Gonadotropin-Releasing Hormone (GnRH), Follicle-Stimulating Hormone (FSH), and Luteinizing Hormone (LH), which play roles in ovulation, thereby causing menstrual irregularities. Therefore, nutritional education and menstrual cycle monitoring are necessary as preventive efforts against eating disorders, in order to maintain hormonal balance, reproductive health, and future fertility in adolescent girls.

Keywords: *adolescent girls, eating disorder, menstrual cycle*