

**Relationship between Junk Food Consumption and Nutritional Status with  
the Phenomenon of Early *Menarche* in Lalangon 1 Public Elementary School  
Students Sumenep Regency**

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***ABSTRACT***

The first menstrual cycle for fertile women under the age of twelve is known as an early menarche. Two out of every six female pupils at Lalangon 1 Public Elementary School Sumenep Regency who participated in a pilot study as respondents had early menarche, according to the findings. The purpose of this study is to ascertain how early menarche in female pupils at Lalangon 1 Public Elementary School Sumenep Regency is related to junk food consumption and nutritional status. Analytical observation is used in the research approach using a cross-sectional design. 53 respondents were included in the total sampling technique employed in the sampling process. The study's findings showed that 36 female students (67.9%) had acceptable nutritional status, 10 female students (18.9%) had menarched, and 43 female students (81.1%) had not had menarche. Additionally, 29 female students (54.7%) consumed junk food often. Analysis of the chi-square test data was followed by Fisher's exact test, which found a p-value of 0.015 ( $p < 0.05$ ) relationship between junk food consumption and the early menarche phenomenon. The p-value likelihood ratio test was then used to find a p-value of 0.203 ( $p > 0.05$ ) relationship between status and the early menarche phenomenon. The conclusion of this research is that there is a relationship between junk food consumption and the phenomenon of early *menarche* and there is no relationship between nutritional status and early *menarche* in female students at Lalangon 1 Public Elementary School Sumenep Regency.

Keywords: Junk Food Consumption, Nutritional Status, Early *Menarche*