

ABSTRAK

GAMBARAN POLA KONSUMSI PADA SISWI YANG MENGALAMI MENARCHE DINI DI SDN 02 KRANJI

Farida Andariantika, Diah Krisnansari, Colti Sistiarani

Latar Belakang: *Menarche* merupakan menstruasi pertama kali yang terjadi pada wanita di masa pubertas sekitar usia 12-14 tahun. Usia *menarche* dikatakan dini apabila terjadi pada usia kurang dari 12 tahun. Riskesdas 2013 menunjukkan 20,9% anak perempuan di Indonesia telah mengalami *menarche* dini. Faktor yang dapat mempengaruhi *menarche* dini antara lain adalah konsumsi makanan dan status gizi. Tujuan penelitian ini adalah menggambarkan pola konsumsi pada siswi yang mengalami *menarche* dini SDN 02 Kranji

Metode: Penelitian kualitatif ini menggunakan pendekatan deskriptif pada enam siswi yang mengalami *menarche* dini. Data kualitatif diperoleh dari wawancara mendalam dan dilakukan triangulasi sumber data pada orang tua dan teman sebaya.

Hasil Penelitian: Usia *menarche* yang dialami oleh responden 9-11 tahun dengan status gizi gemuk. Hasil FFQ, responden sangat sering ($> 1x$ sehari) mengkonsumsi nasi, tempe dan susu bubuk. Responden juga sering (setiap hari atau 4-6x/minggu) mengkonsumsi mie instan, ikan bandeng, ikan mujair, daging ayam, telur ayam, tahu, wortel, bayam, kangkung, pisang, pepaya, susu kental manis, fried chicken, sosis goreng, nugget goreng, siomay dan batagor.

Kesimpulan: Responden cenderung mengkonsumsi makanan yang mengandung tinggi karbohidrat, tinggi protein nabati dan tinggi kalsium.

Kata Kunci : *Menarche* dini, Pola Konsumsi

ABSTRACT

DESCRIPTION OF CONSUMPTION PATTERNS IN STUDENTS WHO HAD EARLY MENARCHE IN SDN 02 KRANJI

Farida Andariantika, Diah Krisnansari, Colti Sistiarani

Background: Menarche is the first menstruation that occurs in women at puberty around the age of 12-14 years. Age of menarche is said to be early if it occurs at the age of fewer than 12 years. Riskesdas 2013 shows that 20.9% of girls in Indonesia have experienced early menarche. Factors that can affect early menarche include food consumption and nutritional status. The purpose of this study is to describe the consumption patterns of students who had early menarche in SDN 02 Kranji.

Method: This qualitative study used a descriptive approach to six female students who experienced early menarche. Qualitative data were obtained from in-depth interviews and triangulation of data sources was carried out on parents and peers.

Research Results: Menarche age experienced by respondents 9-11 years with nutritional status fat. FFQ results, respondents very often (> 1x a day) consume rice, tempe, and milk powder. Respondents also often (every day or 4-6x / week) consume instant noodles, milkfish, tilapia fish, chicken meat, chicken eggs, tofu, carrots, spinach, kale, bananas, papaya, sweetened condensed milk, fried chicken, fried sausages, fried nuggets, dumplings, and batagor.

Conclusion: Respondents consumed foods containing high carbohydrates, high in vegetable protein and high in calcium.

Keywords: Early menarche, consumption pattern