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**ABSTRACT**

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***THE RELATIONSHIP BETWEEN JUNK FOOD CONSUMPTION AND NUTRITIONAL STATUS WITH THE INCIDENCE OF MENARCHE AMONG ADOLESCENT GIRLS AT MI NEGERI 9 CIAMIS, 2025***

*Menarche is the first menstruation and an early marker of the transition to adulthood. Normal menarche occurs at the age of 12-13 years, but in recent decades there has been an acceleration in the age of menarche to an earlier age (<12 years). This shift is influenced by dietary patterns, lifestyle, and nutritional status among adolescents. The purpose of this study was to analyze the relationship between junk food consumption and nutritional status with the incidence of menarche among adolescent girls at MI Negeri 9 Ciamis in 2025. This study used a cross-sectional design and was an analytical observational study. The sample was determined using simple random sampling of 87 female students. The Food Frequency Questionnaire (FFQ) form was used to collect information about frequency of junk food consumption and nutritional status using the BMI for-age Z-score. The results showed that 31% of respondents who had menarche, 51.7% of respondents frequently consumed junk food, and 24.1% of respondents had overnutrition (overweight and obese). A significant relationship was found between junk food consumption habits ( $p=0.000$ ,  $OR=7,078$ ) and nutritional status ( $p=0.000$ ,  $OR=8,154$ ) with the incidence of menarche. Frequent consumption of junk food and overnutrition can increase leptin levels, which cause early menarche. This study concluded that junk food consumption and nutritional status is associated with the incidence of menarche in adolescent girls at MI Negeri 9 Ciamis in 2025. Respondents are expected to reduce their consumption of junk food and adopt a balanced nutritional diet.*

**Keywords:** *adolescent girls, junk food, menarche, nutritional status*