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## ABSTRAK

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### HUBUNGAN FREKUENSI KONSUMSI *JUNK FOOD* DAN STATUS GIZI DENGAN SIKLUS MENSTRUASI PADA REMAJA PUTRI

Siklus menstruasi merupakan jarak antara hari pertama menstruasi dengan hari pertama menstruasi berikutnya. Pada masa pubertas sering terjadi ketidakaturan akibat ketidakseimbangan hormon. Tingginya konsumsi *junk food* serta status gizi yang tidak normal berpotensi mengganggu keseimbangan hormon reproduksi. Penelitian ini bertujuan untuk menganalisis hubungan frekuensi konsumsi *junk food* dan status gizi dengan siklus menstruasi pada remaja putri. Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 85 siswi kelas XI SMAN 6 Tasikmalaya yang dipilih menggunakan teknik *simple random sampling*. Data konsumsi *junk food* diperoleh menggunakan *Food Frequency Questionnaire* (FFQ), status gizi diukur berdasarkan Indeks Massa Tubuh (IMT), sedangkan siklus menstruasi, aktivitas fisik, dan stres diperoleh melalui kuesioner. Hasil penelitian menunjukkan sebagian besar responden memiliki frekuensi konsumsi *junk food* kategori jarang (98,8%), status gizi normal (76,5%), serta siklus menstruasi normal (58,8%). Hasil uji *Spearman Rank* menunjukkan tidak terdapat hubungan antara frekuensi konsumsi *junk food* dengan siklus menstruasi ( $p=0,978 > 0,05$ ), sedangkan hasil uji *Chi-Square* menunjukkan terdapat hubungan pada status gizi ( $p=0,001$ ), aktivitas fisik ( $p=0,042$ ), dan stres ( $p=0,022$ ) dengan siklus menstruasi ( $p<0,05$ ). Dapat disimpulkan bahwa frekuensi konsumsi *junk food* tidak berhubungan dengan siklus menstruasi, namun status gizi, aktivitas fisik, dan stres terdapat hubungan yang signifikan dengan keteraturan siklus menstruasi. Diharapkan remaja putri dapat menjaga keseimbangan pola makan agar status gizi tetap normal, dapat beraktivitas fisik secara proporsional, serta mengelola stres dengan baik, guna menjaga keteraturan siklus menstruasi.

**Kata Kunci:** *Junk Food*, Status Gizi, Siklus Menstruasi, Remaja Putri

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**ABSTRACT**

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***THE RELATIONSHIP BETWEEN THE FREQUENCY OF JUNK FOOD CONSUMPTION AND NUTRITIONAL STATUS WITH MENSTRUAL CYCLE IN ADOLESCENT GIRLS***

*The menstrual cycle is the distance between the first day of menstruation and the first day of the next menstruation. During puberty, irregularities often occur due to hormonal imbalances. High consumption of junk food and abnormal nutritional status have the potential to disrupt the balance of reproductive hormones. This study aims to analyze the relationship between the frequency of junk food consumption and nutritional status with the menstrual cycle in adolescent girls. This study used an observational analytical design with a cross-sectional approach. The study sample consisted of 85 11th-grade female students of SMAN 6 Tasikmalaya selected using a simple random sampling technique. Data on junk food consumption were obtained using a Food Frequency Questionnaire (FFQ), nutritional status was measured based on Body Mass Index (BMI), while menstrual cycles, physical activity, and stress were obtained through questionnaires. The results showed that the majority of respondents had a frequency of junk food consumption in the category of rarely (98.8%), normal nutritional status (76.5%), and a normal menstrual cycle (58.8%). The Spearman Rank test results showed no relationship between the frequency of junk food consumption and the menstrual cycle ( $p=0.978 > 0.05$ ), while the Chi-Square test results showed a relationship between nutritional status ( $p=0.001$ ), physical activity ( $p=0.042$ ), and stress ( $p=0.022$ ) and the menstrual cycle ( $p<0.05$ ). It can be concluded that the frequency of junk food consumption is not related to the menstrual cycle, but nutritional status, physical activity, and stress are significantly related to menstrual cycle regularity. It is hoped that adolescent girls can maintain a balanced diet to maintain normal nutritional status, engage in proportional physical activity, and manage stress well to maintain menstrual cycle regularity.*

*Keywords: Junk Food, Nutritional Status, Menstrual Cycle, Adolescent Girls*