

**FAKULTAS KEDOKTERAN DAN ILMU KESEHATAN
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Nabila Salzabila Rauf¹, Ummu Kalzum Malik²

¹Mahasiswa Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar Angkatan 2022/email nabilasalzabilarauf@med.unismuh.ac.id

²Dosen Fakultas Kedokteran dan Ilmu Kesehatan Universitas Muhammadiyah Makassar/email

“Hubungan Aktivitas Fisik, Pola Makan dan Obesitas dengan Usia *Menarche* di SDN 200 Tempe”

ABSTRAK

Latar Belakang: *Menarche* merupakan menstruasi pertama yang dialami remaja perempuan sebagai tanda maturasi sistem reproduksi dan akhir dari proses pubertas. Dalam beberapa dekade terakhir, usia *menarche* dilaporkan mengalami percepatan yang berkaitan dengan perubahan status gizi dan gaya hidup, termasuk aktivitas fisik, pola makan, dan obesitas. Secara fisiologis, faktor-faktor tersebut memengaruhi regulasi hormonal pada aksis hipotalamus–hipofisis–gonad yang berperan dalam pematangan organ reproduksi. **Tujuan:** Menganalisis hubungan aktivitas fisik, pola makan, dan obesitas dengan usia *menarche* pada siswi kelas IV–VI SDN 200 Tempe. **Metode Penelitian:** Penelitian ini menggunakan desain observasional analitik dengan pendekatan cross-sectional dan teknik total sampling sebanyak 25 responden yang telah mengalami *menarche*. Pengumpulan data dilakukan melalui kuesioner Physical Activity Questionnaire for Children (PAQ-C) untuk aktivitas fisik, Food Frequency Questionnaire (FFQ) untuk pola makan, wawancara tertutup untuk usia *menarche*, serta pengukuran antropometri untuk menentukan status obesitas berdasarkan kurva IMT/U CDC. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Fisher’s Exact dengan tingkat kemaknaan 0,05. **Hasil:** Tidak terdapat hubungan signifikan antara aktivitas fisik dan usia *menarche* ($p=0,119$), sedangkan pola makan ($p=0,015$) dan obesitas ($p=0,003$) berhubungan signifikan dengan usia *menarche*. **Kesimpulan:** Tidak terdapat hubungan antara aktivitas fisik dengan usia *menarche* sedangkan pola makan dan obesitas berperan terhadap terjadinya usia *menarche* tidak normal.

Kata Kunci: siswi, usia *menarche*, aktivitas fisik, pola makan, obesitas

FACULTY OF MEDICINE AND HEALTH SCIENCES

MUHAMMADIYAH UNIVERSITY OF MAKASSAR

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Nabila Salzabila Rauf¹, Ummu Kalzum Malik²

¹Students of the Faculty of Medicine and Health Sciences, Muhammadiyah University of Makassar Class of 2022/email nabilasalzabilarauf@med.unismuh.ac.id

²Lecturers of the Faculty of Medicine and Health Sciences, Muhammadiyah University of Makassar/email

“The Association Between Physical Activity, Dietary Patterns and Obesity with Menarcheal Age at SDN 200 Tempe”

ABSTRACT

Background: Menarche is the first menstruation experienced by adolescent girls and represents the maturation of the reproductive system as well as the culmination of puberty. In recent decades, the age at menarche has been reported to occur earlier, which is associated with changes in nutritional status and lifestyle factors, including physical activity, dietary patterns, and obesity. Physiologically, these factors influence hormonal regulation through the hypothalamic–pituitary–gonadal axis, which plays a crucial role in reproductive organ maturation. **Objective:** To analyze the association between physical activity, dietary patterns, and obesity with the age at menarche among female students in grades IV–VI at SDN 200 Tempe. **Methods:** This study employed an analytic observational design with a cross-sectional approach and total sampling technique involving 25 respondents who had experienced menarche. Data were collected using the Physical Activity Questionnaire for Children (PAQ-C) to assess physical activity, the Food Frequency Questionnaire (FFQ) to evaluate dietary patterns, structured interviews to determine age at menarche, and anthropometric measurements to assess obesity status based on the CDC BMI-for-age growth chart. Data were analyzed using univariate and bivariate analyses with Fisher’s Exact test at a significance level of 0.05. **Results:** There was no significant association between physical activity and age at menarche ($p=0.119$), whereas dietary patterns ($p=0.015$) and obesity ($p=0.003$) were significantly associated with age at menarche. **Conclusion:** There was no association between physical activity and age at menarche, while dietary patterns and obesity played a role in the occurrence of abnormal age at menarche.

Keywords: female students, age at menarche, physical activity, dietary patterns, obesity