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Submission title: HUBUNGAN KONSUMSI FAST FOO.  
File name: 28.\_JURNAL\_1\_wina.doc  
File size: 141.5K  
Page count: 9  
Word count: 3,785  
Character count: 23,169  
Submission date: 03-Nov-2020 10:03AM (UTC+0700)  
Submission ID: 1434570974

### HUBUNGAN KONSUMSI FAST FOOD TERHADAP KEJADIAN MENARCHE DINI DI SDN PANJANG I DAN SDN PANJANG 3 KECAMATAN KEDUNGADEM KABUPATEN BOJONEGORO

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#### ABSTRAK

**Pendahuluan** Pada era globalisasi sekarang, mengonsumsi *fast food* menjadi kebiasaan anak. Perilaku konsumsi *fast food* dapat mempengaruhi kerja hormon yang bisa menyebabkan terjadinya pubertas dini. **Tujuan** penelitian ini menganalisis hubungan konsumsi *fast food* terhadap kejadian *menarche* dini di SDN Panjang I dan SDN Panjang III Kedungadem Bojonegoro. **Desain** penelitian ini adalah analitis korelasional dengan pendekatan *cross sectional*. Populasinya sejumlah 47 anak, dan sampelnya sejumlah 47 orang. Metode sampling yang digunakan adalah *total sampling*. Variabel *independent* penelitian ini konsumsi *fast food* dan variabel *dependent*nya kejadian *menarche* dini. Data penelitian diambil dengan kuisioner, kemudian diolah, dan dianalisis menggunakan uji statistik *Coefficient Contingensi* dengan tingkat kemaknaan 0.05. **Hasil** penelitian diketahui, sebagian besar responden sering mengonsumsi *fast food* yaitu sejumlah 34 anak (72.3%), sebagian besar responden tidak terjadi *menarche* dini yaitu sejumlah 28 anak (59.6%). Hasil analisis uji statistik *Coefficient Contingensi* didapatkan nilai *p value* = 0.005, sehingga  $H_0$  ditolak dan  $H_1$  diterima yang artinya ada hubungan konsumsi *fast food* terhadap kejadian *menarche* dini di SDN Panjang I dan SDN Panjang III Kecamatan Kedungadem Kabupaten Bojonegoro. **Kesimpulannya** ada hubungan konsumsi *fast food* terhadap kejadian *menarche* dini di SDN Panjang I dan SDN Panjang III Kedungadem Bojonegoro, diharapkan keluarga atau orang tua lebih memperhatikan pemenuhan kebutuhan nutrisi dan perilaku konsumsi makanan di luar rumah.

**Kata Kunci** : Konsumsi Fast Food, Kejadian Menarche Dini.

#### ABSTRACT

**Introduction** In the current era of globalization, consuming fast food has become a habit for children. Fast food consumptive behavior can affect the work of hormones which can cause premature puberty. **The purpose** of this study was to analyze the relationship between fast food consumption and the incidence of early menarche in SDN Panjang I and SDN Panjang III, Kedungadem, Bojonegoro. **The design** of this research is correlational analytic with cross sectional approach. The population is 47 children, and the sample is 47 people. The sampling method used was total sampling. The independent variable of this study is consumption of fast food and the dependent variable is the incidence of early menarche. The research data were collected by means of a questionnaire, then tabulated, and analyzed using the Coefficient Contingency statistical test with a significance level of 0.05. **The results** showed that most respondents often consumed fast food, namely 34 children (72.3%), most of the respondents did not experience early menarche, namely 28 children (59.6%). The results of the analysis of the Coefficient Contingency statistical test obtained *p value* = 0.005, so that  $H_0$  is rejected and  $H_1$  is accepted, which means that there is a relationship between fast food consumption and the incidence of early menarche at SDN Panjang I and SDN Panjang III, Kedungadem District, Bojonegoro Regency. **In conclusion**, there is a relationship between fast food consumption and the incidence of early menarche in SDN Panjang I and SDN Panjang III, Kedungadem, Bojonegoro, it is hoped that families or