



The 3rd ICHS

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## FACTORS RELATED TO EARLY MENARCHE IN GRADE VII STUDENT AT SMPN 19 DEPOK

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**Background :** *Menarche* is a term used to describe the first menstruation experienced by a woman. Generally, *menarche* occurs in adolescent girls aged 12 to 15 years during puberty. However, if *menarche* occurs under 12 years old, it is called early *menarche*. This condition is caused by the production of the hormone estrogen which is faster than other women. Based on the results of preliminary studies on seventh grade students at SMPN 19 Depok, it was found that out of 10 students, 8 of them experienced early *menarche*.

**Aim :** to determine the factors associated with early *menarche* among female student VII grade at SMPN 19 Depok.

**Methods :** This study was quantitative research using an analytical survey *cross sectional* approach. The sample of this study amounted to 80 students, this research technique used *total sampling*, namely all seventh-grade students of SMPN 19 Depok. The research instrument used is a questionnaire that has been tested for validity and reliability. data processing is done univariate and bivariate with *chi-square* test using SPSS program.

**Results :** The majority of respondents experienced early *menarche* as many as 73.75%, excess nutritional status 36.25%, exposure to adult electronic media 51.25% and often consume fast food 77.50%. Bivariate analysis obtained the results of the relationship between nutritional status (P-value 0.011), exposure to adult media (P- value 0.000), OR (18.525) and consumption of fast food (P- value 0.022), OR (4.167) with early *menarche*.

**Conclusion :** There is a significant relationship between nutritional status, exposure to adult media and consumption of ready-to-eat food with early *menarche* among seventh grade students at SMPN 19 Depok.

**Suggestion :** It is suggested that the school can organize a healthy canteen so that students are accustomed to healthy living and can add learning about early *menarche* to add insight into the factors that cause early *menarche*.

**Keywords :** Adult Media Exposure, Consumption fast food , Early *menarche*, Nutritional status.

**Bibliography :** 36 references (2019-2025)



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The abstract should be written as a single paragraph without headings, indentation, or citations. It must clearly summarize your presentation by outlining the research problem, objectives, methodology, key findings, and main conclusions. Use 12-point Times New Roman font with single spacing. Avoid using bullet points, numbered lists, or reference citations in the text. If referencing is necessary, include the source in brackets. Only SI units are permitted, and unit expressions should use negative exponents (e.g., kg·m<sup>-3</sup>) instead of fractions (e.g., kg/m<sup>3</sup>). Chemical compounds must be written in standard notation, such as "CaCO<sub>3</sub>." Always place a zero before a decimal point (e.g., 0.45 instead of .45).

Begin your abstract by stating the problem being addressed and the motivation behind your research. Clearly define the study's purpose, whether it's to resolve a particular issue or contribute to the broader knowledge in your field. Provide a concise description of the methods applied. Then, summarize the key results or progress made to date. Conclude with a brief discussion of the study's significance and its potential impact on the relevant discipline.

The abstract will be used to determine acceptance for presentation at the international research conference and will undergo peer review. Authors will be notified of the decision via email. Ensure your abstract is **between 175 and 300 words** and submitted in a Microsoft Word format (.doc or .docx). Leave one line of space after the abstract to list your keywords.

Keywords: single, paragraph, summarizes, words indentation (maximum 5 words)

\*Themes: (1-3 most relevant themes from the conference tracks. Visit the website and refer the conference tracks indicated)

**Deadline for abstract submission is Saturday, November 1<sup>st</sup>, 2025**



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## General recommendations for the format of the abstract

The abstract should be maximum one page for all poster contributions.

- Margins: Top 3 cm, Bottom: 3 cm, Left 2,5 cm and Right: 2,5 cm. Gutter: 1 cm.
- Paragraphs: Single line spacing. A single left empty between two consecutive paragraphs.
- Font: Times New Roman. Title: 16 pt, Bold, centered. Authors names: 12 pt, Normal, centered. Affiliations: 9pt, centered. E-mail: 9 pt, Normal, centered. Main text: 12 pt, justified left and right.
- Keywords: single, paragraph, summarizes, words indentation (maximum 6 words)
- Citations: Times New Roman, 12 pt. Cite references using square brackets [1-4]. Examples of the format to be used are given below.