# Table of Contents

<table>
<thead>
<tr>
<th>No.</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Spontaneous Abortion in Early Marriage</td>
<td>1 - 9</td>
</tr>
<tr>
<td>2</td>
<td>Factors Associated with Sexual Behavior Premarital Adolescent Community Scavengers in Surabaya</td>
<td>10 - 17</td>
</tr>
<tr>
<td>3</td>
<td>Identification of Factors Influencing the Exclusion of Family Planning Post-Natal</td>
<td>18 - 26</td>
</tr>
<tr>
<td>4</td>
<td>Health Card Usage Effectiveness (KMS): Electronics Improving Services to Speed, Simplify Data Collection and Decision Making Health Status in Posyandu</td>
<td>27 - 32</td>
</tr>
<tr>
<td>5</td>
<td>Role of Teachers in Adolescent Reproductive Health Education Deaf (Studies of Work Majesty SMPLB-B Surabaya)</td>
<td>33 - 41</td>
</tr>
<tr>
<td>6</td>
<td><strong>Factor Analysis of Early Menarche Age Relations</strong></td>
<td>42 - 50</td>
</tr>
<tr>
<td>7</td>
<td>Factors that Influence the Anxiety Scores in Women Menopause</td>
<td>51 - 56</td>
</tr>
<tr>
<td>8</td>
<td>The Role of the Midwife in Perception Mother in Mother’s Rights Complete Pregnancy Pregnant During Examination (K1-K4)</td>
<td>57 - 65</td>
</tr>
<tr>
<td>9</td>
<td>Socio-Demographic Conditions of Eligible Couples (EFA) and the role of the husband of the Maternal Health Preparedness</td>
<td>66 - 74</td>
</tr>
<tr>
<td>10</td>
<td>Mixture Modeling Survival Case Study of HIV / AIDS at VCT Clinic / Hospital Dr CST. Kariadi Semarang</td>
<td>75 - 81</td>
</tr>
<tr>
<td>11</td>
<td>Effect of Correction in Patients with Myopia Glasses the Student Achievement Grade VII Junior High School 34 Surabaya</td>
<td>82 - 87</td>
</tr>
<tr>
<td>12</td>
<td>Comparison of Methods ARIMA (Box Jenkins) and Method of Winter Forecasting the Number of Cases of Dengue Fever</td>
<td>88 - 98</td>
</tr>
</tbody>
</table>
Factor Analysis of Early Menarche Age Relations

Analisis Faktor Hubungan Usia Menarche Dini

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Abstract

Menarche is the first hemorrhage from the uterine which occurs at women with puberty’s age around 12–14 years old. Early menarche is related to several factors such as: nutrients conditions, genetics, food consumptions, hormone, socio economic, mass media of adults contamination (pornography), sexual behavior and life style. This research aimed to identify dominant factor that related to age of early menarche occurrence with use factor analysis method. This research used cross sectional design. The total sample was 83 students who had menarche experience (1st menarche). Genetic’s data, food consumption, hormone, socio economic, mass media of adult contamination, sexual behavior and life style’s data were resulted by questioners and nutrient’s status conditions was resulted by anthropometric’s measurement. The data was analyzed by factor analysis method. Early menarche’s prevalence was 67.4%. Result showed that presentation of macronutrient consumptions was 33.20%, life style factor was 18.66%, and parent’s salary and physical exercise factor was 14.40%. The conclusions showed that macronutrient’s consumptions (consumption fat, consumption plant protein, and animal protein) factor became the dominant factor which related to early menarche occurrence. So that, it’s recommended for develop teenager’s discussion group who have been given education about reproduction health to be able to discuss it with each other friends about health education of women’s reproduction which associated with age at menarche (1st menstruation), some of factors that associations with age at menarche (1st menstruation), fulfillment adolescent’s nutrient as well as all teacher join with nutrient specialist for giving education balanced food consumption.

Keyword : Early, Menarche, Factor, Analysis, Macro, Nutrient, Consumption, Factor,

Daftar Pustaka :