***ABSTRACT***

***The Relationship Between Fast Food Consumption Habits and Menstrual Cycles in Teenage Girls at SMA Negeri 1 Gianyar***

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*Adolescence is a period of biological changes, particularly for females, marked by the occurrence of menstruation, which recurs monthly and is referred to as the menstrual cycle. UNICEF reports that menstrual cycle disorders affect approximately 55% of women worldwide. One of the causes of menstrual cycle disorders is the habit of consuming fast food or an unhealthy diet. Nutritional imbalances, whether undernutrition or overnutrition, can cause the hypothalamus to fail in stimulating the anterior pituitary gland to produce reproductive hormones such as FSH and LH, which play a crucial role in the menstrual cycle. This study aims to analyze the relationship between fast food consumption habits and the menstrual cycles of female adolescents at SMA Negeri 1 Gianyar. The research is a quantitative study with a cross-sectional approach. The sampling technique used is probability sampling with proportioned stratified random sampling, involving a total of 263 respondents. The results showed that 60.5% of respondents frequently consumed fast food, and 51.7% had irregular menstrual cycles. The Chi-Square test results yielded a p-value of 0.000 (<0.05), indicating a significant relationship between fast food consumption habits and menstrual cycles in female adolescents. It is crucial for female adolescents to understand how to maintain reproductive health from an early age and to actively adopt healthier eating patterns to ensure stable menstrual cycles.*

***Keywords:*** *Consumption Habits, Fast Food, Menstrual Cycle*