

ABSTRACT

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**THE RELATIONSHIP BETWEEN STRESS LEVELS AND JUNK FOOD CONSUMPTION HABITS WITH MENSTRUAL CYCLE DISORDERS IN ADOLESCENT GIRLS AT SENIOR HIGH SCHOOL 4 TASIKMALAYA**

*Menstrual cycle irregularities are caused by hormonal disorders in the body or can also be due to diseases in the reproductive organs such as uterine tumors and tumors in the ovaries. Disrupted menstrual cycles can also be influenced by nutritional status, health, excessive stress, unbalanced hormonal conditions, unhealthy eating or drinking patterns. The purpose of this study was to analyze the relationship between stress levels and habits of junk food consumption with menstrual cycle disorders in adolescent girls at SMA Negeri 4 Tasikmalaya. This study used quantitative research with a cross sectional research design and a sample of 192 students from a total population of 435 students using proportional random sampling. The results showed that there was a relationship between stress level ( $p=0.006$ ) junk food consumption habits ( $p=0.009$ ) nutritional status ( $p=0.008$ ) total fat consumption ( $p=0.000$ ) with menstrual cycle disorders and there was no relationship between junk food consumption habits ( $p=0.093$ ) with nutritional status in female high school students at SMA Negeri 4 Tasikmalaya. It is expected that students can maintain physical and mental health, and maintain food intake by not buying food or snacks that contain high fat and food that is included in the junk food category.*

**Keywords:** *stress levels, junk food consumption habits, menstrual cycle disorders*