

MENARCHEAL AGE OF SCHOOL GIRLS AT HOLY MAKKAH DISTRICT

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ABSTRACT

This was a cross-sectional anthropometric study carried out among female students at intermediate and secondary schools at Makkah Al-Mukarramah district. The main aim of this study was to determine the age of onset of menarche among these students and the relation of menarcheal age to anthropometric measurements represented by weight, height, and body mass index. The study revolving around 200 female students within the age range of 12 to 16 years. The study procedure consisted of collecting the data by way of anthropometric parameters and interview questionnaire. In this study the mean age at menarche was found to be 12.1 ± 1.1 year. The study revealed that menarche occurred at an earlier age in comparison to the last three decades worldwide. This is actually consistent with similar studies done recently. This earlier menarcheal age among the participants in our study may be justified by improvement in living conditions and prosperity of socio-economic status at Makkah AL-Mukarramah district.

KEYWORDS: Anthropometric, Female Menarcheal, Body Mass Index