

DAFTAR PUSTAKA

1. Rosner J, Samardzic T, Sarao MS. StatPearls [Internet]. StatPearls Publishing; Treasure Island (FL): Oct 9, 2021. Physiology, Female Reproduction.
2. Coast E, Lattof SR, Strong J. Puberty and menstruation knowledge among young adolescents in low- and middle-income countries: a scoping review. *Int J Public Health*. 2019 Mar;64(2):293-304.
3. Pan B, Li J. The art of oocyte meiotic arrest regulation. *Reprod Biol Endocrinol*. 2019 Jan 05;17(1):8.
4. Padubidri VG, Daftar S. 16th ed. New Delhi: Reed Elsevier India Private Limited; Dysmenorrhea and pre-menstrual syndrome Shaw's Textbook of Gynecology; pp. 471–4.
5. Parker MA, Sneddon AE, Arbon P. The menstrual disorder of teenagers (MDOT) study: Determining typical menstrual patterns and menstrual disturbance in a large population-based study of Australian teenagers. *BJOG*. 2010;117:185–92.
6. Sharma A, Taneja DK, Sharma P, Saha R. Problems related to menstruation and their effect on daily routine of students of a medical college in Delhi, India. *Asia Pac J Public Health*. 2008;20:234–41.
7. Avasarala AK, Panchangam S. Dysmenorrhoea in different settings: Are the rural and urban adolescent girls perceiving and managing the dysmenorrhoea problem differently? *Indian J Community Med*. 2008;33:246–9.
8. Kumbhar SK, Reddy M, Sujana B, Reddy RK, Divya BK, Balkrishna C. Prevalence of dysmenorrhea among adolescent girls (14-19yrs) of Kadapa district and its impact on quality of life: A cross sectional study. *Natl J Community Med*. 2011;2:265–8.
9. Sulayman HU, Yusuf AI, Adesiyun AG, Ameh N, Avidime S, Enobun NE, et al. Age at menarche and prevalence of menstrual abnormalities among adolescents in Zaria, northern Nigeria. *Ann Nigerian Med*. 2013; 7 (2) : 66

10. Zegeye DT, Megabiaw B, Mulu A. Age at menarche and the menstrual pattern of secondary school adolescents in northwest Ethiopia. *BMC Womens Health*. 2009; 9 : 29
11. Soltani F, Shobeiri F. Menstrual patterns and its disorders in high school girls. *Iran J Obstetr Gyneocol Infertil*. 2011
12. Kaplowitz P. Pubertal development in girls: Secular trends. *Curr Opin Obstet Gynecol*. 2006;18:487–91.
13. Abioye-Kuteyi EA, Ojofeitimi EO, Aina OI, Kio F, Aluko Y, Mosuro O, et al. The influence of socioeconomic and nutritional status on menarche in Nigerian school girls. *Nutr Health*. 1997;11:185–95.
14. Diaz A, Laufer MR, Breech LL American Academy of Pediatrics Committee on Adolescence, American College of Obstetricians and Gynecologists Committee on Adolescent Health Care. Menstruation in girls and adolescents: Using the menstrual cycle as a vital sign. *Pediatrics*. 2006;118:2245–50.
15. Thomas F, Renaud F, Benefice E, de Meeüs T, Guegan JF. International variability of ages at menarche and menopause: Patterns and main determinants. *Hum Biol*. 2001;73:271–90.
16. Lee LK, Chen PC, Lee KK, Kaur J. Menstruation among adolescent girls in Malaysia: A cross-sectional school survey. *Singapore Med J*. 2006;47:869–74.
17. Fox SI. *Human Physiology*. 9th ed. New York: McGraw-Hill; 2004.
18. Goodenough J, WR Betty A, McGuire B. *Human Biology: Personal, Environmental and Social Concerns*. New York: Saunders College Publishing; 1998.
19. Omidvar S, Amiri FN, Bakhtiari A, Begum K. A study on menstruation of Indian adolescent girls in an urban area of South India [Internet]. U.S. National Library of Medicine; 2018 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6132001/>
20. Bernardi M, Lazzeri L, Perelli F, Reis FM, Petraglia F. Dysmenorrhea and related disorders [Internet]. U.S. National Library of Medicine; 2017 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5585876/>

21. Larasati T, Alatas F. Dismenore Primer dan Faktor Risiko Dismenore Primer pada Remaja. 2016 Sept;5(3).
22. Max F. Wongar. (2015). Penuntun Pelajaran Kompetensi Kejuruan (KK). Bandung : Alfabeta
23. Nurwana, Sabilu Y, Fachlevy AF. ANALISIS FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN DISMINOREA PADA REMAJA PUTRI DI SMA NEGERI 8 KENDARI TAHUN 2016 [Internet]. [cited 2023 May 10]. Available from: <https://media.neliti.com/media/publications/185630-ID-analisis-faktor-yang-berhubungan-dengan.pdf>
24. Fernández-Martínez E, Onieva-Zafra MD, Parra-Fernández ML. The impact of dysmenorrhea on quality of life among Spanish female university students [Internet]. U.S. National Library of Medicine; 2019 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6427338/>
25. Potur DC, Bilgin NC, Komurcu N. Prevalence of dysmenorrhea in university students in Turkey: effect on daily activities and evaluation of different pain management methods. *Pain Manag Nurs*. 2014;15(4):768–77. doi: 10.1016/j.pmn.2013.07.012.
26. Abu Helwa HA, Mitaeb AA, Al-Hamshri S, Sweileh WM. Prevalence of dysmenorrhea and predictors of its pain intensity among Palestinian female university students [Internet]. U.S. National Library of Medicine; 2018 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5769430/>
27. Allan Dong M. Dysmenorrhea [Internet]. Medscape; 2022 [cited 2023 May 10]. Available from: <https://emedicine.medscape.com/article/253812-overview>
28. Mihm M., Gangooly S., Muttukrishna S. The normal menstrual cycle in women. *Anim. Reprod. Sci.* 2011;124:229–236. doi: 10.1016/j.anireprosci.2010.08.030.
29. Munro M.G. Classification of menstrual bleeding disorders. *Rev. Endocr. Metab. Disord.* 2012;13:225–234. doi: 10.1007/s11154-012-9220-x.

30. Thiagarajan DK, Basit H, Jeanmonod R. Physiology, Menstrual Cycle [Internet]. StatPearls Publishing LLC; 2022 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK500020/>
31. Desai R, editor. Menstrual cycle: Video, anatomy, definition & function | osmosis [Internet]. [cited 2023 May 10]. Available from: https://www.osmosis.org/learn/Menstrual_cycle
32. Nagy H, Khan MA. Dysmenorrhea [Internet]. StatPearls Publishing LLC; 2022 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK560834/>
33. Wahyuni W, Mohd Nordin NA, Mutalazimah M. The correlation between Pain's level of dysmenorrhea and affected activity: A study of Young Women in surakarta residency [Internet]. Sami Publishing Company (SPC); 2021 [cited 2023 May 10]. Available from: http://www.jmchemsci.com/article_129459.html
34. Rowe EF, Corey E, Archer JS. Primary dysmenorrhea: Diagnosis and therapy [Internet]. U.S. National Library of Medicine; 2020 [cited 2023 May 10]. Available from: <https://pubmed.ncbi.nlm.nih.gov/33030880/>
35. Kho KA, Shields JK. Diagnosis and management of primary dysmenorrhea. *JAMA*. 2020;323(3):268. doi:10.1001/jama.2019.16921
36. Menstrual cramps [Internet]. Mayo Foundation for Medical Education and Research; 2022 [cited 2023 May 10]. Available from: <https://www.mayoclinic.org/diseases-conditions/menstrual-cramps/symptoms-causes/syc-20374938>
37. Dysmenorrhea - primary signs and symptoms [Internet]. [cited 2023 May 10]. Available from: <https://specialty.mims.com/dysmenorrhea%20-%20primary/signs%20and%20symptoms>
38. Itani R, Soubra L, Karout S, Rahme D, Karout L, Khojah HMJ. Primary dysmenorrhea: Pathophysiology, diagnosis, and treatment updates [Internet]. U.S. National Library of Medicine; 2022 [cited 2023 May 10]. Available from: [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8943241/#:~:text=Primary dysmenorrhea \(PD\)—defined,and adult females \[4\].](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8943241/#:~:text=Primary dysmenorrhea (PD)—defined,and adult females [4].)

39. Author links open overlay panel Gail Gutman MD a b, a, b, Studies show that between 41% and 91.5% of young women, Agarwal S, Karck U, et al. Dysmenorrhea in adolescents [Internet]. Mosby; 2022 [cited 2023 May 10]. Available from: <https://www.sciencedirect.com/science/article/abs/pii/S1538544222000554>
40. Dysmenorrhea: What it is, treatments, causes [Internet]. [cited 2023 May 10]. Available from: <https://my.clevelandclinic.org/health/diseases/4148-dysmenorrhea>
41. Lacroix AELE, Gondal H, Shumway KR. Physiology, menarche [Internet]. U.S. National Library of Medicine; [cited 2023 May 10]. Available from: <https://pubmed.ncbi.nlm.nih.gov/29261991/>
42. Febriati LD. FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KEJADIAN DISMENOREA PADA MAHASISWI PRODI D III KEBIDANAN FAKULTAS ILMU KESEHATAN UNIVERSITAS RESPATI YOGYAKARTA TAHUN 2015. *Jurnal Medika Respati*. 2016 Apr;6.
43. Reed BG, Carr BR. The normal menstrual cycle and the control of ovulation [Internet]. MDText.com, Inc.; 2018 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK279054/>
44. PUTRIE HC. HUBUNGAN ANTARA TINGKAT PENGETAHUAN, USIA MENARCHE, LAMA MENSTRUASI DAN RIWAYAT KELUARGA DENGAN KEJADIAN DISMENORE PADA SISWI DI SMP N 2 KARTASURA KABUPATEN SUKOHARJO. 2014;
45. Wiam Rifati, Trini Sudiarti. A Family History as Dominant Factors Associated with Dysmenorrhea Among Adolescents. *Journal of Health and Medical Sciences*. 2020;3(1):90–7.
46. Daley A. The role of exercise in the treatment of menstrual disorders: The evidence [Internet]. U.S. National Library of Medicine; 2009 [cited 2023 Jun 5]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2662100/>
47. Dehnavi ZM, Jafarnejad F, Kamali Z. The effect of aerobic exercise on primary dysmenorrhea: A clinical trial study [Internet]. U.S. National Library of Medicine; 2018 [cited 2023 Jun 5]. Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5791467/#:~:text=Therefore%2C%20aerobic%20exercise%20can%20be%20used%20as%20a%20preventive%2C%20therapeutic,flow%20can%20improve%20menstrual%20symptoms.>

48. Temesvari NA, Adriani L, Qomarania WZ. Efek Olahraga Terhadap kejadian Dismenor Primer Pada Siswi kelas x SMA Negeri 78 Jakarta Barat. *Media Kesehatan Masyarakat Indonesia*. 2019;15(3):213. doi:10.30597/mkmi.v15i3.6125
49. Body mass index (BMI) [Internet]. World Health Organization; [cited 2023 May 10]. Available from: <https://www.who.int/data/gho/data/themes/topics/topic-details/GHO/body-mass-index>
50. Wahyuni NS, Palembang ohammad H. Indeks Massa tubuh remaja [Internet]. 2022 [cited 2023 May 10]. Available from: https://yankes.kemkes.go.id/view_artikel/1546/indeks-massa-tubuh-remaja
51. Ghosh AZ, Jan A. Physiology, Body Mass Index [Internet]. StatPearls Publishing LLC; 2023 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK535456/>
52. Ju H, Jones M, Mishra GD. A U-shaped relationship between body mass index and dysmenorrhea: A longitudinal study [Internet]. U.S. National Library of Medicine; 2015 [cited 2023 Jun 5]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4517870/>
53. Pakpour AH, Kazemi F, Alimoradi Z, Griffiths MD. Depression, anxiety, stress, and dysmenorrhea: A Protocol for a systematic review [Internet]. U.S. National Library of Medicine; 2020 [cited 2023 Jun 5]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7098110/#:~:text=Psychological%20disorders%20such%20as%20depression,%20anxiety,%20and%20stress%20might%20have,or%20stress%20and%20vice%20versa.>
54. Adib-Rad H, Kheirkhah F, Faramarzi M, Omidvar S, Basirat Z, Haji Ahmadi M. Primary dysmenorrhea associated with psychological distress in medical sciences students in the north of Iran: A cross-sectional study

- [Internet]. U.S. National Library of Medicine; 2022 [cited 2023 Jun 5]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9396007/>
55. Rahma MA, R. D YL, Hidayati RS. Hubungan antara Tingkat Stres dengan Derajat Dismenore pada Siswi SMA Negeri 1 Surakarta. NEXUS KEDOKTERAN KOMUNITAS. 2014 Dec;3(2).
56. Depression anxiety stress scales - dass [Internet]. University of New South Wales; [cited 2023 Jun 5]. Available from: <https://www2.psy.unsw.edu.au/dass/>
57. Pertiwi ST, Moeliono MF, Kendhawati L. Depresi, Kecemasan, Dan Stres remaja selama pandemi covid-19. JURNAL Al-AZHAR INDONESIA SERI HUMANIORA. 2021;6(2):72. doi:10.36722/sh.v6i2.497
58. Teherán AA, Piñeros LG, Pulido F, Mejía Guatibonza MC. WALIDD score, a new tool to diagnose dysmenorrhea and predict medical leave in university students [Internet]. U.S. National Library of Medicine; 2018 [cited 2023 May 10]. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5775738/>
59. Nuraini S, Sa'diah YS, Fitriany E. Hubungan Usia Menarche, status Gizi, stres Dan Kadar hemoglobin TERHADAP Kejadian Dismenorea Primer Pada Mahasiswi Fakultas Kedokteran, Universitas Mulawarman. Jurnal Sains dan Kesehatan. 2021;3(3):443–50. doi:10.25026/jsk.v3i3.398
60. Rumahorbo DB, Lamtiar RR, Roderthani IL [Internet]. 2022 [cited 2023 Jun 5]. Available from: <https://pdfs.semanticscholar.org/f283/648e6c12baa969dc0c5a236945faee94c4da.pdf>
61. Anggraini MA, Lasiaprillianty IW, Danianto A. Diagnosis dan tata laksana Dismenore Primer [Internet]. [cited 2023 May 10]. Available from: <https://media.neliti.com/media/publications/401321-diagnosis-dan-tata-laksana-dismenore-pri-46258ed9.pdf>
62. HASTONO SP. Statistik kesehatan . 1st ed. Jakarta: Rajawali Press; 2006. (6).

63. McHugh ML. The odds ratio: Calculation, usage, and interpretation [Internet]. *Medicinska naklada*; 2009 [cited 2023 May 10]. Available from: <https://hrcak.srce.hr/clanak/59076%3f>

