

## DAFTAR PUSTAKA

1. McCance, Kathryn L, and Sue E. Huether. Pathophysiology: The Biologic Basis for Disease in Adults and Children. 7th ed. Mosby Elsevier; 2014.
2. Kasper D.L, Fauci AS, Hauser SL, et al. Harrison's Principles of Internal Medicine. 19th ed. New York: McGraw Hill Education; 2015.
3. Hailemeskel S, Demissie A, Assefa N. Primary dysmenorrhea magnitude, associated risk factors, and its effect on academic performance: evidence from female university students in Ethiopia. International Journal of Women's Health. 2016 Sep; 8:489.
4. Azagew AW, Kassie DG, Walle TA. Prevalence of primary dysmenorrhea, its intensity, impact and associated factors among female students' at Gondar town preparatory school, Northwest Ethiopia. BMC Women's Health. 2020 Jan; 20(1):1-7.
5. Gulzar S, Khan S, Abbas K, et al. Prevalence, Perceptions and Effects of Dysmenorrhea in School Going Female Adolescents of Karachi, Pakistan. International Journal of Innovative Research and Development. 2015; 4 (2):236.
6. Sidi I, Hounkpatin B, Obossou AAA, et al. Primary Dysmenorrhea in the Schools of Parakou: Prevalence, Impact and Therapeutic Approach. Gynecology Obstetric Sunnyvale. 2016; 6:5.
7. Juniar D. Epidemiology of Dysmenorrhea among Female Adolescents in Central Jakarta. Makara Journal of Health Research. 2015 April; 19(1):21.

8. Mutia R, Silaen A, Ani LS, Citra W, Putri WS. Prevalensi Dysmenorrhea dan Karakteristiknya pada Remaja Putri di Denpasar. *Medika Udayana*. 2019 Nov; 8.
9. UC Davis Student Health and Counseling Services. Dysmenorrhea. 2019. Available from: <https://shcs.ucdavis.edu/health-topic/dysmenorrhea>
10. Dehnavi ZM, Jafarnejad F, Kamali Z. The Effect of aerobic exercise on primary dysmenorrhea: A clinical trial study. *Journal of Education and Health Promotion*. 2018; 7(1):3.
11. Anisa M. The Effect of Exercise on Primary Dysmenorrhea. *J Majority*. 2015 Jan; 4(2): 60-65.
12. Nurjanah S. Hubungan kebiasaan olah raga dengan kejadian dismenore primer pada siswi SMK. 2017. 33p.
13. Caspersen CJ, Powell KE, Christenson GM. Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Reports*. 1985;100(2):126.
14. World Health Organization. Physical Activity. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
15. Piercy KL, Troiano RP, Ballard RM, et al. The Physical Activity Guidelines for Americans. *JAMA*. 2018 Nov 20; 320(19):2020–8.
16. Sherwood Lauralee. *Human physiology : from cells to systems*. 7<sup>th</sup> ed. California: Brooks/Cole Cengage Learning; 2007.
17. Papadakis M.A. *CURRENT Medical Diagnosis and Treatment 2015*. 54 edition. McGraw-Hill Education. 2014.

18. Tristiana A. Hubungan Aktivitas Fisik dengan Kejadian Dismenore Primer pada Santri di Pondok Pesantren X di Kabupaten Bogor. 2017.
19. Yunitasari R. Karakteristik dan Tingkat Stress Siswa dengan Kejadian Dismenore Primer di SMPN 3 Sragi Pekalongan. 2017.
20. Harada T. Dysmenorrhea and Endometriosis in Young Women. *Yonago Acta Medica*. 2013; 56(4):81.
21. CDC. Healthy Weight, Nutrition, and Physical Activity. 2021.  
Available from:  
[https://www.cdc.gov/healthyweight/assessing/bmi/childrens\\_bmi/measuring\\_children.html](https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/measuring_children.html)
22. Direktorat P2PTM. Bagaimana Cara Mengukur Indeks Massa Tubuh (IMT) / Berat Badan Normal?. 2021. Available from :  
<http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/bagaimana-cara-menghitung-imt-indeks-massa-tubuh>
23. Yorkin M, Spaccarotella K, Martin-Biggers J, Quick V, Byrd-Bredbenner C. Accuracy and consistency of weights provided by home bathroom scales. 2013.
24. Osayande AS, Mehulic S. Diagnosis and Initial Management of Dysmenorrhea. *American Family Physician*. 2014 Mar; 89(5):341–6.
25. Ghlichloo I, Gerriets V. Nonsteroidal Anti-inflammatory Drugs (NSAIDs). *Treatment of Chronic Pain Conditions: A Comprehensive Handbook*. 2021 May; 77–9.

26. Teherán AA, Piñeros LG, Pulido F, et al. WaLIDD score, a new tool to diagnose dysmenorrhea and predict medical leave in university students. *International Journal of Women's Health*. 2018; 10:35.
27. Mitchell JH, Haskell W, Snell P, van Camp SP. Task Force 8: Classification of Sports. *J Am Coll Cardiol*. 2005 Apr; 45(8):1364-7.
28. Godin G. The Godin-Shephard Leisure-Time Physical Activity Questionnaire. *The Health & Fitness Journal of Canada*. 2011; 4(1):18–22.
29. Fattahi MR, Noormohammadpour P, Ramezani M, et al. Translation and validation of the Persian version of Godin Leisure-Time Exercise Questionnaire in patients with multiple sclerosis. *BMC Neurology*. 2021; 21:1.
30. Wahyuningtyas P. Hubungan Aktivitas Fisik dengan Fatigue pada Pasien Kanker dengan Kemoterapi di Rumah Sakit Tingkat III Baladhika Husada Jember. 2019.
31. Cohen S. Perceived Stress Scale. Mind Garden. 1994.
32. Direktorat P2PTM. Apakah yang dimaksud stress itu?. 2020. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/stress/apakah-yang-dimaksud-stres-itu>
33. Direktorat P2PTM. Tabel Batas Ambang Indeks Massa Tubuh (IMT). 2019. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/tabel-batas-ambang-indeks-massa-tubuh-imt>

34. Hartini R. Hubungan Tingkat Kecukupan Energi dan Protein Makanan Jajanan Sekolah dengan Status Gizi Siswa SDN Langensari 03 Ungaran Kabupaten Semarang. 2018.
35. Bahri AA, Afriwardi A, Yusrawati Y. Hubungan antara Kebiasaan Olahraga dengan Dismenore pada Mahasiswi Pre-Klinik Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Andalas Tahun Ajaran 2012 - 2013. *Jurnal Kesehatan Andalas*. 2015 Sep; 4(3).
36. 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 Jun 30; 3(3):443–50.
37. Marlinda F. Hubungan Aktifitas Fisik dengan Kualitas Tidur pada Dewasa Awal di Jakarta Timur. 2021.
38. Kurnia A. Hubungan Kebiasaan Olahraga dengan Disminore Pada Siswi Sma Islam Athirah dan Siswi Sman 1 Parangloe. 2013.
39. Fatimah S, Septiana A. Pengaruh Kebiasaan Olahraga dengan Kejadian Nyeri Haid (Dismenorea Primer) pada Siswi SMA Islam As-Syafi'iyah 02 Pondok Gede. *Journal Afiat*. 2016.