

DAFTAR PUSTAKA

- Almatsier, S. 2009. *Prinsip Dasar Ilmu Gizi*. Jakarta: PT Gramedia Pustaka Utama.
- Antao, V. 2005. Primary Dysmenorrhea Consensus Guideline. *Journal of Obstetrics and Gynaecology Canada*, 167: 1117-1128.
- Bagga, A. dan Kulkani, S. 2000. Age at Menarche and Secular Trend in Maharashtrian (Indian) Girls. *Acta Biologica Szegediensis*, 44: 1-4.
- Bahri, A. A., Afriwardi, dan Yusrawati. 2015. Hubungan antara Kebiasaan Olahraga dengan Dismenore pada Mahasiswa Pre-Klinik Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Andalas Tahun Ajaran 2012/2013. *Jurnal Kesehatan Andalas*, 4: 815-821.
- Banikarim, C., Chacko, M. R. dan Kelder, S. H. 2000. Prevalence and Impact of Dysmenorrhea on Hispanic Female Adolescents. *Arch Pediatr Adolesc Med*, 154: 1226-1229.
- Barnard, N. D., Scialli, A. R., Hurlock, D., dan Betron, P. 2000. Diet and Sex-Hormone Binding Globulin, Dysmenorrhea, and Premenstrual Symptoms. *Journal of Obstetrics and Gynecology*, 2 (95): 245-250.
- Cahyono, N. 2011. Hubungan Asupan Susu Selama Masa Menstruasi dengan Intensitas Nyeri Dismenore pada Mahasiswa S1 Program Studi Gizi Kesehatan Fakultas Kedokteran Universitas Gadjah Mada. 2011. *Skripsi*, Universitas Gadjah Mada.
- Cakir, M., Akin, I. M., Karakas, T., dan Okten, A. 2007. Menstrual Pattern and Common Menstrual Disorder among University Student in Turkey. *Pediatrics International*, 49: 938-942.
- Celik, Husnu, dkk. 2009. Severity of Pain and Circadian Changes in Uterine Artery Blood Flow in Primary Dysmenorrhea. *Archives of Gynecology & Obstetrics*, 280: 589-592.
- Charu, S., Amita, R., Sujoy, R., dan Thomas, G. A. 2012. 'Menstrual Characteristics' and 'Prevalence and Effect of Dysmenorrhea' on Quality of Life of Medical Students. *International Journal of Collaborative Research on Internal Medicine & Public Health*, 4 (4).
- Clark, K., Myatt, dan Leslie. 2008. *Prostaglandin and The Reproductive Cycle*. Global Library of Women's Medicine, ISSN: 1756-2228.
- Dangal, G. 2004. Menstrual Disorders in Adolescents. *Journal of Nepal Medical Association*, 43: 152-163.

Dawood, M. Y. 2006. Primary Dysmenorrhea Advances in Pathogenesis and Management. *Journal of Obstetrics and Gynecology*, 108 (2).

Department of Health and Human Services. 2009. *Menstruation and Menstrual Cycle*. Diakses pada tanggal 5 September 2016 dari <http://www.womenshealth.gov/files/assets/docs/fact-sheets/menstruation.pdf>.

Dhewi, S. 2016. Hubungan Stres dan Riwayat Keluarga dengan Kejadian Dismenore pada Mahasiswa di Akademi Kebidanan Bina Banua Husada Banjarbaru Tahun 2016. *Jurkessia*, 6 (3): 31-33.

Ehrenthal, D. B. 2006. *Women Healthy Menstrual Disorders*. USA : The American College of Physicians.

Fauziah, M. N. 2015. Pengaruh Latihan Abdominal Stretching terhadap Intensitas Nyeri Haid pada Remaja Putri di SMK Al Furqon Bantarkawung Kabupaten Brebes. *Skripsi*, Universitas Islam Negeri Syarif Hidayatullah Jakarta.

French, L. 2005. Dysmenorrhea. *American Academy for family Phisicians*, 71 (2): 285-291.

_____. 2008. Dysmenorrhea in Adolescents Diagnosis and Treatment. *Pediatr Drugs*, 10 (1): 1-7.

Glasier, A. 2005. *Keluarga Berencana dan Kesehatan Reproduksi Edisi Keempat*. Jakarta: Penerbit Buku Kedokteran EGC.

Harel, Z. M. D. 2006. Dysmenorrhea in Adolescents and Young Adults: Etiology and Management. *J Pediatr Adolesc Gynecol*, 19: 363-371.

Hendrik. 2006. *Problema Haid: Tinjauan Syariat Islam dan Medis*. Solo: PT Tiga Serangkai Pustaka Mandiri.

Hegazi, M. dan Nasart, H. 2007. Heart Rate Variability (HRV) in Young Healthy Females with Primary Dysmenorrhea. *Bulletin of Alexandria Faculty of Medicine*, 43 : 1-9.

Hudson, T. 2007. Using Nutrition to Relieve Primary Dysmenorrhea, Alternative and Complementary Therapies. *Mary Ann Liebert, Inc*, 125-128.

Ju, H., Jones, M., dan Mishra, G. 2014. The Prevalence and Risk Factors of Dysmenorrhea. *Epidemiol Rev*, 36:104–113.

Khalid, K. A. R., Obeidat, B., Ayoub, N., Alfarras, M., dan Jaradat, A. A. 2010. Influence of Dietary Intake of Dairy Products on Dysmenorrhea. *Journal of Obstetrics & Gynaecology*, 36 (2): 377-383.

- Lemeshow, S., Hosmer, D. W., Klar, J., dan Lwanga, S. 1990. *Adequacy of Sample Size in Health Studies*. Diakses pada tanggal 5 September 2016 dari http://apps.who.int/iris/bitstream/10665/41607/1/0471925179_eng.pdf
- Loto, O. M., Adewumi, T. A., dan Adewuya, A. O. 2008. Prevalence and Correlates of Dysmenorrhea Among Nigerian. *Australian and New Zeland Journal of Obstetrics and Gynaecology*, 48: 442-444.
- Myles, A. 2014. *Buku Ajar Bidan*. Jakarta: EGC.
- Morse, C. 1997. *Menstrual Abnormalities*. USA: Cambridge University Press.
- Mustikaningrum, F. 2008. Hubungan Asupan Serat (Dietary Fiber) dengan Kejadian Irritable Bowel Syndrome (IBS). *Skripsi*, Universitas Gadjah Mada Yogyakarta.
- Nagata, C., Hirokawa, K., Shimizu, N., dan Shimizu, H. 2005. Associations of Menstrual Pain with Intakes of Soy, Fat and Dietary Fiber in Japanese Women. *European Journal of Clinical Nutrition*, 59: 88-92.
- Nathan, A. 2005. Primary Dysmenorrhea. *Practice Nurse*, 30 (6).
- Ningsih, R. 2011. Efektivitas Paket Pereda Terhadap Intensitas Nyeri pada Remaja dengan Dismenore di SMA N Kecamatan Curup. *Tesis*, Universitas Indonesia.
- Novia, I. dan Puspitasari, N. 2008. Faktor Resiko yang Mempengaruhi Kejadian Dysmenorrhea. *The Indonesian Journal of Public Health*, 4; 96-104.
- Ortiz, M. I. 2010. Primary Dysmenorrhea Among Mexican University Students: Prevalence, Impact and Treatment. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 152: 73-77.
- Patel, V., dkk. 2006. The Burden and Determinants of Dysmenorrhea: A Population Based Survey of 2262 Women in Goa, India. *International Journal of Obstetrics & Gynecology*, 453-463.
- Physicians Committee for Responsible Medicine (PCRM). 2007. *Using Foods Against Menstrual Pain*. Diakses pada tanggal 14 Desember 2016 dari http://www.pcrm.org/sites/default/files/pdfs/health/pv_menspain.pdf.
- Pramanik, P., Banerjee, S. B., dan Saha, P. 2015. Primary Dysmenorrhea in School Going Adolescent Girls-is It Related to Deficiency of Antioxidant in Diet? *International Journal of Life Science and Pharma Research*, 5 (2): 54-63.
- Rao, S. V., Kiran, R. V. S., dan Vijayasree, M. 2011. Oxidative Stress and Antioxidant Status in Primary Dysmenorrhea. *Journal of Clinical and Diagnostic Research*, 5 (3): 509-511.

- Razzak, K., Ayoub, N., Obeidat, B., Alfarras, M., dan Jaradat, A. 2013. *Reproduction, Pregnancy, and Women: Diet Quality and Dysmenorrhea*. New York: Springer International Publishing AG.
- Rosenblatt, P. L. 2007. *Menstrual Cycle*. USA: The Merck Manual.
- Rupa, V. K., Veena, K. S., Subitha, L., Hemanth, K. V. R., dan Bupathy, A. 2013. Menstrual Abnormalities in School Going Girls – Are They Related to Dietary and Exercise Pattern?. *Journal of Clinical and Diagnosis Reseach*, 7(11): 2537–2540.
- Sastroasmoro, S. dan Ismael, S. 2011. *Dasar-Dasar Metodologi Penelitian Klinis Edisi Keempat*. Jakarta: Sagung Seto.
- Silvana, P. D. 2012. Hubungan Antara Karakteristik Individu, Aktivitas Fisik, dan Konsumsi Produk Susu dengan Dysmenorrhea Primer pada Mahasiswa FIK dan FKM UI Depok Tahun 2012. *Skripsi*, Universitas Indonesia.
- Stoelting-Gettelfinger. 2010. A Case Study and Comprehensive Differential Diagnosis and Care Plan for the Three Ds of Women's Health: Primary Dysmenorrhea, Secondary Dysmenorrhea, and Dyspareunia. *Journal of the American Academy of Nurse Practitioners*, 22: 513-522.
- Sukoco, A. dan Soebandhi, S. 2013. *Statistik Non Parametrik*. Diakses pada tanggal 8 Agustus 2017 dari <http://suci-rahma.mhs.narotama.ac.id/files/2013/06/Chi-Kuadrat-dan-Rank-Spearman.pdf>.
- Supariasa, I. D. N., Bakri, B., dan Fajar, I. 2012. *Penilaian Status Gizi*. Jakarta: Penerbit Buku Kedokteran EGC.
- Tensiska. 2008. *Serat Makanan*. Diakses pada tanggal 16 Desember 2016 dari http://pustaka.unpad.ac.id/wp-content/uploads/2009/05/serat_makanan_1.pdf.
- Titilayo, A., Agunbiade, O., Banjo, O., dan Lawani, A. 2009. Menstrual Discomfort and Its Influence on Daily Academic Activities and Psychosocial Relationship among Undergraduate Female Students in Nigeria. *Tanzania Journal of Health Research*, 11 (4): 181-188.
- Wahyuningsih, R. 2013. *Penatalaksanaan Diet pada Pasien*. Yogyakarta: Graha Ilmu.
- Ziaei, S., Zakeri, M., dan Kazemnejad, A. 2005. A Randomised Controlled Trial of Vitamin E in the Treatment of Primary Dysmenorrhea. *Journal of Obstetrics & Gynaecology*, 112 (4): 466-469.
- Zukri, S. M., Naing, L., Hamzah, dan Hussain, N. H. N. 2009. Primary Dysmenorrhea among Medical and Dental University Students in Kelantan: Prevalence and Associated Factors. *International Medical Journal*, 16 (2): 93-99.