

## DAFTAR PUSTAKA

- Akerlund, M., Brouard, R., Bossmar, T., Fournie-Lloret, D., & Chassard, D. 2000. Effect of SR49059, an orally active V1a vasopressin receptor antagonist, in the prevention of dysmenorrhoea. *BJOG*. 107: 614–619.
- Ameade, E. P. K. & Mohammed, B. S. 2016. Menstrual pain assessment: comparing verbal rating scale (VRS) with numerical rating scales (NRS) as pain measurement tools. *International Journal of Women's Health and Wellness*. 2(2): 1-5.
- Angleman, S., Harris, T., & Melzer, D. 2006. The role of waist circumference in predicting disability in periretirement age adults. *Int J Obesity*. 30: 364-373.
- Ardinata, D. 2007. Multidimensional nyeri. *Jurnal Keperawatan Rufaidah Sumatera Utara*. 2(2): 77-81.
- Badan Pusat Statistik. 2013. Pengetahuan tentang masa subur. *Survei Demografi dan Kesehatan Indonesia Tahun 2012*. Jakarta: Direktorat Statistik Kependudukan dan Ketenagakerjaan BPS.
- Barkwell, D. 2005. Cancer pain: voice of Ojibway people. *Journal of Pain and Symptom Management*. 30: 454-464.
- Batubara, J.R.L., Soesanti, F., Van de Waal, H. 2010. Age at menarche in Indonesian girls: a national survey. *Acta Med Indones-Indones J Intern Med*. 42(2): 78-81.
- Beddu, S., Mukarramah, S. & Lestaluhu, V. 2015. Hubungan status gizi dan usia menarche dengan dismenore primer pada remaja putri. *Asosiasi Pendidikan Kebidanan Indonesia*. 1(1): 16-21.
- Brennan, F., Carr, D.B., & Cousins, M.J. 2007. Pain management: a fundamental human right. *Anesth Analg*. 105: 205-221.
- Bramanti, G. 2011. *Hubungan antara Perilaku Merokok dengan Kejadian Dismenorea pada Wanita Usia Produktif*. Skripsi. Yogyakarta: Fakultas Kedokteran Universitas Muhammadiyah Yogyakarta.
- Chan, W.Y. 1983. Prostaglandins and nonsteroidal anti-inflammatory drugs in dysmenorrhoea. *Annu Rev Pharmacol Toxicol*. 23: 131–149.
- Cunningham, F.G., Leveno, K.J., Bloom, S.L., Hauth, J.C., Rouse, D.J. & Spong, C.Y. 2010. *Williams Obstetrics*. Edisi ke-23. New York: McGraw-Hill.

- Dawood, M.Y. 2006. Primary dysmenorrhea: advances in pathogenesis and management. *The American College of Obstetricians and Gynecologists*. 108(2): 428-441.
- DeLoach, L.J., Higgins, M.S., Caplan, A.B., & Stiff, J.L. 1998. The visual analog scale in the immediate postoperative period: intrasubject variability and correlation with a numeric scale. *Anesthesia and Analgesia*. 86: 102–106.
- de Vaus, D.A. 2002. *Survey in Social Research*. Edisi ke-5. New South Wales: Allen and Unwin.
- Fabris de Souza, S., Faintuch, J., Valezi, A., Sant'Anna, A., Gama-Rodrigues, J., de Batista Fonseca, I., & de Melo, R. 2005. Postural changes in morbidly obese patients. *Obes Surg*. 15(7): 1013-1016.
- Fordyce, W.E. 1997. On the nature of illness and disability. *Clinical Orthopedics and Related Research*. 336: 47-51.
- French, L. 2005. Dysmenorrhea. *American Family Physician*. 71: 2.
- Fujiwara, T. 2007. Diet during adolescence is a trigger for subsequent development of dysmenorrhea in young women. *International Journal of Food Sciences and Nutrition*. 58(6): 437-444.
- Fujiwara, T. & Nakata, R. 2004. Current problems of food intake in young women in Japan: their influence on female reproductive function. *Reproductive Medicine and Biology*. 3: 107-114.
- Gibney, M.J., Lanham-New., S.A., Cassidy, A., & Vorster, H.H. 2009. *Gizi Kesehatan Masyarakat*. Jakarta: Penerbit Buku Kedokteran EGC.
- Guyton, A.C., & Hall, J.E. 2006. *Buku Ajar Fisiologi Kedokteran*. Edisi ke-11. Jakarta: EGC.
- Haidari, F., Akrami, A., Sarhadi, M. & Mohammad Shahi, M. 2011. Prevalence and severity of primary dysmenorrhea and its relation to anthropometric parameters. *Journal of Hayat*. 17(1): 70-77.
- Hailemeskel, S., Demissie, A. & Assefa, N. 2016. 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*. 8: 489-496.
- Hall, J. 2012. Menstrual Disorders and Pelvic Pain. *Harrison's Principles of Internal Medicine*. Edisi ke-18. New York: McGraw-Hill.

- Harel, Z. 2006. Dysmenorrhea in adolescents and young adults: etiology and management. *Journal of North American Society for Pediatric and Adolescent Gynecology*. 19: 363–371.
- Harlow, S.D. & Park, M. 1996. A longitudinal study of risk factors for the occurrence, duration and severity of menstrual cramps in a cohort of college women. *British Journal of Obstetrics and Gynaecology*. 103: 1134–1142.
- Hastuti, J. 2013. *Anthropometry and Body Composition of Indonesian Adults: An Evaluation of Body Image, Eating Behaviours, and Physical Activity*. Tesis. Doctor of Philosophy in School of Exercise and Nutrition Sciences. Australia: Faculty of Health Queensland University of Technology.
- Hendrawati, L.D., & Glinka, J.SVD. 2003. Usia menarche di Indonesia. *Folia Medica Indonesiana*. 39(1): 18-21.
- Hjermstad, M.J., Fayers, P.M., Haugen, D.F., Caraceni, A., Hanks, G.W., Loge, J.H., Fainsinger, R., Aass, N. & Kaasa, S. 2011. Studies comparing numerical rating scales, verbal rating scales, and visual analogue scales for assessment of pain intensity in adults : a systematic literature review. *Journal of Pain and Symptom Management*. 41(6): 1073–1093.
- Jensen, M.P., Turner, J.A., & Romano, J.M. 1994. What is the maximum number of levels needed in pain intensity measurement?. *Pain*. 58: 387–392.
- Jones, D.J. 2002. *Dasar-dasar Obstetri dan Ginekologi*. Edisi ke-6. Jakarta: Hipokrates.
- Ju, H., Jones, M. & Mishra, G. 2013. The prevalence and risk factors of dysmenorrhea. *Oxford University Press*.
- Lassek, W.D., & Gaulin, S.J. 2007. Menarche related to fat distribution. *American Journal of Physical Anthropology*. 131(2): 295-302.
- Lassek, W.D., & Gaulin, S.J. 2008. Waist-hip ratio and cognitive ability: is gluteofemoral fat a privileged store of neurodevelopmental resources?. *Evolution and Human Behavior*. 29: 26–34.
- Linton, S.J., & Gotestam, K.G. 1983. A clinical comparison of two pain scales: correlation, remembering chronic pain, and a measure of compliance. *Pain*. 17: 57–65.
- Littman, G.S., Walker, B.R., & Schneider, B.E. 1985. Reassessment of verbal and visual analog ratings in analgesic studies. *Clinical and Pharmacological Therapy*. 38: 16–23.

- Lairon, D., Arnault, N., Bertrais, S., Planells, R., Clero, E., Hercberg, S., & Boutron-Ruault, M. 2005. Dietary fiber intake and risk factors for cardiovascular disease in French adults. *The American Journal of Clinical Nutrition*. 82: 1185-1194.
- Lu, I. 2010. *Dysmenorrhea and Related Factors in Taiwanese Adolescent Girls*. Disertasi. Austin: The University of Texas.
- Margaret, A. & Dash, M. 2016. Relationship between BMI (body mass index) and dysmenorrhea among adolescents in a college of nursing at Puducherry, India. *International Research Journal of Medical Sciences*. 4(3): 4-6.
- Mertowardoyo. 2006. *Sasangka Jati*. Jakarta: Paguyuban Ngesti Tunggal Pusat.
- Okoro, R.N., Malgwi, H. & Okoro, G.O. 2013. Evaluation of factors that increase the severity of dysmenorrhea among university female students in Maiduguri, North Eastern Nigeria. *The Internet Journal of Allied Health Sciences and Practice*. 11(4): 1-10.
- Ong, K.K., Elks, C.E., Li, S., Zhao, J.H., Luan, J., Andersen, L.B., Bingham, S.A., Brage, S., Smith, G.D., Ekelund, U., Gillson, C.J., Glaser, B., Golding, J., Hardy, R., Khaw, K.T., Kuh, D., Luben, R., Marcus, M., McGeehin, M.A., Ness, A.R., Northstone, K., Ring, S.M., Rubin, C., Sims, M.A., Song, K., Strachan, D.P., Vollenweider, P., Waeber, G., Waterworth, D.M., Wong, A., Deloukas, P., Barroso, I., Mooser, V., Loos, R.J., & Wareham, N.J. 2009. Genetic variation in LIN28B is associated with the timing of puberty. *Nat Genet*. 41: 729-733.
- Osayande, A.S. & Mehulic, S. 2013. Diagnosis and initial management of dysmenorrhea. *American Family Physician*. 89(5): 341-346.
- Papadimitriou, A. & Karapanou, O. 2010. Determinants of menarche. *Reproductive Biology and Endocrinology*. 8(115): 1-8.
- Pedersen, S.B., Kristensen, K., Hermann, P.A., Katzenellenbogen, J.A., & Richelsen, B. 2004. Estrogen controls lipolysis by upregulating  $\alpha$ 2A-adrenergic receptors directly in human adipose tissue through the estrogen receptor  $\alpha$ : implications for the female fat distribution. *Journal of Clinical Endocrinology and Metabolism*. 89(4): 1869-1878.
- Pickles, V.R., Eglinton, G., Rahael, R.A., Smith, G.N., & Hall, W.J., 1963. Isolation and identification of two smooth muscle stimulants from menstrual fluid. *Nature*. 200: 960.
- Porges, S.W. 2007. The Polyvagal Perspective. *Biol. Psychol*. 74(2): 116-143.

- Porges, S.W., & Furman, S.A. 2011. The early development of the autonomic nervous system provides a neural platform for social behavior: a polyvagal perspective. *Infant Child Dev.* 20(1): 106–118.
- Sargolzayi, M., & Keykhayi, N. 1977. Dyssmenorhea and exercise in women. *Journal of Medical Science.* 3(11): 52-5.
- Sastroasmoro, S. & Ismael, S. 2011. *Dasar - Dasar Metodologi Penelitian Klinis.* Edisi ke-4. Jakarta: CV. Sagung Seto.
- Singh, A., Kiran, D., Sing, H., Nel, B., Singh, P., & Tiwari, P. 2008. Prevalence and severity of dysmenorrhea: a problem related to menstruation, among first and second year female medical students. *Indian J Physiol Pharmacol.* 52: 389–397.
- Sulistowati, Y. 2013. *Pengaruh Back Abdominal Massage dan Senam Dysmenorrhea terhadap Penurunan Nyeri Dysmenorrhea Siswi Remaja Putri SMA Negeri 1 Tuntang.* Skripsi. Program Studi Diploma IV Fisioterapi. Surakarta: Universitas Muhammadiyah Surakarta.
- Suza, D.E. 2003. *Pain Experience between Javanese and Batak Patients with Major Surgery in Medan, Indonesia.* Thesis. Thailand: Prince of Songkla University.
- Tiwari, S. & Gehlot, S. 2011. Consequence of walking on anthropometric measurements in diabetic individuals as Per Prakriti. *Indian Journal of Research.* 5(1): 1–7.
- Tolonen, H., Puska, P., Kuulasmaa, K., Laatikainen, T., Jakovljevic, D., Vartiainen, E., Jousilahti, P., Nissinen, A., Wolf, H., Cepatis, Z. & Virman-Ojanen, T. 2002. Recommendation for indicators, international collaboration, protocol and manual of operations for chronic disease risk factor surveys. *European Health Risk Monitoring.* Finland: Finnish National Public Health Institute.
- Towne, B., Czerwinski, S.A., Demerath, E.W., Blangero, J., Roche, A.F., & Siervogel, R.M. 2005. Heritability of age at menarche in girls from the Fels Longitudinal Study. *Am J Phys Anthropol.* 128: 210-219.
- Unsal, A., Tozun, M., & Aslan, G. 2010. Evaluation of dysmenorrhea among women and its impact on quality of life in a region of western Turkey. *Pak J Med Sci.* 26(1): 142–147.
- Valentin, L., Sladkevicius, P., Kindahl, H., Broeders, A., Marsal, K., & Melin, P. 2000. Effects of a vasopressin antagonist in women with dysmenorrhea. *Gynecol Obstet Invest.* 50: 170–177.

- Williamson, A. & Hoggart, B. 2005. Pain : a review of three commonly used pain rating scales. *Journal of Clinical Nursing*. 14: 798–804.
- WHO. 2008. *Waist Circumference and Waist-Hip Ratio Report of a WHO Expert Consultation*.
- Wiqvist, N., Lundstrom, V., & Green, K., 1976. Prostaglandins, indomethacin and dysmenorrhea. *Prostaglandins*. 11: 893–907.
- Yasui, M., Tamura, Y., Minami, M., Higuchi, S., Fujikawa, R., Ikedo, T., Nagata, M., Hidenori, A., Murayama, T. & Yokode, M. 2015. The prostaglandin E2 receptor EP4 regulates obesity-related inflammation and insulin sensitivity. *PLoS ONE*. 10(8): 1-16.
- Zhu, B.T., & Conney, A.H. 1998. Functional role of estrogen metabolism in target cells: review and perspectives. *Carcinogenesis*. 19(1): 1-27.