

## DAFTAR PUSTAKA

- Adegbite, O.A., Omolaso, B., Seriki, S.A., Akpabio, N. (2016). Prevalence of dysmenorrhea and menstrual bleeding in relation to packed cell volume among female students of Bingham University. *International Invention Journal of Medicine and Medical Sciences*, 3, 21-31.
- Adekemi, E., Monisola, O., Aanuohrwapo,O., Augusta, E., & Omolola, O. (2014). Menstrual disorders: the implications on health and academic activities of female undergraduates in a Federal University in Nigeria'. *Journal Of Nursing Education And Practice*, 4.
- Amimi,S., Osayande, M., & Suarna, M. (2014). Diagnosis and initial management of dysmenorrhea. *American Family Physician*, 89 (5).
- Amirul, I., Yuyun, T., & Berthy, A. (2015). Efektivitas terapi murrotal terhadap perubahan tingkat dismenore pada mahasiswa program studi keperawatan Universitas Tanjungpura angkatan 2013. *Jurnal Proners*, 3 (1).
- Ammar, U.R. (2016). Faktor resiko dismenore primer pada wanita usia subur di Kelurahan Ploso Kecamatan Tambaksari Surabaya. *Jurnal Berkala Epidemiologi*, 4 (1), 37-49.
- Astuti, N.D. (2014). Hubungan frekuensi konsumsi *fast food* dan status gizi dengan usia *menarche* dini pada siswi Sekolah Dasar di Surakarta. *Jurnal Universitas Muhammadiyah Surakarta*
- Bernardi, M., Lazzeri, L., Perelli, F., Reis, F, M., Petraglia, F. (2017). Dysmenorrhea and related disorders. *US National Library of Medicine National Institute*.
- Castarlenas, E., Jensen, M., Baeyer, C., & Miro, J. (2017). Psychometric properties of the numerical rating scale to assess self-reported pain intensity in children and adolescents. *The Clinical Journal of Pain*, 33 (4), 376-383.
- Cheng, H.F., & Lin, Y.H. (2014). Selection and efficacy of self-management strategies for dysmenorrhea in young taiwanese women. *US National Library of Medicine National Institute*.
- Curtis, A. (2015). Defining adolescence. *The Journal of Adolescent and Family Health*, 7 (2).
- Dahlan, M., S. (2008). *Statistik untuk Kedokteran dan Kesehatan Ed.3*. Jakarta: Salemba Medika.
- Dars, S., Sayed, K., Yousufzai, Z. (2014). Relationship of menstrual irregularities to BMI and nutritional status in adolescent girls. *Pak J Med Sci*, 30 (1).
- Dewi, I.P. (2013). Aromaterapi lavender sebagai media relaksasi. *Jurnal Kesehatan Fakultas Kedokteran universitas Udayana*.

- Dian, R., Sugeng, M., & Luvi, D. (2015). Perbedaan efektifitas terapi effluage massage dan aromaterapi terhadap intensitas nyeri haid pada remaja putri di Pondok Pesantren Al-Mas'udiyyah Blater. *Univeristas Jenderal Soedirman*.
- Faramarzi, M., & Salmalian, H. (2014). Association of psychologic and nonpsychologic factors with primary dysmenorrhea. *Iran Red Crescent Med Journal*.
- George, N., Priyadarshini, S., & Shetty, A. (2014). Dysmenorrhea among adolescent girls- characteristics and symptoms experienced during menstruation. *Nitte University Journal of Health Science*. 4 (3), 45-52.
- Gustina, T. (2015). Hubungan antara usia menarche dan lama menstruasi dengan kejadian dismenore primer pada remaja putri di SMK Negeri 4 Surakarta. *Jurnal Universitas Muhammadiyah Surakarta*.
- Guyton, A., Hall, J. (2007). *Buku Ajar Fisiologi Kedokteran Ed.11*. Jakarta:EGC.
- Her, J., Rajole, K. (2016), A cross-sectional study of prevalence of dysmenorrhea among adolescent girls. *Scholar Jurnal of Applied Medical Sciences*, 4 (9), 3421-3423.
- Ihsan, A., Tafwidhah, Y., & Adiningsih, B. (2015). Efektivitas terapi murottal terhadap perubahan tingkat dismenore pada mahasiswa Program Studi Keperawatan Universitas Tanjungpura Angkatan 2013. *Jurnal Proners*, 3 (1).
- Ilyas, Y. (2011). *Cakrawala al-quran tafsir tematis tentang kehidupan*. Cetakan iii. Yogyakarta: Itqan.
- Insani, T. (2014). Pengaruh alunan murottal terhadap intensitas nyeri dismenorea primer pada siswi Madrasah Muallimat Muhammadiyah Yogyakarta tahun 2014. *Jurnal Universitas 'Aisyiyah Yogyakarta*.
- Joshi, T., Kural, M., Agrawal, D.P., Noor, N.N., Patil, A. (2014). Primary dysmenorrhea and its effect on quality of life in young girls. *International Journal of Medical Science and Public Health*, 4 (3).
- Ju, H., & Mishra, G.D. (2013). The prevalence and risk factors of dysmenorrhea. *Epidemiol Rev*, 36.
- Kaur, S., Sheoran, P., & Sarin, J. (2015). Assessment and comparison of dysmenorrhea in terms of severity of pain and utilization of non steroid anti-inflammatory drugs among unmarried and married women. *International Journal of Caring Sciences*. 8 (3), 737- 746.
- Kazama, M., Maruyama, K., Nakamura, K. (2015). Prevalence of dysmenorrhea and its correlating lifestyle factors in japanese female junior high school students. *Tohoku Med Journal*.
- Khodakarami, B., Masoumi, S.Z., Faradmal, J., Nazari, M., Saadati, M., Sharifi, F., Shakhbabaei, M. (2015). The severity of dysmenorrhea and its relationship

- with body mass index among female adolescents in Hamadan Iran. *Journal of Midwifery Reproductive Health*, 3 (4), 444-450.
- Khoshnevisasl, P., Sadeghzadeh, M., Mazloomzadeh, S., Ahmadiafsar, A., Babri, L. (2017). Age at menarche and its related factors among school girls, in Zanjan, Iran. *International Journal of Pediatrics*, 5 (4), 4755-4762.
- Khumbar, S., Reddy, M., Sujana., Reddy, R., Bhargavi, D., Balkrishna. (2013). Prevalence of dysmenorrhea among adolescent girls (14-19 years) of Kadapa District and its impact on quality of life: a cross sectional study. *International Journal of Research in Medical Sciences*, 3 (5).
- Kristianingsih, A. (2016). Faktor resiko dismenore primer pada siswi Sekolah Menengah Pertama (SMP X) Kecamatan Natar Kabupaten Lampung Selatan. *Jurnal Aisyah: Jurnal Ilmu Kesehatan*, 1 (1).
- Lakkawar, B.J., Jayavani, R.L., Arthi, P.N., Alaganandam, P., Vanajaskhi, N.A. (2014). A study of menstrual disorder in medical students and its correlation with biological variables. *Scholars Journal of Applied Medical Sciences*, 2, 3165-3175.
- Larasati, TA & Alatas, F. (2016). Dismenore primer dan faktor resiko dismenore primer pada remaja. *Majority*, 5 (3), 79-84.
- Lestari, N. (2013). Pengaruh dismenorea pada remaja. *Semminnas FMIPA UNDIKHS III*.
- Martiningsih, Lina, K. (2015). Penurunan nyeri disminorea primer melalui kompres hangat pada remaja. *Jurnal Keperawatan Padjadjaran*, 3 (2).
- Mitayani. (2009). *Asuhan keperawatan maternitas*, Jakarta, Salemba Medika.
- Mudhiah, K. (2014). Menelusuri makna pengulangan redaksi dalam surah Ar-Rahman. *Hermeuretik*, 8 (1).
- Muhidin, Faizal, A., Dyah, A., Adjeng, P. (2016). Pengaruh murrotal ar-rahman terhadap nyeri dismenore pada remaja. *Jurnal Keperawatan Madiun*, 3 (1), 38-43.
- Murtiningsih., & Karlina, L. (2015). Pengurangan nyeri dismenore primer melalui kompres hangat pada remaja. *Jurnal Keperawatan Padjadjaran*, 3 (2).
- Notoatmodjo, S. (2012). *Metodologi penelitian kesehatan*. Jakarta: Rineka Cipta.
- Olubunmi, O.P., Yinka, O.S., Oladele, O.J., Glory, L.I., Afees, O.J. (2016). A case study of the prevalence of dysmenorrhea and its effects among females of different age groups. *Journal of Experimental and Integrative Medicine*, 6.
- Parazzini, F., Tozzi, L., Mezzopane, R., Luchini, L., Marchini, M., Fedele, L. (2013). Cigarette smoking, alcohol consumption, and risk of primary dysmenorrhea. *Epidemiology Journal*.

- Peck, K. (2017). Caffeine and menstrual cramps. <https://www.livestrong.com>. Diperoleh pada 26 April 2018.
- Pejcic, A., & Jankovic, S. (2016). Risk factors for dysmenorrhea among young adult female University students. *Ann Ist Super Sanita*, 1, 98-103.
- Potter & Perry. (2009). *Fundamental Keperawatan Buku 1 Edisi 7*. Jakarta: Salemba Medika.
- Potur, D.C., Bilgin, N.C., Komurcu, N. (2014). Prevalence of dysmenorrhea in University Students in Turkey: effect on daily activities and evaluation of different pain management methods. *Pain Manag Nurs*, 4.
- Pramanik, P., & Dhar, A. (2014). Impact of fast foods on menstrual health of school going adolescent girls in West Bengal, Eastern India. *Global Journal of Biology, Agriculture, & Health Sciences*, 3 (1), 61-66.
- Prastiwi, W., & Listyaningrum, T.H. (2017). Pengaruh alunan murottal terhadap intensitas nyeri dismenore primer pada siswi Aliyyah di Pondok Pesantren As-salafiyyah Mlangi Yogyakarta. *Jurnal Universitas 'Aisyiyah Yogyakarta*.
- Purwati, Y., & Sarwinanti. (2015). Pengaruh pemberian aromaterapi lavender terhadap tingkat nyeri dismenore pada Siswi SMA Negeri 1 Kasihan Bantul Yogyakarta. *Library*.
- Pustikawaty, R. (2016). Pengaruh aromaterapi lavender terhadap skala nyeri haid siswi kelas X Sekolah Menengah Atas Negeri 1 Sungai Ambawang Kabupaten Kubu Raya. *Jurnal Universitas Tanjungpura*.
- Ratna, P., Ermiati, Restuning, W. (2012). Penurunan intensitas nyeri akibat luka post sectio caesarea setelah dilakukan latihan teknik relaksasi pernapasan menggunakan aromaterapi lavender di Rumah Sakit Al Islam Bandung. *Jurnal Universitas Padjadjaran*, 1 (1).
- Sanctis, V., Soliman, A., Bernasconi, S. (2015). Primary dysmemorrhea in adolescents: prevalence, impact, and recent knowledge. *Pediatr Endocrinol Rev*, 13 (2).
- Sari,W. (2013). Efektivitas terapi farmakologis dan non-farmakologis terhadap nyeri haid (disminore) pada siswi XI di SMA Negeri 1 Pemangkat. *Jurnal Universitas Tanjungpura*.
- Sarwono, P. (2011). *Ilmu Kandungan Edisi Ketiga*. Jakarta: P.T. Bina Pustaka Sarwono Prawirohardjo.
- Seers, H. Boehm,K. (2017). Concerted action for complementary and alternative medicine assessment in the cancer. *US National Library of Medicine National Institute*.
- Sekaran, U. (2014). *Research Methods For Business*. Jakarta: Salemba Empat.

- Seven, M., Guvenc, G., Akyuz, A., Eski, F. (2014). Evaluating dysmenorrhea in a sample of Turkish nursing students. *Pain Manag Nurs*, 3.
- Shinde, P., Vyas, K., Goel, S., Sharma, O.R. (2017). Effects of junk food/fast food on menstrual health: a review study. *International Journal of Physiotherapy and Research*, 3.
- Soetjiningsih, & Ranuh, G. (2013). *Tumbuh Kembang Anak Ed.2*. Jakarta:EGC.
- Solehati., & Cecep. (2015). *Konsep dan aplikasi relaksasi dalam keperawatan maternitas*. Bandung: PT. Refika aditama.
- Sukarni, I. & Wahyu, P. (2013). *Buku Ajar Keperawatan Maternitas*. Yogyakarta: Nuha Medika.
- Sulistyawati, L., & Purwanti, D. (2013). Perbedaan pengaruh metode kompres hangat dengan aromaterapi terhadap penurunan derajat dismenore pada remaja putri. *Jurnal Universitas Airlangga*.
- Sumaryani, S., & Indah, P. (2015). Senam disminorhea berbasis Ar-Rahman terhadap penurunan nyeri. *Jurnal Universitas Airlangga*, 10 (2).
- Widyaningrum, D. (2015). Perbedaan tingkat nyeri menstruasi sebelum dan sesudah diberikan aromaterapi lavender pada mahasiswa AKBID Ngudi Waluyo. *Jurnal AKBID Ngudi Waluyo*.
- Wiknjosastro, H (Ed). (2011). *Ilmu Kandungan*. Jakarta: PT Bina Pustaka Sarwono Prawiroharjo.
- Wiwin, W. (2016). Aromaterapi lavender dapat menurunkan nyeri perineum pada ibu post partum. *Jurnal Ners dan Kebidanan Indonesia*, 4 (3), 123-128.
- Yudianta, Khoirunnisa, N., Novitasari, R. (2015). Assessment nyeri. *TEKNIK*, 42(3), 214-234.