

DAFTAR PUSTAKA

- Almatsier, S., 2010. Prinsip Dasar Ilmu Gizi. PT. Gramedia Pustaka Utama, Jakarta.
- Amelia, R., Maharani, S.I., 2017. EFFECTIVENESS OF DARK CHOCOLATE AND GINGER ON PAIN REDUCTION SCALE IN ADOLESCENT DYSMENORRHEA. *J. KEBIDANAN* **6**, 73–81.
- Andarmoyo, S., 2013. KONSEP DAN PROSES KEPERAWATAN NYERI. AR-RUZZ MEDIA, Yogyakarta.
- Balbi, C., Musone, R., Menditto, A., Di Prisco, L., Cassese, E., D'Ajello, M., Ambrosio, D., Cardone, A., 2000. Influence of menstrual factors and dietary habits on menstrual pain in adolescence age. *Eur. J. Obstet. Gynecol. Reprod. Biol.* **91**, 143–148 cit Zarei, S., Mohammad-Alizadeh-Charandabi, S., Mirghafourvand, M., Javadzadeh, Y., Effati-Daryani, F., 2017. Effects of Calcium-Vitamin D and Calcium-Alone on Pain Intensity and Menstrual Blood Loss in Women with Primary Dysmenorrhea: A Randomized Controlled Trial. *Pain Med.* **18**, 3–13. doi:10.1093/pm/pnw121
- Barnard, K., Frayne, S.M., Skinner, K.M., Sullivan, L.M., 2003. Health status among women with menstrual symptoms. *J. Womens Health* **12**, 911–919.
- Bieglmayer C, Hofer G, Kainz C, Reinhaller A, Kopp B, Janisch H., 1995. Concentrations of various arachidonic acid metabolites in menstrual fluid are associated with menstrual pain and are influenced by hormonal contraceptives. *Gynecol Endocrinol.* **9**, 307-312 cit De Sanctis, V., Soliman, A., Bernasconi, S., Bianchin, L., Bona, G., Bozzola, M., Buzi, F., De Sanctis, C., Tonini, G., Rigon, F., others, 2016. Definition and self-reported pain intensity in adolescents with dysmenorrhea: A debate report. *Riv. Ital. Med. Dell'Adolescenza* **14**.
- Bobak, I.M., Lowdermilk, D.L., Jensen, M.D., 2004. Buku Ajar Keperawatan Maternitas, 4th ed. EGC, Jakarta.
- Chiou, M.-H., Wang, H.-H., 2008. Predictors of dysmenorrhea and self-care behavior among vocational nursing school female students. *J. Nurs. Res.* **16**, 17–25.
- Dahlan, M.S., 2010. Besar Sampel Dan Cara Pengambilan Sampel Dalam Penelitian Kedokteran Dan Kesehatan, 3rd ed, Evidence Based Medicine. Salemba Medika, Jakarta.

- Departemen Kesehatan RI., 2009. Profil Kesehatan Indonesia. Jakarta: Depkes RI
- De Sanctis, V., Soliman, A., Bernasconi, S., Bianchin, L., Bona, G., Bozzola, M., Buzi, F., De Sanctis, C., Tonini, G., Rigon, F., others, 2016. Definition and self-reported pain intensity in adolescents with dysmenorrhea: A debate report. *Riv. Ital. Med. Dell'Adolescenza* **14**.
- Dunne, L.J., 2002. Nutrition Almanac, Fifth Edition, 5th ed. McGraw-Hill, New York.
- Elsenberg, E., Fricton, J.R., Giamberardino, M.A., Goh, C.R., Jadad, A.R., Lipkowski, A.W., McGrath, P.A., Sharify, M., Sjolund, B.H., Smith, M.T., Wittink, H.M., 2007. Dysmenorrhea: Contemporary Perspectives. *Int. Assoc. Study Pain* **XV**.
- French, L., 2008. Dysmenorrhea in adolescents. *Pediatr. Drugs* **10**, 1–7.
- Granot, M., Yarnitsky, D., Itskovitz-Eldor, J., Granovsky, Y., Peer, E., Zimmer, E.Z., 2001. Pain perception in women with dysmenorrhea. *Obstet. Gynecol.* **98**, 407–411.
- Habibi, N., Huang, M.S.L., Gan, W.Y., Zulida, R., Safavi, S.M., 2015. Prevalence of primary dysmenorrhea and factors associated with its intensity among undergraduate students: a cross-sectional study. *Pain Manag. Nurs.* **16**, 855–861.
- Harel, Z., 2006. Dysmenorrhea in Adolescents and Young Adults: Etiology and Management. *J. Pediatr. Adolesc. Gynecol.* **19**, 363–371. <https://doi.org/10.1016/j.jpag.2006.09.001>
- Harrison, F.E., May, J.M., 2009. Vitamin C function in the brain: vital role of the ascorbate transporter SVCT2. *Free Radic. Biol. Med.* **46**, 719–730. <https://doi.org/10.1016/j.freeradbiomed.2008.12.018>
- Kacprzak, V., Patel, N.A., Riley, E., Yu, L., Yeh, J.-R.J., Zhdanova, I.V., 2017. Dopaminergic control of anxiety in young and aged zebrafish. *Pharmacol. Biochem. Behav.* **157**, 1–8. <https://doi.org/10.1016/j.pbb.2017.01.005>
- Khomsan, A., 2007. Pangan Dan Gizi Untuk Kesehatan. RajaGrafindo Persada.
- Lanke, V., Vadugu, S., 2015. PHASIC VARIATION OF SERUM CALCIUM AND MAGNESIUM IN MENSTRUAL CYCLE. *Int J Biol Med Res* **6**, 4785–4789.

- Lara-Muñoz, C., de Leon, S.P., Feinstein, A.R., Puente, A., Wells, C.K., 2004. Comparison of Three Rating Scales for Measuring Subjective Phenomena in Clinical Research: I. Use of Experimentally Controlled Auditory Stimuli** Part II of this article will be published in the# 2, 2004 Issue. *Arch. Med. Res.* **35**, 43–48.
- Lentz, G., Lobo, R., Gershenson, D., Katz, V., 2012. *Comprehensive Gynecology*, 6th ed. Mosby Elsevier, United States.
- Lestari, F., 2015. Pengaruh Pemberian Air Kelapa Hijau terhadap Tingkat Nyeri Haid pada Mahasiswi Program Studi Ilmu Keperawatan STIKES' Aisyiyah Yogyakarta. STIKES' Aisyiyah Yogyakarta.
- Manuaba, I.A.C., Manuaba, I.B., F., Manuaba, I.B., Monica, E., 2008. *Gawat-Darurat Obstetri-Ginekologi & Obstetri-Ginekologi Sosial untuk Profesi Bidan*. EGC, Jakarta.
- Mccabe, D., Lisy, K., Lockwood, C., Colbeck, M., 2017. The impact of essential fatty acid, B vitamins, vitamin C, magnesium and zinc supplementation on stress levels in women: a systematic review. *JBIC Database Syst. Rev. Implement. Rep.* **15**, 402–453.
- Moini, A., Ebrahimi, T., Shirzad, N., Hosseini, R., Radfar, M., Bandarian, F., Jafari-Adli, S., Qorbani, M., Hemmatabadi, M., 2016. The effect of vitamin D on primary dysmenorrhea with vitamin D deficiency: a randomized double-blind controlled clinical trial. *Gynecol. Endocrinol.* 1–4. <https://doi.org/10.3109/09513590.2015.1136617>
- Novia, I., Puspitasari, N., 2008. Faktor Risiko yang Mempengaruhi Kejadian Dismenore Primer. *Indones. J. Public Health* **4**, 96–104.
- Onur, O., Gumus, I., Derbent, A., Kaygusuz, I., Simavli, S., Urun, E., Yildirim, M., Gok, K., Cakirbay, H., 2012. Impact of home-based exercise on quality of life of women with primary dysmenorrhoea. *South Afr. J. Obstet. Gynaecol.* **18**.
- Ortiz, M.I., 2010. Primary dysmenorrhea among Mexican university students: prevalence, impact and treatment. *Eur. J. Obstet. Gynecol. Reprod. Biol.* **152**, 73–77. <https://doi.org/10.1016/j.ejogrb.2010.04.015>
- Osayande, A.S., Mehulic, S., 2014. Diagnosis and initial management of dysmenorrhea. *Am Fam Physician* **89**, 341–6.
- Poquet, N., Lin, C., 2016. The Brief Pain Inventory (BPI). *J. Physiother.* **62**, 52. <https://doi.org/10.1016/j.jphys.2015.07.001>

- Potter, P.A., Perry, A.G., 2005. Buku Ajar Fundamental Keperawatan: Konsep, Proses dan Praktik, 4th ed. EGC, Jakarta.
- Proctor, M., Farquhar, C., 2006. Diagnosis and management of dysmenorrhoea. *BMJ* 332, 1134.
- Proverawati, A., Misaroh, S., 2009. Menarche: Menstruasi Pertama Penuh Makna. Nuha Medika, Yogyakarta.
- Saryono, Sejati, W., 2009. Sindrom Premenstruasi. Nuha Medika, Yogyakarta.
- Sinaga, E., Saribanon, N., Sa'adah, N., Salamah, U., Murti, Y.A., Trisnamiati, A., Lorita, S., 2017. MANAJEMEN KESEHATAN MENSTRUASI. Universitas Nasional.
- Smeltzer, S.C., Bare, B.G., 2001. Buku Ajar Keperawatan Medikal Bedah Brunner & Suddarth, 8th ed. EGC, Jakarta.
- Soviana, E., Putri, A.R., 2017. 291-ELIDA_SOVIANA-1588-1594.pdf.
- Straube, S., Derry, S., Straube, C., Moore, R.A., 2015. Vitamin D for the treatment of chronic painful conditions in adults. *Cochrane Database Syst. Rev.* <https://doi.org/10.1002/14651858.CD007771.pub3>
- Thys-Jacobs, S., 2000. Micronutrients and the Premenstrual Syndrome: The Case for Calcium. *J. Am. Coll. Nutr.* **19**, 220–227. <https://doi.org/10.1080/07315724.2000.10718920>
- Unsal, A., Ayranci, U., Tozun, M., Arslan, G., Calik, E., 2010. Prevalence of dysmenorrhea and its effect on quality of life among a group of female university students. *Ups. J. Med. Sci.* **115**, 138–145. <https://doi.org/10.3109/03009730903457218>
- Wiknjosastro, H., 2008. Ilmu Kandungan, 2nd ed. Yayasan Bina Pustaka Sarwono Prawirohardjo, Jakarta.
- Wiknjosastro, H., 2007. Ilmu Kebidanan. Yayasan Bina Pustaka Sarwono Prawirohardjo, Jakarta.
- Wong, D.L., Hockenberry, M.E., Wilson, D., Winkelstein, M.L., Schwartz, P., 2009. Buku Ajar Keperawatan Pediatrik, 6th ed. EGC, Jakarta.

Wong, L.P., Khoo, E.M., 2010. Dysmenorrhea in a multiethnic population of adolescent Asian girls. *Int. J. Gynecol. Obstet.* **108**, 139–142. <https://doi.org/10.1016/j.ijgo.2009.09.018>

Yudiyanta, N.K., Novitasari, R.W., 2015. Assessment nyeri. *J. CDK* 226.

Yuliarti, N., 2009. *The Vegetarian Way*. Andi, Yogyakarta.

Zarei, S., Mohammad-Alizadeh-Charandabi, S., Mirghafourvand, M., Javadzadeh, Y., Effati-Daryani, F., 2017. Effects of Calcium-Vitamin D and Calcium-Alone on Pain Intensity and Menstrual Blood Loss in Women with Primary Dysmenorrhea: A Randomized Controlled Trial. *Pain Med.* **18**, 3–13. <https://doi.org/10.1093/pm/pnw121>