

## DAFTAR PUSTAKA

- Almatsier, S 2011, *Prinsip dasar ilmu gizi*, Gramedia Pustaka Utama, Jakarta.
- Anwar, M & Baziad, A (eds) 2011, *Ilmu kandungan edisi ketiga*, Bina Pustaka Sarwono Prawirohardjo, Jakarta.
- Arum, VRS 2015, 'Hubungan status gizi dengan kejadian oligomenore pada siswi di SMK Perintis 29 Ungaran', STIKES Ngudi Waluyo Ungaran [perpusnwu.web.id/karyailmiah/documents/4243.pdf](http://perpusnwu.web.id/karyailmiah/documents/4243.pdf)
- Charu, S, Amita, R, Sujoy, R, Thomas, GA 2011, 'Menstrual characteristics' and prevalence and effects of dysmenorrhea' on quality of life of medical students', *International Journal of Collaborative Research on Internal Medicine & Public Health*, vol. 4, no. 4, April 2012, p.276-194. Diakses pada tanggal 2 Juni 2016. [iomcworld.com/ijcrimph/files/v04-n04-04.pdf](http://iomcworld.com/ijcrimph/files/v04-n04-04.pdf)
- Chia, CF, Lai, JHY, Cheung, PK, Kwong, LT, Lau, FPM 2011, 'Dysmenorrhea among Hong Kong university students: prevalence, impact, and management', *Hong Kong Medical Journal*, vol. 19, no. 3, June 2013, p.222-228. Diakses pada tanggal 2 Juni 2016. [www.hkmj.org/system/files/hkm1306p222.pdf](http://www.hkmj.org/system/files/hkm1306p222.pdf)
- Craig, CL, Marshall, AL, Sjostrom, M 2003, 'International physical activity questionnaire: 12-country reliability and validity', *Medicine & Science in Sports & Exercise*, vol. 35, no. 8, March 2003, p.1381-1395, diakses pada tanggal 29 Maret 2016. <http://www.ncbi.nlm.nih.gov/pubmed/12900694>
- Dewi, IF 2008, *Pola konsumsi pangan sumber kafein dan analisis dampaknya berdasarkan persepsi mahasiswa TPB-IPB tahun ajaran 2007/2008*, Skripsi Program Sarjana, Institut Pertanian Bogor.
- Famarzi, M & Salmalian, H 2013, 'Association of psychologic and nonpsychologic factors with primary dysmenorrhea', *Iran Red Crescent Medical Journal*, vol. 16, no. 8, August 2014, p.1-9, diakses pada tanggal 22 Maret 2016. <http://ircmj.com/30894.pdf>
- Febriyani, NMW 2015, *Hubungan indeks massa tubuh terhadap umur (IMT/U) dan status anemia dengan kejadian dismenore pada siswi kelas X SMA Negeri di Kota Denpasar*, Skripsi Program Sarjana, Universitas Udayana.

Firna, AL 2008, *Prevalensi dan perilaku konsumsi pangan sumber kafein pada mahasiswa tingkat persiapan bersama Institut Pertanian Bogor Tahun 2007/2008*, Skripsi Program Sarjana, Institut Pertanian Bogor.

Gibney, MJ 2013, *Gizi kesehatan masyarakat*, EGC, Jakarta.

Gustina, T, Wijayanti, AC, Raharjo, B 2015, *Hubungan antara usia menarche dan lama menstruasi dengan kejadian dismenore primer pada remaja putri di SMK Negeri 4 Surakarta*, Skripsi Program Sarjana, Universitas Muhammadiyah Surakarta. Diakses pada tanggal 3 Juni 2016.  
[eprints.ums.ac.id/38652/17/NASKAH%20PUBLIKASI.oke.tina.pdf](http://eprints.ums.ac.id/38652/17/NASKAH%20PUBLIKASI.oke.tina.pdf)

Habibi, N, Mary, SLH, Wan, YG, Zulida, R, Safavi, SM 2015, 'Prevalence of primary dysmenorrhea and factors associated with its intensity among undergraduate students: a cross-sectional study', *Pain Management Nursing*, vol. 16, no. 6, December 2015, p.855-861.  
[http://www.painmanagementnursing.org/article/S1524-9042\(15\)00102-2/pdf](http://www.painmanagementnursing.org/article/S1524-9042(15)00102-2/pdf)

Badan Pengawasan Obat dan Makanan 2004, *Ketentuan pokok pengawasan suplemen makanan*, diakses pada tanggal 31 Januari 2016.  
[http://www2.pom.go.id/public/hukum\\_perundangan/pdf/final%20kep\\_lampiran.pdf](http://www2.pom.go.id/public/hukum_perundangan/pdf/final%20kep_lampiran.pdf)

Standar Nasional Indonesia 2002, *Produk kopi, teh, coklat*.

IPAQ 2005, *Guidelines for data processing and analysis of International Physical Activity Questionnaire (IPAQ)*, diakses pada tanggal 26 Maret 2016.  
<https://sites.google.com/site/theipaq/scoring-protocol>

Julie, G 2013, *Comparison between magnesium supplement and ibuprofen as treatments of primary dysmenorrhea and dietary intake of school going girls in Machakos, Kenya: randomized trial*, Thesis Degree of Master of Science (Foods, Nutrition And Dietetics), Kenyatta University.  
<http://ir-library.ku.ac.ke/handle/123456789/9035>

Khodakarami, B, Masoumi, SZ, Faradmal, J, Nazari, M, Saadati, M 2011, 'The severity of dysmenorrhea and its relationship with body mass index among female adolescents in Hamadan, Iran', *Journal of Midwifery & Reproductive Health*, vol. 3, no.4, July 2015, p.444-450. Diakses pada tanggal 2 Juni 2016.  
[jmrh.mums.ac.ir/article\\_4618\\_437e8118b474b422ee207bde2a547cdb.pdf](http://jmrh.mums.ac.ir/article_4618_437e8118b474b422ee207bde2a547cdb.pdf)

Kumbhar, SK, Reddy, M, Sujana, B, Roja, RK, Divya, BK 2011, 'Prevalence of dysmenorrhea among adolescent girls (14-19 yrs) of Kadapa District and its impact on quality of life: A cross sectional study', *National Journal of Community Medicine*, vol. 2, issue 2, July-September 2011, p.265-268.

- Kural, M, Noor, NN, Pandit, D 2014, 'Menstrual characteristics and prevalence of dysmenorrhea in college going girls', *Journal of Family Medicine and Primary Care*, vol. 4, issue 3, July 2015, p.426-431.
- Lestari, NMSD 2013, 'Pengaruh dismenorea pada remaja', *Seminar Nasional FMIPA UNDIKSHA III tahun 2013*, hlm. 323-329, diakses pada tanggal 20 Januari 2016.  
<http://ejournal.undiksha.ac.id/index.php/semnasmipa/article/download/2725/2305>
- Liliwati, I, Verna, LKM, Khairani, O 2007, 'Dysmenorrhea and its effect on school activities among adolescent girls in a rural school in Selangor, Malaysia', *Med & Health*, vol. 2, no. 1, 2007, p.42-47.
- Lowdermilk, DL 2012, *Keperawatan maternitas*, Elsevier (Singapore) ptd. ltd., Singapore.
- Madhubala, C & Jyoti, K 2008, 'Relation between dysmenorrhea and body mass index in adolescents with rural versus urban variation', *The Journal of Obstetrics and Gynecology of India*, vol. 62, no. 4, July-August 2012, p. 442-445.
- Mahmoud, AZB, Makhdoom, AN, Mufti, LA, Alreheli, RS, Farghal, RG 2011, 'Association between menstrual disturbances and habitual use of caffeine', *Journal of Taibah University Medical Sciences*, vol. 9, no. 4, September 2014, p.341-344.
- Mahvash, N, Eidy, A, Mehdi, K, Zahra, MT, Mani, M 2012, 'The effect of physical activity on primary dysmenorrhea of female university students', *World Applied Sciences Journal*, vol. 17, no. 10, January 2012, p.1246-1252.
- Manorek, R, Purba RB, Malondra NSH 2014, 'Hubungan antara status gizi dengan kejadian dismenore pada siswi kelas XI SMA Negeri 1 Kawangkoan', diakses pada tanggal 24 Januari 2016.  
<http://fkm.unsrat.ac.id/wp-content/uploads/2015/02/riyane-manorek-101511149-jurnal-1.pdf>
- Marcdante, MJ 2011, *Ilmu kesehatan anak esensial*, Elsevier (Singapore) ptd. ltd., Singapore.
- Maruf, FA, Ezenwafor, NV, Moroof, SO, Adeniyi, AF, Okoye, EC 2013, 'Physical activity level and adiposity: are they associated with primary dysmenorrhea in school adolescents?', *African Journal of Reproductive Health*, vol. 17, no.4, December 2013, p.167-174.
- Mulastin 2011, 'Hubungan status gizi dengan kejadian dismenorea remaja putri di SMA Islam Al-Hikmah Jepara', diakses pada tanggal 18 Januari 2016.  
<http://akbidalhikmah.ac.id/artikel/jurnal%20%20penelitian%20edisi%20I.pdf>

- Notoatmodjo, S 2005, *Metodologi Penelitian Kesehatan*, Rineka Cipta, Jakarta.
- Notoatmodjo, S 2010, *Metodologi Penelitian Kesehatan*, Rineka Cipta, Jakarta.
- Novia, I & Puspitasari, N 2008, 'Faktor risiko yang mempengaruhi kejadian dismenore primer', *The Indonesian Journal of Public Health*, vol. 4, no.3, Maret 2008, hlm.96-103.
- Omidvar, S & Begum, K 2012, 'Characteristics and determinants of primary dysmenorrhea in young adults', *American Medical Journal*, vol. 3, no. 1, pp. 8-12. Diakses pada tanggal 3 Juni 2016.  
[thescipub.com/PDF/amjsp.2012.8.13.pdf](http://thescipub.com/PDF/amjsp.2012.8.13.pdf)
- Putrie, HC 2014, *Hubungan antara tingkat pengetahuan, usia menarche, lama menstruasi dan riwayat keluarga dengan kejadian dismenore pada siswi di SMP N 2 Kartasura Kabupaten Sukoharjo*, Skripsi Program Sarjana, Universitas Muhammadiyah Surakarta. Diakses pada tanggal 2 Juni 2016.  
[eprints.ums.ac.id/30517/2/02\\_ARTIKEL\\_PUBLIKASI.pdf](http://eprints.ums.ac.id/30517/2/02_ARTIKEL_PUBLIKASI.pdf)
- Potter & Perry 2005, *Fundamental keperawatan: konsep, proses, dan praktik Vol. 2*, EGC, Jakarta.
- Rakhma, A 2012, *Gambaran derajat dismenore dan upaya penanganannya pada siswi Sekolah Menengah Kejuruan Arjuna Depok Jawa Barat*, Skripsi Program Sarjana, UIN Syarif Hidayatullah.
- Revelle, W, Condon D, Wilt J 2010, 'Caffeine', *Encyclopedia of Human Behavior 2nd edition*, diakses pada tanggal 26 Januari 2016.  
<http://personality-project.org/revelle/publications/revelle.caffeine.pdf>
- Riduwan, MBA 2012, *Belajar Mudah Penelitian untuk guru-karyawan dan peneliti pemula*, Alfabeta, Bandung
- Shah, M, Monga, A, Patel, A, Shah, M, Bakshi, H 2013, 'A study of prevalence of primary dysmenorrhea in young students – A cross sectional study', *Indian Association of Preventive and Social Medicine Healthline Journal*, vol. 3, issue 2, July – December 2013, p.30-34.
- Sharlini, P, Sukandar H, Fadil R 2013, 'Familial predisposition of primary dysmenorrhea among Senior High School girl students', *Althea Medical Journal*, vol. 2, no. 4, December 2015, p.579-583.
- Silvana, PD 2012, *Hubungan antara karakteristik individu, aktivitas fisik, dan konsumsi produk susu dengan dysmenorrhea primer pada mahasiswi FIK dan FKM UI Depok tahun 2012*, Skripsi Program Sarjana, Universitas Indonesia.



- Sophia, F, Muda, S, Jemadi 2012, 'Faktor-faktor yang berhubungan dengan dismenore pada siswi SMK Negeri 10 Medan Tahun 2013', *Jurnal Kesehatan Reproduksi Dan Epidemiologi*, vol. 2, no. 5, Juli 2013, hlm.1-10.  
<http://jurnal.usu.ac.id/index.php/gkre/article/view/4060/1894>
- Sulayman, HU, Ameh, N, Adesiyun, AG, Ozed-Williams, IC, Ojabo, AO 2013, 'Age at menarche and prevalence of menstrual abnormalities among adolescents in Zaria, northern Nigeria', *Annals of Nigerian Medicine*, vol. 7, issue 2, July – December 2013, p.66-70.
- Supariasa, IDY 2012, *Penilaian status gizi*, EGC, Jakarta.
- Tambayong, J 2000, *Patofisiologi untuk keperawatan*, EGC, Jakarta.
- Ulfiyanti, S 2014, *Hubungan status gizi, asupan zat gizi mikro, dan minuman berkafein dengan dismenorea primer pada remaja putri di SMAN 1 Pamekaran dan SMAN 1 Galis*, Skripsi Program Sarjana, Institut Pertanian Bogor.
- 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', *Upsala Journal of Medical Sciences*, vol. 115, issue 2, May 2010, p.138-145.
- Utami, ANR, Ansar, J, Sidik, D 2013, 'Faktor yang berhubungan dengan kejadian dismenorea pada remaja putri di SMAN 1 Kahu Kabupaten Bone'.
- USA. Department of Health and Human Services 2008, *2008 physical activity guidelines for americans*, diakses pada tanggal 23 Februari 2016.  
<http://health.gov/paguidelines/pdf/paguide.pdf>
- Europe. World Health Organization (WHO) 2006, *Body Mass Index – BMI*, diakses pada tanggal 2 Februari 2016.  
<http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/body-mass-index-bmi>
- International Food Information Council 2008, *Caffeine & Health: Clarifying the controversies*, IFIC Review, diakses pada tanggal 26 Januari 2016.  
[http://www.foodinsight.org/content/3147/caffeine\\_v8-2.pdf](http://www.foodinsight.org/content/3147/caffeine_v8-2.pdf)
- Zuiatna, D 2011, *Perubahan pola haid saat ujian pada mahasiswa tingkat III Akbid Dr. Rusdi Medan Tahun 2011*, Skripsi Program Sarjana, Universitas Sumatera Utara, diakses pada tanggal 18 Januari 2016.  
<http://repository.usu.ac.id/handle/123456789/27264>
- Zukri, SM, Naing, L, Hamzah, TNT, Hussain, NHN 2009, 'Primary dysmenorrhea among medical and dental university students in Kelantan: prevalence and associated factors', *International Medical Journal*, vol. 16, no. 2, June 2009, pp. 93-99.