

DAFTAR PUSTAKA

- Abriani, AA & Ningtyias, FW 2019, ‘The Relationship between Food Consumption , Nutritional Status , and Physical Activity with Pre Menstrual Syndrome’, Jurnal Gizi Dan Kesehatan, 3(1), pp. 1–6.
- Agus W, et.al 2011, ‘Perilaku Makan dengan Kejadian Sindrom Premenstruasi pada Remaja’, Jurnal Berita Kedokteran Masyarakat, 27(2), pp. 75.
- Ali, MA 2006, *Psikologi Remaja, Perkembangan Peserta Didik*, Bumi Aksara.
- Aminah, S, Rahmadani, S, Munadhiroh 2011, ‘Hubungan status gizi dengan kejadian premenstrual syndrome di madrasah aliyah negeri 4 Jakarta tahun 2011’, In Health Quality Jurnal Kesehatan Poltekkes Jakarta I ,vol. 2, issue 3, pp. 113–188.
- Andiarna, F 2018, ‘Korelasi Tingkat Stres dengan Kejadian Sindrom Premenstruasi pada Mahasiswi’, Journal of Health Science and Prevention, 2(1), hlm. 8–13.
- Angela, P 2019, Hubungan Asupan Zat Gizi Dan Tingkat Stres Dengan Tingkat Keparahan Premenstrual Syndrome (PMS) Pada Siswi Di SMAN 1 Ciampea, Institut Pertanian Bogor.
- Apriyanto, N 2012, *Seluk-Beluk Tunagrahita dan Strategi Pembelajarannya*, Javalitera.
- Aryani, R, 2010, *Kesehatan Remaja Problem dan Solusinya*, Salemba medika.
- Bashetti, et.al 2019, ‘Association of stress and eating behaviour with premenstrual syndrome’,10(2), pp. 1152–1156.
- Batubara, JR 2016, ‘Adolescent Development (Perkembangan Remaja)’, Sari Pediatri, 12(1), 21. doi: 10.14238/sp12.1.2010.21-9.
- Behboudi, GS, Hariri, F, Moghaddam, L 2017, ‘The effect of omega 3 fatty acid supplementation on premenstrual syndrome and health-related quality of life : a randomized clinical trial’, Journal of Psychosomatic Obstetrics & Gynecology, pp. 1–7. doi: 10.1080/0167482X.2017.1348496.
- Bertone-johnson et.al 2010, ‘Adiposity and the Development of Premenstrual Syndrome’,Journal Of Women’s Health,vol.19, doi: 10.1089=jwh.2010.2128
- Bharti, R et.al 2015, ‘To Evaluate the Effect of Perceived Stress on Menstrual Function’. doi : 10.7860/JCDR/2015/6906.5611

- Breen, KM and Karsch, FJ 2015, 'Secretion at the Hypothalamic or Pituitary Level ?' volume 145, pp. 692–698. doi: 10.1210/en.2003-1114
- Bungasari, S. A., Tendean, H. M. M., & Suparman, E. 2015, 'Gambaran Sindroma Prahad Pada Remaja', Jurnal e-Clinic (eCl), Vol. 3(1).
- De Maria, G 2006, 'Omega 3/6', Agro Food Industry Hi-Tech, 17(1),pp. 29–31.
- Desmita 2010, *Psikologi Perkembangan*, PT Remaja Rosdakarya.
- Devi 2012, *Gizi Saat Sindrom Menstruasi*, Buana Ilmi Populer.
- Diane, E & Papalia, SWO 2009, *Human Development*, Salemba Humanika.
- Direkvand-Moghadam *et.al* 2014, 'Epidemiology of premenstrual syndrome, a systematic review and meta-analysis study', Journal of Clinical and Diagnostic Research, 8(2), pp. 106–109. doi: 10.7860/JCDR/2014/8024.4021
- Dumitru, VM and Cozman, D 2010, 'The relationship between stress and personality factors', International Journal of the Bioflux Society, 4(1), pp.34–39.
- Estiani, K dan Nindya, TS 2018, 'Hubungan Status Gizi Dan Asupan Magnesium Dengan Kejadian Premenstrual Syndrome (PMS) Pada Remaja Putri', Jurnal Media Gizi Indonesia, 13(1), hlm. 20. doi: 10.20473/mgi.v13i1.20-26.
- Famimah, F, *et.al* 2017, 'Hubungan Konsumsi Asam Lemak Omega-3, Aktivitas Fisik Dan Persen Lemak Tubuh Dengan Tingkat Dismenore Pada Remaja', Journal of Nutrition College, 6(4),hlm. 268. doi: 10.14710/jnc.v6i4.18249
- Fatimah, A, Prabandari, YS, Emilia, O 2016, 'Stres dan kejadian premenstrual syndrome pada mahasiswa di asrama sekolah', Journal of Community Medicine and Public Health, hlm. 7–12.
- Fidora, I dan Yuliani, NI 2020, 'Hubungan Antara Tingkat Stres Dengan Sindrom Pramenstruasi Pada Siswi SMA', vol. XIV(01), hlm. 70–74.
- Gholami, R and Ghare-shiran, SY 2016, 'Comparison of the effect of omega-3 fatty acids and perforan (Hypericum perforatum) on severity of premenstrual syndrome (PMS): a randomized trial', Int J Med Res Health Sci, 5(11), pp.333-340.
- Hayatti, E 2015, Hubungan Antara Tingkat Kecukupan Gizi, Aktivitas Fisik dan Pola Konsumsi Pangan Bebas Gluten dan Kasein Dengan Status Gizi Anak Penyandang Autis Di Kota Bogor, Institut Pertanian Bogor.
- Hidayati, A 2017, 'Hubungan Konsumsi Makanan Kaya Asam Lemak Omega-3 dengan Kejadian Dismenore pada Siswi SMAN 1 Gondangrejo Karanganyar

- Nexus Kedokteran Komunitas', vol.6 (1), hlm. 62–69.
- Ibralic, I, Sinanovic, O, Memisevic, H 2010, 'Age at menarche and premenstrual syndrome in adolescent girls with intellectual disability in Bosnia and Herzegovina'. Research in Developmental Disabilities, vol.31(3), pp.800–803. doi: 10.1016/j.ridd.2010.02.004.
- Ilmi, AF dan Utari, DM 2018, 'Faktor Dominan Premenstrual Syndrome Pada Mahasiswi (Studi Pada Mahasiswi Fakultas Kesehatan Masyarakat Dan Departemen Arsitektur Fakultas Teknik, Universitas Indonesia)', Media Gizi Mikro Indonesia, 10(1), 39–50. doi: 10.22435/mgmi.v10i1.1062.
- Isgin-atici, K 2019, 'Diet quality in adolescents with premenstrual syndrome : A cross-sectional study', pp.1–8. doi: org/10.1111/1747-0080.12515.
- Islamy, A 2019, Faktor-Faktor Yang Mempengaruhi Siklus Menstruasi Pada Remaja Putri Tingkat III', Jurnal Keperawatan Jiwa, vol.7(1), hlm. 13- 18.
- Kallo, VD 2015, Hubungan Status Gizi Dengan Sindrom Pre Menstruasi Pada Remaja Putri Di Sma Frater Don Bosco Manado. Jurnal Keperawatan UNSRAT, vol.3(3), hlm. 1–7.
- Kemenkes RI 2014, *Situasi Penyandang Disabilitas*.
- Khajehei, M 2015, 'Diagnosis and Management of Premenstrual Syndrome, Journal of Pain & Relief Aetiology', 4(4). doi: 10.4172/21670846.1000193
- Kim, EY and Bae, JH 2014, 'The Effect of Female College Student ' s Stress Level on Premenstrual Syndrome', J Int Acad PhysTher, vol. 5(2), pp.723-729.
- Kleinstäuber, M, Schmelzer, K, Ditzen, B, Andersson, G 2016, 'Psychosocial Profile of Women with Premenstrual Syndrome and Healthy Controls : A Comparative Study', International Journal of Behavioral Medicine, doi: 10.1007/s12529-016-9564-9.
- Kumalasari, I 2012, *Kesehatan Reproduksi untuk Mahasiswa Kebidanan dan Keperawatan*. Salemba medika.
- Kyrkou, M 2005, 'Health issues and quality of life in women with intellectual disability', Journal of Intellectual Disability Research M, vol.49, pp.770–772.
- Liu, Q 2017, 'Stress reactivity and emotion in premenstrual syndrome. Neuropsychiatric Disease and Treatment', pp.1597–1602.
- Lovibond 1996, 'The Structure Of Negative Emotional States: Comparison Of The Depression Anxiety Stress Scales (DASS) With The Beck Depression And Anxiety Inventories', Medical and Biological Engineering and Computing, vol. 34(4), pp. 313–315. doi: 10.1007/BF02511245.

- Lustyk MKB 2010, ‘Issue of Quality of Life, Stress and Exercise. Premenstrual Syndrome and Premenstrual Dysphoric Disorder’, Springer Science.
- Mason, L and Cunningham, C 2009, ‘Pre-menstrual Syndrome in Women with Down Syndrome’, Journal of Applied Research in Intellectual Disabilities, pp.287–297.
- Maulidah, N 2016, Hubungan Pengetahuan Tentang Premenstrual Syndrome Dengan Kecemasan Remaja Putri Saat Menghadapi Premenstrual SYndrome Di SMP Negeri 1 Kasihan Bantul Yogyakarta, Universitas Muhamadiyah Yogyakarta.
- Meers, JM, Bower, JL, Alfano, CA 2019, ‘Poor sleep and emotion dysregulation mediate the association between depressive and premenstrual symptoms in young adult women’, Archives of Women's Mental Health. doi:10.1007/s00737-019-00984-2.
- Mumpuniarti 2007, *Pendekatan Pembelajaran bagi Anak Hambatan Mental*, Kanwa Publier.
- Nashruna, I, Maryatun, Wulandari, R 2012, ‘Hubungan aktivitas olahraga dan obesitas dengan kejadian sindrom pramenstruasi di desa Pucangmiliran Tulung Klaten’, Jurnal Ilmu Kesehatan, vol. 9(1), hlm. 65–75.
- National Heart Foundation of Australia 2015, Sources of omega-3, *National Heart Foundation of Australia*.
- National Institutes of Health 2018, *Omega-3 Fatty Acids Fact Sheet for Consumers*, pp.1–3.
- Nogay, N 2013, ‘Nutritional status in mentally disabled children and adolescents : A study from Western Turkey’, Pak J Med Sci 2013, vol.29(2), pp. 614-618. doi: 10.12669/pjms.292.3194.
- Notoatmodjo, S 2012, *Metodologi Penelitian Kesehatan*, Rineka Cipta.
- Nurkhairulnisa et.al 2018, ‘Management of Menstrual Disorder in Adolescent Girls with Intellectual Disabilities : A Blessing or a Curse ?’, Journal Obstetrics and Gynecology International. doi: 10.1155/2018/9795681.
- Nuvitasari, WE, Sulistianingsih, Kristiana, AS 2020, ‘Tingkat Stres Berhubungan Dengan Premenstrual Syndrome Pada Siswi SMK Islam’, Jurnal Keperawatan Jiwa, vol.8(2), hlm.109–116.
- Olson, KC et.al 2015, ‘Psychophysiological Stress Reactivity Relationships across the Menstrual Cycle’. 2015.
- Paath, E 2005, *Gizi Dalam Kesehatan Reproduksi*. EGC

- Panse, ML and Phalke, SD 2019, 'Omega-3 Beverages. In Value-Added Ingredients and Enrichments of Beverages (Issue 2005)', Elsevier Inc, doi: 10.1016/b978-0-12-816687-1.00011-4
- Patsa, MK, et.al 2016, 'Relationship of menstrual disorders with nutritional status of college girls from Bankura District , West Bengal , India', International Journal of Bioassays, pp. 4515-4523.
- Pinel, J 2009, *Stres dan Kesehatan Dalam: Biopsikologi* (7th ed.), Pustaka Pelajar.
- Prajati, R 2014. Hubungan Pengetahuan Kesehatan Reproduksi Remaja Putri Dengan Sikap Menghadapi Premenstrual Syndrome Di SMP Mataram Kasihan Bantul, STIKES Aisyiyah Yogyakarta. doi: 10.1038/132817a0.
- Pratiwi, YF & Puspitasari, DI 2017, 'Efektivitas Penggunaan Media Booklet terhadap Pengetahuan Gizi Seimbang pada Ibu Balita Gizi Kurang di Kelurahan Semanggi Kecamatan Pasar Kliwon Kota Surakarta', Jurnal Kesehatan, vol.10(1),hlm. 58. doi: 10.23917/jurkes.v10i1.5493.
- Priyoto 2014, *Teori Sikap dan Perilaku dalam Kesehatan*. Nuha Medika.
- Rabani, IN 2018, Hubungan Tingkat Stres Dengan Pre-Menstrual Syndrome Pada Mahasiswa D Iv Kebidanan Politeknik Kesehatan Kementerian Kesehatan Kendari Tahun 2018, Politeknik Kesehatan Kemenkes Kendari. doi: 10.1017/CBO978110741532 4.004
- Rafidah, K, et.al 2009, 'The Impact of Perceived Stress and Stress Factors on Academic Performance of Pre-Diploma Science Students: A Malaysian Study'. 2(June), 13–26.
- Rahmawati, SW & Jagakarsa, UT 2018, 'Penanganan Anak Tuna Grahita (Mental Retardation) dalam Program Pendidikan Khusus', Jurnal Psiko Utama, vol.1 (1).
- Ramadhani, NF 2018, Hubungan Rasio Asupan Asam Lemak Omega-3 dan Omega-6 dengan Derajat Keparahan Pre Menstrual Syndrome pada Remaja Putri di Sekolah Menengah Atas Brawijaya Smart School Kota Malang, Universitas Brawijaya.
- Ramdani, M 2012, 'Premenstrual syndrome (PMS). Encyclopedia of Endocrine Diseases', 7(1), hlm.432–435. doi: 10.1016/B978-0-12-801238-3.03915-5
- Rasmun 2004, *Stress Koping dan Adaptasi*, CV.Agung Seto.
- Renata, MDS, Widyastuti, N, Nissa, C 2018, 'Asupan mikronutrien sebagai faktor risiko kejadian sindrom pramenstruasi pada wanita vegetarian', Jurnal Gizi Indonesia, vol. 6(2), hlm. 94. doi: 10.14710/jgi.6.2.94-101

- Ritung, DCN dan Olivia, S 2018, Hubungan stres terhadap Premenstrual Syndrome (PMS) pada mahasiswi Fakultas Kedokteran Universitas Tarumanagara Angkatan 2011. Tarumanagara Medical Journal, vol. 1(1), hlm. 59–62.
- Rocha, FEA, et.al 2011, ‘Essential fatty acids for premenstrual syndrome and their effect on prolactin and total cholesterol levels: A randomized, double blind, placebo-controlled study’. Reproductive Health, vol.8(1), doi: 10.1186/1742-4755-8-2
- Roesianto, A, dkk. 2018, ‘Hubungan index massa tubuh / umur (IMT / U) dengan crowding Anterior pada anak usia 10-12 tahun’, Padjadjaran J Dent Res Student, 2(2), hlm. 95–100.
- Rusfiana, A & Rodiani 2016, ‘Hubungan Premenstrual Syndrome (PMS) terhadap Faktor Psikologis pada Remaja The Relationship of Premenstrual Syndrome (PMS) with Psychological Factor in Adolescent’, vol. 5, hlm.18–22.
- Safaria dan Saputra 2009, *Managemen Emosi*, Bumi Aksara.
- Santrock, JW 2012, *Life-Span Development (perkembangan masa hidup)*. Erlangga.
- Sartika, I 2015, Hubungan Antara Asupan Asam Lemak Linoleat Dan Kadar Hemoglobin (Hb) Dengan Kejadian Dysmenorrhea Pada Remaja Putri Di Kelurahan Tambakaji Kecamatan Ngaliyan Kota Semarang, Politeknik Kesehatan Kemenkes Semarang, hlm.18–24.
- Saryono 2009, *Sindrom Premenstruasi : mengungkap tabir sensitifitas perasaan menjelang menstruasi*, Nuha Medika.
- Shahidi, F& Ambigaipalan, P 2018, ‘Omega-3 fatty acids. In *Encyclopedia of Food Chemistry* (Issue 2001)’, Memorial University of Newfoundland. doi:10.1016/B978-0-08-100596-5.21753-8
- Sibagariang, EE & Pusmaika, RR 2010, *Kesehatan Reproduksi Wanita*, Trans Info media.
- Sohrabi, et.al 2013, ‘Evaluation of the effect of omega-3 fatty acids in the treatment of premenstrual syndrome : ‘ A pilot trial “, Complementary Therapies in Medicine, vol. 21(3), pp.141–146. doi: 10.1016/j.ctim.2012.12.008.
- Steinberg, L 2014, ‘Age of Opportunity: Lessons from the new science of adolescence’.
- Sulistianingrum, ND 2010, Hubungan Indeks Massa Tubuh dan Rasio Lingkar Pinggang Pinggul Dengan Kadar Gula Darah Puasa, Universitas Sebelas Maret.
- Supariasa 2014, *Penilaian Status Gizi* (2nd ed.), Buku Kedokteran EGC.

Sekar Apsari Aditya, 2020

HUBUNGAN ASUPAN ASAM LEMAK OMEGA 3, IMT/U DAN TINGKAT STRES DENGAN TINGKAT KEPARAHAAN PREMENSTRUAL SYNDROME (PMS) PADA REMAJA PUTRI TUNAGRAHITA DI KECAMATAN MARGAASIH

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Gizi Program Sarjana
www.upnvj.ac.id - www.library.upnvj.ac.id – www.repository.upnvj.ac.id

- Suparman, E 2012, *Premenstrual syndrome*, EGC.
- Suprayanto 2010, *Sindrom Premenstruasi pada Remaja*, Rineka Cipta.
- Takeda, T, et.al 2016a, ‘Original Study Fish Consumption and Premenstrual Syndrome and Dysphoric Disorder in Japanese Collegiate Athletes’, Journal of Pediatric and Adolescent Gynecology, vol. 29(4), pp.386–389. doi:10.1016/j.jpag.2016.01.122
- Takeda, T, et.al 2016b, ‘Stress fracture and premenstrual syndrome in Japanese adolescent athletes: a cross-sectional study’, BMJ Open, pp.1–7. doi:10.1136/bmjopen-2016-013103
- Tracy, J, Grover, S, Macgibbon, S 2016, ‘Menstrual issues for women with intellectual disability’, vol. 39(2), pp.54–57.
- Tschudin, S, Berteau, PC, Zemp, E 2010, ‘Prevalence and predictors of premenstrual syndrome and premenstrual dysphoric disorder in a population-based sample’, Archives of Women’s Mental Health, vol.13(6), pp.485–494. doi:10.1007/s00737-010-0165-3
- United Nations Children’s Fund 2006, *Adolescent Development: Perspectives and frameworks: A summary of adolescent needs, an analysis of the various programme approaches and general recommendations for adolescent programming, Learning Series No 1*. doi: 10.1002/tox
- Van Elst, K, Bruining, H, Birtoli, B, Terreaux, C, Buitelaar, JK, Kas, MJ 2014, ‘Food for thought: Dietary changes in essential fatty acid ratios and the increase in autism spectrum disorders’, Neuroscience and Biobehavioral Reviews, pp.369–378. doi: 10.1016/j.neubiorev.2014.07.004
- Widyastuti 2009, *Kesehatan Reproduksi*, Fitramaya.
- Wikasanti, E 2014, *Pengembangan Life Skills untuk Anak Berkebutuhan Khusus*, Redaksi maxima.
- Zahraini 2009, Hubungan status gizi dan Kejadian Premenstrual Syndrome Pada Mahasiswa Prodi D III Kebidanan Fakultas Kedokteran Universitas Sebelas Maret, Universitas Sebelas Maret.