

DAFTAR PUSTAKA

1. ACOG. American College of Obstetricians & Gynecologists [Internet]. 2022. Dysmenorrhea: Painful Periods. Available from: <https://www.acog.org/womens-health/faqs/dysmenorrhea-painful-periods>
2. Viantika. Hubungan Intensitas Nyeri Dismenore Dengan Aktivitas Belajar Pada Remaja Putri Usia 15-18 Tahun Di SMAN 1 Banguntapan Yogyakarta Septi Della Sanday, Viantika Kusumasari, Dian Nur Adkhana Sari. *Jurnal Cakrawala Promkes*. 2020;1(2):48–56.
3. Yulianto D, Vita V. Knowledge Of Adolescent Girls About Management Of Dysmenorrhea In Pringgolayan Bantul. *Jurnal Ilmiah Farmasi Simplisia*. 2024;4(2):155–64.
4. Hendarni Wijaya N. Faktor Yang Mempengaruhi Kejadian Dismenore Pada Siswi MAN 2 Bantul. *Jurnal Kesmas Untika Luwuk : Public Health Journal*. 2021;12(1):11–6. doi:10.51888/phj.v12i1.56
5. Obbarius N, Fischer F, Liegl G, Obbarius A, Rose M. A Modified Version of the Transactional Stress Concept According to Lazarus and Folkman Was Confirmed in a Psychosomatic Inpatient Sample. Vol. 12. 2021;12(March):1–12. doi:10.3389/fpsyg.2021.584333
6. Kristen U, Wacana S. Academic Self-Efficacy dan Tingkat Stress Akademik pada Mahasiswa Akhir di Etnis Toraja. *Jurnal Kesehatan Masyarakat Inovatif Volume*. 2025;8(November):84–91.
7. Mivanda D, Follona W, Aticeh A. Hubungan Tingkat Stres dan Perilaku Konsumsi Makanan Cepat Saji Terhadap Kejadian Dismenore Pada Remaja Putri. *Muhammadiyah Journal of Midwifery*. 2023;4(1):34. doi:10.24853/myjm.4.1.34-46
8. Fatimah S, Mintasih S, Ruswanti R. Stres Akademik berhubungan dengan Kejadian Disminore Primer pada Remaja Putri. *J Nurs Educ Pract*. 2023;2(2):201–8. doi:10.53801/jnep.v2i2.111
9. Rosiani D, Apriliyani I, Kurniawan WE. HUBUNGAN TINGKAT STRES DENGAN SIKLUS MENSTRUASI PADA SISWA SMA. *Br Med J*. 2024;6(5474):457–66. PubMed PMID: 5848661.
10. de Arruda GT, Barbosa-Silva J, Driusso P, Pathmanathan C, Armijo-Olivo S, Avila MA. Worldwide prevalence of dysmenorrhea: a systematic review and

meta-analysis across 70 countries. *Pain*. 2025 Sep. doi:10.1097/j.pain.0000000000003768 PubMed PMID: 41031966.

11. Itani R, Soubra L, Karout S, Rahme D, Karout L, Khojah HMJ. Primary Dysmenorrhea: Pathophysiology, Diagnosis, and Treatment Updates. *Korean J Fam Med*. 2022;43(2):101–8. doi:10.4082/kjfm.21.0103 PubMed PMID: 35320895.
12. Wang L, Yan Y, Qiu H, Xu D, Zhu J, Liu J, et al. Prevalence and Risk Factors of Primary Dysmenorrhea in Students: A Meta-Analysis. *Value in Health*. 2022;25(10):1678–84. doi:10.1016/j.jval.2022.03.023
13. Liu C, Fang M, Wang M, Wu Y, Chen W, Cheng Y. The Effects of Peer Competition-Induced Anxiety on Massive Open Online Course Learning: The Mediating Role of the Behavioral Inhibition System. *Behavioral Sciences*. 2024;14(4). doi:10.3390/bs14040324
14. Duman NB, Yıldırım F. Risk factors for primary dysmenorrhea and the effect of complementary and alternative treatment methods : Sample. 2022.
15. Triningsih RW, Mas'udah EK. MENGURANGI DISMENOREA MELALUI PENANGANAN KOMPLEMENTER. 2023;(77).
16. Kirsch E, Rahman S, Kerolus K. Dysmenorrhea, a Narrative Review of Therapeutic Options. *J Pain Res*. 2024;17(August):3313–4. doi:10.2147/JPR.S493180
17. Rani VI, Biswajit Dash, Lal MN, P. Muthu Prasanna, Bagchi S, Aruna V, et al. Dysmenorrhea and recent treatment options. 2024;349–62.
18. Jiang J, Zhuang Y, Si S, Cheng H, Alifu X, Mo M, et al. The Association of Reproductive Hormones During the Menstrual Period with Primary Dysmenorrhea [Letter]. *Int J Womens Health*. 2024;16(August):153–4. doi:10.2147/IJWH.S456442
19. Sachedina A, Todd N. Dysmenorrhea, endometriosis and chronic pelvic pain in adolescents. *JCRPE Journal of Clinical Research in Pediatric Endocrinology*. 2020;12(Suppl 1):7–17. doi:10.4274/jcrpe.galenos.2019.2019.S0217 PubMed PMID: 32041388.
20. Petraglia F, Vannuccini S, Dolmans MM, Speciale AR, Bourdon M, Marcellin L, et al. The endocrine aspects of endometriosis. *Eur J Endocrinol*. 2025;193(4):17–30. doi:10.1093/ejendo/lvaf192 PubMed PMID: 40982542.

21. Mulyani N, Sudaryanti L, Dwiningsih R. Hubungan Usia Menarche dan Lama Menstruasi dengan Kejadian Dismenorea Primer. *Journal of Health, Education and Literacy (J-Healt* [Internet]. 2022;4:104–10. Available from: <https://ojs.unsulbar.ac.id/index.php/j-healt/>
22. Hidayah A, Mandali R, Rahmah ZN. The Influence of Nutritional Status and Age at Menarche on the Incidence of Dysmenorrhea among Female Adolescents at the Senior High School Level. *Media of Health Research*. 2025;3(1):20–5. doi:10.70716/mohr.v3i1.140
23. Triningsih RW, Mas'udah EK. MENGURANGI DISMENOREA MELALUI PENANGANAN KOMPLEMENTER [Internet]. 2023;(77). Available from: <https://www.kompas.id/baca/humaniora/2023/10/06/topik-kesehatan-reproduksi-masih-tabu-dibicarakan-remaja>
24. Khotimah KKK, ... Association of Body Mass Index (BMI) and Sport Activity with Dysmenorrhea in Indonesian Teenager. *Jurnal Ners &* 2020;7642:96–104.
25. Ar-Rakhimi L, Wantania JJE, Suparman E. Faktor-Faktor yang Berhubungan dengan Kejadian Dismenore pada Mahasiswa Kedokteran Universitas Sam Ratulangi. *Health & Medical Sciences*. 2025;2(2):9. doi:10.47134/phms.v2i2.351
26. Jeong D, Lee H, Kim J. Effects of sleep pattern , duration , and quality on premenstrual syndrome and primary dysmenorrhea in korean high school girls. 2023;1–14.
27. Ar-Rakhimi L, Wantania JJE, Suparman E. Faktor-Faktor yang Berhubungan dengan Kejadian Dismenore pada Mahasiswa Kedokteran Universitas Sam Ratulangi. *Health & Medical Sciences*. 2025;2(2):9. doi:10.47134/phms.v2i2.351
28. Sulistiani ED, Fitriani2 RK, Kholifatullah AI, Imania MFN, Salim LA. HUBUNGAN TINGKAT STRES DENGAN KEJADIAN DISMENORE PRIMER PADA REMAJA DI KABUPATEN PONOROGO, INDONESIA: STUDI CROSS-SECTIONAL The Correlation between Stress Level and Primary Dysmenorrhea on Adolescents in Ponorogo District, Indonesia: A Cross-Sectional Stu. Vol. 2655. 2023;2655:83–90.
29. Barbosa-Silva J, Avila MA, de Oliveira RF, Dedicação AC, Godoy AG, Rodrigues JC, et al. Prevalence, pain intensity and symptoms associated with primary dysmenorrhea: a cross-sectional study. *BMC Womens Health*.

- 2024;24(1):1–9. doi:10.1186/s12905-023-02878-z PubMed PMID: 38311716.
30. Amza M, Findelee S, Haj Hamoud B, Sima RM, Poenaru MO, Popescu M, et al. Dysmenorrhea and Its Impact on Patients' Quality of Life—A Cross-Sectional Study. *J Clin Med*. 2024;13(19):1–13. doi:10.3390/jcm13195660
 31. Mizuta R, Maeda N, Tashiro T, Suzuki Y, Oda S, Komiya M, et al. Quality of life by dysmenorrhea severity in young and adult Japanese females: A webbased cross-sectional study. *PLoS One*. 2023;18(3 March):1–16. doi:10.1371/journal.pone.0283130 PubMed PMID: 36928823.
 32. Zulimartin H, Harzif AK, Shadrina A, Harahap JS, Tanjung A. Prevalence , Severity , and Self-Medication for Dysmenorrhea among Female Adolescents in Indonesia. *Bandung Medical Journal*. 2020;57(2):104–10.
 33. Mesele TT, Ayalew HG, Syoum AT, Antehneh TA. Impact of Dysmenorrhea on Academic Performance Among Haramaya University Undergraduate Regular Students, Eastern Ethiopia. *Frontiers in Reproductive Health*. 2022;4(July):1–7. doi:10.3389/frph.2022.939035
 34. Fahmiah NA, Huzaimah N, Hannan M. Dismenorea dan Dampaknya terhadap Aktivitas Sekolah pada Remaja. *Jurnal Keperawatan Profesional (KEPO)*. 2022;3(1):81–7. doi:10.36590/kepo.v3i1.307
 35. Sima RM, Sulea M, Radosa JC, Findelee S, Hamoud BH, Popescu M, et al. The Prevalence, Management and Impact of Dysmenorrhea on Medical Students' Lives-A Multicenter Study. *Healthcare (Switzerland)*. 2022;10(1):2–11. doi:10.3390/healthcare10010157
 36. Fahmiah NA, Huzaimah N, Hannan M. Dismenorea dan Dampaknya terhadap Aktivitas Sekolah pada Remaja. *Jurnal Keperawatan Profesional (KEPO)*. 2022;3(1):81–7. doi:10.36590/kepo.v3i1.307
 37. Sulistiani ED, Fitriani2 RK, Kholifatullah AI, Imania MFN, Salim LA. HUBUNGAN TINGKAT STRES DENGAN KEJADIAN DISMENOPE PRIMER PADA REMAJA DI KABUPATEN PONOROGO, INDONESIA: STUDI CROSS-SECTIONAL The Correlation between Stress Level and Primary Dysmenorrhea on Adolescents in Ponorogo District, Indonesia: A Cross-Sectional Stu. Vol. 2655. 2023;2655:83–90.
 38. Panova DI, Boshku AA, Stankovic ZB. Primary Dysmenorrhea in Adolescents. *Best Practice & Research Clinical Obstetrics & Gynaecology*. 2026;106. doi:https://doi.org/10.1016/j.bpobgyn.2026.102717

39. Armour M, Smith CA, Steel KA, Macmillan F. The effectiveness of self-care and lifestyle interventions in primary dysmenorrhea : a systematic review and meta-analysis. Vol. 8. 2022;8:1–16.
40. Li X, Hao X. Efficacy of non- pharmacological interventions for primary dysmenorrhoea : a systematic review and Bayesian network meta- analysis. Vol. 29. 2024;29(3):162–70.
41. Liu C, Fang M, Wang M, Wu Y, Chen W, Cheng Y. The Effects of Peer Competition-Induced Anxiety on Massive Open Online Course Learning: The Mediating Role of the Behavioral Inhibition System. Behavioral Sciences. 2024;14(4). doi:10.3390/bs14040324
42. Gao X. Academic stress and academic burnout in adolescents: a moderated mediating model. Front Psychol. 2023;14(June):1–11. doi:10.3389/fpsyg.2023.1133706
43. Mufidah H, Maulana MA, Pramna Y, Rahmah GN, Mita. DOI: <http://dx.doi.org/10.33846/sf15425> Stres Akademik Sebagai Determinan Kualitas Tidur Remaja di Madrasah Aliyah Hazimah Mufidah. Vol. 15. 2024;15(2):695–8.
44. Safarino EP, Smith TW. Health Psychology: Biopsychosocial Interactions [Internet]. George Hoffman; 2017. Available from: <https://books.google.co.id/books?id=ypODBgAAQBAJ&printsec=copyright#v=onepage&q&f=false>
45. Shim J, Han S, Baek J. Factors influencing menstrual regularity among female workers: a cross-sectional analysis study. BMC Womens Health. 2024;24(1):1–11. doi:10.1186/s12905-024-03142-8 PubMed PMID: 38769497.
46. Mufidah H, Maulana MA, Pramna Y, Rahmah GN, Mita. DOI: <http://dx.doi.org/10.33846/sf15425> Stres Akademik Sebagai Determinan Kualitas Tidur Remaja di Madrasah Aliyah Hazimah Mufidah. Vol. 15. 2024;15(2):695–8.
47. Britannica. general adaptation syndrome [Internet]. 2024. Available from: <https://www.britannica.com/science/general-adaptation-syndrome>
48. Lubis H, Oktafia M, Putri AP. Academic Stress Reviewed from Self-Adjustment, Learning Saturation, and Grit. Indonesian Journal Of Educational Research and Review. 2022;5(3):491–501. doi:10.23887/ijerr.v5i3.50793

49. Ramadhani N, Mahmudiono T. Academic Stress Is Associated With Emotional Eating. *Media Gizi Indonesia*. 2021;16(1):38–47.
50. Batabyal A, Bhattacharya A, Thaker M, Mukherjee S. A longitudinal study of perceived stress and cortisol responses in an undergraduate student population from India. *PLoS One*. 2021;16(6 June):1–11. doi:10.1371/journal.pone.0252579 PubMed PMID: 34086754.
51. Edison, Anuar A Bin, Nesta AA, Pradini W. Analisis Faktor Penyebab Stres Akademik Dengan Teknik Rekstrukturisasi Kognitif. *INNOVATIVE: Journal Of Social Science Research*. 2023;3(2):5070–84.
52. Sun J, Dunne MP, Hou X yu, Xu A qiang. *Sagr Journals [Internet]*. 2011. p. Volume 29. Educational Stress Scale for Adolescents: Development, Validity, and Reliability With Chinese Students. Available from: <https://journals.sagepub.com/doi/10.1177/0734282910394976>
53. Moustaka E, Bacopoulou F, Manousou K, Kanaka-Gantenbein C, Chrousos GP, Darviri C. Reliability and Validity of the Educational Stress Scale for Adolescents (ESSA) in a Sample of Greek Students. *Children*. 2023;10(2):1–10. doi:10.3390/children10020292
54. WHO. World Health Organization [Internet]. 2024. Adolescent health. Available from: https://www.who.int/health-topics/adolescent-health?utm_source=chatgpt.com#tab=tab_1
55. Bonnie RJ, Emily P. Backes. The Promise of Adolescence. The Promise of Adolescence. 2019. 37 p. doi:10.17226/25388
56. Atiqah N, Sulhan A, Ardaniah NH, Rahmadi MS. PERIODISASI PERKEMBANGAN ANAK PADA MASA REMAJA. Vol. 1. 2024;1(1):9–36.
57. Suryana E, Hasdikurniati AI, Harmayanti AA, Harto K. Perkembangan Remaja Awal, Menengah Dan Implikasinya Terhadap Pendidikan. Vol. 8. 2022;8(3):1917–28.
58. Jasmin M. Metodologi Penelitian Kesehatan. 2023. 1–155 p.
59. Sugiyono ProfDr. Metode Penelitian Kuantitatif Kualitatif dan R&D. kedua. Dr. Ir. Sutopo, S.Pd. M, editor. Bandung: CV ALFABETA; 2020. 127 p.
60. Sihotang AI, Sari Dewi I. Adaptasi Alat Ukur Stres Akademik untuk Remaja Berdasarkan Educational Stress Scale for Adolescents (ESSA) [Skripsi Sarjana]. Universitas Sumatera Utara; 2021.

61. Prasetyowati SA, Surjadi LM. THE RELATIONSHIP BETWEEN FREQUENCY AND DURATION OF CONSUMPTION OF KUNYIT ASAM WITH. Vol. 5. 2022;5(2):109–15. doi:10.18051/JBiomedKes.2022.v5.109-115
62. Mulyani N, Sudaryanti L, Dwiningsih R. Hubungan Usia Menarche dan Lama Menstruasi dengan Kejadian Dismenorea Primer. *Journal of Health, Education and Literacy (J-Healt.* 2022;4:104–10.
63. Hidayah A, Mandali R, Rahmah ZN. The Influence of Nutritional Status and Age at Menarche on the Incidence of Dysmenorrhea among Female Adolescents at the Senior High School Level. *Media of Health Research.* 2025;3(1):20–5. doi:10.70716/mohr.v3i1.140