

DAFTAR PUSTAKA

- Abdullah *et al.* (2022) ‘Gambaran Status Gizi dan Asupan Gizi Remaja Santri Pondok Pesantren Shuffah Hizbullah dan Madrasah Al-Fatah Lampung’, *Jurnal Gizi Aisyah*, 5(1), pp. 6–12.
- Access, O. *et al.* (2023) ‘Hubungan Tingkat Pendidikan dan Pendapatan Orang Tua Terhadap Status Gizi Anak: Literature Review Association between Parents ’ Education Level and Income and Children ’ s Nutritional Status: A Literature Review’, pp. 1070–1075.
- Activity, P. (2022) ‘Hubungan Pola Makan , Aktivitas Fisik , Kecanduan Internet dengan Status Gizi Anak SMA selama Masa Pandemi Covid-19 di Kota Surabaya Relationship between Food Pattern , Physical Activity , Internet Addiction with Nutrition Status of Senior High School Student during Covid-19 Pandemic in Surabaya’, 6(1). Available at: <https://doi.org/10.20473/amnt.v6iSP.2022.107-116>.
- Alfiah, T., Rahma, A. and Supriatiningrum, D.N. (2025) ‘Ghidza Media Jurnal Efektivitas Program Suplementasi Zat Besi Terhadap Kadar Hemoglobin Di Ma Assa ’ Idiyah Effectiveness Of Iron Supplementation Program on Hemoglobin Levels’, 6(April), pp. 65–73.
- Andreani, R. and Widiatrilupi, R.M.V. (2025) ‘Pengaruh Pemberian Ekstrak Jahe Merah (Zingiber officinale var. rubrum) terhadap Intensitas Nyeri Dismenore pada Remaja Putri di Desa Kanigoro, Dusun Krajan, Kecamatan Pagelaran, Kabupaten Malang’, *Journal of Innovative and Creativity (Joecy)*, 5(2), pp. 10657–10664. Available at: <https://doi.org/10.31004/joecy.v5i2.1735>.
- Atiqah, U.D., Fahrudin, S.G.F. and Mahmud, I. (2025) ‘Efektivitas Effleurage Massage Terhadap Dismenore Pada Remaja Putri’, *Indonesian Journal of Physiotherapy*, 5(1), pp. 1–8.
- Atmoko, Bramanda Zein; Hidayat, T. (2024) ‘Jurnal dunia pendidikan’, *Jurnal Dunia Pendidikan*, 3(Juli), pp. 67–78.
- Barata, M.F. *et al.* (2025) ‘Association of ultra-processed food patterns with overweight and obesity in the German health interview and examination survey for children and adolescents (KiGGS): a longitudinal study’.
- Citta, W. *et al.* (2024) ‘Remaja Putri’, 8(April), Pp. 419–425.
- Damayanti, A.N., Setyoboedi, B. And Fatmaningrum, W. (2022) ‘Correlation Between Dietary Habbits With Severity Surabaya Surabaya Dapat Mengganggu Aktivitas mereka . Gangguan menstruasi tersebut diantaranya berat dan seperempat lagi mengalami nyeri berat . Menurut World Health Organization rentang umur yang tergolong pada usia remaja . sehari-hari bahkan dapat menghambat kegiatan belajar disekolah hingga menghambat’, 6(1), pp. 83–95. Available at: <https://doi.org/10.20473/imhsj.v6i1.2022.83-95>.
- Desfita, S. *et al.* (2024) ‘Jurnal Pengabdian Kesehatan Komunitas (Journal of Community Health Service)’, 4(2), pp. 62–70.

- Dianisa, S. *et al.* (2025) 'Media Pendidikan Gizi dan Kuliner The Influence of Nutritional Knowledge and Food Choice Attitudes on the Eating Behavior of Adolescents in Kediri District', 17(1), pp. 45–52.
- Elfil, M. and Negida, A. (2019) 'Sampling methods in clinical research; an educational review', *Archives of Academic Emergency Medicine*, 7(1), pp. 3–5.
- Fahmiah, N.A., Huzaimah, N. and Hannan, M. (2022) 'Dismenorea dan Dampaknya terhadap Aktivitas Sekolah pada Remaja', *Jurnal Keperawatan Profesional (KEPO)*, 3(1), pp. 81–87. Available At: <https://doi.org/10.36590/Kepo.V3i1.307>.
- Febrianti, V. Dkk (2023) 'Fetus : Journal Of Midwifery (Fejom) With The Incidence Of Dismenore In Adolescents Fetus : Journal Of Midwifery', 1(1), Pp. 18–25.
- Ferozi, S., Taneja, A.G. and Bakshi, N. (2024) 'Assessment of nutritional status , physical fitness and physical activity of school going adolescents (12 – 15 years) in Delhi', pp. 1–11.
- Fianza, P.I. *et al.* (2021) 'Iron Overload in Transfusion-Dependent Indonesian Thalassaemic Patients', *Anemia*, 2021. Available at: <https://doi.org/10.1155/2021/5581831>.
- Firawati (2020) 'Hubungan Dismenore Dengan Aktivitas Belajar Siswi Di Sma Negeri 1 Sungguminasa Gowa', *Jurnal Ilmiah Kesehatan* , 15(3), pp. 287–290.
- Foster-Nicholas, L.A. *et al.* (2025) 'Integrating Technology and Culture: Smartphone Validation of a Food Frequency Questionnaire for Nutrient Intake Estimates in the Adult Population of Trinidad and Tobago', *Current Developments in Nutrition*, 9(8), p. 107500. Available at: <https://doi.org/10.1016/j.cdnut.2025.107500>.
- Goss, G.L. (2023) 'The Journal for Nurse Practitioners Dysmenorrhea in Adolescents', *TJNP: The Journal for Nurse Practitioners*, 19(8), p. 104710. Available at: <https://doi.org/10.1016/j.nurpra.2023.104710>.
- Hapsari, Z.A. and Widiyaningsih, E.N. (2023) 'Magnesium dengan Kejadian Dismenore Primer pada Remaja Putri di SMA dan SMK Batik Surakarta', *Jurnal Gizi Dan Pangan Soedirman*, 7(1), pp. 36–48.
- Harley, K.G. *et al.* (2024) 'Original Article Menstrual Cycle Characteristics of U . S . Adolescents According to Gynecologic Age and Age at Menarche', *Journal of Pediatric and Adolescent Gynecology*, 37(4), pp. 419–425. Available at: <https://doi.org/10.1016/j.jpap.2024.03.005>.
- Hasnia, F. *et al.* (2024) 'Correlation Between Anemia and the Incidence of Dysmenorrhea in Adolescent Girls', *Indonesian Midwifery and Health Sciences Journal*, 8(3), pp. 230–238. Available at: <https://doi.org/10.20473/imhsj.v8i3.2024.230-238>.
- Helmyati, S., Hasanah, F.C., *et al.* (2023) 'Biochemistry Indicators for the Identification of Iron Deficiency Anemia in Indonesia: A Literature Review', *Amerta Nutrition*, 7(3), pp. 62–70. Available at: <https://doi.org/10.20473/amnt.v7i3SP.2023.62-70>.
- Helmyati, S., Fauziah, L.A., *et al.* (2023) 'Relationship between Anemia Status, Sleep Quality, and Cognitive Ability among Young Women Aged 15-24 Years in

- Indonesia (Analysis of Indonesian Family Life Survey (IFLS) 5)', *Amerta Nutrition*, 7(3SP), pp. 1–9. Available at: <https://doi.org/10.20473/amnt.v7i3SP.2023.1-9>.
- Heriatmo, N.L. and Estuningtyas, A. (2023) 'Iron-Overload Conditions : Manifestations to the Kidney Organs – A Review', 6(4), pp. 360–369. Available at: <https://doi.org/10.33084/bjop.v6i4.4411>.
- Hidayati, Y., Sulastri, D. and Utama, B.I. (2023) 'Hubungan Asupan Protein dan Zat Besi dengan Kejadian Anemia', *Majalah Kedokteran Andalas*, 46(2), pp. 385–393.
- Istiqomah, A. (2025) 'Pemeriksaan Status Gizi Berdasarkan IMT/U dan LiLA untuk deteksi dini Status gizi tidak normal dan KEK pada Remaja Nutritional Status Assessment Based on BMI-for-Age and Mid-Upper Arm Circumference for Early Detection of Abnormal Nutritional Status and Ch', pp. 21–26. Available at: <https://journal.bengkuluinstitute.com/index.php/juvokes>.
- Itani, R. *et al.* (2022) 'Primary Dysmenorrhea : Pathophysiology , Diagnosis , and Treatment Updates', pp. 101–108.
- Itriyeva (2022) 'The effects of obesity on the menstrual cycle', *Itriyeva*, 2(January), pp. 1–9. Available at: <https://doi.org/https://doi.org/10.1016/j.cppeds.2022.101241>.
- Jolly, S.P. *et al.* (2024) 'Water , sanitation and hygiene (WASH) practices and deworming improve nutritional status and anemia of unmarried adolescent girls in rural Bangladesh', *Journal of Health, Population and Nutrition*, (2023), pp. 1–17. Available at: <https://doi.org/10.1186/s41043-023-00453-8>.
- Kasih, N.S. and Hamdani, I. (2023) 'Artikel Penelitian Perbandingan Efektivitas Penilaian Skala Nyeri Berdasarkan Visual Analog Scale (Vas), Verbal Rating Scale (Vrs), Dan Numeric Rating Scale (NRS)', *Jurnal Implementa Husada*, 4(4), pp. 272–282.
- Kasumayanti, E. (2015) 'Faktor-Faktor Yang Berhubungan Dengan Kejadian Disminore Di Sman 5 Pekanbaru', *Jurnal Keperawatan STIKes Tuanku Tambusai*, (4), pp. 20–28. Available at: <https://docplayer.info/56944063-Faktor-faktor-yang-berhubungan-dengan-kejadian-disminore-di-smn-5-pekanbaru.html>.
- Kübra, H. *et al.* (2024) 'The relationship between dietary habits and menstruation problems in women : a cross-sectional study', pp. 1–8.
- Lail, N.H. (2019) 'Hubungan Status Gizi, Usia Menarche dengan Disminorea pada Remaja Putri Di SMK K Tahun 2017', *Jurnal Ilmiah Kebidanan Indonesia*, 9(02), pp. 88–95. Available at: <https://doi.org/10.33221/jiki.v9i02.225>.
- Lu, M. (2025) 'Status gizi dan usia menarche tidak normal meningkatkan risiko disminore pada remaja putri Abnormal nutritional status and age of menarche increase the risk of dysminore in adolescent girls', 3, pp. 10–15.
- Masruroh, N. and Fitri, N.A. (2019) 'Hubungan Kejadian Disminore dengan Asupan Fe (zat Besi) pada Remaja Putri', *Jurnal Dunia Gizi*, 2(1), p. 23. Available at: <https://doi.org/10.33085/jdg.v2i1.4344>.

- Matsumura, K. *et al.* (2023) 'The Association between the Severity of Dysmenorrhea and Psychological Distress of Women Working in Central Tokyo—A Preliminary Study', *International Journal of Environmental Research and Public Health*, 20(21). Available at: <https://doi.org/10.3390/ijerph20217021>.
- Maufiroh (2023) 'Jurnal Penelitian Perawat Profesional', 5, pp. 203–208.
- Michelle, G. *et al.* (2024) 'Hubungan Aktivitas Fisik dan Status Gizi dengan Kejadian Dismenore pada Siswi di SMA / SMK / MA di Kecamatan Wuluhan I . PENDAHULUAN Remaja (adolescence) merupakan suatu tahap perkembangan dan masa peralihan dari masa anak-anak menuju masa dewasa , rent', *HARENA: Jurnal Gizi*, 5(1), pp. 27–37.
- Mitsuhashi, R. *et al.* (2023) 'Factors Associated with the Prevalence and Severity of Menstrual-Related Symptoms : A Systematic Review and Meta-Analysis'.
- Muawanah, N. *et al.* (2025) 'Iron Intake and Stress Level With Primary Dysmenorrhea in High School Students', *Media Gizi Indonesia*, 20(1), pp. 21–26. Available at: <https://doi.org/10.20473/mgi.v20i1.21-26>.
- Mursyidah Halim Baha *et al.* (2021) 'Hubungan Konsumsi Zat Besi, Protein, Vitamin C dengan Kejadian Anemia Remaja Putri Kabupaten Majene', *Window of Public Health Journal*, 2(4), pp. 657–669. Available at: <https://doi.org/10.33096/woph.v2i4.258>.
- Naufalina, M.D., Nabawiyah, H. and Sari, D.D. (2023) 'Status gizi pada siswi remaja di pondok pesantren modern', *Jurnal Gizi Klinik Indonesia*, 19(3), p. 112. Available at: <https://doi.org/10.22146/ijcn.60258>.
- Octaviani, V., Sugesti, R. and Dewi, M. (2023) 'Hubungan Pengetahuan, Status Gizi dan Tingkat Stress Dengan Dismenore Pada Siswi SMP Negeri 2 Pacet', *Jurnal Kesehatan Tambusai*, 4(3), pp. 2367–2375.
- Oktavia Anggreni, J. *et al.* (2024) 'Analisis Kadar Zat Besi (Fe) pada Mie Basah dengan Penambahan Tepung Daun Pepaya Jepang (Cnidocolus Aconitifolius) sebagai Makanan Alternatif pada Remaja Putri Anemia', *Jurnal Ilmiah Gizi dan Kesehatan (JIGK)*, 6(01), pp. 8–15.
- Padilah, AlfikaL and Linmus (2024) 'Musyawarah Masyarakat Desa (MMD I dan MMD II) Serta Implementasi Praktif Profesi Kepreawatan KOMunitas di RW 10 RT 01-06 Kecamatan Priuk KOta Tangerang', *Ilmu Kesehatan*, 4(1), pp. 1–6. Available at: <https://doi.org/10.5455/mnj.v1i2.644xa>.
- Permatasari, G.W., Atho'llah, M.F. and Putra, W.E. (2021) 'Target protein prediction of Indonesian jamu kunyit asam (Curcumin-tamarind) for dysmenorrhea pain reliever: A network analysis approach', *Jurnal Kedokteran dan Kesehatan Indonesia [Preprint]*. Available at: <https://doi.org/10.20885/jkki.vol12.iss3.art7>.
- Permenkes RI No 2 (2020) *PERMENKES RI NO.2 TAHUN 2020, Block Caving – A Viable Alternative?* Available at: <https://www.golder.com/insights/block-caving-a-viable-alternative/>.

- Permenkes RI No 2 Tahun 2020 (2019) 'Angka Kecukupan Gizi Masyarakat Indonesia', *Permenkes Nomor 28 Tahun 2019*, Nomor 65(879), pp. 2004–2006.
- PGS (2019) 'Pedoman gizi seimbang'.
- Primalova, A., Stefani, M. and Primalova, A. (2024) 'Hubungan antara Status Gizi , Konsumsi Junk Food , dan Kebiasaan Olahraga Remaja Perempuan di Jakarta dengan Kejadian Dismenorea Primer The Relationship between Nutritional Status , Junk Food Consumption , and Exercise Habits of Adolescent Girls in Jakarta with the Incidence of Primary', 8(1), pp. 104–115. Available at: <https://doi.org/10.20473/amnt.v8i1.2024.104-115>.
- Purwaningtyas, D.R., Andriyani, L.E. and Fitria, F. (2023) 'Kejadian Dismenore Primer Berdasarkan Tingkat Asupan Zat Besi, Asupan Kalsium, Aktivitas Fisik Dan Status Gizi Pada Mahasiswa Uhamka', *ARGIPA (Arsip Gizi dan Pangan)*, 8(1), pp. 45–56. Available at: <https://doi.org/10.22236/argipa.v8i1.10057>.
- Retno, S.N. and Amalia, R. (2023) 'Hubungan Status Gizi dengan Terjadinya Dismenore Primer pada Siswi Kelas VIII SMP Negeri 17 Kota Bandar Lampung Tahun 2021', *Jurnal Bidan Mandira Cendikia*, 2(1), pp. 12–18.
- Review, N. (2022) 'Hubungan indeks masa tubuh (imt) dengan tingkat dismenore pada remaja putri', 2(2).
- Riskika, F., Briawan, D. and Tanziha, I. (2023) 'Factors related to the level of iron adequacy of adolescent girls in Indonesia Faktor-faktor yang berhubungan dengan tingkat kecukupan zat besi remaja putri di Indonesia Abstrak', 8(4), pp. 624–634.
- Shafarani, M.P. and Setyaningrum, Z. (2024) 'Jurnal Kesehatan Jurnal Kesehatan Publisher: Politeknik Negeri Jember', 12(1), pp. 1–6. Available at: <https://doi.org/10.25047/j-kes.v12i1.499>.
- Shrestha, A. *et al.* (2020) 'Association of nutrition , water , sanitation and hygiene practices with children ' s nutritional status , intestinal parasitic infections and diarrhoea in rural Nepal : a cross-sectional study', pp. 1–21.
- Sistia Fitra (2023) 'Gizi Ibu di Indonesia: Analisis Lanskap and Rekomendasi', *UNICEF Indonesia* [Preprint]. Available at: [https://www.unicef.org/indonesia/media/21766/file/Gizi Ibu di Indonesia - Analisis Lanskap dan Rekomendasi.pdf](https://www.unicef.org/indonesia/media/21766/file/Gizi%20Ibu%20di%20Indonesia%20-%20Analisis%20Lanskap%20dan%20Rekomendasi.pdf).
- Sy, M., Diouf, A. and Badiane, A. (2025) 'Nutritional status and associated factors among adolescents in Senegal : a sectional study nationwide cross- -', pp. 1–12. Available at: <https://doi.org/10.1136/bmjopen-2024-095574>.
- Syafila, S., Imrar, I.F. and Simanungkalit, S.F. (2024) 'Faktor – Faktor yang Berhubungan dengan Kejadian Dismenore Primer pada Remaja Putri di SMAIT Raflesia Depok Tahun 2024', *Amerta Nutrition*, 8(3SP), pp. 190–199. Available at: <https://doi.org/10.20473/amnt.v8i3sp.2024.190-199>.
- Syamsudi, N.A., Mayasari, N.R. and Solihah, L.A. (2024) 'Stress, Physical Activity, and Dietary Intake Are Associated With Dysmenorrhea Among Female Students',

Indonesian Midwifery and Health Sciences Journal, 8(3), pp. 289–299. Available at: <https://doi.org/10.20473/imhsj.v8i3.2024.289-299>.

Tasya Alifia Izzani, Selva Octaria and Linda Linda (2024) ‘Perkembangan Masa Remaja’, *JISPENDIORA Jurnal Ilmu Sosial Pendidikan Dan Humaniora*, 3(2), pp. 259–273. Available at: <https://doi.org/10.56910/jispendiora.v3i2.1578>.

UNICEF (2024) ‘Analisis Lanskap Kelebihan Berat Badan Dan Obesitas Di Indonesia’, *Unicef*[Preprint]. Available at: [https://www.unicef.org/indonesia/media/22496/file/Analisis Lanskap Kelebihan Berat Badan dan Obesitas di Indonesia: Ringkasan Temuan Kunci.pdf](https://www.unicef.org/indonesia/media/22496/file/Analisis%20Lanskap%20Kelebihan%20Berat%20Badan%20dan%20Obesitas%20di%20Indonesia%3A%20Ringkasan%20Temuan%20Kunci.pdf).

Wedantari, N.M.A.P., Sumadewi, K.T. and Suryantha, I.G.N. (2023) ‘Hubungan Aktivitas Fisik dengan Keluhan Dismenore Primer pada Mahasiswi Fakultas Kedokteran dan Ilmu Kesehatan Universitas Warmadewa’, *Aesculapius Medical Journal* |, 3(3), pp. 329–336.

Winarni *et al.* (2025) ‘Prevalence of Anemia and Its Association with Dysmenorrhea Severity Among Female Students: An Epidemiological Study’, *Bulletin of Inspiring Developments and Achievements in Midwifery*, 1(1), pp. 1–9. Available at: <https://doi.org/10.69855/bidan.v1i1.72>.

Yutarti, C.S. (2023) ‘Hubungan Kadar Feritin Serum dengan Tes Fungsi Hati pada Pasien Thalasemia Mayor Correlation Between Serum Level of Feritine and Liver Function Test in’, *Jurnal Kesehatan*, 14(1), pp. 42–48.

Zahra, S. *et al.* (2025) ‘Dismenore Pada Mahasiswi Fakultas Kesehatan Masyarakat Universitas Halu Oleo Tahun 2024’, 6, Pp. 17–23.

Zuraida, R. And Angraini, D.I. (2024) ‘Modifikasi Hati Ayam Pada Sosis Ayam Sebagai Sumber Pangan Tinggi Zat Besi Untuk Mengatasi Anemia Defisiensi Zat Besi Remaja Putri’, *Journal of Medicine and Health*, 6(1), pp. 58–71. Available at: <https://doi.org/10.28932/jmh.v6i1.8383>.