

Daftar Pustaka

- Atak, N *et.al* (2007) *The Effect of Education on Knowledge, Self Management Behaviors and Self Efficacy of Patiens With Type 2 Diabetes. Australian Journal of Advanced Nursing*. Vol. 26 Number 2.
- Alwisol (2009). Psikologi Kepribadian edisi revisi. Malang : UMM Press.
- Dito, Anurogo dan Wulandari, Ari (2011). *Cara Jitu Mengatasi Nyeri Haid*, C.V. Andi Offset, Yogyakarta.
- Bandura, A (1997) *Self efficacy, the exercise of control*. New York: W.H. Freeman and company.
- Bandura, A (2005) *Theories of personality. Sixth edition. Social cognitive theory. The Mc Graw-Hill companies*.
- Beckman, et al (2010) *Obstetrics and Ginecology (6th ed)*, Lippincott Williams & Wilkins, Philadelphia.
- Bobak,. Lowdermilk,. Jensen (2005). Buku Ajar Keperawatan Maternitas. Jakarta: EGC.
- Clark, NM., Becker, MH., Janz, NK., Lorig, KR., Bakowski, W., Andereson, L (1991). *Self-management of chronic disease by older adults: A review and questions for research*. J Aging Health.
- Diana, I. *et al.* (2012). Pengaruh Senam Dismenore Terhadap Intensitas Nyeri Haid Pada Remaja. pp. 183–191.
- Dito, Anurogo dan Wulandari, Ari (2011). *Cara Jitu Mengatasi Nyeri Haid*, C.V. Andi Offset, Yogyakarta.
- Donna L., Wong. *et al.* (2008). Buku Ajar Keperawatan Pedriatik. Cetakan pertama. Jakarta : EGC.
- Deoray, Vishakha., Amit, Page (2018). Treatment of Menstrual Disorders: A Shift From Synthetic Grugs to Drugs of Natural Origin,'*Internatonal Journal of pharma and Bio Sciences*, Vol. 9, No. 1, Hal. 120-131.
- El-mawgod, M. M. A., Alshaibany, A. S. and Al-anazi, A. M. (2016). *Epidemiology of dysmenorrhea among secondary-school students in Northern Saudi Arabia*. pp. 115–119. doi: 10.1097/01.EPX.0000489884.20641.95.
- Ernawati et al (2010).Terapi Relaksasi terhadap Nyeri Dismenore pada Mahasiswi Universitas Muhammadiyah Semarang,'*Prosiding Seminar Nasional Unimus*, Hal. 106-113.



- Ganong, W. F (2008). *Buku Ajar Fisiologi Kedokteran*, EGC: Jakarta.
- Gul, yucel MD,. Mustafa,. Kendirci, MD U. G. M. (2018). *Original Study Menstrual Characteristics and Related Problems in 9- to 18-Year-Old Turkish School Girls*’. doi: 10.1016/j.jpag.2018.03.002.
- Guyton, A.C. and Hall J.E. (2007). *Buku ajar fisiologi kedokteran (irawati, et.al., trans., L.Y. Rachman, et.al, eds)*. 11th ed. Jakarta: Penerbit buku Kedokteran EGC.
- Helwa, H. A. A. *et al.* (2018) ‘Prevalence of dysmenorrhea and predictors of its pain intensity among Palestinian female university students’. *BMC Women’s Health*, pp. 1–11. doi: 10.1186/s12905-018-0516-1.
- Hasanah, Oswati (2010) *Efektifitas Terapi Akupresur Terhadap Dismenore pada Remaja di SMPN 5 dan SMPN 13 Pekanbaru*,’ Tesis S2 Fakultas Ilmu Keperawatan, Universitas Indonesia Depok.
- Hurlock, E.B. (2007). *Psikologi perkembangan suatu pendekatan sepanjang rentan kehidupan*. Jakarta: Erlangga.
- Ibnu, syamsi (2000) *Pengambilan keputusan dan system informasi*. Edisi kedua. Jakarta: bumi aksara.
- Jarrett, Boynton R. *et al* (2013). *Childhood abuse and age at menarche*. *J adolesc Health*. The American Journal of Clinical Nutrition.
- Jie Yang *et al* (2014). *Effectiveness Study of Moxibustion on Pain Relief in Primary Dysmenorrhea: Study Protocol of a Randomized Controlled Trial*,’ *Evidence-Based Complementary and Alternative Medicine*, Hal. 1-6
- Junizar G., Sulianinsih,. and Widya K.D (2001). *Pengobatan dismenorea secara akupuntur*. *Cermin dunia kedokteran*. Vol11333, pp 50-53.
- Knafl, GJ., Grey, M (2007) *Factor analysis model evaluation through likelihood cross-validation*. *Stat Methods Med Res*.
- Kisokanth G. *et al* (2013). *Factors Influencing Self Management of Diabetes Melitus: a Review Article*. Sri Lanka: Eastern University & University of Sri Jayewardenepura.
- Kotler, Philip (2000). *Prinsip – Prinsip Pemasaran Manajemen*. Jakarta : Prenhalindo.
- Kwekkeboom, Kristine., Chen, X, Chen and Sandra, E, Ward (2016). *Beliefs About Dysmenorrhea and Their Relationship to Self-Management*. doi: 10.1002/nur.21726.
- Lee, Cho Wong (2018). *Health-related quality of life among Chinese adolescent girls with Dysmenorrhoea*. *Reproductive Health*, pp. 1–10.

- Manuaba (2006). Buku Ajar Patalogi Obstetri Untuk Mahasiswa Kebidanan (Cetakan I). Jakarta: Penerbit Buku Kedokteran EGC.
- Manuaba (2009). Memahami kesehatan reproduksi wanita (2 ed.). Jakarta: EGC.
- Midilli, T. S., Yasar, E. and Baysal, E. (2015) 'Dysmenorrhea Characteristics of Female Students of Health School and Affecting Factors and Their Knowledge and Use of Complementary and Alternative Medicine', pp. 194–204. doi: 10.1097/HNP.0000000000000091.
- Min-Hui, Chiu. *et al.* (2017). *Influencing factors of dysmenorrhoea among hospital nurses: a questionnaire survey in Taiwan*. doi: 10.1136/bmjopen-2017-017615.
- Miuro, G. *et al.* (2018) 'Menstrual health and school absenteeism among adolescent girls in Uganda (MENISCUS): a feasibility study'. *BMC Women's Health*, pp. 1–13. doi: 10.1186/s12905-017-0502-z.
- Morgan, Geri & Hamilton, Carole (2009). *Obstetri & Ginekologi*. Jakarta : EGC.
- Musrifatu, Uliyah., Aziz, Alimul (2008). *Praktikum Keterampilan dasar Praktik Klinik : Aplikasi Dasar-Dasar Praktik kebidanan*. Jakarta: Salemba Medika.
- Novia, Ika., Nunik, Puspitasari (2008). Faktor Resiko Yang Mempengaruhi Kejadian dismenore Primer. *The Indonesian Journal of Public Health*, Vol. 4, No. 2, Maret 2008: 96-104
- Nursalam (2015). *Metodologi Penelitian Ilmu keperawatan*. Jakarta: Salemba Medika
- Pajares, Frank (2008). Sources of Self-Efficacy in School: Critical Review of The Literature and Future Directions. *Review of Educational Research* December 2008, Vol. 78, No. 4, pp. 751-796.
- Prawirohardjo, Sarwono (2005). *Ilmu kebidanan*. Jakarta : Yayasan Bina Pustaka.
- Prawirohardjo, Sarwono (2011). *Ilmu Kandungan*, Edisi 4, PT Yayasan Bina Pustaka Sarwono Prawirohardjo, Jakarta.
- Proverawati dan Misaroh (2009). *Menarche Menstruasi Pertama Penuh Makna*. Yogyakarta: Nuha Medika.
- Rahman, A. (2015). *Senam disminorhea berbasis ar-rahman terhadap penurunan nyeri*'.
- Ryan, Polly and Sawin, Kathleen (2009). *The Individual and Family Self-Management Theory : Background and perspectives on context , process , and outcomes*, *YMNO*. Mosby, Inc., 57(4), p. 217–225.e6. doi: 10.1016/j.outlook.2008.10.004.

- Sari, Diana (2015). Hubungan Stres dengan Kejadian Dismenore Primer pada Mahasiswi Pendidikan Dokter Fakultas Kedokteran Universitas Andalas', *Jurnal Kesehatan Andalas*, Vol. 4, No. 2, Hal. 567-570.
- Sewvandi, H. *et al.* (2018). *Knowledge and attitudes towards dysmenorrhea among adolescent girls in an urban school in Sri Lanka*. (2013), pp. 58–64. doi: 10.1111/j.1442-2018.2012.00736.x.
- Sherwood, Lauralee (2012). *Fisiologi Tubuh manusia dari Sel ke Sistem*. Jakarta: EGC.
- Simanjuntak, P. (2008). *Gangguan haid dan siklusnya*. Jakarta: Bina Pustaka Sarwono Prawirohardjo.
- Smith, Roger (2008). *Netter's Obstetrics & Gynecology Second Edition*. Saunders El-Sevier, Philadelphia.
- Sulistiyawati, L. *et al.* (2013). Perbedaan Pengaruh Metode Kompres Hangat dengan Aromaterapi terhadap penurunan Derajat Dismenore pada Remaja Putri. pp. 190–200.
- Susilowati, W. *et al.* (2009). *Pencegahan Kanker Payudara Self Efficacy Of Woman Aged 35 – 44 Years In Breast Cancer Prevention Effort*.
- Taylor, Shelley E., Letitia, Anne., David, Sears (2009). *Psikologi Sosial Edisi Kedua Belas*. Jakarta: Kencana Prenada Media Group.
- Wiknjastro, H (2011) *Ilmu Kandungan*, Yayasan Bina Pustaka Sarwono Prawirohardjo, Jakarta.
- Wong., Dona *et al* (2009). *Buku Ajar Keperawatan Pediatrik*. Terjemahan oleh Sutarana. EGC. Jakarta.
- Wulandari, Siswi., Fitra, Dwi (2017). *The Effect of Consumption dark Chocolate Against Primary Dismenore Pain for Girls Teeneger at Kediri 5 High School*. *Indian Journal of Medical Research and Pharmaceutical Sciences*, Vol. 4, No.2.
- Verawaty, Sri., Liswidyawati, Rahayu (2015). *Merawat Dan Menjaga Kesehatan Seksual Wanita*. Bandung: Grafindi Media Pratama.