

DAFTAR PUSTAKA

- Meidya Pratiwi, Arantika. (2014). Aktivitas Olahraga dengan Kejadian Sindrom Premenstruasi pada Anggota Perempuan UKM INKAI UNS. *Jurnal Ners dan Kebidanan Indonesia*, Vol. 2, No. 2, Tahun 2014, 76-80.
- Saryono dan Sejati W. 2009. 1. Sindrom Premenstruasi. Yogyakarta : Nuha Medika. Hal: 17-24, 27-32, 47-8.
- Elvira, S.D. 2010. Sindrom Pra-Menstruasi Normalkah?. Jakarta: Fakultas Kedokteran Universitas Indonesia.
- Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI. 2013. Riset Kesehatan Dasar. Jakarta.
- Nashruna, Ifana., dkk. 2012. Hubungan Aktivitas Olahraga dan Obesitas dengan Kejadian Sindrom Pramenstruasi di Desa Pucangmiliran Tulung Klaten. *GASTER*, Vol. 9, No. 1 Februari 2012.
- Rendi, Retissu, dkk. 2010. Hubungan Indeks Massa Tubuh dengan Sindroma Prementruasi. *Majalah Kedokteran FK UKI 2010 Vol XXVII No.1*.
- Borenstein J *et al.* 2005. Estimating direct and indirect costs of premenstrual syndrome. *Journal of Occupational and Environmental Medicine* 47(1):26-33.
- Levin *et al.* 2008. Changes in Mood, Cognitive Performance and Appetite in the Late Luteal and Follicular Phases of the Menstrual Cycle in Women With and Without PMDD (Premenstrual Dysphoric Disorder). *Horm Behav*, 54(1): 158-193.
- Bolte *et al.* 2006. Magnesium (Mg) Retention and Mood Effects After Intravenous Mg Infusion in Premenstrual Dysphoric Disorder. *Biol Psychiatry*, 59(4): 327-333.
- Andira, Dita. 2010. Seluk Beluk Kesehatan Reproduksi Wanita. Jogjakarta : Aplus Bokks.
- Puspitorini, Magdalena Dyah, dkk. 2007. Obesitas Sebagai Faktor Risiko Terjadinya Premenstrual Syndrome Pada Mahasiswa Akademi Kebidanan Pemerintah Kabupaten Kudus. *Berita Kedokteran Masyarakat*, Vol. 23, No. 1.
- Kristanti, Ch. M. 2002. Kondisi Fisik Kurang Gerak dan Instrumen Pengukuran. *Media Penelitian dan Pengembangan Kesehatan*, Vol.12.

- Nurmalina, Rina. 2011. Pencegahan & Manajemen Obesitas. Bandung :Elex Media Komputindo.
- Departemen Kesehatan RI. 2006. Pusat Promosi Kesehatan.
- Karim, Faizati. 2002. Panduan Kesehatan Olahraga Bagi Petugas Kesehatan. Jakarta: Tim Departemen Kesehatan.
- Adina, Fitri.2004. Dunia Bunda : Obesitas Mengintai Anakku. Jakarta : Gramedia.
- Daniels *et al.* 1997. Educational Evaluation and Decession Making. New York, USA: *Peacock Publishers, Inc.*
- Pudjiadi, Antonius *et al*, 2010. Pedoman Pelayanan Medis Ikatan Dokter Anak Indonesia Jilid I. Jakarta: Pengurus Pusat Ikatan Dokter Anak Indonesia.
- Grummer-Strawn LM *et al.*, 2002. Centers of Assessing Your Weight: About BMI for Adult. Didapat dari: http://cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.
- General Practice Physical Activity Questionnare, 2009.
- Supariasa. 2001. Penilaian Status Gizi. Buku Kedokteran EGC.Jakarta.
- CDC, 2010. About BMI for Children and Teens. Diakses dari http://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html
- Tambing, Yane. 2012. Aktivitas Fisik dan Sindrom Premenstruasi pada Remaja. Tesis. Yogyakarta : Program Pasca Sarjana Fakultas Kedokteran Universitas Gadjah Mada.
- Nurlaela *et al.* 2008. Hubungan Aktivitas Olahraga Dengan Kejadian Sindrom Pramenstruasi. Jurnal Ilmu Keperawatan, 3(1):1-5.
- Masho SW, Adera T, South-Paul J. 2005. Obesity as a risk factor for premenstrual syndrome. J Psychosom Obstet Gynaecol.
- Hill, J.O. 2005. Obesity: Etiology in Modern Nutrition in Health and Disease. *Lippincot Williams & Wilkins*, USA.
- Galleta GM. 2005. Obesity: Obesity Causes. Available in URL: <http://emedicine.medscape.com/article/123702overview>

- US Department of Heath & Human Services. 2008. Physical activity guideline for Americans. Diunduh dari: <http://www.health.gov/paguidelines/chapter4.aspx>
- Pertiwi, Chairunnissa. 2016. Hubungan Aktivitas Olahraga terhadap Kejadian Sindrom Premenstruasi pada Remaja di SMAN 4 Jakarta.
- Al-Jefout, M., Seham, A.-F., Jameel, H., Randa, A.-Q., Ola, A.-M., Oday, A.-M., et al. (2015). Dysmenorrhea: Prevalence and Impact on Quality of Life among Young Adult Jordanian Females. *Journal of Pediatric and Adolescent Gynecology Vol.28*, 173-185.
- Dars, S., Sayed, K., & Yousufzai, Z. (2014). Relationship of menstrual irregularities to BMI and nutritional status in adolescent girls. *Pakistan Journal of Medical Science (30)1*, 140-144.
- Haghghi, E., Jahromi, M., & Daryono, O. F. (2015). Relationship between cardiorespiratory fitness, habitual physical activity, body mass index and premenstrual symptoms in collegiate students. *The Journal of Sports Medicine and Physical Fitness 55(6)*, 663-667.
- Jaswinder, K., Kirandeep, & Manpreet. (2016). Effectiveness of Planned Teaching Programme on Knowledge Regarding Life Style Changes in Prevention of Pre-Menstrual Syndrome among Adolescent Girls in A Selected School at Dehlon, Ludhiana. *International Journal of Nursing Education and Research Vol.4(3)*, 327-339.
- Khodakarami, B., Masoumi, S. Z., Faradmal, J., Nazari, M., Saadati, M., Sharifi, F., et al. (2015). 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*, 444-450.
- Kwok, M. K., Tu, Y. K., Kawachi, I., & Schooling, C. M. (2017). Age-period-cohort analysis of trends in blood pressure and body mass index in children and adolescents in Hong Kong. *Journal Epidemiology of Community Health , 1-7*.
- Mohapatra, D., Mishra, T., Behera, M., & Panda, P. (2016). A Study of Relation Between Body mass Index and Dysmenorrhea and Its Impact of Daily Activities of Medical Students. *Asian Journal of Pharmaceutical and Clinical Research Vol.9, Suppl 3*, 297-299.
- Rachmi, C., Li, M., & Baur, L. A. (2017). Overweight and obesity in Indonesia: prevalence and risk factorsda literature review. *Public Health Vol.147*, 20-29.

- Ramya, S., Rupavani, A., & Bupathy, A. (2014). Effect of educational program on premenstrual syndrome in adolescent school girls . *International Journal of Reproduction, Contraception, Obstetric and Gynecology* Vol. 3(1), 168-171.
- Shehadeh, J. H., & Hamdan-Mansour, A. M. (2017). Prevalence and association of premenstrual syndrome and premenstrual dysphoric disorder with academic performance among female university students. *Perspective in Psychiatric Care* , 1-9.
- Swati, Jindal, M., & Roy, R. (2014). Cross -Sectional Study of ‘Abnormal Body Mass Index As A Risk Factor for Premenstrual Syndrome’ In Adolescent Girls of NCR. *NJIRM* Vol 5(4), 30-35.
- Thornton, C. M., Cain, K. L., Conway, T. L., Kerr, J., Saelens, B. E., Frank, L. D., et al. (2017). Relation of Adolescents’ Physical Activity to After-School Recreation Environment. *Journal of Physical Activity & Health* Vol.2, 493-497.
- Tutkuviene, J., Misiute, A., Strupaitė, I., Paulikaite, G., & Paviovakaja, E. (2017). paperBody Image Issues In Lithuanian Magazines Aimed For Children And Adolescents In Relation To Body Mass Index And Body Size Perception Of 16-19 Y. Old Girls During The Last 15 Years . *Anthropology* Vol.1, 1-6.
- Ravi, R., Shah, P., Palani, G., Edward, S., & Shatiyasekaran. (2015). Prevalence of menstrual problems among adolescent school girls in rural Tamil Nadu. *Journal of Pediatric and Adolescent Gynecology* , 143-146.
- Oktavia, Herwinda. (2010). Hubungan *Pre Menstrual Syndrome* dengan tingkat Kecemasan pada Remaja.