

DAFTAR PUSTAKA

- Al-Qur'an dan Terjemahnya. Jakarta: Departemen Agama Republik Indonesia
- American Psychological Association. 2011. *Stress by Gender*
<http://www.apa.org/news/press/releases/stress/2011/gender.aspx> (diakses pada tanggal 1 November 2017)
- American Psychological Association. 2018. *Stress: The different kinds of stress*
<http://www.apa.org/helpcenter/stress-kinds.aspx> (diakses pada tanggal 1 November 2017)
- American Psychological Association. 2018. *Work, Stress, and Health & Socioeconomic Status*
<https://www.apa.org/pi/ses/resources/publications/work-stress-health.aspx>
(diakses pada tanggal 28 November 2018)
- Anisman & Merali. 1999 'Understanding Stress: Characteristics and Caveats' *Alcohol Research & Health*, vol. 23, no. 4, hh. 241-249
- Barret et al. 2009. *Ganong's Review of Medial Physiology*. New York: McGraw Hill Medical
- Bobak, L. 2004. *Keperawatan Maternitas*. Jakarta: EGC.
- Cunningham et al. 2012. *Obstetri Williams*. Jakarta : EGC
- Dayas et al. 2001 'Stressor categorization: acute physical and psychological stressors elicit distinctive recruitment patterns in the amygdala and in medullary noradrenergic cell groups' *European Journal of Neuroscience*, vol. 14, hh. 1143-1152
- Durand & Barlow. 2007. *Intisari Psikologi Abnormal*. Yogyakarta: Pustaka Pelajar.
- Ehlers & Halvorson. 2013. *Gonadotropin-releasing Hormone (GnRH) and the GnRH Receptor (GnRHR)*
[http://www.glowm.com/section_view/heading/Gonadotropin-releasing%20Hormone%20\(GnRH\)%20and%20the%20GnRH%20Receptor%20\(GnRHR\)/item/284](http://www.glowm.com/section_view/heading/Gonadotropin-releasing%20Hormone%20(GnRH)%20and%20the%20GnRH%20Receptor%20(GnRHR)/item/284) (diakses pada tanggal 4 Maret 2018)
- Ekpenyong et al. 2011. 'Academic stress and menstrual disorders among female undergraduates in Uyo, South Eastern Nigeria – the need for health education' *Nigerian Journal of Physiological Sciences* vol.26, hh. 193-198
- Eroschenko. 2010. *Atlas Histologi diFiore dengan Korelasi Fungsional Edisi 11*. Jakarta: EGC
- Eso et al. 2016. 'Hubungan Indeks Massa Tubuh dengan Kejadian Premenstrual Syndrome pada Mahasiswi Fakultas Kedokteran Universitas Halu Oleo Angkatan 2012- 2013' *Jurnal Ilmiah Fakultas Kedokteran Universitas Halu Oleo* vol.3, no.2, hh. 232-238
- Everly, George. 1989. *A Clinical Guide to the Treatment of the Human Stress Response*. New York: Plenum Press
- Fawzy et al. 2017. 'Prevalence of psychological stress, depression and anxiety among medical students in Egypt' *Psychiatry Research* vol. 255, hh. 186-194
- Fink, George. 2017 'Stress: Concepts Definition, History' *Reference Module in Neuroscience and Biobehavioral Psychology*, hh. 1–9
- Gregson, Looker. 2005. *Managing Stress: Mengatasi Stres secara Mandiri*. Yogyakarta: BACA.

- Gudmundsdottir et al. 2011 'A Longitudinal Study of Physical Activity and Menstrual Cycle Characteristics in Healthy Norwegian Women-The Nord-Trondelag Health Study' *Norsk Epidemiology*, vol. 20, no.2, hh. 163-171
- Guyton & Hall. 2008. *Buku Ajar Fisiologi Kedokteran Edisi 11*. Jakarta: EGC
- Hackney, Anthony. 2006 'Stress and the neuroendocrine system: the role of exercise as a stressor and modifier of stress' *Expert Rev Endocrinol Metab*, vol.1, no.6, hh. 783-792
- Hawari, Dadang. 2001. *Manajemen Stres, Cemas, dan Depresi*. Jakarta : Fakultas. Kedokteran Universitas Indonesia
- Colligan & Higgins. 2006 'Workplace Stress' *Journal of Workplace Behavioral Health*, vol.21, no.2, hh. 89-97
- Imran, I. 1998. *Perkembangan Seksualitas Remaja*. Bandung : PKBI Jawa Barat.
- Isaac, Ann. 2004. *Keperawatan Kesehatan Jiwa dan Psikiatrik*. Jakarta: EGC
- Iqbal et al. 2015. 'Stress, anxiety and depression among medical undergraduate students and their socio-demographic correlates' *Indian Journal of Medical Research* vol.141, no.3, hh. 354-357
- Kathryn & Sue. 2006. *Pathophysiology: The Biologic Basis for Disease in Adult and Children 5th Ed*. USA: Elsevier Mosby Ltd
- Lazarus & Folkman. 1984. *Stress appraisal and coping*. New York: Springer Publishing Company.Inc.
- Liu et al. 2004 'Factors Affecting Menstrual Cycle Characteristics' *American Journal of Epidemiology*, vol.160, no.2, hh. 131-140
- Lumongga, Lubis. 2009. *Depresi Tinjauan Psikologis*. Jakarta : Kencana Prenada Media Grup
- Manuaba. 2010. *Ilmu Kebidanan, Penyakit Kandungan, dan KB*. Jakarta: EGC
- Marksberry. 2011. *What is Stress?* <https://www.stress.org/what-is-stress/> (diakses pada tanggal 10 Maret 2018)
- McRobert, Anna. 2012. *Stress, SAM and HPA, What's That About?* <http://annamcrobertblog.com/?p=419> (diakses pada tanggal 4 April 2018)
- Mills et al. 2008. *Stress Prevention* <https://www.mentalhelp.net/articles/about-stress-prevention/> (diakses pada tanggal 20 Maret 2018)
- Moal, Le. 2007 'Historical approach and evolution of the stress concept: a personal account' *Psychoneuroendocrinology*, vol.32, no.1, hh. 3-9.
- Nepomnaschy et al, 2004 'Stress and Female Reproductive Function: A Study of Daily Variations in Cortisol, Gonadotrophins, and Gonadal Steroids in a Rural Mayan Population' *American Journal Of Human Biology*, vol.16, hh. 523-532
- Paath et al. 2005. *Gizi dalam Kesehatan Reproduksi*. Jakarta: EGC
- Pinasti et al. 2012 'Hubungan Antara Tingkat Stres Dengan Siklus Menstruasi Pada Siswi Kelas 2 Di SMAN 1 Kendal' *Jurnal Kedokteran Muhammadiyah*, vol.1, no.2, hh. 47-50
- Pinel, J. 2009. *Stres dan Kesehatan Dalam Biopsikologi Edisi ke-7*. Yogyakarta: Pustaka Pelajar
- Potter, PA & Perry, AG. 2005. *Buku Ajar Fundamental Keperawatan : Konsep, Proses, dan Praktik Edisi 4*. Jakarta: EGC

- Purwitasari & Maryanti, 2009. *Gizi dalam Kesehatan Reproduksi*. Yogyakarta: Nuha Medika
- PUSDIKNAKES DEPKES RI. 1989. *Stress dalam hidup kita*. Jakarta: DEPKES RI
- Romero et al. 2009 'The reactive scope model — A new model integrating homeostasis, allostasis, and stress' *Hormones and Behavior*, vol.55, hh. 375–389
- Shah et al. 2010 'Perceived Stress, Sources and Severity of Stress among medical undergraduates in a Pakistani Medical School' *BMC Medical Education*, vol.10, no.2, hh. 1-8
- Shamsuddin et al. 2013. 'Correlates of depression, anxiety and stress among Malaysian university students' *Asian Journal of Psychiatry* vol.6, no.4, hh 318-323
- Sherwood, L. 2014. *Fisiologi manusia : dari sel ke sistem*. Edisi 8. Jakarta: EGC
- Soetjningsih. 1995. *Tumbuh Kembang Anak*. Jakarta : EGC
- Sood et al. 2012. 'Premenstrual syndrome and academic stress in emerging adulthood women' *Journal of Asian Behavioural Studies* vol.7, hh. 59-66
- Sreeramareddy et al. 2007. 'Psychological morbidity, sources of stress and coping strategies among undergraduate medical students of Nepal' *BMC Medical Education* vol.7, no.26
- Stöppler, M C. 2016. *Stress*
https://www.medicinenet.com/stress/article.htm#stress_facts (diakses pada tanggal 28 Maret 2018)
- Sujarweni & Endrayanto. 2012. *Statistika Untuk Penelitian*. Yogyakarta: Graham Ilmu
- Suzanne, C. 2001. *Keperawatan Medikal Bedah, edisi 8*. Jakarta : EGC
- Tsigos & Chrousos. 2002 'Hypothalamic–pituitary–adrenal axis, neuroendocrine factors and stress' *Journal of Psychosomatic Research*, vol.53, hh. 865–871
- Warren & Perlroth. 2001 'The effects of intense exercise on the female reproductive system' *Journal of Endocrinology*, vol.170, hh. 3–11
- Waryana. 2010. *Gizi Reproduksi*. Yogyakarta : Pustaka Rihama
- Waqas et al. 2015. 'Association of academic stress with sleeping difficulties in medical students of a Pakistani medical school: a cross sectional survey' *PeerJ* vol.840
- WHO. 2018. *Constitution of WHO: Principles*
<http://www.who.int/about/mission/en/> (diakses pada tanggal 25 Mei 2018)
- Wiknjosastro, H. 2010. *Ilmu Kandungan*. Jakarta: Yayasan Bina Pustaka Sarwono Prawirohardjo
- Yamamoto et al. 2009. 'The Relationship between Premenstrual Symptoms, Menstrual Pain, Irregular Menstrual Cycles, and Psychosocial Stress among Japanese College Students' *Journal of Physiological Anthropology* vol.28, hh. 129-136
- Yudita et al. 2017. 'Hubungan antara Stres dengan Pola Siklus Menstruasi Mahasiswi Fakultas Kedokteran Universitas Andalas' *Jurnal Kesehatan Andalas* vol. 6, no. 2
- Yusoff et al. 2011. 'The prevalence of final year medical students with depressive

symptoms and its contributing factors' *International Medical Journal*
vol.18, no.4, hh. 305-309
Yusuf LN, Syamsu. 2006. *Psikologi Perkembangan Anak dan Remaja*. Bandung:
PT Remaja Rosdakarya