

DAFTAR PUSTAKA

- Abay, H., & Kaplan, S. (2019). Current Approaches in Premenstrual Syndrome Management. *Bezmialem Science*, 7(2), 150–156. <https://doi.org/10.14235/bas.galenos.2018.2358>
- Abeje, A., & Berhanu, Z. (2019). Premenstrual syndrome and factors associated with it among secondary and preparatory school students in Debremarkos town, North-west Ethiopia, 2016. *BMC Research Notes*, 12(1), 1–5. <https://doi.org/10.1186/s13104-019-4549-9>
- Afifah, H. N., Sariati, Y., & Wilujeng, C. S. (2020). The Relationship of Dietary Pattern and Carbohydrate Intake to Incidence of Premenstrual Syndrome (PMS) in Students of Midwifery Bachelor Program University of Brawijaya with Normal Body Mass Index (BMI). *Journal of Issues in Midwifery*, 4(1), 20–28. <https://doi.org/10.21776/ub.joim.2020.004.01.3>
- Annisa Pridynabilah. (2022). Hubungan Premenstrual Syndrome (PMS) Dengan Perilaku Makan Dan Asupan Energi Mahasiswa Gizi Universitas Airlangga. *Healthy Tadulako Journal (Jurnal Kesehatan Tadulako)*, 8(2), 59–67.
- Azalea, M. T., & Noerfitri, N. (2023). Hubungan Tingkat Stres Dan Kepribadian Neuroticism Dengan Perilaku Emotional Eating Pada Mahasiswa Gizi Stikes Mitra Keluarga. *Journal of Nutrition College; Vol 12, No 2 (2023): April*. <https://doi.org/10.14710/jnc.v12i2.37610>
- Badrasawi, M. M., Zidan, S. J., Natour, N., Sharif, I., Atrash, S., Abueid, G., & Al-Jounde, S. (2021). Binge eating symptoms are associated with the severity of premenstrual symptoms among university students, cross sectional study from Palestine. *Journal of Eating Disorders*, 9(1), 1–9. <https://doi.org/10.1186/s40337-021-00425-5>
- Balaka, M. Y. (2022). Metode penelitian Kuantitatif. *Metodologi Penelitian Pendidikan Kualitatif*, 1, 130.
- Bilici, S., Ayhan, B., Karabudak, E., & Kfile:///B:/S.Ked/References/PCR-10-91.pdfoksal, E. (2020). Factors affecting emotional eating and eating palatable food in adults. *Nutrition Research and Practice*, 14(1), 70–75. <https://doi.org/10.4162/nrp.2020.14.1.70>
- Çaka, S. Y., Topal, S., & Akben, M. (2023). The Relationship Between Premenstrual Syndrome and Emotional Eating in Adolescents. *Kocaeli Üniversitesi Sağlık Bilimleri Dergisi*, 9(3), 213–219. <https://doi.org/10.30934/kusbed.1345421>
- Chang, R. S., Cerit, H., Hye, T., Durham, E. L., Aizley, H., Boukezzi, S., Haimovici, F., Goldstein, J. M., Dillon, D. G., Pizzagalli, D. A., & Holsen, L. M. (2022). Stress-induced alterations in HPA-axis reactivity and mesolimbic reward activation in individuals with emotional eating. *Appetite*, 168, 105707. <https://doi.org/10.1016/j.appet.2021.105707>

- Daiyah, I., Rizani, A., & Adella, E. R. (2021). Hubungan Antara Aktivitas Fisik Dan Indeks Massa Tubuh (IMT) Dengan Kejadian Pre-Menstrual Syndrome Pada Remaja Putri. *Jurnal Inovasi Penelitian*, 2(7), 2273–2286. http://ir.nmapo.edu.ua:8080/bitstream/lib/3610/1/тези_фінал.pdf
- Damayanti, A. F., & Samaria, D. (2021). Hubungan Stres Akademik Dan Kualitas Tidur Terhadap Sindrom Premenstruasi Selama Pembelajaran Daring Di Masa Pandemi COVID-19. *Jurnal Jurusan Keperawatan Poltekkes Jakarta III*, 6(2).
- Darwin, M., Mamondol, M. R., Sormin, S. A., Nurhayati, Y., Tambunan, H., Sylvia, D., Adnyana, I. M. D. M., Prasetyo, B., Vianitati, P., & Gebang, A. A. (2020). *Metode Penelitian Pendekatan Kuantitatif* (T. S. Tambunan (ed.)). CV. Media Sains Indonesia.
- del Mar Fernández, M., Regueira-Méndez, C., & Takkouche, B. (2019). Psychological factors and premenstrual syndrome: A Spanish case-control study. *PLoS ONE*, 14(3), 1–13. <https://doi.org/10.1371/journal.pone.0212557>
- Dokumacioglu, E. (2023). Premenstrual Syndrome Levels and Eating Attitudes Among University Students. *Makara Journal of Health Research*, 27(2). <https://doi.org/10.7454/msk.v27i2.1483>
- Estiani, K., & Nindya, T. S. (2018). Hubungan Status Gizi Dan Asupan Magnesium Dengan Kejadian Premenstrual Syndrome (PMS) Pada Remaja Putri. *Media Gizi Indonesia*, 13(1), 20. <https://doi.org/10.20473/mgi.v13i1.20-26>
- Farrokh-Eslamlou, H., Oshnouei, S., Heshmatian, B., & Akbari, E. (2015). Premenstrual syndrome and quality of life in Iranian medical students. *Sexual and Reproductive Healthcare*, 6(1), 23–27. <https://doi.org/10.1016/j.srhc.2014.06.009>
- Gryzela, E., & Ariana, A. D. (2021). Hubungan antara Stres dengan Emotional Eating pada Mahasiswa Perempuan yang sedang Mengerjakan Skripsi. *Buletin Riset Psikologi Dan Kesehatan Mental (BRPKM)*, 1(1), 18–26. <https://doi.org/10.20473/brpkm.v1i1.24328>
- Gudipally, P. R., & Sharma, G. K. (2024). *Premenstrual Syndrome*.
- Gusni, E., Susmiati, S., & Maisa, E. A. (2022). Stres Dan Emotional Eating Pada Mahasiswa S1 Fakultas Keperawatan. *Link*, 18(2), 155–161. <https://doi.org/10.31983/link.v18i2.9186>
- Irmawati. (2020). Hubungan Gaya Hidup Sehat Dengan Kejadian Premenstruasi Syndrome (PMS) Pada Mahasiswi S1 Keperawatan STIKES Panakkukang Makassar (Skripsi Sarjana). *Program Studi S1 Keperawatan, STIKES Panakkukang*, 1–87.
- Lumingkewas, C., Suparman, E., & Mongan, S. P. (2021). Gambaran Premenstrual Syndrome pada Remaja Periode Akhir di Fakultas Kedokteran Universitas Sam Ratulangi. *E-Clinic*, 9(1), 45–50.

<https://doi.org/10.35790/ecl.v9i1.31855>

- Mbati, D. D., Alit, N. K., & Hidayati, L. (2021). Literature Review: Analysis of Factors Affecting Premenstrual Syndrome in Girls Adolescent. *Indonesian Journal of Community Health Nursing*, 6(2), 75. <https://doi.org/10.20473/ijchn.v6i2.29691>
- McAtamney, K., Mantzios, M., Egan, H., & Wallis, D. J. (2023). A systematic review of the relationship between alexithymia and emotional eating in adults. *Appetite*, 180(August 2022), 106279. <https://doi.org/10.1016/j.appet.2022.106279>
- Nurhanifah, T., & Daryanti, M. S. (2020). Hubungan Kebiasaan Makan Dengan Kejadian Premenstruasi Sindrom (PMS) Pada Remaja. *Journal of Nursing Care & Biomolecular*, 5(1), 93–100. <http://www.stikesmaharani.ac.id/ojs-2.4.3/index.php/JNC/article/view/173>
- Nurlaila. (2019). Management Stres, Coping Stres Pada Remaja Dan Dampak Pada Pembangunan Ekonomi Daerah Kota Ternate. *Cakrawala Management Business Journal*, 2(1), 185. <https://doi.org/10.30862/cm-bj.v2i1.13>
- Ozier, A. M. Y. D., Kendrick, O. W., Knol, L. L., Leeper, J. D., Perko, M., & Burnham, J. O. Y. (2007). The Eating and Appraisal Due to Emotions and Stress (EADES) Questionnaire: Development and Validation. *Journal of the American Dietetic Association*, 619–628. <https://doi.org/10.1016/j.jada.2007.01.004>
- Putri, K. M. (2017). Hubungan Aktifitas Fisik Dan Depresi Dengan Kejadian Sindrom Pra Menstruasi. *Jl-KES (Jurnal Ilmu Kesehatan)*, 1(1), 18–24. <https://doi.org/10.33006/ji-kes.v1i1.55>
- Rahayu, A., Noor, M. S., Yulidasari, F., Rahman, F., & Putri, A. O. (2017). Buku Ajar Kesehatan Reproduksi Remaja & Lansia. In *Journal of Chemical Information and Modeling* (Vol. 53, Issue 9).
- Rahman, A., Putra, Y. Y., & Nio, S. R. (2019). Perbedaan Strategi Coping Stress Pada Pedagang Laki-Laki dan Perempuan di Pasar Penampungan. *Jurnal Riset Psikologi*, 1, 1–11. <http://dx.doi.org/10.24036/jrp.v2019i1.6340>
- Ranganathan, P., & Aggarwal, R. (2019). Study designs: Part 3 - Analytical observational studies. *Perspectives in Clinical Research*, 10(2), 91–94. https://doi.org/10.4103/picr.PICR_35_19
- Rodiani, & Rusfiana, A. (2016). Hubungan Premenstrual Syndrome (PMS) terhadap Faktor Psikologis pada Remaja The Relationship of Premenstrual Syndrome (PMS) with Psychological Factor in Adolescent. *HubunganPremenstrual Syndrome (PMS) Terhadap Faktor Psikologis Pada Remaja*, 5(1), 18–22. <http://journal.unair.ac.id/download-fullpapers-aunf37edc8630full.pdf>

- Shriver, L. H., Dollar, J. M., Calkins, S. D., Keane, S. P., Shanahan, L., & Wideman, L. (2021). Emotional eating in adolescence: effects of emotion regulation, weight status and negative body image. *Nutrients*, *13*(1), 1–12. <https://doi.org/10.3390/nu13010079>
- Strien, T. V. (2018). Causes of Emotional Eating and Matched Treatment of Obesity. *Current Diabetes Reports*, *18*(6), 1–8.
- Sugiyono. (2015). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*.
- Terry, S., & Hoffman, M. F. (2023). Odds Ratio. In *National Library of Medicine*. StatPearls Publishing. <https://www.ncbi.nlm.nih.gov/books/NBK431098/>
- Thakur, H., Pareek, P., Sayyad, M. G., & Otiv, S. (2022). Association of Premenstrual Syndrome with Adiposity and Nutrient Intake Among Young Indian Women. *International Journal of Women's Health*, *14*(May), 665–675. <https://doi.org/10.2147/IJWH.S359458>
- Trimawati, T., & Wakhid, A. (2018). Studi Deskriptif Perilaku Emotional Eating Mahasiswa yang Mengerjakan Skripsi di Universitas Ngudi Waluyo Ungaran. *Jurnal Smart Keperawatan*, *5*(1), 52. <https://doi.org/10.34310/jskp.v5i1.164>
- Tuasikal, A. N. A., & Retnowati, S. (2019). Kematangan Emosi, Problem-Focused Coping, Emotion-Focused Coping dan Kecenderungan Depresi pada Mahasiswa Tahun Pertama. *Gajah Mada Journal of Psychology (GamaJoP)*, *4*(2), 105. <https://doi.org/10.22146/gamajop.46356>
- Um, Y., & Lee, J. (2023). Mediating effect of negative perceived stress on the relationship between premenstrual syndrome and emotional eating. *Nutrition Research and Practice*, *17*(2), 330–340. <https://doi.org/10.4162/nrp.2023.17.2.330>
- Universitas Pertahanan Republik Indonesia. (2021). Perrektor UNHAN RI Nomor 59 Tahun 2021 Tentang Peraturan Khusus Kadet Mahasiswa Universitas Pertahanan Republik Indonesia. In *Universitas Pertahanan Republik Indonesia*. <https://www.idu.ac.id/profil>
- Wang, X., & Cheng, Z. (2020). Cross-Sectional Studies: Strengths, Weaknesses, and Recommendations. *Chest*, *158*(1), S65–S71. <https://doi.org/10.1016/j.chest.2020.03.012>
- Wang, Y., Ho, M., Chau, P. H., Schembre, S. M., & Fong, D. Y. T. (2023). Emotional Eating as a Mediator in the Relationship between Dietary Restraint and Body Weight. *Nutrients*, *15*(8). <https://doi.org/10.3390/nu15081983>
- Webb, H. J., Kerin, J. L., & Zimmer-Gembeck, M. J. (2021). Increases in Emotional Eating During Early Adolescence and Associations With Appearance Teasing by Parents and Peers, Rejection, Victimization, Depression, and Social Anxiety. *Journal of Early Adolescence*, *41*(5),

754–777. <https://doi.org/10.1177/0272431620950469>

- Yesildere Saglam, H., & Orsal, O. (2020). Effect of exercise on premenstrual symptoms: A systematic review. *Complementary Therapies in Medicine*, 48, 102272. <https://doi.org/10.1016/j.ctim.2019.102272>
- Yoshimi, K., Shiina, M., & Takeda, T. (2019). Lifestyle Factors Associated with Premenstrual Syndrome: A Cross-sectional Study of Japanese High School Students. *Journal of Pediatric and Adolescent Gynecology*, 32(6), 590–595. <https://doi.org/10.1016/j.jpag.2019.09.001>
- Young, H. A., Williams, C., Pink, A. E., Freegard, G., Owens, A., & Benton, D. (2017). Getting to the heart of the matter: Does aberrant interoceptive processing contribute towards emotional eating? *PloS One*, 12(10), e0186312. <https://doi.org/10.1371/journal.pone.0186312>
- Zahra, C. A. (2022). Hubungan Kebiasaan Minum Berpemanis Dengan Kejadian Sindrom Premenstruasi Pada Dewasa Muda (Skripsi Sarjana). *Program Studi Sarjana Kedokteran, Fakultas Kedokteran, Universitas Muhammadiyah Sumatera Utara*, 8.5.2017, 1–75. <https://www.who.int/news-room/fact-sheets/detail/autism-spectrum-disorders>