



## Pustaka

- Abu Alwafa, R., Badrasawi, M., & Haj Hamad, R. (2021). Prevalence of premenstrual syndrome and its association with psychosocial and lifestyle variables: a cross-sectional study from Palestine. *BMC Women's Health*, 21(1). <https://doi.org/10.1186/s12905-021-01374-6>
- Akbaş, E., & Erdem, E. U. (2019). Effectiveness of group aerobic training on menstrual cycle symptoms in primary dysmenorrhea. *Medical Journal of Bakirkoy*, 15(3), 209–216. <https://doi.org/10.4274/BTDMJB.galenos.2018.20180621103019>
- Bhuvanewari, K., Rabindran, P., & Bharadwaj, B. (2019). Prevalence of premenstrual syndrome and its impact on quality of life among selected college students in Puducherry. In *Natl Med J India* (Vol. 32).
- Bruinvels, G., Goldsmith, E., Blagrove, R., Simpkin, A., Lewis, N., Morton, K., Suppiah, A., Rogers, J. P., Ackerman, K. E., Newell, J., & Pedlar, C. (2021). Prevalence and frequency of menstrual cycle symptoms are associated with availability to train and compete: A study of 6812 exercising women recruited using the Strava exercise app. *British Journal of Sports Medicine*, 55(8), 438–443. <https://doi.org/10.1136/bjsports-2020-102792>
- Czajkowska, M., Droszol-Cop, A., Gałazka, I., Naworska, B., & Skrzypulec-Plinta, V. (2015). Menstrual Cycle and the Prevalence of Premenstrual Syndrome/Premenstrual Dysphoric Disorder in Adolescent Athletes. *Journal of Pediatric and Adolescent Gynecology*, 28(6), 492–498. <https://doi.org/10.1016/j.jpag.2015.02.113>
- Eryilmaz, G., Ozdemir, F., & Pasinlioglu, T. (2010). Dysmenorrhea Prevalence among Adolescents in Eastern Turkey: Its Effects on School Performance and Relationships with Family and Friends. *Journal of Pediatric and Adolescent Gynecology*, 23(5), 267–272. <https://doi.org/10.1016/j.jpag.2010.02.009>
- 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>

