

DAFTAR PUSTAKA

1. Ghandour R, Hammoudeh W, Giacaman R, Holmboe-Ottesen G, Fjeld H. Coming of age: a qualitative study of adolescent girls' menstrual preparedness in Palestinian refugee camps in the West Bank and Jordan. *Sex Reprod Heal Matters.* 2022;30:249–65. doi:10.1080/26410397.2022.2111793.
2. Yulita C, Devitasari I, Delika M. Gambaran Menarche pada remaja siswi di Sekolah Menengah Pertama Negeri 14 Palangka Raya. *J Surya Med.* 2022;8:50–6. doi:10.33084/jsm.v8i2.3856.
3. Harley KG, Watson A, Robertson S, Vitzthum VJ, Shea A. Menstrual cycle characteristics of U.S. adolescents according to gynecologic age and age at Menarche. *J Pediatr Adolesc Gynecol.* 2024;37:419–25. doi:10.1016/j.jpag.2024.03.005.
4. Naz S, Farahmand M, Dashti S, Tehrani R. Factors affecting menstrual cycle developmental trajectory in adolescents: a narrative review. *Int J Endocrinol Metab.* 2022;20:1–9. doi:10.5812/ijem.120438.
5. Banerjee P, Pramanik P. Impact of habitual activities on age of Menarche among Bengali adolescent school girls. *Asian J Med Heal.* 2024;22:8–16. doi:10.9734/ajmah/2024/v22i4996.
6. Gao Y, Wang J, He M, Jiang R, Du Y, Chen Q. Menarche education and emotional preparedness: a cross-sectional survey study of Chinese adolescent girls. *Heliyon.* 2025;11:1–7. doi:10.1016/j.heliyon.2025.e42904.
7. Wang Z, Asokan G, Onnela J, Baird D, Jukic A, Wilcox A. Menarche and time to cycle regularity among individuals born between 1950 and 2005 in the United States. *JAMA Netw Open.* 2024;7:1–15. doi:10.1001/jamanetworkopen.2024.12854.
8. Asrullah M, L'Hoir M, Feskens E, Melse-Boonstra A. Trend in age at Menarche and its association with body weight, body mass index and non-communicable disease prevalence in Indonesia: evidence from the Indonesian Family Life Survey. *BMC Public Health.* 2022;22:628. doi:10.1186/s12889-022-12995-3.
9. Xu X, Zhao G, Liu X, Wang N, Liu X, Jiang Y. Secular trends in age at Menarche among Han Chinese females in Shanghai: a large-scale community-based study. *BMC Womens Heal.* 2025;25:533. doi:10.1186/s12905-025-04064-9.
10. Abe S, Nishio M, Huang H, Leung C, Islam M, Rahman M. Age at Menarche by birth cohort: a pooled analysis of half a million women in Asia. *Public Health.* 2024;237:130–4. doi:10.1016/j.puhe.2024.09.020.
11. Ma N, Shi D, Dang J, Zhong P, Liu Y, Cai S. Secular trends and urban-rural disparities in the median age at Menarche among Chinese Han girls from 1985 to 2019. *World J Pediatr.* 2023;19:1162–8. doi:10.1007/s12519-023-00723-9.
12. Iwase M, Taniyama Y, Koyanagi Y, Kasugai Y, Oze I, Masuda N. A century

- of change: impact of socioeconomic and historical milestones on age at Menarche in Japan. *J Epidemiol.* 2024;34:387–92. doi:10.2188/jea.je20230155.
13. Lee D, Kim J, Kim H. Temporal trend of age at Menarche in Korean females born between 1927 and 2004: a population-based study. *Front Endocrinol.* 2024;15:1–7. doi:10.3389/fendo.2024.1399984.
 14. Meher T, Sahoo H. Secular trend in age at Menarche among Indian women. *Sci Rep.* 2024;14:1–11. doi:10.1038/s41598-024-55657-7.
 15. Kn K, Natekar D, Kumar A, Bavikatti A, Daneshwari D, Ruksar R. Prevalence and factors of early onset of Menarche among adolescent girls studying in selected schools at Bagalkot. *SSR Inst Int J Life Sci.* 2024;10:3463–9. doi:10.21276/ssr-ijls.2024.10.1.3.
 16. Yustanta BF. Analysis of factors associated with early Menarche in adolescents. *Sci Midwifery.* 2023;11:202–9. doi:10.35335/midwifery.v11i1.1245.
 17. Nasution A, N. Relationship between lifestyle, BMI status, and level of religious knowledge related to Menarche and early Menarche in elementary school children in South Tangerang City. *Muhammadiyah Int Public Heal Med Proc.* 2023;3:522–9. doi:10.61811/miphmp.v3i1.380.
 18. Trisnadewi E, Irlah R, Putri G, Dasril O, Fernando F. Factors associated with the incidence of early Menarche in young girls at SMP Negeri 15 Padang. *J Kesehat Saintika Meditory.* 2022;5:55–64. doi:10.30633/jsm.v5i2.1578.
 19. Puspaningrum H, Handayani D, Anisa D. Hubungan status gizi dengan kejadian Menarche pada siswi sekolah dasar. *Inf Promosi Kesehat.* 2024;3:289–96. doi:10.58439/ipk.v3i2.270.
 20. Hartati T, Farapti F, Isaura E. Hubungan asupan makronutrien, aktivitas fisik, dan status gizi dengan usia Menarche pada remaja perempuan usia 9-15 tahun di Desa Kedunglosari Kabupaten Jombang. *Media Gizi Kesmas.* 2022;11:572–80. doi:10.20473/mgk.v11i2.2022.572-580.
 21. Agusputri L, Youwena C, Salim L. Relationship between sexual behavior and early Menarche in Indonesian adolescents. *Media Gizi Kesmas.* 2023;12:790–4. doi:10.20473/mgk.v12i2.2023.790-794.
 22. Kholifah MN. Faktor-faktor yang berhubungan dengan kejadian Menarche dini di SMP Negeri 1 Winong. *Nutr Res Dev J.* 2024;4:32–49.
 23. Behboudi-Gandevan S, Moe C, Skjesol I, Arntzen E, Bidhendi-Yarandi R. The J-shaped association of age at Menarche and cardiovascular events: systematic review and meta-analysis. *Sci Rep.* 2024;14:1–19. doi:10.1038/s41598-024-53011-5.
 24. Ghadirzadeh E, Moosazadeh M, Shakeriastani K, Zarrinkamar M, Gheibi M, Elyasi F, et al. The association between age at Menarche and depression: a systematic review and meta-analysis with meta-regression. *Clin (Sao Paulo).* 2025;80:1–10. doi:10.1016/j.clinsp.2025.100695.
 25. Youssef M, Alharbi S, Alsubhi H, Almarwani R, Farhan O, Alahmadi L, et al. Relationship between obesity, stress, and age of Menarche among adolescent female students in Al-Madinah, Saudi Arabia. *Cureus.* 2025;17:1–16. doi:10.7759/cureus.93739.

26. Askelund A, Wootton R, Torvik F, Lawn R, Ask H, Corfield E, et al. Assessing causal links between age at Menarche and adolescent mental health: a Mendelian randomisation study. *BMC Med.* 2024;22:3361–8. doi:10.1186/s12916-024-03361-8.
27. Tarar H, Jameel K, Shahzad A, Hameed S, Oduoye M, Fudda K. Role of biological, social and psychological factors in determining Menarche age: a multi-centered cross-sectional study in Karachi, Pakistan. *Int J Community Med Public Heal.* 2025;12:2077–86. doi:10.18203/2394-6040.ijcmph20251360.
28. Gambadauro P, Hadlaczky G, Wasserman D, Carli V. Dysmenorrhea and adolescent mental health: a school-based cross-sectional study. *BJOG.* 2025;132:1278–84. doi:10.1111/1471-0528.18187.
29. Laškarin K, Ivezić E, Gudelj E, Belcic S, Matić K, Ruljancic N, et al. Impact of early Menarche on increased anxiety levels in female patients. *Eur Psychiatry.* 2025;68:S289. doi:10.1192/j.eurpsy.2025.630.
30. Han X, Liu N, Song S, Zhao Z, Zhang B, Hu L, et al. Developmental timing sets the clock for self-injury: a retrospective cohort study on stress asymmetry in early-Menarche and depressive disorder girls. *J Psychosom Res.* 2025;198:112403. doi:10.1016/j.jpsychores.2025.112403.
31. Niroula S, Paudel S, Chalise A, Acharya S, Marasine N. Menstruation experiences and its association with psychological distress among school-going adolescent girls of Nepal: a cross-sectional study. *Br J Dev Psychol.* 2024;43:161–73. doi:10.1111/bjdp.12531.
32. Suparmi S, Maulani H. The relationship between family support and anxiety in seventh-grade adolescent girls facing Menarche at SMP Negeri 9 Purwakarta. *J Indon Sos Sci.* 2025;6:2912–7. doi:10.59141/jiss.v6i9.1880.
33. Rahayu R. Relationship between mother's education and mother's support, and anxiety levels in adolescents during Menarche. *J Kesehatan Mahardika.* 2023;10:60–7. doi:10.54867/jkm.v10i1.165.
34. Arifin S, Y, A. Konseling berbasis pesantren untuk meningkatkan kesehatan mental dan kesejahteraan psikologis santriwati baru. *Hisbah J Bimbingan Kons Dakwah Islam.* 2025;21:143–61. doi:10.14421/hisbah.2024.212-09.
35. Nasution S, Pohan A, K, Nur K, Putriani Z. Empowering santri well-being: integrating spiritual practices and SEL in pesantren mental health. *Cendekia J Kependik dan Kemasyar.* 2025;23:121–4. doi:10.21154/cendekia.v23i1.10526.
36. Diana S, Herdiana H, Prima E. Pengaruh Menarche dini, stres dan perilaku konsumsi fast-food dengan dismenore primer pada remaja putri di SMPN 01 Sukalarang. *SENTRI J Ris Ilm.* 2023;2:1265–72. doi:10.55681/sentri.v2i4.744.
37. Khoirunnisa F, Humayrah W. Hubungan siklus menstruasi, kualitas tidur, tingkat stres, aktivitas fisik dan status gizi dengan kejadian dismenore primer pada santriwati. *J Nutr Coll.* 2024;13:321–9. doi:10.14710/jnc.v13i4.41433.
38. Dessyana K, Fatmawati I, Marjan A, Arini F. Factors associated with menstrual cycle in female students at Al-Hidayah Islamic Boarding School

- Depok. J Multidisiplin Madani. 2023;3:2459–67. doi:10.55927/mudima.v3i12.6553.
39. Agustiani MD, Hakim RI, Sunartono, Hadijono S. Stres remaja putri dalam menghadapi menstruasi. *J Keperawatan Mandira Cendikia*. 2022;1:143–9. doi:10.70570/jkmc.v1i1.22.
 40. Kholifah A. Gambaran tingkat stres pada anak usia sekolah menghadapi menstruasi pertama (Menarche) di SDN Gegerkalong Girang 2. *J Pendidik Keperawatan Indones*. 2015;1:125–30. doi:10.17509/jpki.v1i2.9751.
 41. Safitri J. Gambaran tingkat stres remaja dalam menghadapi Menarche di SMP N 2 Jatinom [Internet]. 2023. Available from: <http://repository.umkla.ac.id/id/eprint/3257>.
 42. Bramanda DS. Hubungan tingkat stres dengan usia Menarche pada siswi kelas 8 dan kelas 9 MTS Khazanah Kebajikan tahun 2019 [Internet]. [Jakarta]: UIN Syarif Hidayatullah; 2019. Available from: <https://repository.uinjkt.ac.id/dspace/handle/123456789/53680>.
 43. Toduhu S, Kundre R, Malara R. Hubungan stres psikologis dengan siklus menstruasi pada siswi kelas 1 di SMA Negeri 3 Tidore Kepulauan. *e-J Keperawatan*. 2014;2:1–7. doi:10.35790/jkp.v2i2.5306.
 44. Bakshi P, Shetty S, Sharma A, Pai K, D’Souza P. Association between early Menarche and anxiety in undergraduate students. *F1000Research*. 2024;13. doi:10.12688/f1000research.149757.2.
 45. Trant A, Vash-Margita A, Camenga D, Braverman P, Wagner D. Menstrual health and hygiene among adolescents in the United States. *J Pediatr Adolesc Gynecol*. 2022;35:277–87. doi:10.1016/j.jpag.2021.12.014.
 46. Ganguly M, Ganguly A, Chattaraj S, Midya D. A review on menstrual health in adolescent girls emphasizing multi-omics and machine learning strategies for preventing reproductive tract infections. *Discov Public Heal*. 2025;22:1–19. doi:10.1186/s12982-025-00485-x.
 47. Khoerunnisa R, Junita F, Siantar R. Hubungan tingkat stres dengan siklus menstruasi pada remaja putri kelas 12 di SMA PGRI 1 Kota Bekasi. *Malahayati Nurs J*. 2024;6:11046. doi:10.33024/mnj.v6i4.11046.
 48. Pada A, Nuraini S, Fitriani A. Pengaruh penyesuaian diri dan dukungan sosial terhadap stres akademik pada santri baru pondok pesantren Ibnu Kholdun Al-Hasyimi Besuki Situbondo. *Psychospiritual J Trends Islam Psychol Res*. 2024;2:131–42. doi:10.35719/psychospiritual.v2i2.29.
 49. Suardi D. Hubungan aktivitas fisik dan stres dengan kejadian tipe premenstrual syndrome (PMS) pada remaja putri di smp tonjong tahun 2021. *J Kebidanan*. 2022;11:145–54. doi:10.35890/jkdh.v11i2.201.
 50. Kurniawati E, Nawangsari N, Rahmawati N, Safitri C, Kurniawan A, Rodhiyana R, et al. Pengembangan training of trainer (TOT) kesehatan reproduksi dan psikologi pada santriwati sebagai upaya pengurangan pernikahan dini. *PASAI J Pengabd Masy*. 2022;1:30–6. doi:10.58477/pasai.v1i2.35.
 51. Adenina S, Zakiyah Z, Sjahrudin D, Isnaeni A, Syahroni S, Ningsih S, et al. Edukasi kesehatan reproduksi remaja dan pelatihan SADARI pada pelajar putri. *J Kreat PKM*. 2022;5:2170–80. doi:10.33024/jkpm.v5i7.6260.

52. Nurmila N, Syaiky A, Jannah M. Analisis psiko-sosial perilaku negatif santri di lingkungan pesantren Babun Najah Banda Aceh. *NUSRA J Penelit dan Ilmu Pendidik*. 2025;6:453–67. doi:10.55681/nusra.v6i3.3752.
53. Matsuura Y, Tran N, Yasui T. Association between menstruation-related symptoms and the type of stress in Japanese female university students: a prospective cohort study from admission to the second year. *Women*. 2024;4:254–64. doi:10.3390/women4030019.
54. Liu H, Han D, Hu Y, Huang L, Wang J, Zhu D. Association between stress and dysmenorrhea among Chinese female adolescent students: a cross-sectional epidemiology study. *Sci Rep*. 2025;15:5152. doi:10.1038/s41598-025-05152-4.
55. Mendle J, Koch M, McCormick K, Belfield S. Flow processing: narratives of Menarche in early adolescence. *J Adolesc*. 2025;97:2019–26. doi:10.1002/jad.70009.
56. Perez-Amparan E, Fan R, Giarrusso H, Arra N, Gombert M, Oehring E, et al. Associations between sleep, menstrual problems, and affective, social, and cognitive functioning in adolescent girls. *Sleep*. 2025;48:A130–1. doi:10.1093/sleep/zsaf090.0298.
57. Martins C, Mitchell J, Hamer M, Blodgett J. Associations between psychological distress in adolescence and menstrual symptoms across life: longitudinal evidence from the 1970 British Cohort Study. *J Affect Disord*. 2024;354:712–8. doi:10.1016/j.jad.2024.03.069.
58. Nagpal A, Barone J, Tauseef H, Ross J, Gray Z, Schmalenberger K. Cumulative stressor exposure predicts menstrual cycle affective changes in a transdiagnostic outpatient sample with past-month suicidal ideation. *Psychol Med*. 2024;54:3624–35. doi:10.1017/S0033291724001661.
59. Long J, Haver J, Mendoza P, Kotasek S. The more you know, the less you stress: menstrual health literacy in schools reduces menstruation-related stress and increases self-efficacy for very young adolescent girls in Mexico. *Front Glob Womens Heal*. 2022;3:859797. doi:10.3389/fgwh.2022.859797.
60. Gunadi H, Soenggono A, Mutmaini S. Level of Menarche anxiety before and after adolescent reproductive health education in SDN 19 Lahat students. *Acta Med Heal Sci*. 2024;2:116–21. doi:10.35990/amhs.v2n3.p116-121.
61. Rismayanti T, Badriah S. Reducing Menarche-related anxiety through reproductive health education: a quasi-experimental study. *J Keperawatan Komprehensif*. 2025;11:296–301. doi:10.33755/jkk.v11i2.839.
62. Gautam N, Dessie G, Rahman M, Khanam R. Socioeconomic status and health behavior in children and adolescents: a systematic literature review. *Front Public Heal*. 2023;11:1228632. doi:10.3389/fpubh.2023.1228632.
63. Mohane D, Kashyap K, Sukumar A, Kadam P. Data-driven menstrual analysis of stress and mood in Indian women BT - Proceedings of the 2025 International Conference on Artificial Intelligence and Data Engineering (AIDE). In. 2025. p. 1–6. doi:10.1109/AIDE64228.2025.10987426.
64. Vigil P, Meléndez J, Soto H, Petkovic G, Bernal Y, Molina S. Chronic stress and ovulatory dysfunction: implications in times of COVID-19. *Front Glob Womens Heal*. 2022;3:1–8. doi:10.3389/fgwh.2022.866104.

65. Glass D, Godwin J, Bez E, Corley M, Vallengia C, Martin M. Longitudinal analysis of cortisol changes during pubertal development in indigenous Qom girls. *Am J Hum Biol.* 2024;36:e24133. doi:10.1002/ajhb.24133.
66. Knezevic E, Nenic K, Milanovic V, Knezevic N. The role of cortisol in chronic stress, neurodegenerative diseases, and psychological disorders. *Cells.* 2023;12:2726. doi:10.3390/cells12232726.
67. Ebong I, Quesada O, Fonkoue I, Mattina D, Sullivan S. The role of psychosocial stress on cardiovascular disease in women: JACC state-of-the-art review. *J Am Coll Cardiol.* 2024;84:298–314. doi:10.1016/j.jacc.2024.05.016.
68. Kördel M, Meier M, Kühnel A, Kroemer N. Metabolic state shapes cortisol reactivity to acute stress: a systematic review and meta-analysis. *Neurobiol Stress.* 2025;39:100764. doi:10.1016/j.ynstr.2025.100764.
69. Alotiby A. Immunology of stress: a review article. *J Clin Med.* 2024;13:6394. doi:10.3390/jcm13216394.
70. Liu Y, Tian S, Ning B, Huang T, Li Y, Wei Y. Stress and cancer: mechanisms of immune dysregulation and management. *Front Immunol.* 2022;13:1032294. doi:10.3389/fimmu.2022.1032294.
71. Uvnäs-Moberg K, Gross M, Calleja-Agius J, Turner J. The yin and yang of the oxytocin and stress systems. *Front Endocrinol.* 2024;15:1272270. doi:10.3389/fendo.2024.1272270.
72. Lawrence S, Scofield R. Post-traumatic stress disorder associated HPA axis dysregulation and physical illness. *Brain Behav Immun Heal.* 2024;41:100849. doi:10.1016/j.bbih.2024.100849.
73. Hassamal S. Chronic stress, neuroinflammation, and depression. *Front Psychiatry.* 2023;14:1130989. doi:10.3389/fpsyt.2023.1130989.
74. Lei A, Phang V, Lee Y, Kow A, Tham C, Ho Y, et al. Chronic stress-associated depressive disorders: impact of HPA axis dysregulation and neuroinflammation. *Int J Mol Sci.* 2025;26:2940. doi:10.3390/ijms26072940.
75. Naoi M, Wu Y, Maruyama W, Shamoto-Nagai M. Phytochemicals modulate monoamine neurotransmission for psychiatric diseases. *Int J Mol Sci.* 2025;26:2916. doi:10.3390/ijms26072916.
76. Wakeford A, Nye J, Morin E, Mun J, Meyer J, Goodman M, et al. Alterations in adolescent brain serotonin (5-HT_{1A}, 5-HT_{2A}) and dopamine D₂ receptor systems in a nonhuman primate model of early life adversity. *Neuropsychopharmacology.* 2024;49:1227–35. doi:10.1038/s41386-023-01784-0.
77. Lafuse W, Wu Q, Kumar N, Saljoughian N, Sunkum S, Ahumada O, et al. Psychological stress creates an immune-suppressive environment in the lung that increases susceptibility of aged mice to *Mycobacterium tuberculosis* infection. *Front Cell Infect Microbiol.* 2022;12:990402. doi:10.3389/fcimb.2022.990402.
78. Correia A, Cardoso A, Vale N. Oxidative stress in depression. *Antioxidants.* 2023;12:470. doi:10.3390/antiox12020470.
79. Kokkosis A, Madeira M, Hage Z, Valais K, Koliatsis D, Resutov E, et al.

- Chronic psychosocial stress triggers microglial/macrophage-induced inflammatory responses leading to neuronal dysfunction and depressive-related behavior. *Glia*. 2023;72:111–32. doi:10.1002/glia.24464.
80. Sundari T, George A, Sinu E. Psychosocial problems of adolescent girls during menstruation. *J Ment Heal Educ*. 2022;3:47–63.
 81. Kiss O, Arnold A, Weiss H, Baker F. The relationship between sleep and menstrual problems in early adolescent girls. *Sleep Sci Pr*. 2024;8:1–12. doi:10.1186/s41606-024-00111-w.
 82. Yuksel D, Kiss O, Prouty D, Baker F, De Zambotti M. Clinical characterization of insomnia in adolescents: an integrated approach to psychopathology. *Sleep Med*. 2022;93:26–38. doi:10.1016/j.sleep.2022.03.010.
 83. Miró J, Roman-Juan J, Sánchez-Rodríguez E, Solé E, Castarlenas E, Jensen M. Chronic pain and high-impact chronic pain in children and adolescents: a cross-sectional study. *J Pain*. 2022;24:812–23. doi:10.1016/j.jpain.2022.12.007.
 84. Douglas S, Collie A, Mathew G, Master L, Buxton O, Hale L, et al. Later age of Menarche is associated with better actigraphic sleep quality and fewer insomnia symptoms in adolescent girls. *Sleep*. 2025;48:A156–7. doi:10.1093/sleep/zsaf090.0359.
 85. Yuksel D, Khajehpiri B, Forouzanfar M, Kiss O, Prouty D, Arra N. Physiological responses to acute psychosocial stress in adolescents with insomnia. *Sleep*. 2023;46:A70. doi:10.1093/sleep/zsad077.0157.
 86. Aslanidis Z, Kotsiou O. The impact of chronic fatigue on psychopathology in outpatient physiotherapy patients. *Musculoskelet Care*. 2025;23:e70116. doi:10.1002/msc.70116.
 87. Gao F, Wei Z, He J, Xue Q, Huang M. Relationship between menstrual issues and depressive and anxiety symptoms in Chinese adolescent female inpatients. *BMC Psychol*. 2025;13:675. doi:10.1186/s40359-025-03025-z.
 88. Beech E, Riddell N, Murphy M, Crewther S. Sex and stress hormone dysregulation as manifestations of hypothalamic function in migraine disorder: a meta-analysis. *Eur J Neurosci*. 2023;58:3150–71. doi:10.1111/ejn.16087.
 89. Andersen E, Klusmann H, Eisenlohr-Moul T, Baresich K, Girdler S. Life stress influences the relationship between sex hormone fluctuation and affective symptoms in peripubertal female adolescents. *Dev Psychopathol*. 2023;36:821–33. doi:10.1017/S095457942300010X.
 90. H N, Selvam V, Meena T, M K. Anxiety levels among adolescents with early Menarche using GAD-7. *J Neonatal Surg*. 2025;14. doi:10.63682/jns.v14i15s.4984.
 91. Bhalerao V, Gotarkar S, Muneshwar K, Vaishnav L. Mental health problems during menstrual cycle among rural adolescent girls. *F1000Research*. 2024. doi:10.12688/f1000research.146475.1.
 92. Mirghafourvand M, Ebadi A, Jahanfar S, Khorashadizadeh F, Safari S, Shirzadi S. The Menarche experience among Iranian adolescent females: a qualitative study. *BioSoc Heal J*. 2025;2:84–90. doi:10.34172/bshj.62.

93. Mann P, Ts P. Premenstrual syndrome, anxiety, and depression among rural adolescent girls. *Cureus*. 2023;15:e50385. doi:10.7759/cureus.50385.
94. Li Y, Zhang J, Zheng X, Lu W, Guo J, Chen F, et al. Depression, anxiety, and self-esteem in adolescent girls with polycystic ovary syndrome: a systematic review and meta-analysis. *Front Endocrinol*. 2024;15:1399580. doi:10.3389/fendo.2024.1399580.
95. Girotti M, Bulin S, Carreno F. Effects of chronic stress on cognitive function from neurobiology to intervention. *Neurobiol Stress*. 2024;33:100670. doi:10.1016/j.ynstr.2024.100670.
96. Schwabe L, Hermans E, Joëls M, Roozendaal B. Mechanisms of memory under stress. *Neuron*. 2022;110:1450–67. doi:10.1016/j.neuron.2022.02.020.
97. Perica M, Luna B. Impact of stress on excitatory and inhibitory markers of adolescent cognitive critical-period plasticity. *Neurosci Biobehav Rev*. 2023;153:105378. doi:10.1016/j.neubiorev.2023.105378.
98. Wade M, McLaughlin K, Buzzell G, Fox N, Zeanah C, Nelson C. Family-based care buffers stress-sensitizing effects of early deprivation on executive functioning. *Child Dev*. 2022;94:e43–56. doi:10.1111/cdev.13863.
99. Dinkelbach L, Serio B, Valk S, Weisner F, Bläschke L, Peters T. Puberty timing and cognitive functioning: insights from the ABCD study and Mendelian randomization. *medRxiv*. 2025. doi:10.1101/2025.07.10.25331286.
100. Baram T, Birnie M. Enduring memory consequences of early-life stress: structural, synaptic, molecular, and epigenetic mechanisms. *Neurobiol Stress*. 2024;33:100669. doi:10.1016/j.ynstr.2024.100669.
101. Orso R, Viola T, Heberle B, Creutzberg K, Lumertz F, Grassi-Oliveira R. Sex-specific effects of early-life stress on memory and medial prefrontal cortex transcriptomics in adolescent mice. *Mol Neurobiol*. 2025;62:8728–37. doi:10.1007/s12035-025-04803-x.
102. Huang R, Li J, Xiao J, Liu N, Xue Y, Deng Q. Prenatal stress increases learning and memory deficits in offspring: hippocampal neuronal damage in rats. *Ecotoxicol Env Saf*. 2025;295:118167. doi:10.1016/j.ecoenv.2025.118167.
103. Destina Y, Sari L, Octavia D. Hubungan lama penggunaan gawai dengan gangguan pola tidur pada siswa SMA di Kota Jambi. *J Ilm Ners Indones*. 2022;3:8–17. doi:10.22437/jini.v3i1.18261.
104. Putri N, Dewi K, Christiana M, Inas N, Ramadhani N, Kusmawati I. Edukasi dismenorea pada remaja sebagai upaya mengurangi ketidaknyamanan menstruasi. *J Masy Mandiri*. 2023;7:350–9. doi:10.31764/jmm.v7i1.12121.
105. Pulungan K. Peran pendidikan agama Islam dalam membangun sikap sosial dan solidaritas santri di pesantren Indonesia. *Ahsani Taqwim*. 2025;2:567–76. doi:10.63424/ahsanitaqwim.v2i2.344.
106. Zubaidi A. Desain pendidikan karakter dalam membentuk kepedulian sosial di pesantren. *Tsaqofah*. 2022;2:697–712. doi:10.58578/tsaqofah.v2i6.651.
107. Asiah A, Ayu C, Supriatin S, Herlina L, Indragiri S, Banowati L. Hubungan tingkat stres dengan gangguan kualitas tidur pada mahasiswa tingkat akhir. *J*

- Kesehat. 2022;13:117–25. doi:10.38165/jk.v13i2.269.
108. Andiani S, Udijono A, Martini M. Hubungan stres, kecemasan, dan depresi dengan gangguan tidur pada mahasiswa Universitas Diponegoro. *Media Kesehat Masy Indones*. 2024;23:180–6. doi:10.14710/mkmi.23.2.
 109. Ni'mah N, Balatif F, Samion M, Yusria A. Hubungan pola makan dengan kejadian dispepsia pada remaja putri di Pesantren Hidayatullah Tanjung Morawa tahun 2023. *J Ris Rumpun Ilmu Kedokt*. 2025;4:220–9. doi:10.55606/jurrike.v4i1.4715.
 110. Cahyorini R, Komalyna I, Suwita I. Hubungan pola makan, aktivitas fisik dan konsumsi fast food terhadap kejadian gizi lebih pada remaja. *AgriHealth J Agri-food Nutr Public Heal*. 2022;2:123–46. doi:10.20961/agrihealth.v2i2.54283.
 111. Madani R, Hamidah E, Lutiya L, Hadiyanto H. Hubungan pola makan dan stres dengan gastritis pada remaja. *Malahayati Nurs J*. 2025;7:2655–728. doi:10.33024/mnj.v7i8.19057.
 112. Siregar M, Tampubolon N. Edukasi pencegahan sindrom dyspepsia pada remaja putri. *J Kreat Pengabd Kpd Masy*. 2022;5:892–9. doi:10.33024/jkpm.v5i3.5692.
 113. Setyaningrum M, Budiati E, Arisandi W. Pendidikan gizi dalam peningkatan pengetahuan dan sikap pola makan serta body image remaja. *J Kreat Pengabd Kpd Masy*. 2022;5:1126–36. doi:10.33024/jkpm.v5i4.4937.
 114. Irannezhad E, Fooladvand M, Soltanizadeh M. Comparison of body image and peer relations among girls with normal, early, and late Menarche. *J Educ Heal Promot*. 2024;13. doi:10.4103/jehp.jehp_1681_23.
 115. Nurhayati N, Yuliwati N. Hubungan tingkat stres dengan gangguan siklus menstruasi pada remaja putri. *J Pharm Heal Res*. 2023;4:74–8. doi:10.47065/jharma.v4i1.3182.
 116. Hasanah U. Cognitive behavioral therapy pada remaja dengan gangguan depresi. *Procedia Stud Kasus Interv Psikol*. 2022;10:119–24. doi:10.22219/procedia.v10i4.16352.
 117. Rapee RM, Magson NR, Forbes MK, Richardson CE, Johnco CJ, Oar EL. Risk for social anxiety in early adolescence. *Behav Res Ther*. 2022;154:104126. doi:10.1016/j.brat.2022.104126.
 118. Roberts SR, Maheux AJ, Hunt RH, Ladd BJ, Choukas-Bradley S. Social media and muscular ideal internalization in adolescent girls. *Body Image*. 2022;41:239–47. doi:10.1016/j.bodyim.2022.03.002.
 119. Ye Z, Wu D, He X, Peng J, Mao G. Bullying and depressive symptoms in children and adolescents: meta-analysis. *BMC Psychiatry*. 2023;23:215. doi:10.1186/s12888-023-04681-4.
 120. Zhou J, Chen X, Li D, Liu J, Cui L. Peer group leadership in Chinese early adolescents. *J Youth Adolesc*. 2024;53:2151–64. doi:10.1007/s10964-024-02003-9.
 121. Wang J, Merrin GJ, Wang X, Liu Q, Kiefer S. Early adolescent ACEs and later peer relationships. *J Youth Adolesc*. 2025;54:1827–44. doi:10.1007/s10964-025-02157-0.
 122. Ho E, Joormann J, Kober H, Gadassi-Polack R. Social reorientation of

- emotion regulation in adolescence. *Emotion*. 2025;25:1447–59. doi:10.1037/emo0001500.
123. Pollak I, Mitic M, Birchwood J, Dörfler S, Krammer I, Rogers J. Intervention programs promoting peer relationships. *Adolesc Res Rev*. 2022;8:297–321. doi:10.1007/s40894-022-00195-4.
 124. Morneau-Vaillancourt G, Oginni OA, Assary E, Krebs G, Thompson EJ, Palaiologou E. Emotional symptoms, social isolation and peer victimisation. *J Child Psychol Psychiatry*. 2023;64:1569–82. doi:10.1111/jcpp.13847.
 125. Azmi I, Rosiana D. Stres akademik dan student engagement santri pesantren. *Bandung Conf Ser Psychol Sci*. 2024;4:226–30. doi:10.29313/bcsps.v4i1.10008.
 126. Rini A, Setyawati C, Umah D, Sholihah W, Untari S. Stringing beads therapy untuk kesehatan mental santriwati. *J Hum Educ*. 2024;4. doi:10.31004/jh.v4i4.1234.
 127. Wulandari I, Merdekasari A. Koping religius terhadap stres akademik siswa SMA. *Al-Murabbi*. 2023;10:27–36. doi:10.53627/jam.v10i1.5142.
 128. Sujadi E. Academic stress in final-year students: religiosity and coping. *Bisma J Couns*. 2022;6:304–15. doi:10.23887/bisma.v6i3.52735.
 129. Istiqomah A, Haniyah S, Utami T. Dominant factors affecting PMS in female students. *Viva Med*. 2025;17:481–90. doi:10.35960/vm.v17i3.1592.
 130. Serya H, El-Kurdy R, Serria E, El-Gilany AH. Dysmenorrhea and work productivity. *J Egypt Public Heal Assoc*. 2025;100. doi:10.1186/s42506-025-00199-7.
 131. García-Egea A, Pujolar-Díaz G, Hüttel A, Holst A, Jacques-Aviñó C, Medina-Perucha L. Health outcomes of menstrual inequity. *Reprod Heal*. 2025;22:156. doi:10.1186/s12978-025-02103-0.
 132. Burga M, Damopolii M. Religious moderation through pesantren culture. *J Pendidik Islam*. 2022;8:145–62. doi:10.15575/jpi.v8i2.19879.
 133. Nashihin M, Majeed M, Derysmo D, Armadi A, Syukur A. Pesantren culture and academic character. *Mimb Agama Budaya*. 2025;42:89–105. doi:10.15408/mimbar.v42i1.45255.
 134. Drejza M, Rylewicz K, Majcherek E, Barwińska J, Łopiński G, Mizgier M, et al. Dysmenorrhea in Polish adolescents (POLKA 18). *J Clin Med*. 2024;13:1–12. doi:10.3390/jcm13206286.
 135. Desmawati D, Pamungkas E, Noer S, Sudiharto S, Faradillah K, Widyatnoko D. Cat stretch exercise and counter pressure for menstrual pain. *Abdi Dosen*. 2025;9:1294–303. doi:10.32832/abdidos.v9i3.2983.
 136. M V, Rajan D. Dysmenorrhea and perceived stress. *Int J Obs Gynaecol Nurs*. 2022;4:79–84. doi:10.33545/26642298.2022.v4.i2b.107.
 137. Kharisma A, Binjai H. Acupressure therapy and dysmenorrhea intensity. *Int J Heal Soc Behav*. 2025;2:39–49. doi:10.62951/ijhsb.v2i1.235.
 138. Ripursari T, Widiarsari F. Anxiety of adolescent girls toward menstrual cycle during COVID-19. *Sakti Bidadari*. 2023;6:42–9. doi:10.31102/bidadari.2023.6.1.42-49.
 139. Treasa A, Subani N, Puspitarini N. Parental role in preparing adolescents for Menarche. *Barongko J Ilmu Kesehat*. 2025;3:665–70.

- doi:10.59585/bajik.v3i3.684.
140. Rochmah N, Faizi M, Hisbiyah Y, Perwitasari R, Aina Q, Ni'mah N. Age at Menarche among Indonesian boarding school students. *Int J Sci Adv*. 2023;4:748–50. doi:10.51542/ijscia.v4i5.12.
 141. Ahmed M, Umar I, Azkiya R, Ghofur S. Stressors and coping mechanism strategies of Islamic boarding school students. *Int J Acad Stud Sci Educ*. 2023;1:56–70. doi:10.55549/ijasse.8.
 142. Febriana S, Noveyani A, Safitri F. Happiness uncovered: exploring subjective well-being among female students in Islamic boarding school. *J Promkes*. 2025;13:73–84. doi:10.20473/jpk.v13.isi1.2025.73-84.
 143. Tamba R, Maulani R, Purba N. Hubungan pengetahuan dengan tingkat kecemasan siswa putri sekolah dasar dalam menghadapi Menarche tahun 2023. *NUSRA J Penelit Ilmu Pendidik*. 2023;4:700–7. doi:10.55681/nusra.v4i3.1426.
 144. Shahzad R, Aftab M, Shahzad H, Saleem J, Rashid M, Arshad M. First blood experiences among adolescent girls. *BMJ Open*. 2025;15. doi:10.1136/bmjopen-2025-100445.
 145. Fernandes S, Zacharias R, Noronha W, Dsouza D. Perceived stress and coping strategies among adolescent girls on pubertal changes in selected schools, Mangaluru. *J Heal Allied Sci NU*. 2024. doi:10.1055/s-0044-1792152.
 146. Utami S. Academic stress and subjective well-being among adolescents in Islamic boarding schools in rural Aceh. *Asian J Heal Appl Sci*. 2024;3:14–9. doi:10.53402/ajhas.v3i1.416.
 147. Spătaru A, Haikin M, Shahar H, Berkovitch N. A longitudinal examination of appraisal, coping, stress, and mental health in students: a cross-lagged panel network analysis. *Stress Heal*. 2024;40:3450. doi:10.1002/smi.3450.
 148. Hamza J, Vytykačová S, Janšáková K, Rajčáni J. Cognitive reappraisal and acceptance following acute stress. *Stress Heal*. 2024;40:e3469. doi:10.1002/smi.3469.
 149. Steinhoff A, Johnson-Ferguson L, Bechtiger L, Hepp U, Ribeaud D, Eisner M. Early adolescent predictors of young adults' distress and adaptive coping during the COVID-19 pandemic: findings from a longitudinal cohort study. *J Early Adolesc*. 2023;44:1250–80. doi:10.1177/02724316231181660.
 150. Ewert C, Buechner A, Schröder-Abé M. Stress perception and coping are mediators of the link between self-compassion and affective well-being: evidence from two longitudinal studies. *Mindfulness (N Y)*. 2024;15:372–88. doi:10.1007/s12671-023-02295-1.
 151. Seaward BL. *Managing stress: skills for anxiety reduction, self-care, and personal resiliency*. 11th ed. Burlington: Jones & Bartlett Learning; 2025.
 152. Marks D, Murray M, Estacio E V, Bernhardsdottir J. *Health psychology: theory, research, and practice*. 7th ed. London: SAGE Publications; 2024.
 153. Bendezú JJ, Calhoun CD, Vinograd M, Patterson MW, Rudolph KD, Giletta M. Exploring joint HPA-inflammatory stress response profiles in adolescent girls: implications for developmental models of neuroendocrine dysregulation. *Dev Psychobiol*. 2022;64:e22247. doi:10.1002/dev.22247.

154. Palla S, Iyengar D, Dhankar S, Junnarkar M, Chand T. Evaluation of the biopsychosocial model of health among emerging adults. *BMC Psychol*. 2025;13:1174. doi:10.1186/s40359-025-03488-0.
155. Gaspar T, Cerqueira A, Almeida M, Gois S, Matos MG. Trend analysis of self-harm behaviors and stress management skills in adolescents between 2018, 2022, and 2024: a comprehensive ecological model. *Children*. 2025;12:1230. doi:10.3390/children12091230.
156. Gaspar T, Carvalho M, Guedes FB, Cerqueira A, Matos MG. Who are the happy girls? Gender comparison using a biopsychosocial approach: Health Behaviour in School-Aged Children study in Portugal during the COVID pandemic. *Child Indic Res*. 2023;17:845–68. doi:10.1007/s12187-023-10092-4.
157. El Zaatari W, Maalouf I. How the Bronfenbrenner bio-ecological system theory explains the development of students' sense of belonging to school. *SAGE Open*. 2022;12:1–18. doi:10.1177/21582440221134089.
158. Navarro JL, Tudge JR. Technologizing Bronfenbrenner: neo-ecological theory. *Curr Psychol*. 2022;42:19338–54. doi:10.1007/s12144-022-02738-3.
159. Chan L, Simmons C, Tillem S, Conley M, Brazil IA, Baskin-Sommers A. Classifying conduct disorder using a biopsychosocial model and machine learning method. *Biol Psychiatry*. 2023;8:599–608. doi:10.1016/j.bpsc.2022.02.004.
160. Flynn K, Mathias B. “How am I supposed to act?”: adapting Bronfenbrenner's ecological systems theory to understand the developmental impacts of multiple forms of violence. *J Fam Violence*. 2025;40. doi:10.1177/07435584231159674.
161. Tong J, An R. Review of studies applying Bronfenbrenner's bioecological theory in international and intercultural education research. *Front Psychol*. 2024;14:1233925. doi:10.3389/fpsyg.2023.1233925.
162. Godor BP, van der Horst FCP, Van der Hallen R. Unravelling the roots of emotional development: examining the relationships between attachment, resilience, and coping in young adolescents. *J Indian Assoc Child Adolesc Ment Heal*. 2024;20:1–29. doi:10.1177/02724316231181876.
163. Darling PJ, Illum DB, Storebø OJ. The critical role of attachment theory in child and adolescent mental health care. *Scand J Child Adolesc Psychiatr Psychol*. 2024;12:47–9. doi:10.2478/sjcapp-2024-0005.
164. Çetin B, Sarıdağ A, Bahtiyar-Saygan B. The effect of secure attachment on family relationships and peer bullying in adolescents: the mediating role of positive childhood experiences. *Front Psychol*. 2025;16:1700648. doi:10.3389/fpsyg.2025.1700648.
165. Lovibond PF, Lovibond SH. *Manual for the Depression Anxiety Stress Scales*. 2nd ed. Sydney: Psychology Foundation of Australia; 1995.
166. Marsidi SR. Identification of stress, anxiety, and depression levels of students in preparation for the exit exam competency test. *J Vocat Heal Stud*. 2021;5:87–93. doi:10.20473/jvhs.V5.I2.2021.87-93.
167. Makara-Studzińska M, Tyburski E, Załuski M, Adamczyk K, Mesterhazy J, Mesterhazy A. Confirmatory factor analysis of three versions of the

- Depression Anxiety Stress Scale (DASS-42, DASS-21, and DASS-12) in Polish adults. *Front Psychiatry*. 2022;12:770532. doi:10.3389/fpsy.2021.770532.
168. Damanik DE. Pengujian reliabilitas, validitas, analisis item dan pembuatan norma Depression Anxiety Stress Scale (DASS): Berdasarkan penelitian pada kelompok sampel Yogyakarta dan Bantul yang mengalami gempa bumi dan kelompok sampel Jakarta dan sekitarnya yang tidak . [Jakarta]: Universitas Indonesia; 2006.
 169. Agustina S, Elsanti D. Mental Health in Adolescents at Telkom Purwokerto Junior High School. *Greenfort Int J Appl Med Sci*. 2025;3:16–31. doi:10.62046/gijams.2025.v03i01.002.
 170. Agustina S, Elsanti D. Stress, anxiety, and depression among junior high school students in Purwokerto, Indonesia. *Malahayati Int J Nurs Heal Sci*. 2025;7:1415–9. doi:10.33024/minh.v7i11.599.
 171. Saldinar A, Athiah M, Hasanah Y, Nurwanny R, Aditiawati A. Stress levels and menstrual cycles in high school adolescents. *Paediatr Indones*. 2025;65:325–30. doi:10.14238/pi65.4.2025.325-30.
 172. Nurhayati T, Febriyana F, Mardiyati N. Nutritional Status of Adolescents Based on Stress Levels and Energy Intake in Surakarta: Cross-Sectional Study. *J Kesmas dan Gizi*. 2025;8:386–93. doi:10.35451/8tdhdj10.
 173. Pertiwi ST, Moeliono MF, Kendhawati L. Depresi, kecemasan, dan stres remaja selama pandemi COVID-19. *J Al-Azhar Indones Seri Hum*. 2021;6:72–7. doi:10.36722/sh.v6i2.497.
 174. Manurung V, Christianto, Citrayani R. Tingkat stres pada anak dalam pembelajaran jarak jauh di masa pandemi COVID-19. *Media Bina Ilm*. 2023;17:2485–94. doi:10.33758/mbi.v17i10.427.
 175. Rosalina S, Hz H. Stres pada Siswa Madrasah Aliyah “B” di Mariana Kabupaten Banyuasin. *J Kesehat Amanah*. 2024;8:258–63. doi:10.57214/jka.v8i2.694.
 176. Widodo S, Ladyani F, Asrianto LO, Dalfian, Nurcahyati S, Devriany A. Buku ajar metode penelitian. Pangkalpinang: Science Techo Direct; 2023.
 177. Sugiyono. Memahami penelitian kuantitatif, kualitatif & R&D. Bandung: Alfabeta; 2010.
 178. Hardani, Andriani H, Ustiawaty J, Utami EF, Istiqomah RR. Buku metode penelitian kualitatif & kuantitatif. Abadi H, editor. Yogyakarta: Pustaka Ilmu Group; 2020.
 179. Sugiyono. Metode penelitian kuantitatif, kualitatif, dan R&D. Bandung: Alfabeta; 2023.
 180. Adiputra I, Trisnadewi N, Oktaviani N. Metodologi penelitian kesehatan. Watrionthos R, Simarmata J, editors. Yayasan Kita Menulis; 2021.
 181. Nabilah SA, Amalia AA. Hubungan dukungan sosial orang tua dengan kesiapan menghadapi menarche pada anak usia sekolah di SDN Baginda 2 tahun 2022. *J Ilmu Keperawatan Sebel April*. 2022;4:1–5.
 182. Qian M, Jin R, Lu C, Zhao M. Parental emotional support, self-efficacy, and mental health problems among adolescents in Hong Kong. *Front Psychiatry*. 2024;15:1458275. doi:10.3389/fpsy.2024.1458275.

183. Islamia I, Fadhilah N, Ghozali A, Arif A. Psychological well-being of Islamic boarding school students: the role of family functioning and self-compassion. *G-Couns.* 2025;10:335–45. doi:10.31316/g-couns.v10i01.7647.
184. Risnah R, Ahmad D, Fauzian AI, Mirsan NF, Irwan M, Rahman S. Improving student mental health in an Islamic boarding school through ABCD-based Helping Adolescents Thrive training. *J Pengabdian Kpd Masyarakat (Indonesian J Community Engag.* 2026. doi:10.22146/jpkm.101874.
185. Askelund AD, Wootton RE, Torvik FA, Lawn RB, Ask H, Corfield EC. Do mental health and behavioural problems of early menarche persist into late adolescence? *BMC Med.* 2024;22:1–27. doi:10.1186/s12916-024-03361-8.
186. Hindrati YI, Yulifah R, Marcelina ST. The role of maternal support in developing attitudes and managing anxiety of adolescent girls at menarche: a correlational study. *EMBRIO.* 2024. doi:10.36456/embrio.v16i2.9756.
187. Bau NA, Kadir L, Abudi R. Hubungan tingkat stres remaja dengan kemampuan beradaptasi di asrama Pondok Pesantren Sabrun Jamil. *Jambura J Epidemiol.* 2022;1:29–37. doi:10.37905/jje.v1i1.15076.
188. Rohman A, Holis W, Arif AZ. Faktor-faktor yang mempengaruhi resiliensi pada remaja di pondok pesantren: scoping review. *Indones Heal Sci J.* 2025. doi:10.52298/ihsj.v5i1.72.
189. Islami IMR, Akmala K, Anata KNF. Influence of menarche experiences on reproductive health knowledge, emotional well-being, and social support among adolescent girls at SMPN 1 Paiton. *J VNUS (Vocat Nurs Sci).* 2025;7. doi:10.52221/jvnus.v7i2.937.
190. Irawan H, Asri Y, Priasmoro D, Lutfi E. Prevalence of mental health stress among Indonesian Islamic boarding schools students in the early post-COVID-19. *J Nurs Pr.* 2025;8:782–94. doi:10.30994/jnp.v8i4.854.
191. Cherenack EM, Sikkema KJ. Puberty- and menstruation-related stressors are associated with depression, anxiety, and reproductive tract infection symptoms among adolescent girls in Tanzania. *Int J Behav Med.* 2022;29:160–74. doi:10.1007/s12529-021-10005-1.
192. Andersen E, Klusmann H, Eisenlohr-Moul T, Klusmann V, Karabatsiakakis A, Meinschmidt G. Life stress influences the relationship between sex hormone fluctuation and affective symptoms in peripubertal female adolescents. *Dev Psychopathol.* 2024;36:821–33. doi:10.1017/S095457942300010X.
193. Jiang L, Hao Y, Wang Y, Lin Y, Zhang X, Zhao X. Is early menarche related to depression? A meta-analysis. *J Affect Disord.* 2025;369:508–15. doi:10.1016/j.jad.2024.10.036.
194. Rakesh D, Flournoy J, McLaughlin K. Associations between socioeconomic status and mental health trajectories during early adolescence. *JCPP Adv.* 2025;5:1–13. doi:10.1002/jcv2.70001.
195. Rahayuningtyas SB, Nurhakim F, Setiawan S. Tingkat stres berhubungan dengan kualitas tidur santri kelas X Pondok Pesantren Modern Al-Aqsha. *J Penelit Kesehat Suara Forikes.* 2024;15:69–73. doi:10.33846/sf15113.
196. Fernanti U, Asri Y, Priasmoro DP AS. Gambaran stres pada santriwati penghafal Al Quran di Pondok Pesantren An Nur 1 Asrama Az Zubaidah

- Bululawang Kabupaten Malang. *J Keperawatan*. 2024;18:34–41. doi:10.36568/nersbaya.v18i2.151.
197. Rismawan W, Mardiah SS NS. Stress levels of students pre-Imtihan Syafahi in Islamic boarding school. *J Aisyah J Ilmu Kesehat*. 2023;8:88–95. doi:10.30604/jika.v8i2.1930.
 198. Shintya L, Tandungan ST. Hubungan tingkat stress dengan kejadian dismenorea pada mahasiswi Universitas Klabat. *Klabat J Nurs*. 2023;5. doi:10.37771/kjn.v5i1.886.
 199. Kas S. Determinan tingkat stres remaja putri dengan keluhan keputihan. *J Ilm Kesehat Media Husada*. 2023;12:78–85. doi:10.33475/jikmh.v12i2.327.
 200. Salsabila A, Argarini D WS. Hubungan tingkat stres dan aktivitas fisik dengan nyeri menstruasi pada remaja putri di Kelurahan Ciganjur Jakarta. *MAHESA Malahayati Heal Student J*. 2024;4:174–8. doi:10.33024/mahesa.v4i4.14133.
 201. Stumper A, Thomas S, Zaidi Z, Lapierre KR, Abramson LY, Hilt LM. Correlates of menarcheal age in a psychiatric sample of adolescents. *J Nerv Ment Dis*. 2024;212:129–31. doi:10.1097/NMD.0000000000001752.
 202. Godfrey JR, Howell BR, Mummert A, Shi Y, Styner M, Wilson ME. Effects of social rank and pubertal delay on brain structure in female rhesus macaques. *Psychoneuroendocrinology*. 2022;149:105987. doi:10.1016/j.psyneuen.2022.105987.
 203. Li Y. Effects of hormonal changes during puberty on cognition and mood. *Trans Mater Biotechnol Life Sci*. 2024. doi:10.62051/cwnnrc05.
 204. Imamah DRE, Istiadji E, Rif'ah EN. Stress coping strategies of teenage students at Islamic boarding school in Probolinggo Regency. *Psychospiritual J Trends Islam Psychol Res*. 2025. doi:10.35719/psychospiritual.v4i1.104.
 205. Periyasamy S, Kittu D, Debasish L. An exploratory study on perception of adolescent girls towards early menarche in a union territory of India. *Int J Community Med Public Heal*. 2024;11:2691–4. doi:10.18203/2394-6040.ijcmph20241825.
 206. Colich NL, Platt JM, Keyes K, Sumner JA, Allen NB, McLaughlin KA. Earlier age at menarche as a transdiagnostic mechanism linking childhood trauma with multiple forms of psychopathology in adolescent girls. *Psychol Med*. 2019;50:1090–8. doi:10.1017/S0033291719000953.
 207. Pfeifer JH, Allen NB. Puberty initiates cascading relationships between neurodevelopmental, social, and internalizing processes across adolescence. *Biol Psychiatry*. 2020;89:99–108. doi:10.1016/j.biopsych.2020.09.002.
 208. Rodhiyah I, Djuwita E. Difficulty emotion regulation as a predictor of adolescent depressive symptoms. *Psikostudia J Psikol*. 2023. doi:10.30872/psikostudia.v12i2.10340.
 209. Calcaterra V, Vandoni M, Bianchi A, Pirazzi A, Tiranini L, Baldassarre P. Menstrual dysfunction in adolescent female athletes. *Sports*. 2024;12:245. doi:10.3390/sports12090245.
 210. Nasrin M. The influence of Islamic spiritual values on students' mental health: a special focus on tawakkul, sabr and shukr. *Lect J Islam Educ Stud*. 2025;4:260–72. doi:10.58355/lectures.v4i2.150.

211. Mu N, Liu R, Yang X. Prevalence and correlates of anxiety and depression among adolescents during the COVID-19 pandemic: a systematic review and meta-analysis. *Front Psychiatry*. 2023;14:1094557. doi:10.3389/fpsy.2023.1094557.
212. Liana NZ, Putri MK, Hanifah N, Putri R, Dhani AW, Sarah S. Strengthening the psychology and mental health of female students at Al-Ishlah Al-Islamy Islamic boarding school: a preventive effort to address the adolescent crisis. *J Pengabdian Kpd Masy*. 2026. doi:10.56184/jpkmjurnal.v5i1.614.
213. Danasasmita F, Pandia V, Fitriana E, Gunadi D, Effendi S, Faridah I. Validity and reliability of the Difficulties in Emotion Regulation Scale Short Form in Indonesian non-clinical population. *Front Psychiatry*. 2024;15:1380354. doi:10.3389/fpsy.2024.1380354.
214. Afifah N, Boediman LM. Emotion regulation training based on cognitive behavioral therapy to reduce anxiety levels in adolescent. *Psikostudia J Psikol*. 2024. doi:10.30872/psikostudia.v13i4.16743.
215. Suseno B. Muslim prayer (Salah), and its restorative effect: psychophysiological explanation. *Asian J Islam Psychol*. 2023. doi:10.23917/ajip.v1i1.3702.
216. Doufesh H, Ibrahim F, Ismail NA, Ahmad WAW. Effect of Muslim prayer (Salat) on electroencephalography and its relationship with autonomic nervous system activity. *J Altern Complement Med*. 2014;20:558–62. doi:10.1089/acm.2013.0426.
217. Sulastri D, Rajab K. Ibadah shalat dan implikasinya dalam penanganan gangguan psikologis: tinjauan literatur. *ANWARUL*. 2026. doi:10.58578/anwarul.v6i2.9525.
218. Li SH, Lloyd AR, Graham BM. Physical and mental fatigue across the menstrual cycle in women with and without generalised anxiety disorder. *Horm Behav*. 2019;115:104667. doi:10.1016/j.yhbeh.2019.104667.
219. Yani D, Chua JYX, Wong JCM, Pikkarainen M, Goh YSS, Shorey S. Perceptions of mental health challenges and needs of Indonesian adolescents: a descriptive qualitative study. *Int J Ment Heal Nurs*. 2025;34. doi:10.1111/inm.13505.
220. Amalia IN, Budhiana J, Sanjaya W. Hubungan stres dengan gangguan siklus menstruasi pada remaja putri. *J Wacana Kesehat*. 2023;8:75–82. doi:10.52822/jwk.v8i2.526.
221. Organization WH. Adolescent health [Internet]. Geneva: WHO; 2022. Available from: <https://www.who.int/health-topics/adolescent-health>.
222. Putri TH, Azalia DH. Faktor yang memengaruhi stres pada remaja selama pandemi COVID-19. *J Keperawatan Jiwa*. 2022;10:285–96. doi:10.26714/jkj.v10i2.
223. Ayu K, Sundari RI, Rahmawati AN. Hubungan tingkat stres dengan kemampuan beradaptasi santri. *J Penelit Perawat Prof*. 2023;6:1053–62. doi:10.37287/jppp.v6i3.2300.
224. Haritay S, Angolkar M, Koparde V, Patil V, Chougala M, Bandi N. Academic stress in adolescents: findings from a school-based study. *Front Public Heal*. 2025;13:1–9. doi:10.3389/fpubh.2025.1631136.

225. Anniko MK, Boersma K, Tillfors M. Sources of stress and worry in the development of stress-related mental health problems: a longitudinal investigation from early- to mid-adolescence. *Anxiety Stress Coping*. 2019;32:155–67. doi:10.1080/10615806.2018.1549657.
226. Win N. Depression, anxiety and stress association among Taze boarding school adolescent. [Bangkok]: Chulalongkorn University; 2018. doi:10.58837/CHULA.THE.2018.476.
227. Lien L, Haavet OR, Dalgard F. Do mental health and behavioural problems of early menarche persist into late adolescence? A three year follow-up study among adolescent girls in Oslo, Norway. *Soc Sci Med*. 2010;71:529–33. doi:10.1016/j.socscimed.2010.05.003.
228. Prince C, Joinson C, Kwong ASF, Fraser A, Heron J. The relationship between timing of onset of menarche and depressive symptoms from adolescence to adulthood. *Epidemiol Psychiatr Sci*. 2023;32:e44. doi:10.1017/S2045796023000707.
229. Yuan D, Li Q, Zhan N, Zhang L, Wang J, Liu M. Longitudinal associations of menstrual characteristics with mental health problems among Chinese girls. *Eur Child Adolesc Psychiatry*. 2024;33:2547–56. doi:10.1007/s00787-023-02345-y.
230. Ibitoye M, Sommer M, Davidson LL, Sandfort TGM. The sexual and reproductive health covariates of early menarche among adolescent girls. *J Adolesc*. 2024;96:789–802. doi:10.1002/jad.12298.
231. Glass DJ, Reiches MW, Clarkin P. Toward a new understanding of early menarche: the role of environmental stress in pubertal timing. *Psychoneuroendocrinology*. 2024;169:107153. doi:10.1016/j.psyneuen.2024.107153.
232. Gold-Watts A, Hovdenak M, Daniel M, Meyerhoefer A, Unnithan Kumar M, Bhatt J. A qualitative study of adolescent girls' experiences of menarche and menstruation in rural Tamil Nadu, India. *Int J Qual Stud Heal Well-being*. 2020;15:1845924. doi:10.1080/17482631.2020.1845924.
233. Indonesia KKR. Hasil Survei Status Gizi Indonesia (SSGI) 2022. Jakarta: Badan Kebijakan Pembangunan Kesehatan; 2023.
234. Khuzaiyah S. Menarche dan pubertas dini: kajian terbaru tentang penyebab dan dampaknya terhadap kesehatan perempuan. *Maj Kedokt Indones*. 2024;74:205–18. doi:10.47830/jinma-vol.74.4-2024-1151.
235. Suyanti S, Evitasari D, Suteja N. Hubungan pengetahuan dengan tingkat kecemasan remaja putri dalam menghadapi haid pertama (menarche) pada siswi kelas VII di MTS Negeri 7 Sumedang tahun 2022. *BEMJ*. 2022;5:1–10. doi:10.54100/bemj.v5i2.69.
236. Sari IP, Pramadhani W, Permadi PEN. Pengalaman remaja putri yang mengalami menarche dalam menjaga kebersihan organ reproduksi di SMP Negeri 51 Kota Batam. *J Sk Keperawatan*. 2025;11:1–10. doi:10.35974/jsk.v11i01.3967.
237. Diaris NM. Hubungan pengetahuan dengan sikap dalam menghadapi menarche pada anak kelas V. *Indones J Prof Nurs*. 2023;4:92–100. doi:10.30587/ijpn.v4i2.5922.

238. Ayu R, Pratiwi S, Lestari A. Adaptasi psikososial santri baru dan hubungannya dengan tingkat stres. *J Psikol Pendidik Islam*. 2025;13:55–66. doi:10.30787/asjn.v5i2.1590.
239. Fajarsari D, Purwanti S, Suryandari AE. Hubungan lingkungan dan aktivitas akademik dengan tingkat stres pada remaja. *Ensiklopedia J*. 2023;5:230–5. doi:10.33559/eoj.v5i2.1503.
240. Wang S, Qin J, Li D. Academic pressure or emotional detachment? The complex effect of compulsory boarding. *Sch Ment Heal*. 2024;16:1321–35. doi:10.1007/s12310-024-09698-y.
241. Zalika RDZ, Rusmawati D. Hubungan antara dukungan sosial teman sebaya dengan penyesuaian diri siswa pondok pesantren kelas X MA Ribatul Muta'Allimin Pekalongan. *J EMPATI*. 2022;11:72–9. doi:10.14710/empati.2022.34426.
242. Jensen AC, Killoren SE, Campione-Barr N, Sherwood A, Padilla-Walker LM. Sibling relationships in adolescence and young adulthood: a review and call to action. *J Soc Pers Relatsh*. 2023;40:384–419. doi:10.1177/02654075221104188.
243. Fry C, Telzer EH, Rogers CR. Siblings as buffers: social problems and internalizing and externalizing behaviors across early adolescence. *J Fam Psychol*. 2021;35:939–49. doi:10.1037/fam0000876.
244. Wahyuni T, Ritanti R. Sibling's support and menstrual hygiene among early adolescent girls. *Media Keperawatan Indones*. 2024;7:220–8. doi:10.26714/mki.7.3.2024.220-228.
245. Muki A. First ordinal birth position in the family and resilient identity of adolescents. *Int J Psychol Cogn Educ*. 2025;4:41–56. doi:10.58425/ijpce.v4i1.319.
246. Cruz-Sanchez K, Juarez L, Zepeda J, Dominguez-Garcia M, Becerra-Garcia AM, Sanz-Martin A. Differential response to acute stressors in firstborn compared with lastborn siblings. *Am J Psychol*. 2024;137:321–31. doi:10.5406/19398298.137.3.06.
247. Zhou J, Tang W, Sun Z, Li L, Wan R, Xu W. Parental expectation and psychological distress of Chinese youth. *BMC Public Health*. 2025;25:3457. doi:10.1186/s12889-025-24759-w.
248. Suttor H, Yamayanti K, Astiti N, Susanti R, Sukmawati D, Hapsari E. Seeking and encountering online information for menstrual health: a qualitative study in Bali, Indonesia. *Sex Reprod Heal Matters*. 2025;32:1–20. doi:10.1080/26410397.2024.2445936.
249. Karima U, Pristya TYR, Herbawani CK. Information-seeking behavior of reproductive health among adolescents in Jakarta. *J Educ Heal Promot*. 2023;12:1–6. doi:10.4103/jehp.jehp_1131_22.