

DAFTAR PUSTAKA

1. Rosner J, Samardzic T, Sarao MS. Physiology, Female Reproduction. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 [dikutip 30 September 2024]. Tersedia pada : <http://www.ncbi.nlm.nih.gov/books/NBK537132/>.
2. Vogazianou A. Anatomy and Physiology of the Female Reproductive System. Dalam: Llahana S, Follin C, Yedinak C, Grossman A, editor. Advanced Practice in Endocrinology Nursing [Internet]. Cham: Springer International Publishing; 2019 [dikutip 30 September 2024]. hlm. 739–52. Tersedia pada: http://link.springer.com/10.1007/978-3-319-99817-6_38.
3. Rizkia M, Setyowati, Ungsianik T. Female Adolescents' Preparations, Knowledge, and Emotional Response toward *Menarche*: A Preliminary Study. *Compr Child Adolesc Nurs*. 29 Maret 2019;42(1):108–14.
4. Riskesdas. Hasil Utama Riset Kesehatan Dasar (Riskesdas) [Internet]. 2010. Tersedia pada : <https://repository.badankebijakan.kemkes.go.id/id/eprint/4417/1/laporan%20nasional%20riskesdas%20tahun%202010.pdf>.
5. Tsai MC, Wang YCL, Chan HY. Pubertal progression and its relationship to psychological and behavioral outcomes among adolescent boys. *Dev Psychopathol*. Oktober 2023;35(4):1891–900.
6. Roberts E, Fraser A, Gunnell D, Joinson C, Mars B. Timing of *Menarche* and self-harm in adolescence and adulthood: a population-based cohort study. *Psychol Med*. September 2020;50(12):2010–8.
7. Coast, E., Lattof, S.R. & Strong, J. Puberty and menstruation knowledge among young adolescents in low-and middle-income countries: a scoping review. *Int J Public Health* 2019;64(3), 293–304. <https://doi.org/10.1007/s00038-019-01209-0>.
8. Yu EJ, Choe SA, Yun JW, Son M. Association of Early *Menarche* with Adolescent Health in the Setting of Rapidly Decreasing Age at *Menarche*. *J Pediatr Adolesc Gynecol*. Juni 2020;33(3):264–70.
9. Jumiayati, J. Factors Related To Age Of *Menarche* In Adolescent Women. *Homes Journal: Hospital Management Studies Journal*, 2022;3(3), 126-132. <https://doi.org/10.24252/hmsj.v3i3.32463>.
10. Ningrum, R., & Anjarwati. Dampak Pernikahan Dini pada Remaja Putri. *Journal Of Midwifery And Reproduction*. 2021;5(1), 37-45. doi:10.35747/jmr.v5i1.790.

11. Novalia NK, Hery Sumasto, Saadah N, Surtinah N. Factors Influencing Age at Menarche, a School-Based Cross-Sectional Study. *Int J Adv Health Sci Technol* [Internet]. 25 Agustus 2022 [dikutip 30 September 2024];2(4). Tersedia pada: <http://ijahst.org/index.php/ijahst/article/view/131>.
12. Lv C, Turel O, He Q. The Usia mulai terpapar of Menstruation and Social Networking Site Use in Adolescent Girls: The Mediating Role of Body Mass Index. *Int J Environ Res Public Health*. 22 September 2021;18(19):9942.
13. Kılınç Uğurlu A, Bideci A, Demirel MA, Take Kaplanoğlu G, Dayanır D, Gülbahar Ö, dkk. Effects of Blue Light on Puberty and Ovary in Female Rats. *J Clin Res Pediatr Endocrinol*. 21 November 2023;15(4):365–74.
14. Pacarada M, Lulaj S, Kongjeli G, Obertinca B. Impact of socio-economic factors on the usia mulai terpapar of menarche in Kosovar girls. *J Chin Clin Med*. 2008;3:541-9.
15. Bagga A, Kulkarni S. Age at menarche and secular trend in Maharashtrian (Indian) girls. *Acta Biol Szeged* [Internet]. 2000 Jan. 1 [dikutip 3 Oktober 2024];44(1):53-7. Available from: <https://abs.bibl.u-szeged.hu/index.php/abs/article/view/2163>.
16. Amaliah N, Sari K. Status Tinggi Badan Pendek Berisiko Terhadap Keterlambatan Usia Menarche Pada Perempuan Remaja Usia 10-15 Tahun (Stunting Increased Risk of Delaying Menarche on Female Adolescent Aged 10-15 Years). 2012;35(2):150–8.
17. Wronka I, Pawlińska-Chmara R. Menarcheal age and socio-economic factors in Poland. *Ann Hum Biol*. Januari 2005;32(5):630–8.
18. McAnarney ER. Decreasing age at menarche: is the end in sight? *Pediatrics*. 2003;111(4):844-50.
19. Brown JD, Halpern CT, L'Engle KL. Mass media as a sexual super peer for early maturing girls. *J Adolesc Health*. Mei 2005;36(5):420–7.
20. Kartono K. Psikologi wanita: mengenal gadis remaja dan wanita dewasa. Bandung: CV. Mandar Maju; 2004.
21. Hodgson NS, Yom-Tov E, Strong WF, Flores PL, Ricoy GN. Concerns of Female Adolescents About Menarche and First Sexual Intercourse: Mixed Methods Analysis of Social Media Questions. *JMIR Pediatr Parent*. 4 Juni 2019;2(1):e13158.
22. Yazia V. Hubungan Keterpaparan Media Massa Internet dan Status Gizi terhadap Usia Menarche pada Siswi Kelas VII SMPN 22 Padang. *J Univ Muhammadiyah Sumat Barat*. April 2019;13(6):3.

23. Farida T, Widiastuti YP, Musyarofah S. Preparedness of Youth in Facing Menarche in the Era of the Industrial Revolution 4.0. *Proc Int Conf Nurs Health Sci*. 28 Mei 2022;3(1):241–8.
24. Wulandari T, Deliana M, Sofyani S, Lubis SM. Relationship between Age at Menarche and Exposure to Sexual Content in Audio-visual Media and Other Factors in Islamic Junior High School Girls. *Paediatr Indones*. 5 Januari 2018;57(6):323.
25. Deswita D, Refnandes R, Refnandes R, Putri MG, Putri MG. The Association of Pornographic Media Exposure and Nutritional Status with Early Menarche. *J Ners*. 27 Maret 2019;13(2):190–3.
26. Devi Partika Sari, Nurhapsa, Erna Magga. Faktor – Faktor yang Mempengaruhi Early Menarche pada Siswi Sekolah Dasar Kelurahan Lapadde Kota Parepare. *J Ilm Mns Dan Kesehat*. 31 Januari 2019;2(1):141–55.
27. Karmila D, Perbata DP. Hubungan Keterpaparan Media Massa dengan Usia Terjadinya Menarche Pada Siswi SMP. *keperawatan [Internet]*. 28 Mar 2022 [dikutip 30 September 2024];14(S1):155-60. Available from: <https://journal2.stikeskendal.ac.id/index.php/keperawatan/article/view/68>
28. Hartatik S, Rohaya R, Turiyani T. Hubungan Status Gizi, Status Ekonomi dan Akses Media Informasi dengan Status *Menarche* pada Remaja di SMPN 8 OKU Tahun 2021. *J Ilm Univ Batanghari Jambi*. 19 Februari 2022;22(1):55.
29. Selvi SA, Oktavia NS, Doni AW. Hubungan Keterpaparan Media Massa Internet dengan Usia Menarche pada Siswi Dengan Status Gizi Lebih di SMP Negeri Kecamatan Pauh Kota Padang Tahun 2020. *J Kesehat Mercusuar*. 26 Oktober 2020;3(2):45–51.
30. Bergmann C, Dimitrova N, Alaslani K, Almohammadi A, Alroqi H, Aussems S, dkk. Young Children's Screen Time during the First COVID-19 Lockdown in 12 Countries. *Sci Rep*. 7 Februari 2022;12(1):2015.
31. Dossus L, Kvaskoff M, Bijon A, Engel P, Verdebout J, Fervers B, dkk. Latitude and ultraviolet radiation dose in the birthplace in relation to *Menarcheal* age in a large cohort of French women. *Int J Epidemiol*. April 2013;42(2):590–600.
32. T S, Nagalla B. Early *Menarche* and its Possible Predictors: A Cross-Sectional Study in Southwestern Region of Karnataka, India. *Natl J Community Med*. 1 Agustus 2024;15(08):663–9.
33. Angraini W, Pratiwi BA, Febriawati H, Yanuarti R, Anita B, Oktarianita O. Faktor yang Mempengaruhi Terjadinya Pernikahan Usia Dini. *J Biom Dan Kependud*. 10 Desember 2019;8(2):183.

34. Wen Liu, Xuejing Yan, Chengyu Li, Qi Shu, Meng Chen, Le Cai, Dingyun You. A secular trend in age at menarche in Yunnan Province, China: a multiethnic population study of 1,275,000 women. *BMC public health* 21, 1-10, 2021.
35. A Kabir, F Torkan, L Hakemi. Evaluation of age at menarche and relevant factors in physically active Iranian girls. *International Journal of Endocrinology and Metabolism* 5 (2), 52-60, 2007.
36. Abdulmoein Eid Al-Agha, Sawsan Alabbad, Bara'ah Tatwany and Aseel Aljahdali. Menarche Age of Mothers and Daughters and Correlation between them in Saudi Arabia. January 2015, *Reproductive System & Sexual Disorders* 04(03).
37. Salsabiela, S. Faktor-Faktor Yang Berhubungan Dengan Usia Menarche Pada Siswi Kelas Vii Di Smpn 129 Jakarta Utara Tahun 2020. Skripsi.
38. Diana, I, & Cicih, S. P. D. K. W. Perbedaan Antara Pola Nutrisi, Gaya Hidup, Status Gizi Dan Keterpaparan Media Pornografi Pada Kejadian Status Menarche. *Jurnal Kesehatan Dan Kebidanan (Journal Of Health And Midwifery)* (2019), 8(1), 1–12.
39. Pesa, M. Y. Hubungan Keterpaparan Media Massa Terhadap Usia Menarche Pada Siswi Di Smp Negeri 2 Bangko Bagansiapiapi. *Jurnal Martenity and Neonatal* (2020), 8(1), 70–75.
40. Catherine D Buzney, Jason A DeCaro. Explanatory models of female pubertal timing: discordances between cultural models of maturation and the recollection and interpretation of personal developmental experiences. *Cult Med Psychiatry*. 2012 Dec.
41. Evi Susanti, Shinta Wulandari. Factors Associated with Age of Menarche in Class VIII Students of MTsN Bukittinggi 2017. *Jurnal Kesehatan Prima Nusantara* Volume 8 No 2 Juli 2017.
42. Novita Nurul Fadhillah, Katmini. Studi Literatur: Determinan Menarche Dini Pada Siswi 2021. *jik.stikesalifah* article 414.
43. Afika Dwi Kiswardhani, Ambarwati, Dwi Astuti. Hubungan Antara Status Gizi, Tingkat Paparan Media Massa Dan Faktor Keturunan Dengan Usia Menarche Pada Siswi Di Smp Negeri 1 Subah Kabupaten Batang 2014. *Eprints ums* 2014.
44. Wong, D. L. (2008). *Buku Ajar Keperawatan Pediatrik* (1st ed.). EGC.
45. Hendrik. 2006. *Problem Haid Tinjauan Syariat Islamdan Medis*. Solo: Tiga Serangkai

46. Uche-Nwachi, EO., dkk. 2007. Mean Age of Menarche in Trinidad and Its Relationship to Body Mass Index Ethnicity and Mother Age of Menarche. Dalam Online Journal of Biology Sciences. 2007. Trinidad: Science Publications.
47. Victor C. Strasburger; Marjorie J. Hogan; Deborah Ann Mulligan; Nusheen Ameenuddin; Dimitri A. Christakis; Corinn Cross; Daniel B. Fagbuyi; David L. Hill; Alanna Estin Levine; Claire McCarthy; Megan A. Moreno; Wendy Sue Lewis Swanson. Children, Adolescents, and the Media. 2014. Pediatrics (2013) 132 (5): 958–961.
48. Alvin Cooper, Coralie R Scherer, Sylvain C Boies, Barry L Gordon. Sexuality on the Internet: From sexual exploration to pathological expression. Professional psychology: research and practice 30 (2), 154, 1999.
49. Proverawati, Atikah. (2009). Menarche Menstruasi Pertama Penuh Makna. Yogyakarta: Nuha Medika
50. Silvia Agustin Selvi, Nike Sari Oktavia, Alsri Windra Doni. Hubungan Keterpaparan Media Massa Internet Dengan Usia Menarche Pada Siswi Dengan Status Gizi Lebih Di Smp Negeri Kecamatan Pauh Kota Padang Tahun 2020. Vol. 3 No. 2 (2020): Jurnal Kesehatan Mercusuar.
51. Dany Karmila, Dian Pratama Perbata. Hubungan Keterpaparan Media Massa Dengan Usia Terjadinya Menarche Pada Siswi Smp. Vol. 14 No. S1 (2022): Jurnal Keperawatan: Supp Maret 2022.
52. Velga Yazia. Hubungan Keterpaparan Media Massa Internet Dan Status Gizi Terhadap Usia Menarche Pada Siswi Kelas Vii Smpn 22 Padang. Jurnal.Umsb, Vol. Xiii No.6 April 2019.
53. ECKERT-LIND, Camilla, et al. Worldwide secular trends in age at pubertal usia mulai terpapar assessed by breast development among girls: a systematic review and meta-analysis. JAMA pediatrics, 2020, 174.4: e195881-e195881.
54. Bourguignon JP, Rasier G, Lebrethon MC, Gérard A, Naveau E, Parent AS. Neuroendocrine disruption of pubertal timing and interactions between homeostasis of reproduction and energy balance. Mol Cell Endocrinol. 2010 Aug 5;324(1-2):110-20. doi: 10.1016/j.mce.2010.02.033. Epub 2010 Mar 4. PMID: 20206664.
55. West KE, Jablonski MR, Warfield B, Cecil KS, James M, Ayers MA, Maida J, Bowen C, Sliney DH, Rollag MD, Hanifin JP, Brainard GC. Blue light from light-emitting diodes elicits a dose-dependent suppression of melatonin in humans. J Appl Physiol (1985). 2011 Mar;110(3):619-26. doi: 10.1152/jappphysiol.01413.2009. Epub 2010 Dec 16. PMID: 21164152.

56. Prosperi S, Chiarelli F. Early and precocious puberty during the COVID-19 pandemic. *Front Endocrinol (Lausanne)*. 2023 Jan 9;13:1107911. doi: 10.3389/fendo.2022.1107911. PMID: 36699035; PMCID: PMC9868951.
57. HIGUCHI, Shigekazu, et al. Influence of light at night on melatonin suppression in children. *The Journal of Clinical Endocrinology & Metabolism*, 2014, 99.9: 3298-3303.
58. Wu X, Wang L, Xue P, Tang J, Wang H, Kong H, Lin C, Chang B, Liu S. Association of screen exposure/sedentary behavior and precocious puberty/early puberty. *Front Pediatr*. 2024 Sep 23;12:1447372. doi: 10.3389/fped.2024.1447372. PMID: 39376675; PMCID: PMC11456485.
59. Chioma, L., Bizzarri, C., Verzani, M., Fava, D., Salerno, M., Capalbo, D., Guzzetti, C., Penta, L., Di Luigi, L., di Iorgi, N., Maghnie, M., Loche, S., & Cappa, M. (2022). Sedentary lifestyle and precocious puberty in girls during the COVID-19 pandemic: an Italian experience. *Endocrine Connections*, 11(2), e210650. Retrieved Jul 7, 2025, from <https://doi.org/10.1530/EC-21-0650>.
60. Adolescent screen use and mental health - Black Dog Institute, diakses 7 Juli, 2025, https://www.blackdoginstitute.org.au/wp-content/uploads/2024/08/Teens-Screens_Report-2024_WEB.pdf
61. Glass DJ, Geerkens JT, Martin MA. Psychosocial and energetic factors on human female pubertal timing: a systematized review. *Evol Hum Sci*. 2022 Jun 9;4:e28. doi: 10.1017/ehs.2022.24. PMID: 37588922; PMCID: PMC10426011
62. SRAVANTI, Lakshmi, et al. Childhood Digital Exposure to Sexual Content: Through the Lens of Developmental Psychopathology. *Journal of Psychosexual Health*, 2025, 26318318251322555.
63. Mestre-Bach G, Potenza MN. Adolescents, Pornography Use, and Problematic Pornography Use: A Rapid Systematic Review of Longitudinal Studies. *Soa Chongsonyon Chongsin Uihak*. 2025 Jul 1;36(3):122–34. doi: 10.5765/jkacap.250015. Epub 2025 Jul 1. PMCID: PMC12223668.