

DAFTAR PUSTAKA

- Alhaddad, A., Andrews, A., & Abdalla, Z. (2023). 'Chapter one': FSMApp testing mobile apps. Dalam H. Ali R. (Eds.), *Advances in computers* (pp. 1-205). *Missouri University of Science and Technology*.
<https://www.sciencedirect.com/science/article/abs/pii/S0065245822000821>
- Basatha, R., Kristianto, A., Rahmawati, T., Adiweni, B., Sutjiati, R., Hariyanti, N. T., Wirapraja, A. (2022). *UI/UX design: panduan, teori, dan aplikasi*. IKADO Press.
- Bokhua, G. (2022). *Principles of logo design: a practical guide to creating effective signs, symbols, and icons*. Rockport Publishers.
- Chowdhury, A. (2022). *A pocket guide to HCI and UX design*. Partridge Publishing India.
<https://books.google.co.id/books?id=46yXEAAAQBAJ&lpg=PT4&dq=ui%20ux%20ebook&lr&pg=PT2#v=onepage&q&f=false>
- Chuquichambi, E. G., Vartanian O., Skov, M., Corradi, G. B., Nadal, M., Silvia, P. J., & Munar, E. (2022). How universal is preference for visual curvature? A systematic review and meta-analysis. *Int J Health Sci (Qassim)*, 16(3):35-43. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9092532/>
- Damayanti, A., Widiawati, I., & Nurchasanah, Y. (2021). The effect of peppermint tea on the severity of dysmenorrhea. *Proceeding of the 4th International Conference of Interprofessional Health Collaboration and Community Empowerment*.
<https://conference.juriskes.com/index.php/IC/article/download/226/182/702>
- Dewi, R. K., & Gischa, S. (2023, Mei 2). *Kelebihan dan kelemahan komponen media teks, audio, dan gambar*. Kompas.
<https://www.kompas.com/skola/read/2023/05/02/140000769/kelebihan-dan-kelemahan-komponen-media-teks-audio-dan-gambar>
- Diahwahyuningtyas, A., & Hardiyanto S. (2023, Februari 15). *Efek ketergantungan obat pereda nyeri haid, apa saja?* Kompas.
https://www.kompas.com/tren/read/2023/02/15/080500165/efek-ketergantungan-obat-pereda-nyeri-haid-apa-saja?page=all#google_vignette
- Duman NB, Yildirim F, Vural G. (2022) Risk factors for primary dysmenorrhea and the effect of complementary and alternative treatment methods: sample

- from Corum, Turkey. *Int J Health Sci (Qassim)*, 16(3):35-43.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9092532/>
- El-Sherbiny, H. F. (2020). The use of flat illustrations in websites and smart phones applications' user interface (UI) design. *Journal of Art and Architecture Research Studies (JAARS)*, 1(2):198-212.
https://www.researchgate.net/publication/347930060_THE_USE_OF_FLAT_ILLUSTRATIONS_IN_WEBSITES_AND_SMART_PHONES_APPLICATIONS'_USER_INTERFACE_UI_DESIGN
- Fadilah, S. H., Dinengsih, S., & Syamsiah, S. (2024). Effectiveness of chamomile tea on dysmenorrhea pain scale in adolescent girls. *Jurnal Kebidanan Malahayati*, 10(7): 669-674.
<https://ejournalmalahayati.ac.id/index.php/kebidanan/article/view/14362>
- Fauziah, P., Kartini, Hikmah. (2021). Hubungan regulasi emosi dengan intensitas nyeri dismenore primer di SMA Negeri 7 Tangerang. *Jurnal IMJ: Indonesia Midwifery Journal*, (5)1:23-27.
<https://jurnal.umt.ac.id/index.php/imj/article/view/6009/3110>
- Fildansyah, R. (2023). Studi kausalitas antara polusi udara dan kejadian penyakit saluran pernapasan pada penduduk kota. *Jurnal Multidisiplin West Science*, (2)6: 473-482.
<https://wnj.westsciencepress.com/index.php/jmws/article/view/431/327>
- Yablonski, J. (2020). *Laws of UX: using psychology to design better products and services*. O'Reilly Media, Inc.
<https://books.google.co.id/books?id=BuneDwAAQBAJ&lpg=PA1&dq=editions%3AISBN149205531X&hl=id&pg=PR2#v=onepage&q&f=false>
- Griffey, J. (2020). *Introduction to interactive digital media: concept and practice*. Routledge. <https://dokumen.pub/introduction-to-interactive-digital-media-concept-and-practice-0367148633-9780367148638.html>
- Halodoc. (2024). 7 minuman sehat yang efektif mengatasi nyeri haid. <https://www.halodoc.com/artikel/7-minuman-sehat-yang-efektif-mengatasi-nyeri-haid>
- Haryanto, A. T. (2024, Januari 31). APJII: Jumlah pengguna internet Indonesia tembus 221 juta orang. Detik. <https://inet.detik.com/cyberlife/d-7169749/apjii-jumlah-pengguna-internet-indonesia-tembus-221-juta-orang>
- Hamidli, N. (2023, March 1). *Introduction to UI/UX design: key concepts and principles*.
https://www.academia.edu/98036432/Introduction_to_UI_UX_Design_Key_Concepts_and_Principles

- Handajani, S. R., Sari, L. P., & Ambarsari, E. A. (2023). Ginger stew Vs warm compress toward dysmenorrhea intensity in adolescent: experimental study. *Jurnal Kebidanan dan Kesehatan Nasional*, 8(1): 50-67. <https://jurnalbidankestrad.com/index.php/jkk/article/view/450/161>
- Hartinah, D., Wigati, A., & Maharani, L. V. (2023). Pengaruh terapi farmakologi dan non-farmakologi terhadap penurunan nyeri menstruasi. *Jurnal Ilmu Keperawatan dan Kebidanan*, 14(1): 245-252. <https://ejr.umku.ac.id/index.php/jikk/article/view/1676>
- Hartson, R., & Pyla, P. (2019). *The UX book: agile UX design for a quality user experience*. Morgan Kaufmann Publishers.
- Himawan, H., & F., M. Y. (2020). *User interface experience*. Lembaga Penelitian dan Pengabdian kepada Masyarakat UPN Veteran Yogyakarta.
- Horman, N., Manoppo, J., & Meo, L. N. (2021). Faktor-faktor yang berhubungan dengan kejadian dismenore primer pada remaja putri di Kabupaten Kepulauan Sangihe. *Jurnal Keperawatan*, 9(1): 38-47. <http://eprints.stikes-notokusumo.ac.id/90/1/Artikel%208%20Pages%20from%20Prosiding%20Vol%203%20no%202%20Sept%202021.pdf>
- Hunt, R. (2023). *What is the UX design process?* Interaction Design Foundation - IxDF. <https://www.interaction-design.org/literature/article/ux-design-process-guide>
- Johnson, J. (2021). *Designing with the mind in mind: simple guide to understanding user interface design guidelines*. Katey Birtcher. [https://books.google.co.id/books?id=_dLVDwAAQBAJ&lpg=PP1&dq=Johnson%2C%20J.%20\(2020\)%20Designing%20with%20the%20Mind%20in%20Mind%3A%20Simple%20Guide%20to%20Understanding%20User%20Interface%20Design%20Guidelines%2C%203rd%20edition%2C%20Morgan%20Kaufmann%20Publisher.&lr&pg=PP1#v=onepage&q&f=false](https://books.google.co.id/books?id=_dLVDwAAQBAJ&lpg=PP1&dq=Johnson%2C%20J.%20(2020)%20Designing%20with%20the%20Mind%20in%20Mind%3A%20Simple%20Guide%20to%20Understanding%20User%20Interface%20Design%20Guidelines%2C%203rd%20edition%2C%20Morgan%20Kaufmann%20Publisher.&lr&pg=PP1#v=onepage&q&f=false)
- Karasneh, R. A., Al-Azzam, S. I., Alzoubi, K. H., Muflih, S. M., & Hawamdeh, S. S. (2020). Smartphone applications for period tracking: rating and behavioral change among women users. *Obstet Gynecol Int*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7481939/>
- Kinesti, Y., & Suyanto. (2021). Manajemen nyeri pada keluarga dengan anggota keluarga yang mengalami dismenorea. *Diseminasi Hasil Penelitian Dosen Program Studi Keperawatan dan Farmasi*, 3(2): 34-42. <http://eprints.stikes-notokusumo.ac.id/90/1/Artikel%208%20Pages%20from%20Prosiding%20Vol%203%20no%202%20Sept%202021.pdf>

- Khotimah, H., & Lintang, S. S. (2022). Terapi non-farmakologi untuk mengatasi nyeri dismenore pada remaja. *Faletehan Health Journal*, 9(3): 343-352. <https://journal.lppm-stikesfa.ac.id/index.php/FHJ/article/view/499/152>
- Landa, R. (2014). *Graphic design solution 5th edition*. Clark Baxter.
- Liu, W., Cao, Y., & Proctor, R. W. (2021). How do app icon color and border shape influence visual search efficiency and user experience? Evidence from an eye-tracking study. *International Journal of Industrial Ergonomics*, (84). <https://www.sciencedirect.com/science/article/abs/pii/S0169814121000780>
- Loman, R. D. M. M., & Erandaru. (2022). Perbandingan proses perancangan UI/UX secara teori dan praktik saat Internship di Eyesimple Creative Studio, 1:1-9. <https://publication.petra.ac.id/index.php/dkv/article/view/12235/10726>
- Lubalu, C. A., Lerik, M. D. C., & Benu, J. M. Y. (2022). Body image and depression in emerging adulthood women. *Journal of Health and Behavioral Science*, 4(2): 224-233. <https://ejurnal.undana.ac.id/index.php/CJPS/article/view/6206/3872>
- Maloto, R. A. H., Hadi, S. P. I., & Sari, F. (2022). The effect of giving cinnamon on reducing menstrual pain in adolescent girl: systematic literature review. *Malahayati Nursing Journal*, 4(7): 1672-1688. <https://ejurnalmalahayati.ac.id/index.php/manuju/article/view/6408/pdf>
- Maufiroh, M., Handoko, G., & Suhartin. (2023). Efektivitas jalan kaki terhadap tingkat nyeri menstruasi (dismenore) pada remaja putri. *Jurnal Penelitian Perawat Profesional*, 5(1): 203-208. <http://eprints.stikes-notokusumo.ac.id/90/1/Artikel%208%20Pages%20from%20Prosiding%20Vol%203%20no%202%20Sept%202021.pdf>
- McKenna, K. A., & Fogleman, C. D. (2021). Dysmenorrhea. *Am Fam Physicial Journal*, 104(2):164-170. <https://www.aafp.org/pubs/afp/issues/2021/0800/p164.html>
- Moniz, M. R., Audina, R., Afriani, L. D., Isfaizah. (2022). Akupresur untuk mengurangi nyeri disminorhea pada remaja perempuan usia sekolah. *Prosiding Seminar Nasional dan Call for Paper Kebidanan Universitas Ngudi Waluyo*, h. 415-425. <https://callforpaper.unw.ac.id/index.php/semnasdancfpbidanunw/article/download/113/89>
- Mulyati, I., Lestari, S., & Yuliani, M. (2022). Analisis penatalaksanaan dismenore primer pada remaja putri dengan penggunaan terapi the herbal chamomile di salah satu sekolah menengah di Bandung. *Buletin Poltanesa*, 23(2): 608-

- Nyirenda, T., Nyagumbo, E., Murewanhema, G., Mukonowenzou N., Kagodora, S. B., Mapfumo, C., Bhebhe, M., & Mufunda, J. (2023). Prevalence of dysmenorrhea and associated risk factors among university students in Zimbabwe. *Women's Health*, 19: 1-10. <https://journals.sagepub.com/doi/10.1177/17455057231189549>
- Paksi, D. N. F. (2021). Warna dalam dunia visual. *Imaji*, 12(2): 90-97. <https://imaji.ikj.ac.id/index.php/IMAJI/article/view/49/48>
- Perangin-angin, I. H., Tampubolon, L. F., & Hutahaean, E. L. (2024). Hubungan pengetahuan dengan sikap remaja putri dalam menangani dismenore di SMA Negeri 12 Medan tahun 2023. *Jurnal Midwifery*, 6(1): 12-28. <https://journal.uin-alauddin.ac.id/index.php/jmidwifery/article/view/45167/19335>
- Pernyata, R. S., & Vincentius, R. (2023). Perancangan logo dengan metode logo design process untuk tempat wisata. *Prosiding Serenade*, 2: 414-421. <https://serenade.ukdw.ac.id/index.php/serenade/article/view/94/76>
- Polii, E. H. (2024). Analisis faktor-faktor yang memengaruhi kesetaraan akses internet di Kecamatan Tondano Selatan. *Jurnal Administro*, 6(1): 52-57. <https://ejurnal.unima.ac.id/index.php/administro/article/view/9698>
- Prabawati, S. A., Realita, F., & Adyani, K. (2024). Hubungan aktivitas olahraga terhadap nyeri haid (dismenorea) pada remaja putri: literature review. *Media Publikasi Promosi Kesehatan Indonesia*, 7(4): 805-814. <https://jurnal.unismuhpalu.ac.id/index.php/MPPKI/article/view/4728/3805>
- Pranoto, H. H., Fitri, A. L., Setyani, D., & Putri, A. (2022). Akupresur sebagai alternatif mengurangi nyeri haid (disminorea) pada remaja putri. *Prosiding Seminar Nasional dan Call for Paper Kebidanan Universitas Ngudi Waluyo*, h. 385-392. <https://callforpaper.unw.ac.id/index.php/semnasdancfpbidanunw/article/view/111>
- Prasetyorini, Utami, N. F., Yulianita, Novitasari, N., Fitriyani, W. (2021). Potensi ekstrak refluks kulit batang kayu manis (*Cinnamomum burmannii*) sebagai antijamur *Candida albicans* dan *Candida tropicalis*. *Jurnal Ilmiah Farmasi*, 11(2): 164-178. <https://journal.unpak.ac.id/index.php/fitofarmaka/article/view/FJIF.v11i2.2272/pdf>

- Primalova, A., & Stefani, M. (2024). Hubungan antara status gizi, konsumsi junk food, dan kebiasaan olahraga remaja perempuan di Jakarta dengan kejadian dismenorea primer. *Amerta Nutrition*, 8(1): 104-115. <https://e-journal.unair.ac.id/AMNT/article/view/49548/28153>
- Qomarasari, D. (2021). Hubungan usia *menarche*, makanan cepat saji (fast food), stress dan olahraga dengan kejadian dismenorea pada remaja putri di MAN 2 Lebak Banten. *Bunda-Edu Midwifery Journal*, 4(2): 30-38. <https://bemj.e-journal.id/BEMJ/article/view/53>
- Ramadhana, B., & Meitasari, I. (2023). Kajian tingkat pendidikan terhadap kualitas hidup masyarakat. *Jurnal Penelitian Pendidikan Geografi*, 8(2): 38-45. <https://jppg.uho.ac.id/index.php/journal/article/view/1>
- Rudatiningtyas, U. F., Fitriyani, T., & Rosita, A. T. (2022). Gambaran kejadian dismenore primer pada santriwati di Pondok Pesantren Nurussyifa Purwokerto tahun 2021. *Jurnal Cipta Bina Husada*, 18(1): 34-42. <https://jurnal.stikesbch.ac.id/index.php/jurnal/article/view/59>
- Retnosari, E., Putri, D., & Alifia, D. (2023). Pengaruh senam yoga terhadap intensitas nyeri dismenorhea. *Jurnal Ilmu Keperawatan dan Kebidanan*, 14(1): 92-101. <https://ejr.umku.ac.id/index.php/jikk/article/download/1605/1002>
- Revianti, I. D. & Yanto, A. (2021). Teknik akupresur titik hegu (L14) menurunkan intensitas nyeri dismenore pada remaja. *Holistic Nursing Care Approach*, 1(1): 40. <https://jurnal.unimus.ac.id/index.php/HNCA/article/view/8265>
- Said, A. A. (2019). Mendesain logo. *Jurnal Desain Komunikasi Visual Fakultas Seni dan Desain Universitas Negeri Makassar*, 6(3): 159-168. <https://ojs.unm.ac.id/tanra/article/view/13014/8561>
- Sari, A. P., & Usman, A. (2021). Efektifitas terapi akupresur terhadap dismenore pada remaja. *Jurnal Kedokteran dan Kesehatan*, 17(2): 196-202. <https://jurnal.umj.ac.id/index.php/JKK/article/viewFile/10052/5863>
- Sinansari, P., Salsabila, S. H., Hanoum, S., Lopatka, A., & Wlodarski, W. (2023). *Identify customer element through empathy map and user persona. Procedia Computer Science*, 225: 4148-4156. <https://www.sciencedirect.com/science/article/pii/S1877050923015697>
- Susmini, & Rosdiana, Y. (2022). Konsumsi susu kedelai dengan air rebusan kelor terhadap penurunan dismenore primer pada remaja putri. *Care: Jurnal Ilmiah Ilmu Kesehatan*, 10(3): 478-485. <https://jurnal.unitri.ac.id/index.php/care/index>

- Stern, J. (n.d.). *How to name an app, a program, a company, or a service*. Association of Software Professionals. https://asp-software.org/misv_resources/business-articles/how-to-name-an-app/
- Stevens, E. (2024, September 10). *7 fundamental user experience (UX) design principles all designers should know*. UX Design Institute. <https://www.uxdesigninstitute.com/blog/ux-design-principles/>
- Stevens, E. (2024, April 30). *What are the Laws of UX? All 21 laws explained*. UX Design Institute. <https://www.uxdesigninstitute.com/blog/laws-of-ux/>
- Tavaragi, M., & C., S. (2016). Colors and its significance. *The International Journal of Indian Psychology*, 3(2): 115-131. <https://oaji.net/articles/2016/1170-1457802371.pdf>
- Tim Detik Jateng. (2022, Juli 27). *Cara meredakan nyeri haid dengan akupresure di tiga titik*. <https://www.detik.com/jateng/berita/d-6200247/cara-meredakan-nyeri-haid-dengan-pijat-akupresur-di-tiga-titik>
- Tiofani, K., & Prasetya, A. W. (2024, Mei 19). *Resep kunyit asam, jamu pereda sakit haid*. Kompas. <https://www.kompas.com/food/read/2024/05/19/190700775/resep-kunyit-asam-jamu-pereda-sakit-haid>
- Trepanier, L. C. M., Lamoureux, E., Bjornson, S. E., Mackie, C., Alberts, N. M., & Gagnon, M. M. (2023). Smartphone apps for menstrual pain and symptom management: a scoping review. *Internet Interventions*, 31, 2. <https://doi.org/10.1016/j.invent.2023.100605>
- Triningsih, R. W., & Mas'udah, E. K. (2023). Studi literatur: mengurangi dismenorea melalui penanganan komplementer. *Jurnal Kebidanan*, 12(1): 46-56. <https://jurnal.stikeswilliambooth.ac.id/index.php/Keb/article/view/489/549>
- Trivia, R. (2021). Pengaruh teknik relaksasi napas dalam terhadap penurunan nyeri dismenore pada mahasiswa D3 Keperawatan. *Jurnal Ilmu Kesehatan Dharmas Indonesia*, 1(2): 70. <https://ejournal.undhari.ac.id/index.php/jikdi/article/view/563/265>
- Turner, L. (2025). *Why do we have rounded corners in website design?* <https://www.logicdesign.co.uk/blog/why-do-we-have-rounded-corners-website-design/#:~:text=Rounded%20corners%20are%20psychologically%20associated,and%20responsive%20to%20this%20shape.>

- Ulaa, M., Amanda, D. S., & Murbiah. (2022). Pengaruh minuman kunyit asam jawa terhadap dismenore primer pada remaja putri. *Jurnal Ilmu Keperawatan dan Kebidanan*, 13(1): 21-26. <https://ejr.umku.ac.id/index.php/jikk/article/download/1090/788>
- UXPin. (2023). *User interface elements every designer should know*. <https://www.uxpin.com/studio/blog/user-interface-elements-every-designer-should-know/>
- Wajo, S., & Sholihah, N. R. (2023). Pengaruh terapi akupresur titik *Sanyinjiao* (SP6) terhadap penurunan intensitas nyeri dismenore primer. *Media Ilmu Kesehatan*, 12(3): 279-288. <https://ejournal.unjaya.ac.id/index.php/mik>
- Walter, S. (2022). *User journey mapping*. SitePoint. <https://books.google.co.id/books?id=HczDEAAAQBAJ&lpg=PT3&dq=user%20journey%20map%20ux%20design&lr&pg=PA1#v=onepage&q&f=false>
- Wang, L., Yan, Y., Qiu, H., Xu, D., Zhu, J., Liu, J., & Li, H. (2022). Prevalence and risk factors of primary dysmenorrhea in students: a meta-analysis. *Value in Health*, 25(10):1678–1684. [https://www.valueinhealthjournal.com/article/S1098-3015\(22\)00192-9/fulltext?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1098301522001929%3Fshowall%3Dtrue](https://www.valueinhealthjournal.com/article/S1098-3015(22)00192-9/fulltext?_returnURL=https%3A%2F%2Flinkinghub.elsevier.com%2Fretrieve%2Fpii%2FS1098301522001929%3Fshowall%3Dtrue)
- Wijayanti, D. U., Jupriyono, & Kusmiwiyati A. (2019). Perbedaan penurunan nyeri dismenorea pada remaja dengan tatalaksana *guided imagery* dan kompres hangat. *Jurnal Pendidikan Kesehatan*, 8(1): 11-22. <https://ojs.poltekkes-malang.ac.id/index.php/jpk/article/download/713/180>
- Wolff, C. J. M. & Yauri, I. (2018). Pentingnya upaya penanganan dismenorea pada remaja putri dengan ketidakhadiran di sekolah. *Jurnal Ilmiah Perawat Manado (JUIPERDO)*, 6(1): 14-15. <https://ejournal.poltekkes-manado.ac.id/index.php/juiperdo/article/view/777/664>
- Yablonski, J. (2020). *Laws of UX: using psychology to design better products and services*. O'Reilly Media, Inc. <https://books.google.co.id/books?id=BuneDwAAQBAJ&lpg=PA1&dq=editions%3AISBN149205531X&hl=id&pg=PR2#v=onepage&q&f=false>
- Yulaikhah, L., Puspitasari, D., Kumorojati, R., Eniyati, Wulandari, A. A., Ramadani, A. A., Arthadewi, A. P., Widyastuti, A., P., D. D. A. (2022). Pengurangan nyeri haid melalui yoga pada remaja di wilayah kerja Puskesmas Kalasan Yogyakarta. *Journal of Innovation in Community Empowerment (JICE)*, 4(1): 23-31. <https://ejournal.unjaya.ac.id/index.php/jice/article/view/717>