

# KEPERAWATAN KOMPLEMENTER PADA REMAJA DENGAN MASALAH DISMENORE PRIMER

Dr. Nilam Noorma, S.Kep., Ners., M.Kes. • Ns. Wafiq Aurelia Novany, S.Tr.Kep., M.Kep.  
Ns. Junita Lusty, S.Kep., M.Kep. • Ns. Emmy Putri Wahyuni, S.Tr.Kep., M.Kep.





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**Ns. Emmy Putri Wahyuni, S.Tr.Kep., M.Kep.**

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Penulis : Dr. Nilam Noorma, S.Kep., Ners., M.Kes., Ns.  
Wafiq Aurelia Novany, S.Tr.Kep., M.Kep., Ns. Junita  
Lusty, S.Kep., M.Kep., dan Ns. Emmy Putri  
Wahyuni, S.Tr.Kep., M.Kep.  
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Provinsi DKI Jakarta, Kode Pos: 11620

Email: [penerbit.blb@gmail.com](mailto:penerbit.blb@gmail.com)

Whatsapp: 0878-3483-2315

Website: [bukuloka.com](http://bukuloka.com)

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# KATA PENGANTAR

Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku referensi berjudul *Keperawatan Komplementer pada Remaja dengan Masalah Dismenore Primer* dapat disusun dan dihadirkan bagi pembaca.

Dismenore merupakan salah satu masalah kesehatan reproduksi yang sering dialami perempuan dan dapat memengaruhi aktivitas serta kualitas hidup. Berbagai terapi komplementer telah banyak digunakan sebagai upaya nonfarmakologis untuk membantu mengurangi nyeri menstruasi. Buku ini disusun untuk memberikan informasi yang komprehensif mengenai konsep dismenore serta berbagai terapi komplementer yang dapat diterapkan berdasarkan kajian ilmiah dan hasil penelitian.

Penulis berharap buku ini dapat menjadi sumber referensi bagi mahasiswa, dosen, tenaga kesehatan, peneliti, dan pembaca yang memiliki perhatian terhadap kesehatan reproduksi perempuan. Penulis menyadari bahwa buku ini masih memiliki keterbatasan, sehingga kritik dan saran yang membangun sangat diharapkan untuk penyempurnaan di masa mendatang.

Jakarta, Juni 2026

Tim Penyusun

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Buku referensi berjudul **Keperawatan Komplementer pada Remaja dengan Masalah Dismenore Primer** membahas pendekatan keperawatan komplementer dalam membantu remaja menghadapi dismenore primer secara aman, terarah, dan holistik. Uraian mencakup pemahaman nyeri haid, faktor yang memengaruhinya, serta berbagai upaya nonfarmakologis yang dapat mendukung kenyamanan fisik dan emosional remaja.

Ditujukan untuk masyarakat umum, buku ini cocok bagi pembaca yang ingin memperluas wawasan tentang perawatan nyeri haid melalui pendekatan komplementer yang mudah dipahami dan relevan dengan kehidupan sehari-hari.

## PENULIS

Dr. Nilam Noorma, S.Kep., Ners., M.Kes.  
Ns. Wafiq Aurelia Novany, S.Tr.Kep., M.Kep.  
Ns. Junita Lusty, S.Kep., M.Kep.  
Ns. Emmy Putri Wahyuni, S.Tr.Kep., M.Kep.

