



ASUHAN REPRODUKSI PADA FASE TRANSISI KEHIDUPAN PEREMPUAN

Editor: Bunga Agustia Rofika



Asuhan Reproduksi pada Fase Transisi Kehidupan Perempuan

Bd. Siti Ni'amah, S.Si.T., S.Keb., M.Kes., dkk.

Editor: Bunga Agustia Rofika

PT CIPTA DIGITAL EDUKASI

Anggota IKAPI: No. 666/DKI/2026



Asuhan Reproduksi pada Fase Transisi Kehidupan Perempuan

Penulis : Bd. Siti Ni'amah, S.Si.T., S.Keb., M.Kes., Nining Sulistyawati, S.ST., M.kes., Noorhayati Novayanti, SST., M. Keb., Bdn. Lutfi Handayani, S.ST., M.Keb., Wahyuni hafid, S.ST., M.Kes., Viqy Lestaluhi, S.ST., M.Keb., Bdn. Eka Ratnasari, S.S.T., M.Keb., Bdn. Erni Ratna Suminar, S.ST., M.KM., Bd. Riris Sitorus, SST., M.Kes., dan Margiyati, S.SiT., M.Kes.

ISBN : 978-634-7808-17-2 (PDF)

Penyunting Naskah : Bunga Agustia Rofika

Tata Letak : Bunga Agustia Rofika

Desain Sampul : Novikean Keysah Sanisri

Penerbit

PT Cipta Digital Edukasi

Jl. Wijaya Ii/Wijaya Grand Centre Blok G-15, Desa/Kelurahan Pulo, Kec. Kebayoran Baru, Kota Adm. Jakarta Selatan, Provinsi DKI Jakarta, Kode Pos: 1216

E-Mail : penerbitcde@gmail.com

Website : cideka.com

© Hak cipta dilindungi oleh undang-undang

Berlaku selama 50 (lima puluh) tahun sejak ciptaan tersebut pertama kali dilakukan pengumuman. Dilarang mengutip atau memperbanyak sebagian atau seluruh isi buku ini tanpa izin tertulis dari penerbit. Ketentuan Pidana Sanksi Pelanggaran UU No. 28 Tahun 2014 Tentang Hak Cipta.

1. Barang siapa dengan sengaja dan tanpa hak melakukan perbuatan sebagaimana dimaksud dalam Pasal 2 ayat (1) atau Pasal 49 ayat (1) dan ayat (2) dipidana dengan pidana penjara masing-masing paling singkat 1 (satu) bulan dan/atau denda paling sedikit Rp1.000.000,00 (satu juta rupiah), atau pidana penjara paling lama 7 (Tujuh) tahun dan/atau denda paling banyak Rp5.000.000.000,00 (lima miliar rupiah).
2. Barang siapa dengan sengaja menyerahkan, menyiarkan, memamerkan, mengedarkan atau menjual kepada umum suatu ciptaan atau barang hasil pelanggaran Hak Cipta atau Hak Terkait sebagaimana dimaksud pada ayat (1) dipidana dengan pidana penjara paling lama 5 (lima) tahun dan/atau denda paling banyak Rp500.000.000,00 (lima ratus juta rupiah). paling lama 5 (lima) tahun dan/atau denda paling banyak Rp500.000.000,00 (lima ratus juta rupiah).

KATA PENGANTAR

Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku ajar berjudul *Asuhan Reproduksi pada Fase Transisi Kehidupan Perempuan* ini dapat diselesaikan dengan baik.

Melalui pembahasan yang disusun secara sistematis dan komunikatif, buku ini menguraikan konsep dasar terkait asuhan reproduksi pada berbagai fase transisi penting dalam kehidupan perempuan, mulai dari masa remaja, usia reproduksi, hingga perimenopause dan menopause.

Buku ini diterbitkan untuk masyarakat umum, sehingga dapat diakses dan dipahami oleh siapa pun yang membutuhkan pemahaman terkait kesehatan reproduksi perempuan dalam berbagai tahapan kehidupan.

Jakarta, Juli 2026

Tim Penyusun

DAFTAR ISI

KATA PENGANTAR.....	iii
DAFTAR ISI	iv
Bab 1: Peta Transisi Reproduksi dalam Siklus Hidup Perempuan.....	1
Bd. Siti Ni'amah, S.Si.T., S.Keb., M.Kes.....	1
1.1 Konsep Fundamental Transisi Reproduksi.....	1
1.2 Fase Pre-Reproduksi Dan Menarche	4
1.3 Fase Reproduksi Aktif Dan Siklus Menstruasi.....	7
1.4 Fase Perimenopause Dan Transisi Menopause.....	10
1.5 Latihan Soal.....	13
Bab 2: Pubertas: Edukasi, Higiene, dan Deteksi Masalah Dini	15
Nining Sulistyawati, S.ST., M.kes.	15
2.1 Pengertian Pubertas dan Perubahan-Perubahan yang Terjadi	15
2.2 Edukasi Pubertas untuk Remaja	18
2.3 Higiene Menstruasi dan Perawatan Kesehatan Reproduksi	22
2.4 Deteksi Dini Masalah Pubertas.....	25
2.5 Latihan Soal.....	29
Bab 3: Menstruasi Sehat: Pola Normal, Variasi, dan Intervensi Dasar	30
Noorhayati Novayanti, SST., M. Keb.....	30
3.1 Pengertian Menstruasi dan Siklus Menstruasi Normal.....	30
3.2 Variasi Normal dalam Pola Menstruasi.....	32
3.3 Gangguan Menstruasi Umum dan Manifestasinya	35

3.4 Intervensi Dasar untuk Menstruasi Sehat	38
3.5 Edukasi dan Promosi Kesehatan Menstruasi	40
3.6 Latihan Soal.....	43
Bab 4: Fase Pranikah Konseling Seksualitas, Kesuburan, dan Perencanaan	44
Bdn. Lutfi Handayani, S.ST., M.Keb.....	44
4.1 Konseling Pranikah dan Persiapan Pernikahan	44
4.2 Kesehatan Reproduksi dan Seksualitas dalam Konteks Pranikah ..	47
4.3 Perencanaan Keluarga dan Kontrasepsi.....	50
4.4 Dukungan Kesehatan Mental dan Emosional dalam Pranikah.....	53
4.5 Latihan Soal.....	56
Bab 5: Prakonsepsi: Skrining Risiko dan Persiapan Kehamilan	57
Wahyuni hafid, S.ST., M.Kes.....	57
5.1 Konsep dan Pentingnya Prakonsepsi	58
5.2 Skrining Risiko Kesehatan Prakonsepsi	60
5.3 Persiapan Kesehatan dan Intervensi Prakonsepsi	64
5.4 Skrining Khusus untuk Populasi Berisiko Tinggi	67
5.5 Penerapan Perawatan Prakonsepsi dan Tantangannya	69
5.6 Latihan Soal.....	72
Bab 6: Pascapersalinan: Pemulihan Reproduksi dan Penguatan KB.....	74
Viqy Lestaluhu, S.ST., M.Keb.	74
6.1 Pemulihan Reproduksi Periode Pascapersalinan	75
6.2 Isu Kesehatan Mental dan Dukungan Psikologis	78
6.3 Penguatan Keluarga Berencana pada Periode Pascapersalinan	80

6.4 Layanan Pascapersalinan Terintegrasi dan Dukungan Komunitas	83
6.5 Latihan Soal.....	85
Bab 7: Pascakeguguran: Asuhan Fisik, Psikologis, dan Pencegahan Ulang.....	87
Bdn. Eka Ratnasari, S.S.T., M.Keb.....	87
7.1 Pemahaman Tentang Keguguran Dan Dampaknya.....	87
7.2 Asuhan Fisik Pasca Keguguran	90
7.3 Asuhan Psikologis dan Dukungan Emosional.....	93
7.4 Pencegahan Keguguran Berulang.....	95
7.5 Latihan Soal.....	98
Bab 8: Perimenopause: Perubahan Hormonal dan Manajemen Keluhan	100
Bdn. Erni Ratna Suminar, S.ST., M.KM.....	100
8.1 Pengertian Perimenopause dan Karakteristik Umum	100
8.2 Perubahan Hormonal Selama Perimenopause	103
8.3 Manifestasi Klinis dan Gejala Perimenopause	106
8.4 Manajemen Farmakologis Perimenopause	109
8.5 Manajemen Non-Farmakologis dan Gaya Hidup	112
8.6 Latihan Soal.....	115
Bab 9: Menopause: Kesehatan Seksual, Urogenital, dan Kualitas Hidup	117
Bd. Riris Sitorus, SST., M.Kes.....	117
9.1 Pengertian Menopause dan Genitourinary Syndrome of Menopause	117
9.2 Kesehatan Seksual dan Disfungsi Seksual pada Menopause	120

9.3 Sindrom Urogenital pada Menopause dan Manifestasinya Klinis	122
9.4 Intervensi Farmakologis dan Non-Farmakologis untuk Menopause	124
9.5 Kualitas Hidup dan Dampak Psikosial dari Menopause.....	127
9.6 Latihan Soal.....	129
Bab 10: Penuaan Sehat Pencegahan Risiko Reproduksi dan Penyakit Kronis.....	130
Margiyati, S.SiT., M.Kes.....	130
10.1 Konsep Penuaan Sehat dan Determinan Kesehatan Lansia.....	130
10.2 Pencegahan Penyakit Kronis pada Lansia	133
10.3 Pencegahan Risiko Reproduksi dan Kesehatan Seksual pada Lansia	136
10.4 Intervensi Gaya Hidup dan Manajemen Faktor Risiko	139
10.5 Latihan Soal.....	142
Daftar Pustaka.....	143
Profil Penulis.....	179

Daftar Pustaka

- Abdul-Mumin, K. H., Sharbini, S., Zawawi, M., & Hashim, S. (2025). Strengthening self-care following miscarriage: Empowering women and their partners. *British Journal of Midwifery*, 33(11), 36. <https://doi.org/10.12968/bjom.2025.0036>
- Alenazi, G. K., Montaser, A. A. A., Muntasir, E. A. A., Alomeerah, M. B. N., Abdulaal, K. A., Alharbi, A. T., ... & Al-Kedessi, S. M. (2025). Natural family planning: Nursing perspectives and patient-centered care. *Nursing & Health Sciences*, 22(47), 7.
- Alodhialah, A. M., Almutairi, A. A., & Almutairi, M. (2025). Physical inactivity and cardiovascular health in aging populations: Epidemiological evidence and policy implications from Riyadh, Saudi Arabia. *Life*, 15(3), 347. <https://doi.org/10.3390/life15030347>
- Ampuero, C., Vega, C., Ruiz, R., Velásquez, J. D., Behrens, M., More, J., & Delgado Derio, C. (2025). An mHealth app (NeoMayor) to promote healthy lifestyles and brain health in older adults: Design and validation study. *JMIR mHealth and uHealth*, 13(1), 71936. <https://doi.org/10.2196/71936>
- Angileri, I., Cardona, A., Ferré, S., Fernández, P., & Farrera, M. (2023). Kolaborasi interprofesi dalam peningkatan kapasitas

- lansia dan keluarga untuk pencegahan stroke melalui edukasi dan manajemen koping sehat. *Nursing Update*, 2(1), 253. <https://doi.org/10.70437/nucsjo.v2i1.253>
- Anilkumar, A., Varghese, A. M., Mathews, C. J., Paul, S. K., Sajan, M. M., Joseph, S. A., & Jose, B. A. (2022). Sex education, awareness and perception among adolescents: A cross sectional study from Central Kerala. *International Journal of Community Medicine and Public Health*, 9(11), 4540-4549. <https://doi.org/10.18203/2394-6040.ijcmph20222899>
- Annadurai, K., Mani, G., & Danasekaran, R. (2017). Preconception care: A pragmatic approach for planned pregnancy. *Cureus*, 9(2), e200268. <https://doi.org/10.4103/1735-1995.200268>
- Ansari, S., Chhugani, M., & Bijoy, G. (2025). A cross-sectional study to assess the knowledge of women regarding sexual and reproductive health & rights and to orient them about Disha Didi Chatbot in selected community of New Delhi. *American Journal of Biomedical Research*, 28(4), 8695.
- Appleton, K. M., & Campbell, F. (2018). Dietary interventions for heart failure: A systematic review of randomized controlled trials. *American Journal of Clinical Nutrition*, 108(4), 713-724.
- Arefadib, N., Karovic, S., Mazza, D., & Botfield, J. (2025). Postpartum contraceptive care: A qualitative study of Australian child and family health nurses'

- experiences. *Journal of Advanced Nursing*, 70112. <https://doi.org/10.1111/jan.70112>
- Arentson-Lantz, E., Kokonda, M., Meers, J., Manber, R., Muench, A., Perlis, M., Boyle, J., Swartz, M., Grandner, M., & Nowakowski, S. (2025). Cognitive Behavioral Therapy for Menopausal Insomnia (CBT-MI) improves insomnia severity and vasomotor symptoms in peri- and postmenopausal women. *Sleep*, 48(5), zsaf090.0571. <https://doi.org/10.1093/sleep/zsaf090.0571>
- Atik, R. B., Christiansen, O., Elson, J., Kolte, A., Lewis, S., Middeldorp, S., ... & Goddijn, M. (2018). ESHRE guideline: Recurrent pregnancy loss. *Human Reproduction Open*, 2018(4), hoy004. <https://doi.org/10.1093/HROPEN/HOY004>
- Averbach, S., Thomas, E. E., Kully, G., Nazarbegan, M., Ghule, M., Rabin, B. A., Raj, A., & Bhan, N. (2023). Understanding feasibility and acceptability of implementation of linking delivery of family planning and infant vaccination care in rural Maharashtra, India: a qualitative study. *BMC Pregnancy and Childbirth*, 23, 830. <https://doi.org/10.1186/s12884-023-05830-z>
- Bagga, S. S., Tayade, S., Lohiya, N., Tyagi, A., & Chauhan, A. (2024). Menopause dynamics: From symptoms to quality of life, unraveling the complexities of the hormonal shift. *Multidisciplinary Reviews*, 3(1), 2025057. <https://doi.org/10.31893/multirev.2025057>

- Baral, B., & Bista, S. K. (2025). Health literacy and menstrual hygiene practices among adolescent girls. *Science, Social and Statistical*, 25(1), 1-12. <https://doi.org/10.3126/sss.v25i1.90489>
- Barfield, W., & Warner, L. (2011). Preventing chronic disease in women of reproductive age: Opportunities for health promotion and preventive services. *Preventing Chronic Disease*, 9(11), 110281. <https://doi.org/10.5888/PCD9.110281>
- Berglas, N., Harrison, S., Romero, J., Borgen, N., & Decker, M. J. (2024). Implementation of a booster sexual health education curriculum for older adolescents in rural communities. *Journal of Adolescent Health*, 75(1), 1–10.
- Bhan, N., Thomas, E. E., Kully, G., Ghule, M., Raj, A., Mcdougal, L., Singh, A., & Averbach, S. (2025). A qualitative analysis of womens reproductive agency and postpartum family planning in Maharashtra, India. *PLOS ONE*, 0336103. <https://doi.org/10.1371/journal.pone.0336103>
- Brammall, B. R., Garad, R. M., Teede, H., & Harrison, C. (2024). Evaluating preconception health and behaviour change in Australian women planning a pregnancy: The OptimalMe Program, a digital healthy lifestyle intervention with remotely delivered coaching. *Nutrients*, 16(1), 155. <https://doi.org/10.3390/nu16010155>
- Brittingham, S., Mitchell, L., & Zan, T. (2024). What's inside matters: An assessment of the family planning content of

- digital self-care platforms. *Reproductive Health*, 21(1), 1848.
- Cameron, C. R., Cohen, S. L., Sewell, K., & Lee, M. (2023). The art of hormone replacement therapy (HRT) in menopause management. *Journal of Women's Health Care and Gynecology*, 6(1), 1-11. <https://doi.org/10.1177/08971900231167925>
- Candelaria, D., Cacciata, M., Serafica, R., Reyes, A., Lee, J. A., Hildebrand, J. A., & Evangelista, L. (2025). Patient activation improves with a multi-component personalized mHealth intervention in older patients at risk of cardiovascular disease: A pilot randomized controlled trial. *European Journal of Cardiovascular Nursing*, 24(1), zvae159. <https://doi.org/10.1093/eurjcn/zvae159>
- Carter, T., Schoenaker, D., Adams, J., & Steel, A. (2023). Paternal preconception modifiable risk factors for adverse pregnancy and offspring outcomes: A review of contemporary evidence from observational studies. *BMC Public Health*, 23, 15335. <https://doi.org/10.1186/s12889-023-15335-1>
- Cascais, A. F., & Woodhead, L. (2024). Breaking silences on sexual and reproductive health among Tay adolescents in Vietnam. *Health Promotion International*, 40(1), 79.
- Catalao, R., Chapota, H., Chorwe-Sungani, G., & Hall, J. (2023). The impact of depression at preconception on pregnancy planning and unmet need for contraception in the first postpartum year: a cohort study from rural

- Malawi. *Reproductive Health*, 20, 576. <https://doi.org/10.1186/s12978-023-01576-1>
- Cedars, M. I. (2022). Evaluation of female fertility—AMH and ovarian reserve testing. *The Journal of Clinical Endocrinology & Metabolism*, 107(2), 315-330. <https://doi.org/10.1210/clinem/dgac039>
- Cerf, M. E. (2021). Healthy lifestyles and noncommunicable diseases: Nutrition, the lifecourse, and health promotion. *Lancet Infectious Diseases*, 2(4), 31. <https://doi.org/10.1002/lim2.31>
- Chan, Y. K., & Hu, W. (2023). Students' voices on generative AI: Perceptions, benefits, and challenges in higher education. *Education and Information Technologies*, 28(1), 411. <https://doi.org/10.1186/s41239-023-00411-8>
- Cher, M. (2024). Efficacy of reproductive health awareness program and health status of adolescent girls in Bangalore. *East African Science Journal of Nursing and Midwifery*, 6(5), 1-15. <https://doi.org/10.36349/easjnm.2024.v06i05.003>
- Choudhury, N., Wu, W., Khatri, R., Tiwari, A., Thapa, A., Adhikari, S., ... & Sapkota, S. (2025). Now that they come to our doorsteps to teach us these things: Postpartum contraception outcomes from a pre-post effectiveness-implementation study of an integrated community health worker intervention in rural Nepal. *Reproductive Health*, 22, 225. <https://doi.org/10.1186/s12978-025-02225-5>

- Clayton, G., Soares, A., Kilpi, F., Fraser, A., Welsh, P., Sattar, N., ... & Lawlor, D. (2022). Cardiovascular health in the menopause transition: A longitudinal study of up to 3892 women with up to four repeated measures of risk factors. *BMC Medicine*, 20(1), 454. <https://doi.org/10.1186/s12916-022-02454-6>
- Coley, N., André, L., Hoevenaar-Blom, M., Ngandu, T., Beishuizen, C., Barbera, M., & Andrieu, S. (2021). Factors predicting engagement of older adults with a coach-supported eHealth intervention promoting lifestyle change and associations between engagement and changes in cardiovascular and dementia risk. *JMIR mHealth and uHealth*, 9(7), 32006. <https://doi.org/10.2196/32006>
- Coomarasamy, A., Williams, H., Truchanowicz, E., Seed, P. T., Small, R., Quenby, S., ... & Rai, R. (2016). PROMISE: First-trimester progesterone therapy in women with a history of unexplained recurrent miscarriages—A randomised, double-blind, placebo-controlled, international multicentre trial and economic evaluation. *Health Technology Assessment*, 20(41), 1-92. <https://doi.org/10.3310/hta20410>
- Cuenca-Gómez, D. (2023). Pregnancy loss: Consequences for mental health. *Frontiers in Global Women's Health*, 3, 1032212. <https://doi.org/10.3389/fgwh.2022.1032212>
- Cunningham, A., Pal, L., Wickham, A. P., Prentice, C., Goddard, F. G., Klepchukova, A., & Zhaunova, L. (2024). Chronicling menstrual cycle patterns across the reproductive lifespan

- with real-world data. *Scientific Reports*, 14(1), 9607. <https://doi.org/10.1038/s41598-024-60373-3>
- Cutherell, M., Odeh, R., Atlie, S., Grzeslo, J., Phillips, M., Makinde, O., ... & Rothschild, C. W. (2025). Adolescent girls' agency in an integrated sexual and reproductive health and economic empowerment intervention pilot. *Journal of Adolescence*, 70(1), 15.
- De Franciscis, P., Colacurci, N., Riemma, G., Conte, A., Pittana, E., Guida, M., & Schiattarella, A. (2019). A nutraceutical approach to menopausal complaints. *Medicina*, 55(9), 544. <https://doi.org/10.3390/medicina55090544>
- De Silva, S., Jadhav, A., Fabic, M. S., Munthali, L., Oyedokun-Adebago, F., & Kebede, Z. (2024). Family planning, reproductive health, and progress toward the sustainable development goals: Reflections and directions on the 30th anniversary of the international conference on population and development. *Global Health: Science and Practice*, 12(5), 127.
- Dean, S. V., Lassi, Z. S., Imam, A. M., & Bhutta, Z. A. (2014). Preconception care: promoting reproductive planning. *Reproductive Health*, 11(S3), S2.
- Dennis, C., Brown, H., Brennenstuhl, S., Vigod, S., Miller, A., Castro, R. A., Marini, F., & Birken, C. (2022). Preconception risk factors and health care needs of pregnancy-planning women and men with a lifetime history or current mental

- illness: A nationwide survey. *PLOS ONE*, 17(6), e0270158. <https://doi.org/10.1371/journal.pone.0270158>
- Denois, V., Marcucci, L., Lassalle, C., Russias, C., & Masson, J. (2024). Co-constructing and evaluating an endocrine disruptor education program for teenagers in schools: The COPE-ADOS program. *Conference Proceedings*, 1, 1-20. <https://doi.org/10.36315/2024v1end046>
- Deraas, T. S., Hopstock, L., Henriksen, A., Morseth, B., Sand, A. S., Njølstad, I., & Grimsgaard, S. (2020). Complex lifestyle intervention among inactive older adults with elevated cardiovascular disease risk and obesity: A mixed-method, single-arm feasibility study for RESTART. *BMJ Open*, 10(7), 40814. <https://doi.org/10.1186/s40814-021-00921-0>
- Dewi Nurhanifah & Putri, S. M. (2025). Understanding oneself for a better future: Reproductive health awareness for adolescent boys and girls. *Journal of Public Health and Epidemiology Intelligence*, 2(2), 77-92. <https://doi.org/10.61099/jpmei.v2i2.77>
- Doroshuk, M. L., Lebrun, C. M., & Doyle-Baker, P. K. (2025). Level of agreement between a modified, three-step menstrual cycle tracking method and a female-health menstrual cycle tracking app. *SAGE Open Nursing*, 11, 23779608251379415. <https://doi.org/10.1177/26884844251379415>
- Doshi, A., Agarwal, J., & Khandelwal, D. (2023). Sexual health, urogenital symptoms and quality of life in women with

- menopause. *Journal of Obstetric and Gynaecological Research*, 49(7), 1715-1726.
- Dou, L., Peng, Y., Zhang, B., Yang, H., & Zheng, K. (2023). Immune remodeling during aging and the clinical significance of immunonutrition in healthy aging. *Aging and Disease*, 14(5), 0923. <https://doi.org/10.14336/AD.2023.0923>
- Dourado, E. P., Fernandes, M. B., Fernandes, E. V., & de Oliveira, D. M. (2025). Effects of the prescription of physical exercises mediated by mobile applications on the health of older adults: A systematic review. *Geriatrics*, 10(5), 122. <https://doi.org/10.3390/geriatrics10050122>
- Dwyer, S. C., Baruwa, S., Okafor, E., Oluseyi, D. B., Ubuane, O., & Jain, A. (2021). How do fertility intentions lead to contraceptive continuation among a cohort of family planning users who received services from the private sector in Nigeria. *Gates Open Research*, 5(1), 13253.
- Edelweishia, M., Christoper, A., Theresia, E., & Angelia, V. (2025). Review of hormonal replacement therapy options for the treatments of menopausal symptoms. *Korean Journal of Family Medicine*, 46(1), 0039. <https://doi.org/10.4082/kjfm.25.0039>
- El Hachem, H., Crepaux, V., May-Panloup, P., Descamps, P., Legendre, G., & Bouet, P. E. (2017). Recurrent pregnancy loss: Current perspectives. *International Journal of Women's Health*, 9, 817-827. <https://doi.org/10.2147/ijwh.s100817>

- Elfaki, S. H. (2024). Genitourinary syndrome of menopause exploring the history, updates and treatment. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, 13(7), 1607. <https://doi.org/10.18203/2320-1770.ijrcog20241607>
- Erzia, V. (2026). Pengaruh konseling metode online & offline terhadap kesiapan catin dalam menghadapi pernikahan di Puskesmas Banjtit. *CERDIKA: Jurnal Pengabdian Masyarakat*, 6(1), 2873.
- Evans, W. J., Mazzeo, R. S., Cavanagh, P. R., Evenson, K. R., Fiatarone, M. A., Hagberg, J. M., & Startzell, J. M. (1999). Exercise and physical activity for older adults. *American Family Physician*, 60(1), 99. <https://doi.org/10.1080/00913847.1999.11439374>
- Fares, S., Batarseh, S. F., & Soliman, S. (2025). Premarital examination and counseling: Impact on HIV knowledge among Jordanian women—A national survey analysis. *SAGE Open Nursing*, 11(1), 1375825.
- Forman, M., Mangini, L., Thelus-Jean, R., & Hayward, M. (2013). Life-course origins of the ages at menarche and menopause. *Advances in Pediatrics*, 2(1), 15-46. <https://doi.org/10.2147/AHMT.S15946>
- Fotso, J., Cleland, J., Ngamby, M. K., Baye, M. L., & Adje, E. O. (2023). Pregnancy risks and contraceptive use among postpartum mothers in Cameroon: implications for improving the coverage of postpartum family planning

services. *Reproductive Health*, 20,
7. <https://doi.org/10.1186/s12978-022-01552-1>

Franco-Antonio, C., Santano-Mogena, E., & Cordovilla-Guardia, S. (2025). Dysmenorrhea, premenstrual syndrome, and lifestyle habits in young university students in Spain: A cross-sectional study. *Journal of Nursing Research*, 33(1), e0000657. <https://doi.org/10.1097/jnr.0000000000000657>

Fullerton, G., Marinello, D., Zucchi, D., Aguilera, S., Benachi, A., Biller, R., ... & Mosca, M. (2025). Addressing unmet needs in pregnancy and family planning of people living with rare and low-prevalence diseases: Results of the ERN transversal working group on pregnancy and family planning survey. *Reproductive Health*, 22(1), 136.

Gaiya, I., Nasrayanti, N., & Jaya, F. (2025). The relationship between pre-marital counseling and healthy pregnancy preparation among prospective brides and grooms at the UPTD Puskesmas Malaka, Soppeng Regency. *Journal of Maternal and Women's Health*, 7(1), 55534.

Gavel, S., Todalabagi, P., Daniel, R. S., & Mannapur, B. (2025). The effectiveness of health education programs on human immunodeficiency virus/sexually transmitted infection awareness among adolescent girls in Bagalkot. *Bharati Journal of Health Sciences*, 1, 1-12. <https://doi.org/10.4103/bjhs.bjhs.187.24>

Gebretsadik, G., Biratu, A. K., Gessesew, A., Lassi, Z., Kahsay, A., & Mulugeta, A. (2025). Preconception health risks among

- women of reproductive age in Sub-Saharan Africa: A systematic review of implications for preconception care. *Journal of Global Health*, 15, 00888. <https://doi.org/10.1186/s41043-025-00888-1>
- Ghimire, S., Gahatraj, N., Shrestha, N., Manandhar, S., & Dhital, S. R. (2024). Effects of health education intervention on menstrual hygiene knowledge and practices among the adolescent girls of Pokhara Metropolitan, Nepal. *PLOS ONE*, 19(9), e0291884. <https://doi.org/10.1371/journal.pone.0291884>
- Gianfredi, V., Nucci, D., Pennisi, F., Maggi, S., Veronese, N., & Soysal, P. (2025). Aging, longevity, and healthy aging: The public health approach. *Journal of Population Ageing*, 40(1), 3021. <https://doi.org/10.1007/s40520-025-03021-8>
- Glavas, C., Scott, D., Sood, S., George, E., Daly, R. M., Gvozdenko, E., & Jansons, P. (2024). Exploring the feasibility of digital voice assistants for delivery of a home-based exercise intervention in older adults with obesity and type 2 diabetes mellitus: Randomized controlled trial. *JMIR mHealth and uHealth*, 12(9), 53064. <https://doi.org/10.2196/53064>
- Goyal, A., Ekelmans, A., Cerjak, J., & Frishman, W. H. (2025). Nonhormonal treatment of vasomotor symptoms of menopause. *Cardiology in Review*, 33(2), 1-8. <https://doi.org/10.1097/CRD.0000000000000874>
- Grsoy, Z., Uzun, K., Ozyurt, D., Hasdemir, B., Gleryz, F., & Erdem, E. (2025). Effect of two education methods on hygiene

- behaviors and menstrual experience in working girls. *European Journal of Public Health*, 35(S1), 1-15. <https://doi.org/10.1093/eurpub/ckaf161.1951>
- Gul, F., Lassi, Z., Tessema, G., Ahmed, J. M., & Mahmood, M. A. (2025). The process of integrating family planning services with other reproductive health services in low and middle-income countries: A scoping review. *International Journal of Integrated Care*, 8912. <https://doi.org/10.5334/ijic.8912>
- Guzman, N. M., Nakua, E., Moyer, C. A., Lori, J. R., Dzomeku, V., Otupiri, E., & Compton, S. D. (2025). Unmet need for contraception? Understanding postpartum family planning desires and use in Kumasi, Ghana. *Frontiers in Global Women's Health*, 6(1), 1625242.
- Guzman-Martinez, L., Calfo, C., Fariás, G., Vilches, C., Prieto, R., & Maccioni, R. (2021). New frontiers in the prevention, diagnosis, and treatment of Alzheimer's disease. *Journal of Alzheimer's Disease*, 80(1), 1059. <https://doi.org/10.3233/JAD-201059>
- Hamoda, H., Moger, S., Morris, E., Baldeweg, S. E., Kasliwal, A., & Gabbay, F. (2022). Menopause practice standards. *Clinical Endocrinology*, 97(2), 125-140. <https://doi.org/10.1111/cen.14789>
- Hansen, A., Bayes, J., & Schloss, J. (2025). Empowering women through knowledge: A systematic review of literature on menstrual and reproductive health literacy. *SAGE Open Nursing*, 11,

24731242251363080. <https://doi.org/10.1177/24731242251363080>

- Harper, J., Delbaere, I., Ekstrand, M., Fernandes de Carvalho, A., Fincham, A., Grace, B., ... & Simopoulou, M. (2024). O-067 An update from the international reproductive health education collaboration. *Human Reproduction*, 39(Supplement_1), 108.
- Hasanah, W. K., Pratomo, H., Ashor, F. L., Mulyana, E., Jumhati, S., & Lova, S. M. (2022). Analisis pelaksanaan edukasi pranikah terkait kesehatan reproduksi pada pasangan calon pengantin Muslim (Literature Review). *Hearty: Jurnal Kesehatan Masyarakat*, 10(2), 6284.
- Hasanah, W. K., Pratomo, H., Ashor, F. L., Mulyana, E., Jumhati, S., & Lova, S. M. (2022). Analisis pelaksanaan edukasi pranikah terkait kesehatan reproduksi pada pasangan calon pengantin Muslim. *Hearty: Jurnal Kesehatan Masyarakat*, 10(2), 6284. <https://doi.org/10.33024/jkpm.v8i5.19019>
- Hastuti, L., Wahyuni, T., Mardiyani, R., & Rahmawati, A. (2025). School-based sexual health and reproduction education in early adolescents at Muhammadiyah Junior High School. *Indonesian Journal of Health Education*, 6(2), 1-20. <https://doi.org/10.35568/abdimas.v6i2.3301>
- Hendayani, S. N. E., Rosyeni, Y., & Setiowati, T. (2022). Care management of premarital women using CLEAR counseling techniques, ROLES body attitudes and GATHER approaches. *Jurnal Midwifery*, 10(5), 996.

- Hendriks, O., McIntyre, J. C., Rose, A. K., Crockett, C., Newson, L., & Saini, P. (2025). The mental health challenges, especially suicidality, experienced by women during perimenopause and menopause: A qualitative study. *International Journal of Mental Health*, 54(3), 1-18. <https://doi.org/10.1177/17455057251338941>
- Hopipah, E. N., Ulfiah, U., Jakarta, S. P., & Bandung, P. P. U. S. G. D. (2025). The significance of pre-marital education and post-marital counseling in minimizing divorce rates. *Jurnal Ilmiah Pendidikan Berbasis Spiritualitas*, 3(2), 930.
- Hysaj, D. M., Putri, E. T., Subroto, D. E., Sulaeman, S., & Habibi, H. (2024). Education and counseling on adolescent reproductive health in high school. *Jurnal Sipakatau*, 1(6), 2429.
- Islam, S., Afrin, W., & Khatun, K. (2024). Menstrual disorders and self-care practices: A study on prevalence among female undergraduate students. *Sri Lanka International Journal of Obstetrics and Gynaecology*, 7(9), 011. <https://doi.org/10.36348/sijog.2024.v07i09.011>
- Jahanfar, S., Maurer, O., Lapidow, A., Oberoi, A. R., Steinfeldt, M., & Ali, M. (2024). A meta-analysis into the mediatory effects of family planning utilization on complications of pregnancy in women of reproductive age. *PLOS ONE*, 0294475. <https://doi.org/10.1371/journal.pone.0294475>
- Jett, S., Malviya, N., Schelbaum, E., Jang, G., Jahan, E., Clancy, K., & Mosconi, L. (2022). Endogenous and exogenous estrogen

- exposures: How women's reproductive health can drive brain aging and inform Alzheimer's prevention. *Frontiers in Aging Neuroscience*, 14(1), 831807. <https://doi.org/10.3389/fnagi.2022.831807>
- Johansson, J., Deraas, T. S., Hopstock, L., Henriksen, A., & Grimsgaard, S. (2025). Improving and preserving cardiorespiratory fitness, muscle strength and adiposity through a complex lifestyle intervention in community-dwelling older adults with elevated cardiometabolic risk: Study protocol for the RESTART randomised controlled trial. *BMJ Open*, 15(4), 095810. <https://doi.org/10.1136/bmjopen-2024-095810>
- Joseph, N., Mahato, V., Pandey, A., Mishra, S., Prakash, G., & Gandhi, R. (2021). Experiences and perception towards reproductive health education among secondary school teachers in South India. *Reproductive Health*, 18(1), 1224.
- Kedzior, S. G. E., Ryan, L. M., & Lassi, Z. (2024). Preconception care in low- and middle-income countries. *Epidemiology and Public Health*, 1, 1049. <https://doi.org/10.52768/epidemiolpublichealth/1049>
- Kennard, A., Lindo, F. M., Ring, M., Alli, B., Khan, N., Potter-McQuilkin, D., Papia, G., Teng, R., McKendree, R., Thompson-Olson, M., & Tollefson, M. (2024). Lifestyle medicine and vasomotor symptoms: An analytic

- review. *American Journal of Lifestyle Medicine*, 18(2), 1-22. <https://doi.org/10.1177/15598276241232359>
- Khan, M. N., Khan, M. M. A., Billah, M. A., Khanam, S. J., Haider, M., Sarker, B., & Harris, M. L. (2025). Effects of maternal healthcare service utilization on modern postpartum family planning access in Bangladesh: insights from a national representative survey. *PLOS ONE*, 0318363. <https://doi.org/10.1371/journal.pone.0318363>
- Khekade, H., Potdukhe, A., Taksande, A., Wanjari, M., & Yelne, S. (2023). Preconception care: A strategic intervention for the prevention of neonatal and birth disorders. *Cureus*, 15(6), e41141. <https://doi.org/10.7759/cureus.41141>
- Khotimah, K. (2023). The effectiveness of reproductive and sexual health education by counselling and small group discussion on knowledge and attitudes of adolescents aged 16-17 years. *ARKUS*, 9(2), 392.
- Kim, H. K., & Seo, J. H. (2022). Effects of health status, depression, gerotranscendence, self-efficacy, and social support on healthy aging in older adults with chronic diseases. *International Journal of Environmental Research and Public Health*, 19(13), 7930. <https://doi.org/10.3390/ijerph19137930>
- Kiron, N., Gupta, N., Lilhore, S., & Shukla, D. (2024). Factors influencing the natural menopause age among women attending gynaecology outpatient clinic at a tertiary care hospital in central India. *Research Journal of Nursing and*

- Kirovakov, Z., Dushepeev, A., & Markova, S. (2025). Management strategies for miscarriage: A literature review of current clinical practices and emerging treatments. *OBGyn Research*, 2025, 180. <https://doi.org/10.26502/ogr0180>
- Kohansal, F., Nourizadeh, R., Jahdi, N. S., Bafrani, M. A., & Mehrabi, E. (2024). The effect of counseling based on health promotion awareness on self-care needs and reproductive and sexual health literacy of newly married women: A randomized controlled clinical trial study. *BMC Women's Health*, 24(1), 3214.
- Kuang, X., Ding, P., Tian, L., Shi, H., & Wang, S. (2025). Association of BMI trajectories and healthy aging among Chinese older adults: A national cohort study. *Frontiers in Public Health*, 13(1), 1538261. <https://doi.org/10.3389/fpubh.2025.1538261>
- Kumar, M., & Singh, S. (2025). Menarche: I was scared! I thought I was going to die! It affected my whole life. *Journal of Nursing Education and Practice*, 15(10), 46-58. <https://doi.org/10.1080/07399332.2025.2570844>
- Kushwaha, V., Agrawal, P., Vekaria, H., Pathak, B., & Siddiqui, S. (2025). Pharmacotherapy of perimenopausal and menopausal symptoms: An overview. *Indian Journal of Pharmacy and Pharmacology Research Review*, 85(4), 1-15. <https://doi.org/10.47583/ijpsrr.2025.v85i4.013>

- Kusumawati, P. D., & Koesnadi. (2025). Analysis of the role of community nurses in raising reproductive health awareness among adolescents. *International Journal of Nursing and Health Sciences*, 3(4), 1-18. <https://doi.org/10.59890/ijnhs.v3i4.119>
- Lalika, M., Jenkins, S., Hayes, S., Jones, C., Burke, L. E., Cooper, L. A., & Brewer, L. C. (2024). Efficacy of a culturally tailored mobile health lifestyle intervention on cardiovascular health among African Americans with preexisting risk factors: The FAITH! Trial. *SAGE Open Nursing*, 10(1), 20552076241295305. <https://doi.org/10.1177/20552076241295305>
- Lamtioma, L., Sunarsih, S., Maternity, D., & Farich, A. (2023). Counseling by leaflet media in increasing brides and grooms knowledge and attitude about reproductive health. *Jurnal Kesehatan Masyarakat*, 9(2), 7852.
- Lestari, S., Dewi, Y. I., & Dilaruri, A. (2024). The relationship between the knowledge of the prospective bride (catin) and the prevention of HIV/AIDS transmission. *Journal of Education and Technical Studies in Healthcare*, 3(1), 1700.
- Levey, G., & Levin, B. (2022). An evolution-based model of causation for aging-related diseases and intrinsic mortality: Explanatory properties and implications for healthy aging. *Frontiers in Public Health*, 10(1), 774668. <https://doi.org/10.3389/fpubh.2022.774668>

- Linehan, L., San, I., Campillo, L., Hennessy, M., Flannery, C., & O'Donoghue, K. (2022). Reproductive outcomes following recurrent first-trimester miscarriage: A retrospective cohort study. *Human Reproduction Open*, 2022(4), hoac045. <https://doi.org/10.1093/hropen/hoac045>
- Liu, X., Zhai, B., Zhu, X., Zheng, Z., Yu, J., Wang, B., & Zeng, H. (2025). Effects of combining positive psychological intervention and lifestyle intervention on improving cardiovascular health for at-risk older adults: Study protocol of a Chinese multicentric community-based randomised controlled trial (ACCOMPLI-CH). *BMJ Open*, 15(3), 090760. <https://doi.org/10.1136/bmjopen-2024-090760>
- Logie, C., MacKenzie, F., Malama, K., Lorimer, N., Lad, A., Zhao, M., ... & Perez-Brumer, A. G. (2024). Sexual and reproductive health among forcibly displaced persons in urban environments in low and middle-income countries: Scoping review findings. *Reproductive Health*, 21(1), 1780.
- Madrigal, J. M., Metoyer, K. S., McManus, A. E., Zimmerman, L., & Patel, A. (2019). The family planning quotient and reproductive life index (FPQ/RepLI) tool: A solution for family planning, reproductive life planning and contraception counseling. *Reproductive Health*, 16(1), 787.
- Madsen, T. E., Sobel, T., Negash, S., Allen, T. S., Stefanick, M., Manson, J., & Allison, M. (2023). A review of hormone and non-hormonal therapy options for the treatment of

- menopause. *International Journal of Women's Health*, 15, S379808. <https://doi.org/10.2147/IJWH.S379808>
- Maity, S., Gadad, B. S., Rodrigo, H., Noorani, S., Usman, A., Lark, C., Attarpour, M., Mageto, I., Schwartz, L., Trachuk, A. M., Yaareb, D., Huzien, F., Anand, N., Nayak, N., Mendoza, J. E., Nauhria, S., & Nauhria, S. (2026). Prevalence of premenstrual syndrome, premenstrual dysphoric disorder, and dysmenorrhea in nursing students: A systematic review, meta-analysis, and evidence-based recommendations. *Frontiers in Global Women's Health*, 6, 1701704. <https://doi.org/10.3389/fgwh.2025.1701704>
- Manoharan, M., Lee, G. C., Harper, N. L., Meunier, J., Restrepo, M. I., Jimenez, F., & Ahuja, S. K. (2025). The 15-year survival advantage: Immune resilience as a salutogenic force in healthy aging. *Aging Cell*, 24(4), 70063. <https://doi.org/10.1111/accel.70063>
- Meaney, S., Corcoran, P., Spillane, N., & O'Donoghue, K. (2017). Experience of miscarriage: An interpretative phenomenological analysis. *BMJ Open*, 7(3), e011382. <https://doi.org/10.1136/bmjopen-2016-011382>
- Mohamed, H. A., Salah, A., Allawy, M. E. A., & Ibrahim, A. A. (2025). Impact of Nurse Navigator Programme on male adolescents pubertal health awareness and attitudes: A quasi-experimental study. *Malaysian Journal of Nursing*, 17(2), 1-15. <https://doi.org/10.31674/mjn.2025.v17i02.014>

- Mohammed, H. M., Zaky, M. A., & Hany, A. M. (2024). Postpartum family planning among women attending maternal and child health centers in Assiut Governorate, Upper Egypt. *Cureus*, 16(6), 160.
- Morton, P. M. (2022). Childhood disadvantage and adult functional status: Do early-life exposures jeopardize healthy aging? *Sociological Spectrum*, 42(1), 08982643211064723. <https://doi.org/10.1177/08982643211064723>
- Motan, T., Cockwell, H., Elliott, J., Antaki, R., White, J., Amir, B., ... & Yong, P. (2025). Guideline No. 464: Recurrent pregnancy loss. *Journal of Obstetrics and Gynaecology Canada*, 47(10), 103167. <https://doi.org/10.1016/j.jogc.2025.103167>
- Muganwa, K., Bazirete, O., Uwimana, M., Musabwasoni, M. G. S., Tengera, O., Bahumura, J., & Nwanko Chinwe, H. (2025). Adolescent awareness and experience of the pubertal changes: A qualitative study from Rwanda. *PLOS ONE*, 20(6), e0325502. <https://doi.org/10.1371/journal.pone.0325502>
- Murni, H., Darmayanti, Y., & Arneti, A. (2023). Effects of web-based education model on knowledge regarding reproductive and sexual health among pre-marital couple in West Sumatra Province Indonesia: A feasibility study. *Journal of Research on Sustainable Emerging Markets*, 3(4), 580.

- Nakkazi, J., Buhuguru, R., Wandui, C. S., Looru, M., Emor, V., Misinde, R., ... & Bulage, L. (2025). Determinants and barriers of modern family planning uptake among postpartum mothers at selected regional referral hospitals in Uganda: a cross-sectional study. *Reproductive Health*, 22, 137. <https://doi.org/10.1186/s12978-025-02137-4>
- Navabinejad, S., Rizzo, A., & Klaslan, F. (2024). Exploring the psychological impact of miscarriage on women. *Poetry & Medicine*, 5(2), 9. <https://doi.org/10.61838/kman.pwj.5.2.9>
- Nemati, D., Pemmasani, D., Lavangu, V., & Kaushal, N. (2024). The impact of the LIFE trial on cardiovascular health: Racial disparities in lifestyle factor improvement. *Innovation in Aging*, 8(1), 1368. <https://doi.org/10.1093/geroni/igae098.1368>
- Nursanti, D. P., Sukmawati, S., Salimung, R. M. D. G., Erfiana, V. I., Saadatul, K., Febriana, P., ... & Larasati, R. F. (2023). Education to increase adolescents' knowledge about reproductive health and premarital sexuality in Lambako Village. *Journal of Community Health Education*, 6(2), 502.
- Ojanduru, L., Ojamuge, D., Ducomb, L., Cachan, J., & Spindler, E. (2018). Testing a proof of concept model for group couples counseling in family planning in Northern Uganda. *The Pan African Medical Journal*, 30(1), 179.
- O'Kelly, A. C., Michos, E., Shufelt, C., Vermunt, J. V., Minissian, M., Quesada, O., ... & Honigberg, M. (2022). Pregnancy and reproductive risk factors for cardiovascular disease in

- women. *Circulation Research*, 130(4), 652-672. <https://doi.org/10.1161/CIRCRESAHA.121.319895>
- Okoth, K., Chandan, J., Marshall, T., Thangaratinam, S., Thomas, G., Nirantharakumar, K., & Adderley, N. (2020). Association between the reproductive health of young women and cardiovascular disease in later life: Umbrella review. *BMJ*, 371, m3502. <https://doi.org/10.1136/bmj.m3502>
- Onuh, J. A., & Pacial, R. G. R. (2024). The extent of sexual and reproductive health services utilization among adolescents in Abuja, Nigeria: A cross-sectional study. *Journal of Public Health Advances*, 3(1), 3629.
- Owens, L., & Franks, S. (2025). The impact of polycystic ovary syndrome on reproductive health—A narrative review. *Reproduction*, 169(4), R129-R148. <https://doi.org/10.1530/REP-24-0485>
- Pan, M., Zhou, J., Pan, X., Wang, J., Qi, Q., & Wang, L. (2022). Drugs for the treatment of postmenopausal symptoms: Hormonal and non-hormonal therapy. *Life Sciences*, 311, 121255. <https://doi.org/10.1016/j.lfs.2022.121255>
- Parua, S., Choudhury, G. R., Bhattacharya, S., Hazra, A., Dutta, S., Sengupta, P., & Bhattacharya, K. (2024). Melatonin in female fertility: Multifaceted role from reproductive physiology to therapeutic potential in polycystic ovary syndrome, endometriosis, and ovarian failure. *Cureus*, 16(12), e22086. <https://doi.org/10.33069/cim.2024.0022>

- Prem, P., Veena, S. R., Meena, T. S., & Revathy, T. G. (2025). Identification and evaluation of menstruation-related disorders in adolescent girls attending a tertiary care center: An observational study. *Cureus*, 17(12), 99192. <https://doi.org/10.7759/cureus.99192>
- Priya, M., Gunasundari, T., & Manivannan, R. (2024). Influence of lifestyle factors on menstrual disorders. *Journal of Innovations in Pharmaceutical and Biological Sciences*, 11, 303. <https://doi.org/10.56511/jipbs.2024.11303>
- Quotah, O. F., Andreeva, D., Nowak, K. G., Dalrymple, K., Almubarak, A., Patel, A., Vyas, N., Sakr, G. S., Heslehurst, N., Bell, Z., Poston, L., White, S., & Flynn, A. (2024). Interventions in preconception and pregnant women at risk of gestational diabetes; A systematic review and meta-analysis of randomised controlled trials. *Diabetology*, 1(1), 01217. <https://doi.org/10.1186/s13098-023-01217-4>
- Rahayu, A. Y., Herliana, O., Hadi, S. N., & Widiyawati, I. (2021). Pendampingan petani padi melalui KKN pembelajaran pemberdayaan masyarakat Desa Piasa Kulon Kabupaten Banyumas. *Pangabdhi Jurnal Pengabdian Masyarakat*, 7(1), 9410. <https://doi.org/10.21107/pangabdhi.v7i1.9410>
- Recenti, M., Ricciardi, C., Edmunds, K., Gísladóttir, M., Sigurdsson, S., Carraro, U., & Gargiulo, P. (2020). Healthy aging within an image: Using muscle radiodensitometry and lifestyle factors to predict diabetes and hypertension. *IEEE Journal of*

- Biomedical and Health Informatics*, 25(4), 3044158. <https://doi.org/10.1109/JBHI.2020.3044158>
- Reisel, D., Crockett, C., Glynne, S., Kamal, A., & Newson, L. (2024). Prevalence of cognitive and mood-related symptoms in a large cohort of perimenopausal and menopausal women. *British Journal of Psychiatry Open*, 10(3), 1-8. <https://doi.org/10.1192/bjo.2024.497>
- Rodríguez-García, M., Patel, M. V., Shen, Z., & Wira, C. R. (2021). The impact of aging on innate and adaptive immunity in the human female genital tract. *Aging Cell*, 20(5), 13361. <https://doi.org/10.1111/acer.13361>
- Roos, M., Wimmelbacher, V., Klein, L., Kesi, M., Rue, A.-K., Necker, C., Mhler, N., Stute, P., Abels, C., & Kruse, T. (2025). Real-world evidence shows gaps in awareness, medical help-seeking, and diagnosis for primary dysmenorrhea but not premenstrual syndrome: Cross-sectional observational study. *JMIR Public Health and Surveillance*, 11, 68148. <https://doi.org/10.2196/68148>
- Rosenblatt, A. M., Crews, D., Powe, N., Zonderman, A., Evans, M., & Tuot, D. (2021). Association between neighborhood social cohesion, awareness of chronic diseases, and participation in healthy behaviors in a community cohort. *BMC Public Health*, 21(1), 11633. <https://doi.org/10.1186/s12889-021-11633-8>

- Rostomian, L., Kliethermes, C. J., & Hemmerling, A. (2024). Knowledge and attitudes regarding family planning options in Armenia. *Women's Health Reports*, 5(1), 0005.
- Rukmawati, S., Fatimah, N. A., & Stikes Bhakti. (2025). The effect of early breastfeeding initiation (IMD) with uterine involution on first day post partum mothers. *Jurnal Riset Pendidikan dan Humaniora*, 102. <https://doi.org/10.30994/jrph.v6i2.102>
- Santoro, N., & Zalles, L. (2025). Nonhormonal treatments for vasomotor symptoms. *Current Opinion in Obstetrics and Gynecology*, 37(4), 1-8. <https://doi.org/10.1097/GCO.0000000000001050>
- Sari, D. P., Fajarningtiyas, D. N., Naibaho, M., Rizkianti, A., & Hutasoit, E. F. (2025). Effectiveness of postpartum care to improve women's health and quality of life in Southeast Asia: A scoping review protocol. *BMJ Open*, 14(6), e095974. <https://doi.org/10.1136/bmjopen-2024-095974>
- Sari, D. P., Triwidiyantari, D., & Riani, S. (2022). Persepsi, pengetahuan, dan kesadaran tentang kesehatan pranikah terhadap sikap pemeriksaan kesehatan pranikah. *Jurnal Riset & Inovasi Kesehatan*, 1(1), 1097.
- Schoenaker, D., Lovegrove, E., Cassinelli, E. H., Hall, J., McGranahan, M., McGowan, L., Carr, H., & Alwan, N. A. (2024). Preconception indicators and associations with health outcomes reported in UK routine primary care data: A

- systematic review. *British Journal of General Practice*, 74, 2024. <https://doi.org/10.3399/BJGP.2024.0082>
- Seals, D. R., Brunt, V. E., & Rossman, M. J. (2018). Keynote lecture: Strategies for optimal cardiovascular aging. *American Journal of Physiology*, 315(3), 00734. <https://doi.org/10.1152/ajpheart.00734.2017>
- Seib, C., Moriarty, S., McDonald, N., Anderson, D., & Parkinson, J. (2021). Changes in health behaviours in adults at-risk of chronic disease: Primary outcomes from the My health for life program. *BMC Public Health*, 22(1), 14056. <https://doi.org/10.1186/s12889-022-14056-1>
- Sen, L., Jahan, I., Salekin, N., Hasan, J., Rahman, M., Uddin, M. J., Zhang, C., Hamer, D. H., & Islam, G. M. R. (2024). Food craving, vitamin A, and menstrual disorders: A comprehensive study on university female students. *PLOS ONE*, 19(9), e0310995. <https://doi.org/10.1371/journal.pone.0310995>
- Setiawati, P. R., Putri, T. A., & Isni, K. (2022). The effect of reproductive health education on the knowledge level of adolescent pre-marriage sex in Riau Province, Indonesia. *Promkes: Jurnal Promosi Kesehatan Indonesia*, 5(1), 6159.
- Shaliha, F., Farihatus, S. M., & Puspitasari, N. (2022). Pengaruh kualitas pelayanan konseling pranikah dan pemahaman materi keluarga berencana terhadap sikap calon pengantin dalam menggunakan alat kontrasepsi di Kecamatan Sempu,

- Banyuwangi. *Promotif: Jurnal Kesehatan Masyarakat*, 12(2), 3073.
- Shea, A. K., & Sosea, C. (2025). How to tackle sleep concerns in peri- and post-menopausal women. *Current Women's Health Reports*, 2, 1-12. <https://doi.org/10.58931/cwht.2025.2124>
- Shehata, H., Elfituri, A., Doumouchtsis, S. K., Eseajeberuo, M., Ali, A., Jan, H., ... & Hod, M. (2023). FIGO good practice recommendations on the use of progesterone in the management of recurrent first-trimester miscarriage. *International Journal of Gynecology & Obstetrics*, 161(2), 434-447. <https://doi.org/10.1002/ijgo.14717>
- Singh, D., Samita, K., Sunuwar, D. R., Shrestha, S., Sah, R., Ghimire, S., ... & Karki, K. (2024). Accessibility and utilization of sexual and reproductive health services among people with disabilities in Nepal. *Sociological Spectrum*, 44(1), 861.
- Singh, S., & Kumar, M. (2025). Menarche, menstruation and reproductive life of women. *International Journal of Reproduction, Contraception, Obstetrics and Gynecology*, 14(3), 863-870. <https://doi.org/10.18203/2320-1770.ijrcog20250863>
- Singh, S., Chauhan, K., & Puri, P. (2023). Chronic non-communicable disease burden among reproductive-age women in India: Evidence from recent demographic and

- health survey. *BMC Women's Health*, 23(1), 2171. <https://doi.org/10.1186/s12905-023-02171-z>
- Sivamaruthi, B. S., Kesika, P., & Chaiyasut, C. (2018). Influence of probiotic supplementation on climacteric symptoms in menopausal women. *International Journal of Applied Pharmaceutics*, 10(6), 29156. <https://doi.org/10.22159/ijap.2018v10i6.29156>
- Soares, A., Kilpi, F., Fraser, A., Nelson, S., Sattar, N., Welsh, P., ... & Lawlor, D. (2020). Longitudinal changes in reproductive hormones through the menopause transition in the Avon Longitudinal Study of Parents and Children (ALSPAC). *Scientific Reports*, 10(1), 20962. <https://doi.org/10.1038/s41598-020-77871-9>
- Sofiyanti, S., & Yanti, Y. (2025). Reproductive health education for the adolescent with hearing impairment at Alfatih Foundation. *Indonesian Conference on Innovation in Higher Education*, 7(1), 361.
- Solo, J., & Festin, M. (2019). Provider bias in family planning services: A review of its meaning and manifestations. *Global Health: Science and Practice*, 7(3), 130.
- Stumbar, S. E., Garba, N. A., de la Cruz, M., Bhoite, P., Holley, M., Adams, C., ... & Kale, N. J. (2021). Sexual health teaching in the family medicine clerkship: Results of a CERA Survey. *JMIR Medical Education*, 7(2), 503960.
- Sukmawati, I., Rahayu, Y., Rosmiati, R., Fauziyah, D. N., Purwati, A. E., Solihah, R., Sunarni, N., & Litasari, R. (2025). The

- effectiveness of psychoeducation on menstrual disorders in adolescent girls: A systematic literature review. *Nurse's Update: Research and Innovation*, 3(2), 924. <https://doi.org/10.52221/nuri.v3i2.924>
- Suryana, R., Rivaldi, M., Ninditya, V., Ramadhany, D. R., Khatimah, K., Tasmara, F. A., & Amalia, R. (2024). Adolescent reproductive health education as an effort to increase reproductive health knowledge and marriage readiness in Mancasan Kleben Village. *Jurnal Pemberdayaan Masyarakat*, 89(1), 762.
- Tapadar, J. R. (2024). A study on reproductive life of the Bengalee Hindu females: A comparative analysis. *Indian Education Review*, 24(8), 135-151. <https://doi.org/10.21276/ierj24804135264606>
- Tepper, P. G., Brooks, M. M., Randolph, J. F., Crawford, S. L., El Khoudary, S. R., Gold, E. B., ... Thurston, R. C. (2016). Characterizing the trajectories of vasomotor symptoms across the menopausal transition. *Menopause*, 23(7), 676. <https://doi.org/10.1097/gme.0000000000000676>
- Tessier, A. J., Wang, F., Korat, A. A., Eliassen, A., Chavarro, J. E., Grodstein, F., & Sun, Q. (2025). Optimal dietary patterns for healthy aging. *Nature Medicine*, 31(3), 3570. <https://doi.org/10.1038/s41591-025-03570-5>
- Thomas, S. A., Browning, C. J., Charchar, F. J., Klein, B., Ory, M. G., Bowden-Jones, H., & Chamberlain, S. R. (2023). Transforming global approaches to chronic disease

- prevention and management across the lifespan: Integrating genomics, behavior change, and digital health solutions. *Frontiers in Public Health*, 11(1), 1248254. <https://doi.org/10.3389/fpubh.2023.1248254>
- Thovinakere, N., Ghosh, S., Itturia-Medina, Y., & Geddes, M. (2024). Social determinants of health and functional brain connectivity predict long-term physical activity in older adults with a new cardiovascular diagnosis. *medRxiv*, 2024(9), 24314678. <https://doi.org/10.1101/2024.09.30.24314678>
- Tonet, E., Raisi, A., Zagnoni, S., Chiaranda, G., Pavasini, R., Vitali, F., & Campo, G. (2023). Multi-domain lifestyle intervention in older adults after myocardial infarction: Rationale and design of the PIPeLINE randomized clinical trial. *Journal of Aging and Health*, 35(3), 2389. <https://doi.org/10.1007/s40520-023-02389-9>
- Trujillo-Muñoz, P. J., Sánchez-Ojeda, M. A., Rodríguez-Huamán, E. C., Mezyani-Haddu, K., Hoyo-Guillot, I., & Navarro-Prado, S. (2025). Effects of physical exercise on symptoms and quality of life in women in climacteric: A systematic review and meta-analysis. *Healthcare*, 13(6), 644. <https://doi.org/10.3390/healthcare13060644>
- Ufnal, J., Wolff, A., Morawska, M., Lewandowska, D., Rosiska-Lewandoska, D., Szewczyk, M., ... & Gruszka, S. (2025). Ovarian reserve: A critical indicator of female reproductive

- health. *Journal of Education and Health Sciences*, 1(1), 56916. <https://doi.org/10.12775/jehs.2025.77.56916>
- Ukoha, W. C., & Mtshali, N. (2022). We are having a huge problem with compliance: Exploring preconception care utilization in South Africa. *Healthcare*, 10(6), 1056. <https://doi.org/10.3390/healthcare10061056>
- Wainwright, E., Ali, Z., Lawrie, L., Getreu, N., & O'Neill, H. C. (2025). Fertility awareness in 97,414 women trying to conceive: Gaps, misconceptions, and implications for reproductive education. *Reproductive Health*, 22(1), 79. <https://doi.org/10.1186/s12978-025-02079-x>
- Wallace, W. H., & Kelsey, T. W. (2010). Human ovarian reserve from conception to the menopause. *PLOS ONE*, 5(1), e8772. <https://doi.org/10.1371/journal.pone.0008772>
- Wang, G., Wu, L., Song, W., Sun, Y., Zuo, Y., Huang, Y., & Li, B. (2025). E-CHARM Heart Age Trial in Primary Care: Design and baseline findings. *Innovation in Aging*, 9(1), 3575. <https://doi.org/10.1093/geroni/igaf122.3575>
- Wang, Y., Qu, Z., Chu, J., & Han, S. (2024). Aging gut microbiome in healthy and unhealthy aging. *Aging and Disease*, 15(2), 0331. <https://doi.org/10.14336/AD.2024.0331>
- Wang, Y., Su, L., Xiao, J., He, X., Hong, H., & Xu, L. (2025). Effectiveness of a cardiovascular management system on triple risk factor control in high-risk older adults: Protocol for a randomized controlled trial. *JMIR Research Protocols*, 14(9), 84428. <https://doi.org/10.2196/84428>

- Whitmee, S., Haines, A., Beyrer, C., Boltz, F., Capon, A., de Souza Dias, B. F., & Yach, D. (2015). Safeguarding human health in the Anthropocene epoch: Report of The Rockefeller Foundation–Lancet Commission on planetary health. *The Lancet*, 386(10007), 60901. [https://doi.org/10.1016/s0140-6736\(15\)60901-1](https://doi.org/10.1016/s0140-6736(15)60901-1)
- Widiyastuti, E., Damayanti, M. M., Nur, I., Siddiq, T. B., Budiarti, I., & Prasetia, A. (2024). Reproductive health education and early sexual behavior prevention assistance for Madrasah Aliyah students in Bandung. *Abdimas*, 9(2), 12361.
- Wong, J., Frayne, J., Smith, S., Bilardi, J., & Temple-Smith, M. (2025). Miscarriage communication in Australia: Insights from women and general practice trainees. *BMC Pregnancy and Childbirth*, 25(1), 8004. <https://doi.org/10.1186/s12884-025-08004-1>
- Yang, J. L., Hodara, E., Sriprasert, I., Shoupe, D., & Stanczyk, F. (2024). Estrogen deficiency in the menopause and the role of hormone therapy: Integrating the findings of basic science research with clinical trials. *Menopause*, 31(7), 1-18. <https://doi.org/10.1097/GME.0000000000002407>
- Yang, J. L., Hodara, E., Sriprasert, I., Shoupe, D., & Stanczyk, F. (2024). Estrogen deficiency in the menopause and the role of hormone therapy: Integrating the findings of basic science research with clinical trials. *Menopause*, 31(7), 2407. <https://doi.org/10.1097/GME.0000000000002407>

- Yulivantina, E. V., Afrida, M., & Firmansyah, Y. C. (2025). Identification of needs for application-assisted continuity of care for preconception woman at risk planning pregnancy in Sleman Regency. *Journal of Caring Science*, 13(1), 6565. <https://doi.org/10.33366/jc.v13i1.6565>
- Zangirolami-Raimundo, J., Sorpreso, I. C. E., Rebouas, C. M. P., Bezerra, P. C., Costa, L. M. P. R., Baracat, E., ... & Raimundo, R. (2023). Depression in women in climacteric period: A brief review. *Revista da Associação Médica Brasileira*, 69(7), 385-392. <https://doi.org/10.1590/1806-9282.20230385>
- Zeng, Z. H., Li, X., Yang, W., Wang, J., Zhu, Y., Qi, X., & Xu, W. (2023). Assessing healthy aging score and its association with all-cause mortality: Findings from the China Health and Retirement Longitudinal Study. *Innovation in Aging*, 7(2), igad006. <https://doi.org/10.1093/geroni/igad006>



Buku ajar Asuhan **Reproduksi pada Fase Transisi Kehidupan Perempuan** berjudul ini menyajikan pemahaman menyeluruh mengenai perubahan kesehatan reproduksi perempuan pada berbagai fase kehidupan, mulai dari masa remaja, dewasa, hingga masa menjelang dan setelah menopause. Setiap tahap dijelaskan dengan cara yang mudah dipahami agar pembaca dapat mengenali kebutuhan tubuh dan kondisi yang mungkin muncul seiring perubahan usia.

Berbagai topik penting seperti kesehatan organ reproduksi, perubahan hormon, perawatan diri, serta upaya menjaga keseimbangan fisik dan emosional dibahas secara runtut dan aplikatif. Buku ini juga menekankan pentingnya kesadaran diri dalam merawat kesehatan reproduksi sebagai bagian dari kualitas hidup. Disusun dengan bahasa yang sederhana, buku ini ditujukan untuk masyarakat umum yang ingin memahami kesehatan reproduksi perempuan secara lebih dekat dan praktis dalam kehidupan sehari-hari.

