

DAFTAR PUSTAKA

- Al Shammari, M. A., Al Amer, N. A., Al Mulhim, S. N., Al Mohammedsaleh, H. N., & Alomar, R. S. (2020). The quality of sleep and daytime sleepiness and their association with academic achievement of medical students in the eastern province of Saudi Arabia. *Journal of Family and Community Medicine*, 27(2), 97–102. https://doi.org/10.4103/jfcm.JFCM_160_19
- Alaofè, H., Zee, J., Dossa, R., & O'Brien, H. T. (2009). Education and improved iron intakes for treatment of mild iron-deficiency anemia in adolescent girls in southern Benin. *Food and Nutrition Bulletin*, 30(1), 24–36. <https://doi.org/10.1177/156482650903000103>
- Albuquerque, G., Gelormini, M., De Moraes, I. L., Sousa, S., Casal, S., Pinho, O., Moreira, P., Breda, J., Lunet, N., & Padrão, P. (2020). Street food in Eastern Europe: A perspective from an urban environment in Moldova. *British Journal of Nutrition*, 124(10), 1093–1101. <https://doi.org/10.1017/S0007114520002020>
- Aldi Putra, Y., Suyanta, Sugiarto, A., & Erawati, E. (2022). *Hubungan Kualitas Tidur dengan Memori Jangka Pendek Santri MA Yajri di Pondok Pesantren Sirojul Mukhlisin 2 Payaman*. 5(2), 27–32.
- Alfonsi, V., Palmizio, R., Rubino, A., Scarpelli, S., Gorgoni, M., D'atri, A., Pazzaglia, M., Ferrara, M., Giuliano, S., & De Gennaro, L. (2020). The association between school start time and sleep duration, sustained attention, and academic performance. *Nature and Science of Sleep*, 12, 1161–1172. <https://doi.org/10.2147/NSS.S273875>
- Allo, S. I. P. (2010). Asupan Zat Gizi dan Status Gizi terhadap Prestasi Belajar pada Remaja Putri Vegetarian di Yayasan Advent Indonesia Makassar. *Universitas Gadjah Mada*.
- Attamami, F. (2019). Hubungan Status Gizi, Keanekaragaman Asupan Makanan, dan Kebiasaan Sarapan terhadap tingkat Prestasi Belajar di Sekolah pada Remaja Putri di Yogyakarta. *Skripsi, UGM*.
- Azis, A. A., Pagarra, H., & Asriani. (2018). Hubungan Asupan Zat Gizi dan Status Gizi dengan Hasil Belajar IPA Siswa Pesantren MTs di Kabupaten Buru. *Jurnal IPA Terpadu*, 1(2), 50–56.
- Azizza Kartikakirana, R., Roychansyah, S., & Kristiadi, D. (2015). *Interaksi Spasial di Kawasan Pondok Pesantren Al-Munawwir Krapyak, Bantul, daerah Istimewa Yogyakarta*. UGM.
- Baert, S., Omey, E., Verhaest, D., & Vermeir, A. (2015). Mister Sandman, bring me good marks! On the relationship between sleep quality and academic achievement. *Social Science and Medicine*, 130, 91–98. <https://doi.org/10.1016/j.socscimed.2015.02.011>
- Bagus Wicaksono, F. (2016). *Peran Pondok Pesantren Darussalam Kencong dalam Membangun Karakter Santri di Bidang Perekonomian*. STAIN Kediri.
- Bahrami, A., Khorasanchi, Z., Tayefi, M., Avan, A., Seifi, N., Tavakoly Sany, S. B., Ferns, G. A., Bahrami-Taghanaki, H., & Ghayour-Mobarhan, M. (2020). Anemia is associated with cognitive impairment in adolescent girls: A cross-

- sectional survey. *Applied Neuropsychology: Child*, 9(2), 165–171. <https://doi.org/10.1080/21622965.2018.1550405>
- Budsiana, Y. (2013). *Hubungan Konsumsi Energi, Protein, Fe, Status Gizi, Kadar Hemoglobin dan Prestasi Belajar Santriwati di Tsanawiyah Pondok Pesantren Babussalam Peniraman Kecamatan Sungai Pinyuh Kabupaten Pontianak Tahun 2013*. 43.
- Buyse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1988). *The Pittsburgh Sleep Quality Index: A New Instrument for Psychiatric Practice and Research*. 193–213.
- Darmiati, S. (2008). Hubungan Pola Makan dan Status Gizi dengan Prestasi Belajar Remaja Putri di Pondok Pesantren Alkhairat Pusat Palu. *Tesis, UGM*.
- de la Fuente, J., Malpica-Chavarria, E. A., Garzón-Umerenkova, A., & Pachón-Basallo, M. (2021). Effect of personal and contextual factors of regulation on academic achievement during adolescence: the role of gender and age. *International Journal of Environmental Research and Public Health*, 18(17). <https://doi.org/10.3390/ijerph18178944>
- Destriyani. (2018). Hubungan Status Gizi, Asupan Zat Gizi Makro dan Mikro dengan Kejadian Anemia Pada Remaja Putri di Kota Yogyakarta. *Tesis, UGM.*, 53(9), 1689–1699.
- Dinkes Prov. D.I.Y. (2018). *Anemia dan Risiko KEK Pada Remaja Putri di DIY*. <https://www.dinkes.jogjaprov.go.id/berita/detail/anemia-dan-risiko-kek-pada-remaja-putri-di-diy--anemia-dan-risiko-kek-pada-remaja-putri-di-diy>
- El Hangouche, A. J., Jniene, A., Aboudrar, S., Errguig, L., Rkain, H., Cherti, M., & Dakka, T. (2018). Relationship between poor quality sleep, excessive daytime sleepiness and low academic performance in medical students. *Advances in Medical Education and Practice*, 9, 631–638. <https://doi.org/10.2147/AMEP.S162350>
- Ezati, M., Keshavarz, M., Barandouzi, Z. A., & Montazeri, A. (2020). The effect of regular aerobic exercise on sleep quality and fatigue among female student dormitory residents. *BMC Sports Science, Medicine and Rehabilitation*, 12(1), 1–8. <https://doi.org/10.1186/s13102-020-00190-z>
- Gubernur DIY. (2021). *Penetapan Upah Minimum Provinsi Tahun 2021*. http://birohukum.jogjaprov.go.id/storage/15885_skgub319-2020.pdf
- Halliday, K. E., Karanja, P., Turner, E. L., Okello, G., Njagi, K., Dubeck, M. M., Allen, E., Jukes, M. C. H., & Brooker, S. J. (2012). Plasmodium falciparum, anaemia and cognitive and educational performance among school children in an area of moderate malaria transmission: Baseline results of a cluster randomized trial on the coast of Kenya. *Tropical Medicine and International Health*, 17(5), 532–549. <https://doi.org/10.1111/j.1365-3156.2012.02971.x>
- Hudaifah, F., Studi, P., Matematika, P., Keguruan, F., Ilmu, D. A. N., & Surakarta, U. M. (2022). *Hubungan antara minat belajar matematika santriwati pondok pesantren dengan hasil belajar matematika*.
- Iftitah, Effendi, A., & Hidayatul Amin, L. (2022). *Studi Komparasi Prestasi Belajar Antara Santriwati yang Belajar di Rumah dengan di Asrama*. 6(1), 1099–1106.
- Jalali, R., Khazaei, H., Paveh, B. K., Hayrani, Z., & Menati, L. (2020). *The Effect*

- of Sleep Quality on Students ' Academic Achievement.*
- Kemendes R.I. (2021). *Remaja Sehat Komponen Utama Pembangunan SDM Indonesia.* <https://www.kemkes.go.id/article/print/21012600002/remaja-sehat-komponen-utama-pembangunan-sdm-indonesia.html>
- Kementerian Kesehatan. (2018). *Manajemen Sistem Penyelenggaraan Makanan Institusi.* Cetakan Pe, 351.
- Kementerian Kesehatan Republik Indonesia. (2020). Standar Antropometri Anak. *Peraturan Menteri Kesehatan Nomor 2 Tahun 2020.*
- Kilius, E., Samson, D. R., Lew-Levy, S., Sarma, M. S., Patel, U. A., Ouamba, Y. R., Miegakanda, V., Gettler, L. T., & Boyette, A. H. (2021). Gender differences in BaYaka forager sleep-wake patterns in forest and village contexts. *Scientific Reports*, 11(1), 1–14. <https://doi.org/10.1038/s41598-021-92816-6>
- Knijff, M., Roshita, A., Suryantan, J., Izwardy, D., & Rah, J. H. (2021). Frequent Consumption of Micronutrient-Rich Foods Is Associated With Reduced Risk of Anemia Among Adolescent Girls and Boys in Indonesia: A Cross-Sectional Study. *Food and Nutrition Bulletin*, 42(1_suppl), S59–S71. <https://doi.org/10.1177/0379572120977455>
- Küçük, E. E., & Günay, O. (2016). Health-related behaviors and nutritional status of adolescents who study as boarders and day-students. *Turkish Journal of Medical Sciences*, 46(4), 960–966. <https://doi.org/10.3906/sag-1503-3>
- Lestari, D. P. (2019). *Efektivitas Penerapan Pembelajaran Fisika dengan Metode Taqrar dalam Meningkatkan Hasil Belajar Kognitif dan Social Skill Santriwati di Kelas VII SMP Pesantren.* <http://repository.uin-alauddin.ac.id/id/eprint/14371>
- Maghfirotn, T. (2020). *Studi Komparasi Hasil Belajar Siswa Tinggal di Asrama dengan Pondok Pesantren Pada Mata Pelajaran Sejarah Kebudayaan Islam di MAN 2 Kuningan Jawa Barat* (Issue 1) [UIN Sunan Ampel Surabaya]. <https://pesquisa.bvsalud.org/portal/resource/en/mdl-20203177951%0Ahttp://dx.doi.org/10.1038/s41562-020-0887-9%0Ahttp://dx.doi.org/10.1038/s41562-020-0884-z%0Ahttps://doi.org/10.1080/13669877.2020.1758193%0Ahttp://sersc.org/journals/index.php/IJAST/article>
- Marciano, L., & Camerini, A. L. (2021). Recommendations on screen time, sleep and physical activity: associations with academic achievement in Swiss adolescents. *Public Health*, 198, 211–217. <https://doi.org/10.1016/j.puhe.2021.07.027>
- Miller, P., Votruba-Drzal, E., & Coley, R. L. (2019). Poverty and academic achievement across the urban to rural landscape: Associations with community resources and stressors. *Rsf*, 5(2), 106–122. <https://doi.org/10.7758/RSF.2019.5.2.06>
- More, S., Shivkumar, V. B., Gangane, N., & Shende, S. (2013). Effects of iron deficiency on cognitive function in school going adolescent females in rural area of central India. *Anemia*, 2013, 1–5. <https://doi.org/10.1155/2013/819136>
- Morita, N., Nakajima, T., Okita, K., Ishihara, T., Sagawa, M., & Yamatsu, K.

- (2016). Relationships among fitness, obesity, screen time and academic achievement in Japanese adolescents. *Physiology and Behavior*, 163, 161–166. <https://doi.org/10.1016/j.physbeh.2016.04.055>
- Mundy, L. K., Canterford, L., Hoq, M., Olds, T., Moreno-Betancur, M., Sawyer, S., Kosola, S., & Patton, G. C. (2020). Electronic media use and academic performance in late childhood: A longitudinal study. *PLoS ONE*, 15(9 September 2020), 1–15. <https://doi.org/10.1371/journal.pone.0237908>
- Myung Hong, S., Jin Hwang, H., & Hee Kim, H. (2004). *A Study on Iron Nutritional Status and Anemia of Middle School Girls in Ulsan Metropolitan City* (p. 5).
- Nova, T. (2021). *Pengaruh Fasilitas Belajar dan Lingkungan Pondok Pesantren terhadap Prestasi Belajar Pada Siswa Kelas VII di MTs Amal Sholeh Getasan Tahun 2021* [IAIN Salatiga]. <https://core.ac.uk/download/pdf/295326217.pdf>
- Pondok Pesantren Ali Maksum Krapyak. (2022). *Pondok Pesantren Krapyak Yayasan Ali Maksum*. <http://krapyak.org/tentang-kami/>
- Rahfiludin, M. Z., Arso, S. P., Joko, T., Asna, A. F., Murwani, R., & Hidayanti, L. (2021). Plant-based Diet and Iron Deficiency Anemia in Sundanese Adolescent Girls at Islamic Boarding Schools in Indonesia. *Journal of Nutrition and Metabolism*, 2021. <https://doi.org/10.1155/2021/6469883>
- Rahmaningsih, T. (2022). *Hubungan motivasi dan sikap dengan prestasi belajar santriwati di pondok pesantren putri ummu sulaim kota pekanbaru*. UIN Sultan Syarif Kasim Riau.
- Rathakrishnan, B., Singh, S. S. B., Kamaluddin, M. R., Yahaya, A., Nasir, M. A. M., Ibrahim, F., & Rahman, Z. A. (2021). Smartphone addiction and sleep quality on academic performance of university students: An exploratory research. *International Journal of Environmental Research and Public Health*, 18(16). <https://doi.org/10.3390/ijerph18168291>
- Sánchez-Hernando, B., Antón-Solanas, I., Juárez-Vela, R., Gea-Caballero, V., Carboneres-Tafaner, M. I., Ferrer-Gracia, E., Gállego-Diéguéz, J., Santolalla-Arnedo, I., & Gasch-Gallén, Á. (2021). Healthy lifestyle and academic performance in middle school students from the region of Aragón (Spain). *International Journal of Environmental Research and Public Health*, 18(16), 1–12. <https://doi.org/10.3390/ijerph18168624>
- Sari, M., De Pee, S., Martini, E., Herman, S., Sugiatmi, Bloem, M. W., & Yip, R. (2001). Estimating the prevalence of anaemia: A comparison of three methods. *Bulletin of the World Health Organization*, 79(6), 506–511.
- Sari, R. F. (2019). Hubungan Kualitas Tidur Dan Status Gizi Dengan Kadar Hemoglobin Remaja Putri Di Sma Islam 1 Surakarta. *Skripsi*.
- Sastroasmoro, S., & Ismael, S. (2014). *Dasar-Dasar Metodologi Penelitian Klinis* (5th ed.). CV. Agung Seto.
- Setyowati E.R, H. (2005). *Kadar Hemoglobin dan Prestasi Belajar Pada Remaja Putri di Sekolah Menengah Umum (SMU) dan Madrasah Aliyah (MA) Kota Magelang* (Vol. 4). Universitas Gadjah Mada.
- Soleimani, N., & Abbaszadeh, N. (2011). Relationship between Anaemia, caused from the iron deficiency, and academic achievement among third grade high school female students. *Procedia - Social and Behavioral Sciences*, 29, 1877–1884. <https://doi.org/10.1016/j.sbspro.2011.11.437>

- Sujai, A. (2011). Hubungan Ketahanan Pangan Rumah Tangga dan Status Gizi dengan Prestasi Belajar Siswa Sekolah Dasar di Kota Yogyakarta. *Tesis, UGM*.
- Tapia-Serrano, M. A., Esteban-Cornejo, I., Rodriguez-Ayllon, M., Vaquero-Solís, M., Sánchez-Oliva, D., & Sánchez-Miguel, P. A. (2021). Adherence to the Mediterranean diet and academic performance in adolescents: Does BMI status moderate this association? *Clinical Nutrition*, 40(6), 4465–4472. <https://doi.org/10.1016/j.clnu.2020.12.036>
- Toppo, M., Kumar Pal, D., Gour, D., Melwani, V., Dubey, M., & Mishra, A. (2019). Comparison of Performance of Digital Hemoglobinometer over Automated Hematology Analyzer for Hemoglobin Estimation and Its user-friendliness among the Pregnant Women in Selected District Hospitals of Madhya Pradesh. *Indian Journal of Community Medicine*, 44(1), 31–34. <https://doi.org/10.4103/ijcm.IJCM>
- Ulya, H. (2016). Hubungan Asupan Makanan Dengan Status Gizi Santri Putri Di Pondok Pesantren “Melati” Yogyakarta. *Universitas Gadjah Mada*, 152(3), 28. file:///Users/andreataquez/Downloads/guia-plan-de-mejora-institucional.pdf%0Ahttp://salud.tabasco.gob.mx/content/revista%0Ahttp://www.revistaalad.com/pdfs/Guias_ALAD_11_Nov_2013.pdf%0Ahttp://dx.doi.org/10.15446/revfacmed.v6n3.60060.%0Ahttp://www.cenetec
- Unicef, & Kementerian Kesehatan Republik Indonesia. (2019). *Hidup sehat sejak sekarang untuk remaja kekinian*.
- Van Den Eijnden, R., Koning, I., Doornwaard, S., Van Gorp, F., & Bogt, T. Ter. (2018). The impact of heavy and disordered use of games and social media on adolescents’ psychological, social, and school functioning. *Journal of Behavioral Addictions*, 7(3), 697–706. <https://doi.org/10.1556/2006.7.2018.65>
- Wahyu, F. F. (2018). Perbedaan Pengaruh Pemberian Susu Kedelai dan Susu Tempe terhadap Kualitas Tidur Atlet Sepak Bola Remaja. *Universitas Gadjah Mada*.
- Wahyurin, I. S. (2015). Hubungan Kualitas Tidur dengan Konsentrasi Belajar pada Remaja di Yogyakarta. *Universitas Gadjah Mada*, 13.
- Watson, N. F., Badr, M. S., Belenky, G., Bliwise, D. L., Buxton, O. M., Buysse, D., Dinges, D. F., Gangwisch, J., Grandner, M. A., Kushida, C., Malhotra, R. K., Martin, J. L., Patel, S. R., Quan, S. F., Tasali, E., Twery, M., Croft, J. B., Maher, E., Barrett, J. A., ... Heald, J. L. (2015). Recommended amount of sleep for a healthy adult: A joint consensus statement of the American Academy of Sleep Medicine and Sleep Research Society. *Sleep*, 38(6), 843–844. <https://doi.org/10.5665/sleep.4716>
- Widarini, N. P. (2008). *Asupan zat gizi dan kejadian anemia pada remaja putri vegetarian di Kabupaten badung provinsi Bali*. 33–48.
- Widasmara, D., Sananta, P., & Tamadi, V. R. (2020). *Hubungan Antara Prestasi Belajar dengan Skabies Pada Santriwati di Pondok Pesantren An- Nur 2 Putri Al Murtadlo, Malang*. 7, 118–125.
- Widhawati, R., Maryadi, S. A., & Yulistani, A. (2020). Hubungan kuantitas tidur dengan konsentrasi belajar remaja di pondok pesantren madinatunnajah

- tangerang selatan. *Jurnal Kesehatan STIKes IMC Bintaro*, 3(2), 105–111.
- Wilopo, S. A. (2021). Sampling dan Estimasi Besar Sampel. *Aplikasi Di Bidang Kedokteran Dan Kesehatan Masyarakat*.
- World Health Organisation. (2020). Global Anaemia Reduction Efforts Among Women of Reproductive Age: Impact, Achievement of Targets and The Way Forward for Optimizing Efforts. In *1392* (Vol. 4, Issue 3). <http://marefateadyan.nashriyat.ir/node/150>
- Yau, P. L., Castro, M. G., Tagani, A., Tsui, W. H., & Convit, A. (2012). Obesity and metabolic syndrome and functional and structural brain impairments in adolescence. *Pediatrics*, 130(4). <https://doi.org/10.1542/peds.2012-0324>
- Zailinawati, A. H., Teng, C. L., Chung, Y. C., Teow, T. L., Lee, P. N., & Jagmohani, K. S. (2009). Daytime sleepiness and sleep quality among Malaysian medical students. *Medical Journal of Malaysia*, 64(2), 108–110.
- Zheng, B., Wang, K., Pan, Z., Li, M., Pan, Y., Liu, T., Xu, D., & Lyu, J. (2016). Associations between dormitory environment/other factors and sleep quality of medical students. <https://doi.org/10.3760/cma.j.issn.0254-6450.2016.03.011>