

## DAFTAR PUSTAKA

- Afriani, A.E., *et al.* (2019). Tingkat Stres, Durasi dan Kualitas Tidur, serta Sindrom Makan Malam pada Mahasiswi Obesitas dan Non Obesitas Fakultas Kedokteran. *Sport and Nutrition Journal*, 1(2), pp.63-73.
- Agmeka, F., *et al.* (2019). The Influence of Discount Framing Towards Brand Reputation And Brand Image on Purchase Intention and Actual Behaviour in E-Commerce. *Procedia Computer Science*, 161, pp.851-858.
- Aini, N. Q. (2022). Hubungan Frekuensi Penggunaan Layanan Online Food Delivery dengan Kualitas Diet Mahasiswa Universitas Gadjah Mada. *Skripsi S1 Gizi Kesehatan*, pp. 1-110.
- Alhashemi, M., *et al.* (2022). Prevalence Of Obesity and Its Association With Fast-Food Consumption and Physical Activity: A Cross-Sectional Study and Review Of Medical Students' Obesity Rate. *Annals of medicine and surgery*, 79, p.104007.
- Alifa, A., *et al.* (2020). Hubungan Promosi dan Pelayanan Go-Food serta Perilaku Konsumsi Pangan Obesogenik dengan Status Gizi Lebih Remaja. *Jurnal Riset Gizi*, 8(2), pp.95-100.
- Allman-Farinelli, M., *et al.* (2019). The Role of Supportive Food Environments To Enable Healthier Choices When Eating Meals Prepared Outside The Home: Findings From Focus Groups Of 18 To 30-Year-Olds. *Nutrients*, 11(9), p.2217.
- Alyami, R.A. & Alharbi, M.F. (2023). Relationship between Behavioural Intention for Using Food Mobile Applications and Obesity and Overweight among Adolescent Girls. *International Journal of Environmental Research and Public Health*, 20(5), p.4432.

- Andwiyani A. (2022). Hubungan Pengetahuan Gizi dengan Pemilihan Makanan Melalui Aplikasi Pesan Antar Makanan Daring pada Mahasiswa Universitas Gadjah Mada. *Skripsi S1 Gizi Kesehatan*, pp. 1-121.
- Anggraini, F.N. & Sudarwanto, T. (2020). Pengaruh Gaya Hidup dan Diskon Terhadap Keputusan Pembelian Produk McDonald's di Surabaya (Studi Pada Mahasiswa Fakultas Ekonomi Angkatan 2016-2019 Universitas Negeri Surabaya). *Jurnal Pendidikan Tata Niaga (JPTN)*, 8(3), pp.992-998.
- Ardin, S.H., *et al.* (2018). Hubungan Kebiasaan Makan Fast Food dan Asupan Zat Gizi Makro dengan Status Gizi Remaja. *Media Gizi Pangan*, 25(2), pp.95-103.
- Ariesta, M., *et al.* (2021). Hubungan Keanekaragaman Konsumsi Pangan dan Aktifitas Fisik dengan Kegemukan Remaja di SMPN Kampar Kiri Kabupaten Kampar. *Jurnal Ners*, 5(2), pp.42-50.
- Arifiana, A., *et al.* (2022). Factors Associated with High Fat, Salt, and Sugar Food Selection on Online Food Delivery Service Among Students Of SMAN (State High School) 47 Jakarta In 2022. *Indonesian Journal of Public Health Nutrition (IJPHN)*, 3(1), pp 24-31.
- Armoon, B. & Karimy, M., (2019). Epidemiology of Childhood Overweight, Obesity and Their Related Factors in A Sample of Preschool Children From Central Iran. *BMC pediatrics*, 19, pp.1-8.
- Artadini, G.M., *et al.* (2022). Hubungan Kebiasaan Makan, Paparan Media Sosial dan Teman Sebaya dengan Status Gizi Mahasiswa Program Studi Gizi UPN Veteran Jakarta. *Jurnal Gizi Dan Kesehatan*, 14(2), pp.317-329.
- Ayuni, E. D. I. (2019). Hubungan Hobi Terhadap Risiko Penyakit Kardiovaskular pada Mahasiswa Perguruan Tinggi di Daerah Istimewa Berdasarkan

Perbedaan Jumlah Uang Saku Bulanan. *Skripsi. Fakultas Farmasi Universitas  
Sanata Dharma Yogyakarta.*

Az-zahra, H.N., *et al.* (2021). Layanan Online Food Delivery Dalam Membantu  
Meningkatkan Penjualan pada Usaha Mikro. *Jurnal Pengabdian dan Penelitian  
Kepada Masyarakat (JPPM)*, 2(2), pp.156-165.

Banjarnahor, R.O., *et al.* (2022). Faktor-Faktor Risiko Penyebab Kelebihan Berat  
Badan dan Obesitas Pada Anak dan Remaja: Studi Literatur. *Tropical Public  
Health Journal*, 2(1), pp.35-45.

Bergmann, C., *et al.* (2019). Medical Students' Perceptions of Stress Due To  
Academic Studies and Its Interrelationships With Other Domains Of Life: A  
Qualitative Study. *Medical education online*, 24(1), p.1603526.

Buettner, S.A., *et al.* (2023). Factors Associated With Food Delivery App Use  
Among Young Adults. *Journal of Community Health*, pp.1-7.

Büyükdağ, N., *et al.* (2020). The Effect of Specific Discount Pattern In Terms of  
Price Promotions on Perceived Price Attractiveness and Purchase Intention: An  
experimental research. *Journal of Retailing and Consumer Services*, 55,  
p.102112.

Chen, M., *et al.* (2021). Associations Of Overweight and Obesity With Drug-  
Resistant Epilepsy. *Seizure*, 92, pp.94-99.

Dahal, M., *et al.* (2022). Gender Difference in Food Choice and Eating Practice  
and Their Association with Health among Students of Kathmandu, Nepal.  
*Journal of Obesity*, 2022, pp.1-10.

Damayanti, R.E., *et al.* (2019). Hubungan Durasi Tidur dengan Kejadian  
Overweight dan Obesitas Pada Tenaga Kependidikan di Lingkungan Kampus  
C Universitas Airlangga. *Amerta Nutrition*, 3(2), pp.89-93.

Dewanti, S. (2020). Keragaman Konsumsi Pangan Rumah Tangga di Provinsi Jawa Tengah. *Jurnal Kawistara*, 10(3), pp.282-294.

Didarloo, A., *et al.* (2022). Determining Intention, Fast Food Consumption and Their Related Factors Among University Students By Using A Behavior Change Theory. *BMC Public Health*, 22(1), p.314.

Ekawati, P., *et al.* (2022). Pengaruh User Experience, Discount dan Kemudahan Akses terhadap Keputusan Pembelian pada Pengguna Grabfood (Studi pada Mahasiswa Manajemen UNISMA Angkatan 2018). *Jurnal Ilmiah Riset Manajemen*, 11(06), pp.109-118.

Fatikhani, D.A. & Setiawan, A., (2019). The Relationship Between The Level of Knowledge Regarding Fast Food and The Dietary Habits Among Adolescents in Jakarta, Indonesia. *Enfermeria clinica*, 29, pp.172-175.

Fard, N.A., *et al.* (2021). on The Interplay between Educational Attainment and Nutrition: A Spatially-Aware Perspective. *EPJ Data Science*, 10(1), p.18.

Firdaus M.M. (2021). *Metodologi Penelitian Kuantitatif: Dilengkapi Analisis Regresi IBM SPSS Statistics Version 26.0*. Riau: DOTPLUS Publisher. [Online]. Tersedia dalam: [https://www.google.co.id/books/edition/METODOLOGI\\_PENELITIAN\\_KUANTITATIF\\_DILENG/IJ8hEAAQBAJ?hl=en&gbpv=0](https://www.google.co.id/books/edition/METODOLOGI_PENELITIAN_KUANTITATIF_DILENG/IJ8hEAAQBAJ?hl=en&gbpv=0) (Diakses 21 April 2024)

Firmansyah, D., (2022). Teknik Pengambilan Sampel Umum dalam Metodologi Penelitian: Literature Review. *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, 1(2), pp.85-114.

Food and Drug Administration (FDA) (2021) Sodium in Your Diet: Use the Nutrition Facts Label and Reduce Your Intake. Diakses pada 30 November 2023, dari <https://www.fda.gov/media/84261/download>

Gketsios, I., *et al.* (2022). The Association of Junk Food Consumption With Preadolescents' Environmental Influences: A School-Based Epidemiological Study in Greece. *Children*, 9(12), p.1891.

Hanani, R., *et al.* (2021). Pola Makan, Aktivitas Fisik dan Genetik Memengaruhi Kejadian Obesitas Pada Remaja. *Jurnal Kesehatan Metro Sai Wawai*, 14(2), pp.120-129.

Hasbi, I., *et al.* (2022). The Impact of Discount Appeal of Food Ordering Application on Consumer Satisfaction in Southeast Asia. *Journal of Eastern European and Central Asian Research (JEECAR)*, 9(6), pp.978-991.

Hasanah, N.S., *et al.* (2024). Hubungan Pengetahuan Gizi, Jumlah Uang Saku dan Kebiasaan Konsumsi Fast Food dengan Status Gizi pada Mahasiswa Fakultas Ekonomi dan Bisnis Universitas Halu Oleo Tahun 2023. *Jurnal Gizi dan Kesehatan Indonesia*, 4(4), pp.209-214.

Hidaka, B.H., *et al.* (2018). Fast Food Consumption Is Associated With Higher Education In Women, but Not Men, among Older Adults in Urban Safety-Net Clinics: A Cross-Sectional Survey. *Preventive medicine reports*, 12, pp.148-151.

Horta, P.M., *et al.* (2021). Digital Food Environment During The Coronavirus Disease 2019 (COVID-19) Pandemic in Brazil: An Analysis Of Food Advertising In An Online Food Delivery Platform. *British Journal of Nutrition*, 126(5), pp.767-772.

Irzanti, A.F., *et al.* (2023). Faktor yang Berhubungan dengan Emotional Eating pada Mahasiswa di Semarang. *Media Kesehatan Masyarakat Indonesia*, 22(6), pp.364-372.

- Janssen, H.G., *et al.* (2018). Determinants Of Takeaway and Fast Food Consumption: A Narrative Review. *Nutrition research reviews*, 31(1), pp.16-34.
- Jauziyah, S., *et al.* (2021). Pengetahuan Gizi dan Cara Mendapatkan Makanan Berhubungan dengan Kebiasaan Makan Mahasiswa Universitas Diponegoro. *Journal of Nutrition College*, 10(1), pp.72-81.
- Jiang, Y., *et al.* (2019). Association between Take-Out Food Consumption and Obesity Among Chinese University Students: a Cross-Sectional Study. *International journal of environmental research and public health*, 16(6), p.1071
- Jun, K., *et al.* (2022). Factors Influencing Customer Decisions to Use Online Food Delivery Service During The COVID-19 Pandemic. *Foods*, 11(1), p.64.
- Kazmi, T., *et al.* (2022). Relationship Between Physical Inactivity and Obesity in the Urban Slums of Lahore. *Cureus*, 14(4), pp. 1-8.
- Kusnanto, D., *et al.* (2020). Pengaruh Potongan Harga Terhadap Pembelian Impulsif pada Pengguna Aplikasi Grab (Grabfood). *Jurnal Manajemen*, 12(1), pp.1-9.
- Leleury M. L., (2023). Hubungan Penggunaan Aplikasi Pesan Antar Makanan Daring dengan Asupan Serat dan Perubahan Berat Badan pada Mahasiswa Universitas Gadjah Mada Selama Pandemi Covid-19. *Skripsi S1 Gizi Kesehatan*, pp. 1-112.
- Li, C., *et al.* (2020). Review Of Online Food Delivery Platforms and Their Impacts On Sustainability. *Sustainability*, 12(14), p.5528.
- Lin, X. & Li, H., (2021). Obesity: Epidemiology, Pathophysiology, and Therapeutics. *Frontiers in endocrinology*, 12, p.706978.

Maraya, G., (2022). Analisis Hubungan Penggunaan Layanan Pesan Antar Makanan Online dengan Perubahan Pola Makan Generasi Z di Jakarta saat Pandemi COVID-19. *Skripsi*.

Marshellina, C.J., *et al.* (2023). Factors Affecting Patterns of Fast Food Consumption in Students of Medical Study Program Faculty of Medicine Tanjungpura University. *Journal of Agromedicine and Medical Sciences*, 9(3), pp.146-155.

Massora, M.G., *et al.* (2022). The Effect of Price Discount Promotion on The Grab Application on Impulsive Purchase Decisions. *JManagER*, 2(1), pp.19-28.

Minshew, L.M., *et al.* (2023). There's No Time for No Stress! Exploring The Relationship Between Pharmacy Student Stress and Time Use. *BMC Medical Education*, 23(1), p.279.

Mufidah, R. & Rahayu, D. S., (2021). Pola Makan, Aktivitas Fisik, dan Durasi Tidur Terhadap Status Gizi Mahasiswa Program Studi Gizi Unesa. *Junal Gizi Univ Surabaya*, 1(1), pp.60-4.

Muhammad, H.F.L., *et al.* (2020). The Impact of Sleep Quality and Duration on Leptin, Appetite, and Obesity Indices in Adults. *Medical Journal of Indonesia*, 29(4), pp.417-21.

Nemes, S., *et al.* (2009). Bias in Odds Ratios by Logistic Regression Modelling and Sample Size. *BMC medical research methoology*, 9, pp.1-5.

Ningrum, R.A. & Widanti, A. (2023). The Effect of Shopping Lifestyle and Sales Promotion on Impulse Buying Moderated by Openness To Experience on Shopee. *International Journal of Management and Digital Business*, 2(1), pp.14-29.

- Nisa, H. & Fatihah, I.Z., (2020). Indikator Antropometri Sebagai Prediktor Glukosa Darah Puasa Terganggu Pada Usia Dewasa di Tangerang Selatan. *Buletin Penelitian Sistem*, 23 (4), pp. 267-274.
- Notoatmodjo, S., (2018). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Novian, A., (2014). Faktor yang Berhubungan dengan Kepatuhan Diet Pasien Hipertensi (Studi Pada Pasien Rawat Jalan Di Rumah Sakit Islam Sultan Agung Semarang Tahun 2013). *Unnes Journal of Public Health*, 3(3), pp.1-9.
- Nurizky, A., (2018). Perbandingan Antropometri Gizi Berdasarkan Bb/U, Tb/U, dan Imt/U Siswa SD Kelas Bawah antara Dataran Tinggi dan Dataran Rendah Di Kabupaten Probolinggo (Studi pada SDN Negororejo 1 Kecamatan Lumbang dan SDN Tongas Wetan 1 Kecamatan Tongas Kabupaten Probolinggo). *Jurnal Pendidikan Olahraga dan Kesehatan*, 6(1), pp.175-181.
- Oktavianita, A.R. & Wirjatmadi, B. (2020). Perbedaan Besaran Uang Saku dan Aktivitas Fisik Antara Siswi Gemuk dan Normal Di SMA Negeri 5 Surabaya, pp. 178-184.
- Piggin, J., (2020). What Is Physical Activity? A Holistic Definition for Teachers, Researchers and Policy Makers. *Frontiers in sports and active living*, 2, p.72.
- Priyanath, H.M. & Dasanayaka, P.A.N.C., (2022). Impact of Fast-Food Consumption on Overweight Among Young Adults in Sri Lanka. *International Journal of Education, Teaching, and Social Sciences*, 2(3), pp.10-21.
- Qomariyah, A., et al. (2022). Financial Literacy, Impulsive Buying Behavior, and the Z-Gen. *Review of Integrative Business and Economics Research*, 11 (2), pp.164-178.
- Qutteina, Y., et al. (2022). Food For Teens: How Social Media Is Associated With Adolescent Eating Outcomes. *Public health nutrition*, 25(2), pp.290-302.



- Rabotata, S. & Malatji, T.L., (2021). Factors Influencing Fast Food Consumption: A Case Study of University of Venda Students, Limpopo, South Africa. *Technium Social Sciences Journal*, 26, p.888.
- Rachmawati, E., et al. (2021). Hubungan antara Durasi Tidur dengan Asupan Makan, Aktivitas Fisik dan Kejadian Obesitas pada Mahasiswa Program Studi Pendidikan Dokter UIN Maulana Malik Ibrahim Malang. *Journal of Islamic Medicine*, 5(1), pp.9-19.
- Racine, E.F., et al. (2022). A College Fast-Food Environment and Student Food and Beverage Choices: Developing an Integrated Database to Examine Food and Beverage Purchasing Choices among College Students. *Nutrients*, 14(4), p.900.
- Rasyid, M.F.A., (2021). Pengaruh Asupan Kalsium Terhadap Indeks Masa Tubuh (IMT). *Jurnal Medika Utama*, 2(4), pp.1094-1097.
- Romlah, U.H., (2023). The Correlation Between Online Food Delivery Application Use and Overweight In Students of The Faculty Of Sports Science, Universitas Negeri Semarang. *Nutrizione: Nutrition Research And Development Journal*, 3(1), pp.30-39.
- Saha, S., et al. (2022). Factors Affecting Fast Food Consumption Among College Students in South Asia: A Systematic Review. *Journal of the American Nutrition Association*, 41(6), pp.626-636.
- Saraswati, S.K., et al. (2021). Literature Review: Faktor Risiko Penyebab Obesitas. *Media Kesehatan Masyarakat Indonesia*, 20(1), pp.70-74.
- Sari, N.P. & Khairi, A. (2022). Buying Behavior in Online Food Delivery Applications During The Covid-19 Pandemic. *Jurnal Riset Akuntansi dan Bisnis Airlangga*, 7(1), pp.1211-1231.

- Sari, F. & Nugroho, P.S., (2021). Risiko Perilaku Konsumsi Makanan Cepat Saji dan Minuman Berkarbonasi Terhadap Obesitas pada Remaja di Indonesia. *Borneo Student Research (BSR)*, 3(1), pp.707-713.
- Satrianugrah & Duddy, M. (2022). Hubungan Intesitas Penggunaan Layanan Pesan Antar Terhadap Kejadian Gizi Lebih Pada Mahasiswa Kedokteran. *Jurnal Signal*, 10(2), 344.
- Setiawati, F. S. (2019). Hubungan Pengetahuan tentang Gizi Seimbang, Kebiasaan Olahraga, Durasi Tidur, Peer Influence, Intensitas Penggunaan Media Sosial, dan Kebiasaan Konsumsi Fast Food dengan Status Gizi Remaja di SMAN 6 Surabaya. Surabaya: Universitas Airlangga.
- Shatwan, I.M. & Almoraie, N.M., (2022). Correlation Between Dietary Intake and Obesity Risk Factors Among Healthy Adults. *Clinical Nutrition Open Science*, 45, pp.32-41.
- Shankar, A., et al. (2022). Online Food Delivery: A Systematic Synthesis of Literature and A Framework Development. *International Journal of Hospitality Management*, 104, p.103240.
- Singh, S., et al. (2021). Pharmacogenomics of Medication-Induced Weight Gain and Antiobesity Medications. *Obesity*, 29(2), pp.265-273.
- Stefani, M., & Layalia, N. (2023). Hubungan Penggunaan Aplikasi Pesan Antar Makanan Terhadap Risiko Obesitas pada Mahasiswa di Daerah Jabodetabek. *Amerta Nutrition*, 7 (2), pp.155-163.
- Suaib, F. & Amir, A. (2020). Aplikasi Go Food dan Gambaran Konsumsi Makanan pada Mahasiswa. *Media Gizi Pangan*, 27(1), pp.30-37

- Sumantri P. (2023). Hubungan Perilaku Makan dengan Frekuensi Penggunaan Aplikasi Pesan Antar Makanan Daring dan Kejadian Obesitas pada Mahasiswa Universitas Gadjah Mada. *Skripsi S1 Gizi Kesehatan*, pp. 1-81.
- Suryaningsih I. B., *et al.* (2019). Pengaruh Desain Produk, Brand Image, Harga dan Celebrity Endorser Terhadap Perilaku Setelah Pembelian Produk Distro 3 Second di Jember. *Cakrawala Management Business Journal*, 2 (2), pp. 427-437.
- Usmi, A. (2022). Consumer Preferences for Online Food Delivery Order Services in DKI Jakarta (Case Study of Go-Food and Grabfood). *Sharia Agribusiness Journal*, 2(2), pp.179-210.
- Wibowo, G.R. & Sari, D. (2021). Pengaruh Diskon Harga Terhadap Pembelian Impulsif Secara Online pada Pengguna Aplikasi Shopee. *eProceedings of Management*, 8(2), pp. 1251-1271.
- Wikara, B.P.S. & Hidayati, U., (2023). Motif dan Pola Penggunaan Aplikasi Layanan Pesan Antar Makanan di Kalangan Mahasiswa di Yogyakarta, *Jurnal Ilmu Komunikasi*, 6(1), pp.1-11.
- Wiratna Sujarweni, (2002), *Belajar Mudah SPSS untuk Penelitian*, Yogyakarta: Ardana Medika.
- Witkam, R., *et al.* (2021). Do Associations Between Education and Obesity Vary Depending on The Measure Of Obesity Used? A Systematic Literature Review and Meta-Analysis. *SSM-population Health*, 15, p.100884.
- Zogara, A.U., *et al.* (2022). Sosio Ekonomi Orang Tua, Uang Saku, dan Media Sosial Berhubungan Dengan Perilaku Konsumsi Fast Food pada Remaja Putri di Kota Kupang. *Journal of Nutrition College*, 11(4), pp.303-309.