

DAFTAR PUSTAKA

- Ahmed, M.H., Ghatge, M.S. and Safo, M.K. (2020) 'Hemoglobin: Structure, Function and Allostery.', *Sub-cellular biochemistry*, 94, pp. 345–382. Available at: https://doi.org/10.1007/978-3-030-41769-7_14.
- Ahrens, K.A. *et al.* (2014) 'The effect of physical activity across the menstrual cycle on reproductive function.', *Annals of epidemiology*, 24(2), pp. 127–134. Available at: <https://doi.org/10.1016/j.annepidem.2013.11.002>.
- Almatsier, S. (2003) *Prinsip Dasar Ilmu Gizi*. Jakarta: Gramedia Pustaka Utama.
- Andriana, Aldriana, N. and Andria (2018) 'Faktor-faktor yang Memengaruhi Siklus Menstruasi pada Mahasiswi di Universitas Pasir Pengairan', *Journal Maternity and Neonatal*, 2(5), pp. 271–279.
- Andriani, A. (2009) 'Perbedaan Kepekaan Indera Pengecap Rasa Manis Pada Perokok Kretek Dan Perokok Putih'.
- Ara, G. *et al.* (2019) 'Effectiveness of micronutrient-fortified rice consumption on anaemia and zinc status among vulnerable women in Bangladesh.', *PloS one*, 14(1), p. e0210501. Available at: <https://doi.org/10.1371/journal.pone.0210501>.
- Arima, L.A.T., Murbawani, E.A. and Wijayanti, H.S. (2019) 'Hubungan Asupan Zat Besi Heme, Zat Besi Non-Heme Dan Fase Menstruasi Dengan Serum Feritin Remaja Putri', *Journal of Nutrition College*, 8(2), p. 87. Available at: <https://doi.org/10.14710/jnc.v8i2.23819>.
- Asrawati (2010) *Gambaran Pengetahuan Remaja Putri Tentang Menstruasi di SMP Negeri 3 Sungguminasa Kabupaten Gowa, Fakultas Ilmu-Ilmu Kesehatan Universitas Islam Negeri Alauddin Makassar*.
- Badan Pusat Statistik (2022) 'Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin, 2022'. Available at: https://www.bps.go.id/indikator/indikator/view_data_pub/0000/api_pub/YW40a21pdTU1cnJxOGt6dm43ZEdoZz09/da_03/1.
- Bae, J., Park, S. and Kwon, J.-W. (2018) 'Factors associated with menstrual cycle irregularity and menopause.', *BMC women's health*, 18(1), p. 36. Available at: <https://doi.org/10.1186/s12905-018-0528-x>.
- Baliwati, Y.F., Ali, K. and Caroline, M.D. (2004) *Pengantar Pangan dan Gizi*. Jakarta: PT. Penebar Swadaya.
- Barseli, M., Ifdil, I. and Nikmarijal, N. (2017) 'Konsep Stres Akademik Siswa', *Jurnal Konseling dan Pendidikan*, 5(3), pp. 143–148. Available at:

<https://doi.org/10.29210/119800>.

Beinner, M.A. *et al.* (2010) ‘Análise sensorial de arroz fortificado com ferro’, *Ciencia e Tecnologia de Alimentos*, 30(2), pp. 516–519. Available at: <https://doi.org/10.1590/S0101-20612010000200034>.

Boutari, C. *et al.* (2020) ‘The effect of underweight on female and male reproduction’, *Metabolism*, 107, p. 154229. Available at: <https://doi.org/https://doi.org/10.1016/j.metabol.2020.154229>.

Bresson, J.L. *et al.* (2015) ‘Scientific Opinion on Dietary Reference Values for iron’, *EFSA Journal*, 13(10), pp. 1–115. Available at: <https://doi.org/10.2903/j.efsa.2015.4254>.

Briawan, D. *et al.* (2013) ‘Efikasi Fortifikasi Cookies Ubi Jalar untuk Perbaikan Status Anemia Siswi Sekolah’, *Majalah Kedokteran Bandung*, 45(4), pp. 206–212. Available at: <https://doi.org/10.15395/mkb.v45n4.166>.

Briawan, D. (2014) *Anemia: Masalah Gizi pada Remaja Wanita*. Jakarta: EGC Penerbit Buku Kedokteran.

Brinson, A.K. *et al.* (2023) ‘Impact of Physical Activity and Sedentary Behavior on Spontaneous Female and Male Fertility: A Systematic Review.’, *Journal of physical activity & health*, 20(7), pp. 600–615. Available at: <https://doi.org/10.1123/jpah.2022-0487>.

Chen, Y., Michalak, M. and Agellon, L.B. (2018) ‘Importance of Nutrients and Nutrient Metabolism on Human Health.’, *The Yale journal of biology and medicine*, 91(2), pp. 95–103.

Cueto, H.T. *et al.* (2015) ‘Folic acid supplement use and menstrual cycle characteristics: A cross-sectional study of Danish pregnancy planners’, *Annals of Epidemiology*, 25(10), pp. 723-729.e1. Available at: <https://doi.org/10.1016/j.annepidem.2015.05.008>.

Devillya, P.D. and Selty, T. (2017) ‘Hubungan Antara Status Gizi Dan Siklus Menstruasi Pada Remaja Putri’, *Jurnal Ilmu Kebidanan*, (91), pp. 99–103. Available at: <https://e-journal.unair.ac.id/AMNT/article/download/7351/5062>.

Dinkes DIY (2020) ‘Laporan Kinerja Program Pembinaan Kesehatan Masyarakat Tahun 2019’, pp. 1–48.

Djashar, F.F. *et al.* (2022) ‘Hubungan antara Aktivitas Fisik dengan Siklus Menstruasi Pelajar Kelas XI SMA Kharisma Bangsa dan Tinjauannya Menurut Pandangan Islam The Relationship between Physical Activity and Menstrual Cycle 11 th - Grade Kharisma Bangsa High School Student and its R’, *Junior Medical Jurnal*, 1(2), pp. 189–196.

- Fata, S. (2021) 'Hypnofertility-Based Nursing Care in Relieving Stress for Women with Need for Fertility Support', *Biomedical Journal of Scientific & Technical Research*, 33(4). Available at: <https://doi.org/10.26717/bjstr.2021.33.005428>.
- Fayasari, A. (2020) *Penilaian Konsumsi Pangan*.
- Fitriningtyas, E., Redjeki, E.S. and Kurniawan, A. (2017) 'Usia Menarche, Status Gizi, Dan Siklus Menstruasi Santri Putri', *Preventia : The Indonesian Journal of Public Health*, 2(2), p. 58. Available at: <https://doi.org/10.17977/um044v2i2p58-56>.
- Ghare Naz, M.S. *et al.* (2022) 'Factors Affecting Menstrual Cycle Developmental Trajectory in Adolescents: A Narrative Review', *International Journal of Endocrinology and Metabolism*, 20(1), pp. 1–9. Available at: <https://doi.org/10.5812/IJEM.120438>.
- Ghazian, M.I. (2016) 'Pengaruh Suplementasi Seng Dan Zat Besi Terhadap Universitas Diponegoro'.
- Graneheim, U.H. and Lundman, B. (2004) 'Qualitative content analysis in nursing research: Concepts, procedures and measures to achieve trustworthiness', *Nurse Education Today*, 24(2), pp. 105–112. Available at: <https://doi.org/10.1016/j.nedt.2003.10.001>.
- Gustina, E. and Djannah, S.N. (2015) 'Sumber Informasi Dan Pengetahuan Tentang Menstrual Hygiene Pada Remaja Putri', *Jurnal Kesehatan Masyarakat*, 10(2), p. 147. Available at: <https://doi.org/10.15294/kemas.v10i2.3375>.
- Hackl, L. *et al.* (2017) 'Iron Bioavailability from Ferric Pyrophosphate in Extruded Rice Cofortified with Zinc Sulfate Is Greater than When Cofortified with Zinc Oxide in a Human Stable Isotope Study', *Journal of Nutrition*, 147(3), pp. 377–383. Available at: <https://doi.org/10.3945/jn.116.241778>.
- Hakimi, O. and Cameron, L.C. (2017) 'Effect of Exercise on Ovulation: A Systematic Review', *Sports Medicine*, 47(8), pp. 1555–1567. Available at: <https://doi.org/10.1007/s40279-016-0669-8>.
- Hanna, M. *et al.* (2022) 'B Vitamins: Functions and Uses in Medicine.', *The Permanente journal*, 26(2), pp. 89–97. Available at: <https://doi.org/10.7812/TPP/21.204>.
- Helfiana, R. (2020) 'The Effect of Physical Activity on the Menstrual Cycle at Martial Art Putri at the University of Muhammadiyah Makassar', *Journal of Asian Multicultural Research for Medical and Health Science Study*, 1(1), pp. 11–16. Available at: <https://doi.org/10.47616/jamrmhss.v1i1.18>.
- Hidayat, S.I., Ard hany, Y.H. and Nurhadi, E. (2020) 'Kajian Food Waste untuk

- Mendukung Ketahanan Pangan', *Agriekonomika*, 9(2), pp. 171–182. Available at: <https://doi.org/10.21107/agriekonomika.v9i2.8787>.
- Hopkins M, Beaulieu K, Gibbons C, et al. (2022) *The Control of Food Intake in Humans*. Edited by et al Feingold KR, Anawalt B, Blackman MR. Endotext [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK278931/>.
- Hotz, C. *et al.* (2008) 'Efficacy of iron-fortified Ultra Rice in improving the iron status of women in Mexico', *Food and Nutrition Bulletin*, 29(2), pp. 140–149. Available at: <https://doi.org/10.1177/156482650802900208>.
- Itriyeva, K. (2022) 'The effects of obesity on the menstrual cycle', *Curr Probl Pediatr Adolesc Health Care*, 21(1), pp. 1–9.
- Jones, B.P. *et al.* (2024) 'Menstrual cycles and the impact upon performance in elite British track and field athletes: a longitudinal study', *Frontiers in Sports and Active Living*, 6. Available at: <https://doi.org/10.3389/fspor.2024.1296189>.
- Joon, T.L. *et al.* (2022) 'Obesity and Female Infertility—A Review on Mechanisms (Endocrinology)', *OALib*, 09(06), pp. 1–20. Available at: <https://doi.org/10.4236/oalib.1108817>.
- Kapper, C. *et al.* (2024) 'Minerals and the Menstrual Cycle: Impacts on Ovulation and Endometrial Health', *Nutrients*, 16(7). Available at: <https://doi.org/10.3390/nu16071008>.
- Kemenkes RI (2018) 'Hasil Riset Kesehatan Dasar Tahun 2018', *Kementrian Kesehatan RI*, 53(9), pp. 1689–1699.
- Kusumawati, D. *et al.* (2021) 'Hubungan Aktivitas Fisik dengan Siklus Menstruasi pada Siswi MA Ma ' ahid Kudus', *Proceeding of The URECOL*, pp. 924–927.
- Latif, S. *et al.* (2022) 'Junk food consumption in relation to menstrual abnormalities among adolescent girls: A comparative cross sectional study.', *Pakistan journal of medical sciences*, 38(8), pp. 2307–2312. Available at: <https://doi.org/10.12669/pjms.38.8.6177>.
- Lemeshow, S. (1997) *Besar sampel dalam Penelitian Kesehatan*. Yogyakarta: Gadjah Mada University.
- Linder, M.C. (1998) *Biokimia Nutrisi dan Metabolisme dengan Pemakaian Secara Klinis*. Jakarta: Universitas Indonesia.
- Lutfiyati, A. and Susanti, D. (2021) 'Hubungan Status Gizi Dengan Gangguan Siklus Menstruasi Di SMPN 1 Sleman Yogyakarta', *Riset Informasi Kesehatan*, 10(1), pp. 18–24. Available at:

<https://doi.org/10.30644/rik.v8i2.514>.

- Maedy, F.S., Permatasari, T.A.E. and Sugiatmi, S. (2022) 'Hubungan Status Gizi dan Stres terhadap Siklus Menstruasi Remaja Putri di Indonesia', *Muhammadiyah Journal of Nutrition and Food Science (MJNF)*, 3(1), p. 1. Available at: <https://doi.org/10.24853/mjnf.3.1.1-10>.
- Mai Revi, Anggraini, W. and Warji (2023) 'Hubungan Status Gizi Dengan Siklus Menstruasi Pada Siswi Sekolah Menengah Atas', *Cendekia Medika: Jurnal Stikes Al-Ma'arif Baturaja*, 8(1), pp. 123–131. Available at: <https://doi.org/10.52235/cendekiamedika.v8i1.219>.
- Mamoriska, S. *et al.* (2022) 'Karakterisasi Kandungan Gizi, Sensori, dan Biaya Produksi Beras Fortifikasi (Fortivit) dan Beras Biofortifikasi (Inpari Nutri Zinc)', *PANGAN. Media Komunikasi dan Informasi*, 31(2), pp. 95–112.
- Manurung (2017) 'Hubungan Tingkat Stres Terhadap Siklus Menstruasi Pada Remaja Di Kecamatan Medan Marelan Tahun 2016', *Jurnal Ilmiah Keperawatan IMELDA*, 3(2), pp. 137–144.
- Marques, P., Madeira, T. and Gama, A. (2022) 'Menstrual cycle among adolescents: girls' awareness and influence of age at menarche and overweight.', *Revista paulista de pediatria : orgao oficial da Sociedade de Pediatria de Sao Paulo*, 40, p. e2020494. Available at: <https://doi.org/10.1590/1984-0462/2022/40/2020494>.
- Michels, K.A. *et al.* (2017) 'Folate, homocysteine and the ovarian cycle among healthy regularly menstruating women', *Human Reproduction*, 32(8), pp. 1743–1750. Available at: <https://doi.org/10.1093/humrep/dex233>.
- NIN-ICMR (2023) 'Efficacy and Safety of Iron Fortified Rice in India-A White Paper Niti Aayog Icmr-Nin'.
- Noviandry Rahman, H., Syakura, A. and Sonya Ringtiyas, H. (2022) 'Hubungan Antara Stress Dengan Siklus Menstruasi', *Jurnal Kesehatan is licensed under CC BY-SA 4.0 © Jurnal Kesehatan*, 13, pp. 116–120. Available at: <http://ejurnal.stikesprimanusantara.ac.id/>.
- Peña-Rosas, J.P. *et al.* (2019) 'Fortification of rice with vitamins and minerals for addressing micronutrient malnutrition.', *The Cochrane database of systematic reviews*, 2019(10). Available at: <https://doi.org/10.1002/14651858.CD009902.pub2>.
- Perignon, M. *et al.* (2016) 'Impact of Multi-Micronutrient Fortified Rice on Hemoglobin, Iron and Vitamin A Status of Cambodian Schoolchildren: a Double-Blind Cluster-Randomized Controlled Trial', *Nutrients*. Available at: <https://doi.org/10.3390/nu8010029>.

- Piccoli, N.B. *et al.* (2012a) 'Rice fortification: its potential for improving micronutrient intake and steps required for implementation at scale.', *Food and nutrition bulletin*, 33(4 Suppl). Available at: <https://doi.org/10.1177/15648265120334s312>.
- Piccoli, N.B. *et al.* (2012b) 'Rice fortification: its potential for improving micronutrient intake and steps required for implementation at scale.', *Food and nutrition bulletin*, 33(4 Suppl), pp. 360–372. Available at: <https://doi.org/10.1177/15648265120334s312>.
- Pragasta, R. (2008) *Anatomi dan Fisiologi Sistem Endokrin*. Malang: Fakultas Kedokteran Universitas Islam Malang.
- Prawirohardjo, S. (2010) *Ilmu Kebidanan Sarwono Prawirohardjo*. Jakarta: PT Bina Pustaka Sarwono Prawirohardjo 2010.
- Proverawati, A.S.M. (2009) *Menstruasi Pertama Penuh Makna*. Yogyakarta: Nuha Medika.
- Rai, A. *et al.* (2019) 'Consumption of rice, acceptability and sensory qualities of fortified rice amongst consumers of social safety net rice in Nepal.', *PloS one*, 14(10), p. e0222903. Available at: <https://doi.org/10.1371/journal.pone.0222903>.
- Rakhmawati, A. and Fitra, D.F. (2013) 'Hubungan Obesitas Dengan Kejadian Gangguan Siklus Menstruasi Pada Wanita Dewasa Muda', *Journal of Nutrition College*, 2(1), pp. 214–222. Available at: <http://ejournal-s1.undip.ac.id/index.php/jnc>.
- Roohani, N. *et al.* (2013) 'Zinc and its importance for human health: An integrative review', *Journal of Research in Medical Sciences*, 18(2), pp. 144–157.
- Rooney, K.L. and Domar, A.D. (2018) 'The relationship between stress and infertility.', *Dialogues in clinical neuroscience*, 20(1), pp. 41–47. Available at: <https://doi.org/10.31887/DCNS.2018.20.1/klrooney>.
- Rowa, S.S. *et al.* (2023) 'Hubungan Pola Makan Dan Status Gizi Dengan Siklus Menstruasi Pada Siswi Sman 13 Luwu', *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*, 9(2), pp. 311–320. Available at: <https://doi.org/10.33023/jikep.v9i2.1561>.
- Saneba, H.S., Pangastuti, N. and Prawitasari, S. (2022) 'Hubungan antara Stres dan Pola Menstruasi pada Remaja Perempuan Sekolah Menengah Atas Negeri di Kota Yogyakarta', *Jurnal Kesehatan Reproduksi*, 8(2). Available at: <https://doi.org/10.22146/jkr.65753>.
- Sangestani, G. *et al.* (2015) 'The Positive Effects of Zinc Supplements on the Improvement of Primary Dysmenorrhea and Premenstrual Symptoms', (Md).

Available at: <https://doi.org/10.22038/jmrh.2015.4463>.

- Santrock, J.W. (2002) *Life-Span Development Perkembangan Masa-Hidup*. Edisi 1, C. Edited by Erlangga. Jakarta.
- Sarwono, P. (2005) *Ilmu Kebidanan*. Cetakan ke. Jakarta: Yayasan Bina Pustaka Sarwono Prawirohardjo.
- Sinha, R., Kapoor, A.K. and Kapoor, S. (2011) ‘Adiposity Measures and Menstrual Cycle: Do We Envisage a Relation?’, *Journal of Anthropology*, 2011, pp. 1–5. Available at: <https://doi.org/10.1155/2011/314147>.
- Sirait, B.I. (2018) ‘Sindroma Ovarium Polikistik dan Infertilitas’, *Jurnal Ilmiah WIDYA*, 5(3), pp. 1–6. Available at: <http://repository.uki.ac.id/id/eprint/1691%0Ahttp://inajog.com/index.php/journal/article/view/849>.
- Sopya, P. *et al.* (2022) ‘Menstrual Cycle of Adolescent Girls Aged 15-18 Years in SMAN 74 Jakarta : The Effect of Vitamin and Mineral Intakes and Physical Activity’, pp. 88–96.
- Staats, J. and Van Zyl, I. (2022) ‘Adverse reactions to food: Navigating the maze in primary health care.’, *South African family practice : official journal of the South African Academy of Family Practice/Primary Care*, 64(1), pp. e1–e5. Available at: <https://doi.org/10.4102/safp.v64i1.5530>.
- Sugiyono (2016a) *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: PT Alfabet.
- Sugiyono (2016b) ‘Penerbit Pustaka Ramadhan, Bandung’, *Analisis Data Kualitatif*, p. 180. Available at: <https://core.ac.uk/download/pdf/228075212.pdf>.
- Sutria, N. (2021) ‘Hubungan Pola Menstruasi Dengan Kejadian Anemia Pada Remaja Putri: Literature Review’, *Program Studi Diploma Tiga Kebidanan ...* [Preprint]. Available at: <http://repository.unism.ac.id/id/eprint/2030>.
- Triany, D.S., Widajanti, L. and Suyatno (2018) ‘Hubungan Tingkat Kecukupan Energi, Magnesium, Kalsium, dan Besi, Aktivitas Fisik, Persentase Lemak Tubuh dengan Siklus Menstruasi Remaja Putri (Studi pada Siswi SMA Negeri 4 Kota Pekalongan)’, *Jurnal Kesehatan Masyarakat (e-Journal)*, 6(5), pp. 335–341.
- Umriaty, U., Nisa, J. and Astuti, P.T. (2022) ‘Kejadian Anemia Pada Santriwati Di Pondok Pesantren Daarul Ulil Albaab Kabupaten Tegal’, *SIKLUS: Journal Research Midwifery Politeknik Tegal*, 11(1), pp. 2089–6778. Available at: <https://doi.org/10.30591/Siklus.V11i01.2792>.

- Utami, W.T.I.D.P. (2014) 'The Relationship Of Pattern Menstruation With Anemia Incident To Female Adolescent', pp. 43–48.
- Verawaty, S.N. and Rahayu (2011) *Menjaga Kesehatan Seksual Wanita*. Bandung: Grafindo.
- WHO (2001) 'The Second Decade: Improving Adolescent Health and Development', *College & Research Libraries*, 9(4), pp. 295–298. Available at: https://doi.org/10.5860/crl_09_04_295.
- WHO (2018) *Guidline: Fortification of Rice with Vitamins And Minerals as a Public Health Strategy*. Geneva: World Health Organization.
- World Health Organization (2022) *Guideline: Fortification Of Wheat Flour With Vitamins And Minerals As A Public Health Strategy*.
- Wuryani, S., Padmini, O.S. and Brotodjojo, R.R. (2017) 'Kajian kualitas gizi beras dan organoleptik serta daya tahan nasi hasil pengembangan budidaya padi konvensional menuju padi organik di Kabupaten Sragen', *Jurnal Sains dan Seni ITS*, 6(1), pp. 51–66. Available at: <http://repositorio.unan.edu.ni/2986/1/5624.pdf><http://fiskal.kemenkeu.go.id/ejournal><http://dx.doi.org/10.1016/j.cirp.2016.06.001><http://dx.doi.org/10.1016/j.powtec.2016.12.055><https://doi.org/10.1016/j.ijfatigue.2019.02.006><https://doi.org/10.1>.
- Yassae, F. and Hadadianpour, S. (2020) 'The effects of Cobalamin and B-complex on hypermenorrhea.', *Journal of research in medical sciences : the official journal of Isfahan University of Medical Sciences*, 25, p. 30. Available at: https://doi.org/10.4103/jrms.JRMS_862_18.
- Yosi AS, L., Febry, F. and Etrawati, F. (2020) 'Food Familiarity Influence Food Preferences Among High School Student in Ogan Ilir District', *Jurnal Ilmu Kesehatan Masyarakat*, 11(2), pp. 113–122. Available at: <https://doi.org/10.26553/jikm.2020.11.2.113-122>.
- Zhu, Y., Liu, J. and Liu, Y. (2023) 'Understanding the relationship between umami taste sensitivity and genetics, food-related behavior, and nutrition', *Current Opinion in Food Science*, 50, p. 100980. Available at: <https://doi.org/https://doi.org/10.1016/j.cofs.2022.100980>.