

## DAFTAR PUSTAKA

- Agustina, R., Nadiya, K., Andini E. A., Setianingsih, A. A., Sadariskar, A. A., Prafiantini, E., Wirawan, F., Karyadi, E., & Raut, M. K. (2020). Associations of meal patterning, dietary quality and diversity with anemia and overweight-obesity among Indonesian schoolgoing adolescent girls in West Java, *PLoS ONE*, 15(4), pp. 1–19. Available at: <https://doi.org/10.1371/journal.pone.0231519>.
- Aksu, T. and Ünal, Ş. (2023). Iron Deficiency Anemia in Infancy, Childhood, and Adolescence, *Turkish Archives of Pediatrics*, 58(4), pp. 358–362. Available at: <https://doi.org/10.5152/TurkArchPediater.2023.23049>.
- Amalia, A. and Tjiptaningrum, A. (2016). Diagnosis dan Tatalaksana Anemia Defisiensi Besi, *Majority*, 5, pp. 166–169.
- Amir, N. and Djokosujono, K. (2019). Faktor-Faktor yang Berhubungan dengan Konsumsi Tablet Tambah Darah (TTD) pada Remaja Putri di Indonesia : Literatur Review.
- Andyarini, E.N. and Hidayati, I. (2018). Correlation Between Menstrual Duration with The Incidence of Anemia, in *International Conference on Sustainable Health Promotion*.
- Asrullah, M. (2023). Anaemia and its relation to physical and mental health of Indonesian adolescents.
- Aulya, Y., Siauta, J.A. and Nizmadilla, Y. (2022). Analisis Anemia Pada Remaja Putri, *Jurnal Penelitian Perawat Profesional*, 4, pp. 1377–1386. Available at: <http://jurnal.globalhealthsciencegroup.com/index.php/JPPP>.
- Badireddy, M. and Baradhi, K.M. (2023). Chronic Anemia, *NCBI*, pp. 1065–1071. Available at: <https://doi.org/10.1016/B978-0-323-01199-0.50164-X>.
- Bakker, Marjan Wouthuyzen dan Assen, Sander. (2015). Exercise-induced anaemia: a forgotten cause of iron deficiency anaemia in young adults, *British Journal of General Practice*, 65, pp.268-269.
- Balboa-Castillo, T. *et al.* (2023). Validity and reliability of the international physical activity questionnaire short form in Chilean adults, pp. 1–11. Available at: <https://doi.org/10.1371/journal.pone.0291604>.
- Caparro, C.M. and Suchdev, P.S. (2019). Annals of the New York Academy of Sciences - 2019 - Chaparro - Anemia epidemiology pathophysiology and etiology in low.
- Chen, M.H., Su, T. P., Chen, Y. S., Hsu, J. W., Huang, K. L., Chang, W. H., Chen, T. J., & Bai, Y. M. (2013). Association between psychiatric disorders and iron deficiency anemia among children and adolescents: A nationwide population-based study, *BMC Psychiatry*, 13, pp. 1–8. Available at: <https://doi.org/10.1186/1471-244X-13-161>.

- Corrons, J.L.V. and Krishnevskaya, E. (2021). Rare anemias in adolescents, *Acta Biomedica*, 92(1), pp. 1–11. Available at: <https://doi.org/10.23750/abm.v92i1.11345>.
- Dewi, R.K. (2023). Analisis Hubungan Sarapan Dan Kadar Hemoglobin Dengan Prestasi Belajar, *JPK : Jurnal Penelitian Kesehatan*, 13(2), pp. 53–59. Available at: <https://doi.org/10.54040/jpk.v13i2.244>.
- Dewi, S.K., Hamidah, E., Asmarawanti, Intan, N., Salsabila, S. (2024). Hubungan Pola Makan dengan Kejadian Anemia Pada Remaja Putri, *MAHESA : Malahayati Health Student Journal*, 4(9), pp. 4169–4176. Available at: <https://doi.org/10.33024/mahesa.v4i9.16325>.
- Dilauro, S., Wong, J. P., Collins, T., Chahal, N., & McCrindle, B. W. (2023). The Healthy Eating Assessment Tool ( HEAT ): A Simplified 10-Point Assessment of CHILD-2 Dietary Compliance for Children and Adolescents with Dyslipidemia, pp. 1–17.
- Dinas Kesehatan Kota Tangerang Selatan, (2022). *Profil Kesehatan 2021*. Kota Tangerang Selatan.
- Erny, E. and Tri handari, S.R. (2019). Hubungan Antara Aktivitas Fisik dan Konsumsi Zat Besi dengan Status Gizi pada Remaja Putri di SMP Yayasan Pendidikan Islam Bintaro Jakarta Selatan Tahun 2017, *Jurnal Kedokteran dan Kesehatan*, 15(1), p. 56. Available at: <https://doi.org/10.24853/jkk.15.1.56-62>.
- Farid, Y., Bowman, N.S. and Lecat, P. (2023). Biochemistry, Hemoglobin Synthesis, *StatPearls [Internet]*. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK536912/> (Accessed: 2 April 2024).
- GBD 2019 Risk Factors Collaborators (2020). Global burden of 87 risk factors in 204 countries and territories , 1990 – 2019 : a systematic analysis for the Global Burden of Disease Study 2019, *Global Health Metrics*, 396(10258), pp. 1223–1249. Available at: [https://doi.org/10.1016/S0140-6736\(20\)30752-2](https://doi.org/10.1016/S0140-6736(20)30752-2).
- Hariyanto, N., Fatimawati, I., Hastuti, P., Budiarti, A., & Poddar, S. (2022). Relationship between Diet Patterns and the Incidence of Anemia among Adolescent Girls at SMA Giki 1 Surabaya, *Malaysian Journal of Nursing*, 14(2), pp. 14–19. Available at: <https://doi.org/10.31674/mjn.2022.v14i02.003>.
- Haslan, H. and Pattola (2021). Pengaruh Stress Akibat Belajar dari Rumah (BDR) dan Pola Menstruasi Terhadap Kejadian Anemia Pada Remaja Putri, *Poltekita : Jurnal Ilmu Kesehatan*, 15(3), pp. 244–250. Available at: <https://doi.org/10.33860/jik.v15i3.557>.
- Hermanto, R.A., Kandarina, B.I. and Latifah, L. (2020). Hubungan antara Status Anemia, Tingkat Aktivitas Fisik, Kebiasaan Sarapan, dan Depresi pada Remaja Putri di Kota Yogyakarta. Available at: <https://doi.org/10.22435/mgmi.v11i2.597>; Copyright.

- Hermanto, R.A., Kandarina, I. and Latifah, L. (2016). Hubungan Anemia dan Depresi pada Remaja Putri Di Kota Yogyakarta. Universitas Gadjah Mada.
- Hermawati, N. Ayu Gustia, Y.D. (2018). Pengaruh Status Gizi Terhadap Anemia Pada Remaja Putri di SMP Lanud Padang, *Jurnal Kesehatan Saintika Meditory Jurnal Kesehatan Saintika Meditory*, 1(August), pp. 79–88.
- Hussein, N., Mohamed, M. and Ouda, A. (2018). Life style risk factors of Iron deficiency Anemia among adolescents girls, *International Journal of Nursing Didactics*, 8(10), pp. 18–28.
- Indonesia-National Adolescent Mental Health Survey. (2022). Laporan Penelitian.
- Isa, R., Adam, N.A.M., Subari, S.A.A., Nordin, S.S., & Fauzi, R. (2022) ‘Food Access and Fast-Food Consumption Behaviour among Health Sciences Students at Uitm Puncak Alam, *Malaysian Journal of Nursing*, 13(4), pp. 3–9. Available at: <https://doi.org/10.31674/mjn.2022.v13i04.001>.
- Kandarina, B.J.I., Tsani, A.F.A., Hastuti, D.P., Masfufah, Destriyani, Fikrinnisa, R., Kusmayanti, N.A., & Ansari, M.R. (2018). *Modul Kesehatan Peduli Remaja Sekolah*. Yogyakarta: Sumber Aksara.
- Kang, S. Y., Kim, H. B., & Sunwoo, S. (2020). Association between anemia and maternal depression: A systematic review and meta-analysis. *Journal of psychiatric research*, 122, 88–96. <https://doi.org/10.1016/j.jpsychires.2020.01.001>
- Kantari, E.S. (2021) Evaluasi Program Pemberian Tablet Tambah Darah (TTD) Pada remaja Putri di Kota Mataram. Gadjah Mada University.
- Kemendes RI (2018). Hasil Riset Kesehatan Dasar Tahun 2018, *Kemendagri Kesehatan RI*, 53(9), pp. 1689–1699.
- Kemendes RI (2019). Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang dianjurkan untuk Masyarakat Indonesia. Indonesia.
- Kriswanto, E.S. *et al.* (2021). Effect Of Physical Activity And Haemoglobin Levels On Cardiorespiration, 4, pp. 49–56. Available at: <https://doi.org/10.14529/hsm210406>.
- Lee, H.S., Chao, H. H., Huang, W. T., Chen, S. C., & Yang, H. Y. (2020). Psychiatric disorders risk in patients with iron deficiency anemia and association with iron supplementation medications: A nationwide database analysis, *BMC Psychiatry*, 20(1), pp. 1–9. Available at: <https://doi.org/10.1186/s12888-020-02621-0>.
- Lee, Y.-J., & Kim, H.-B. (2020). Association between anaemia and adult depression: a systematic review and meta-analysis of observational studies. *Journal of Epidemiology and Community Health*, jech–2020–213842. doi:10.1136/jech-2020-213842
- Lever-van Milligen, B.A., Vogelzangs, N., Smit, J. H., & Penninx, B. W. (2014). Hemoglobin levels in persons with depressive and/or anxiety disorders, *Journal of Psychosomatic Research*, 76(4), pp. 317–321. Available at: <https://doi.org/10.1016/j.jpsychores.2014.01.004>.

- Liu, C., Zhou, R., Peng, X., Zhu, T., Wei, W., & Hao, X. (2023). Relationship between depressive symptoms and anemia among the middle-aged and elderly: a cohort study over 4-year period, *BMC Psychiatry*, 23(1), pp. 1–12. Available at: <https://doi.org/10.1186/s12888-023-05047-6>.
- Lohr, S.L. (2019). *Sampling: Design and Analysis*. CRC Press LLC, Milton, UK.
- Lopez, A., Cacoub, P., Macdougall, I. C., & Peyrin-Biroulet, L. (2016). Iron deficiency anaemia. *Lancet (London, England)*, 387(10021), 907–916. [https://doi.org/10.1016/S0140-6736\(15\)60865-0](https://doi.org/10.1016/S0140-6736(15)60865-0)
- Ma, J., Huang, J., Zeng, C., Zhong, X., Zhang, W., Zhang, B., & Li, Y. (2023). Dietary Patterns and Association with Anemia in Children Aged 9–16 Years in Guangzhou, China: A Cross-Sectional Study, *Nutrients*, 15(19), pp. 1–17. Available at: <https://doi.org/10.3390/nu15194133>.
- Mitchell, T., McKinnon, E., Ayonrinde, O., Adams, L. A., Trinder, D., Chua, A. C. G., Newton, R. U., Straker, L., & Olynyk, J. K. (2019). Decreased Physical Working Capacity in Adolescents With Non-Alcoholic Fatty Liver Disease Associates With Reduced Iron Availability. *Clinical Gastroenterology and Hepatology*. doi:10.1016/j.cgh.2019.10.017
- Nam, H. kyong, Park, J. and Cho, S., (2023). Association between depression, anemia and physical activity using isotemporal substitution analysis, *BMC Public Health*, 23(1), pp. 1–10. Available at: <https://doi.org/10.1186/s12889-023-17117-1>.
- Novelia, S., Rukmaini and Purnama Sari, I. (2022). The Analysis of Factors Associated with Anemia Among Adolescent Girls, *Nursing and Health Sciences Journal (NHSJ)*, 2(3), pp. 266–273. Available at: <https://doi.org/10.53713/nhs.v2i3.142>.
- Novelia, S., Rukmaini and Sari, I.P. (2022). Analysis of Factors Associated with Anemia Among Adolescent Girls, *Nursing and Health Sciences Journal (NHSJ)*, 2(3), pp. 266–273. Available at: <https://doi.org/10.53713/nhs.v2i3.142>.
- Nurhayati, Qariati, N.I. and Jalpi, A. (2022). Hubungan Pengetahuan, Kebiasaan Sarapan Pagi Dan Aktivitas Fisik Dengan Kejadian Anemia Pada Remaja Putri Di Man 1 Banjarmasin Tahun 2020. Available at: [https://eprints.uniska-bjm.ac.id/2674/1/artikel%20nurhayati%20\(1\)-dikonversi.pdf](https://eprints.uniska-bjm.ac.id/2674/1/artikel%20nurhayati%20(1)-dikonversi.pdf) (Accessed: 5 December 2024).
- Oktavianis, Sari, N.W., Nurhayati, & Yuniliza. (2023). Hubungan Gaya Hidup Terhadap Kejadian Anemia Pada Remaja, *Human Care Journal*, 8(1), pp. 227–233.
- Paramastri, R., Hsu, C. Y., Lee, H. A., Lin, L. Y., Kurniawan, A. L., & Chao, J. C. (2021). Association between dietary pattern, lifestyle, anthropometric status, and anemia-related biomarkers among adults: A population-based study from 2001 to 2015, *International Journal of Environmental Research and Public Health*, 18(7). Available at: <https://doi.org/10.3390/ijerph18073438>.

- Paxton, A. E., Strycker, L. A., Toobert, D. J., Ammerman, A. S., & Glasgow, R. E. (2011). Starting The Conversation: Performance of a Brief Dietary Assessment and Intervention Tool for Health Professionals, *American Journal of Preventive Medicine*, 40(1), pp. 67-71.
- Prasetyowati, A. (2024). Prevalensi Anemia Pada Remaja Putri di Kecamatan Mungkid, Kabupaten Magelang Tahun 2024, *Journal Syntax Idea*, 6(8).
- Romieu, I. (2019) Dietary Pattern, *Encyclopedia of Cancer (Third Edition)*.
- Roy, R., Kück, M., Radziwolek, L., & Kerling, A. (2022). Iron Deficiency in Adolescent and Young Adult German Athletes—A Retrospective Study, *Nutrients*, 14(21), pp. 1–10. Available at: <https://doi.org/10.3390/nu14214511>.
- Sari, P., Herawati, D. M. D., Dhamayanti, M., & Hilmanto, D. (2022). Anemia among Adolescent Girls in West Java, Indonesia: Related Factors and Consequences on the Quality of Life, *Nutrients*, 14(18), pp. 1–13. Available at: <https://doi.org/10.3390/nu14183777>.
- Schweren, L.J.S., Larsson, H., Vinke, P. C., Li, L., Kvalvik, L. G., Arias-Vasquez, A., Haavik, J., & Hartman, C. A. (2021). Diet quality, stress and common mental health problems: A cohort study of 121.008 adults, *Clinical Nutrition*, 40(3), pp. 901–906. Available at: <https://doi.org/10.1016/j.clnu.2020.06.016>.
- Shah, H.E., Bhawnani, N., Ethirajulu, A., Alkasabera, A., Onyali, C. B., Anim-Koranteng, C., & Mostafa, J. A. (2021). Iron Deficiency-Induced Changes in the Hippocampus, Corpus Striatum, and Monoamines Levels That Lead to Anxiety, Depression, Sleep Disorders, and Psychotic Disorders, *Cureus* [Preprint]. Available at: <https://doi.org/10.7759/cureus.18138>.
- Silva, S.A., Silva, S. U., Ronca, D. B., Gonçalves, V. S. S., Dutra, E. S., & Carvalho, K. M. B. (2020). Common mental disorders prevalence in adolescents: A systematic review and metaanalyses, *PLoS ONE*, 15(4), pp. 1–19. Available at: <https://doi.org/10.1371/journal.pone.0232007>.
- Simanungkalit, S.F. & Simarmata, O.S. (2019). Pengetahuan dan Perilaku Konsumsi Remaja Putri yang Berhubungan dengan Status Anemia, pp. 175–182.
- Singh, J.A., Siddiqi, M., Parameshwar, P., & Chandra-Mouli, V. (2019). World Health Organization Guidance on Ethical Considerations in Planning and Reviewing Research Studies on Sexual and Reproductive Health in Adolescents, *Journal of Adolescent Health*, 64(4), pp. 427–429. Available at: <https://doi.org/10.1016/j.jadohealth.2019.01.008>.
- Sri Iriani, O., Kartika, I. and Nuramalina A, M. (2019). Hubungan Pengetahuan Gizi, Pola Makan dan Kepatuhan Meminum Tablet Fe dengan Status Anemia pada Program Pemberian Suplementasi Zat Besi untuk Remaja Putri di SMP Bina Harapan Kota Bandung', *Immanuel Jurnal Ilmu Kesehatan eISSN*, 13, pp. 1410–234.

- Sulistiyanti, A., Selfiani Widodo, N. and Sari, D.N. (2022). Correlation Of Nutritional Status And Dietary Habit With The Incidence Of Anemia In Adolescent Girls.
- Tran, T.D., Kaligis, F., Wiguna, T., Willenberg, L., Nguyen, H.T.M., Luchters, S., Azzopardi, P., & Fisher, J. (2019). Screening for depressive and anxiety disorders among adolescents in Indonesia: Formal validation of the centre for epidemiologic studies depression scale – revised and the Kessler psychological distress scale, *Journal of Affective Disorders*, 246(August 2018), pp. 189–194. Available at: <https://doi.org/10.1016/j.jad.2018.12.042>.
- Tesfaye, M., Yemane, T., Adisu, W., Asres, Y., & Gedefaw, L. *et al.* (2015). Anemia and iron deficiency among school adolescents: burden, severity, and determinant factors in southwest Ethiopia, *Adolescent Health, Medicine and Therapeutics*, p. 189. Available at: <https://doi.org/10.2147/ahmt.s94865>.
- Vepsäläinen, H. and Lindström, J. (2024). Dietary patterns – a scoping review for Nordic Nutrition Recommendations 2023, *Food and Nutrition Research*. Swedish Nutrition Foundation. Available at: <https://doi.org/10.29219/fnr.v68.10541>.
- WHO (2021). Mental health of adolescents. Available at: [https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health/?gad\\_source=1&gclid=Cj0KCCQiA5-uuBhDzARIsAAa21T9H\\_pwlItNi0N3iZ9-PdvOoRLgYj7nEFa0i8YYAtt3rbcYsxT5WcwQaAi\\_NEALw\\_wcB](https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health/?gad_source=1&gclid=Cj0KCCQiA5-uuBhDzARIsAAa21T9H_pwlItNi0N3iZ9-PdvOoRLgYj7nEFa0i8YYAtt3rbcYsxT5WcwQaAi_NEALw_wcB) (Accessed: 4 March 2024).
- WHO (2022). Physical Activity. Available at: <https://www.who.int/news-room/fact-sheets/detail/physical-activity> (Accessed: 4 March 2024).
- WHO (2024). *Anaemia*. Available at: <https://www.who.int/data/nutrition/nlis/info/anaemia> (Accessed: 27 February 2024).
- Wiafe, M.A., Ayenu, J. and Eli-cophie, D. (2023). A Review of the Risk Factors for Iron Deficiency Anaemia among Adolescents in Developing Countries, *Hindawi*, 2023, p. 11.
- Widyanthini, D.N. and Widyanthari, D.M. (2021). Analisis Kejadian Anemia pada Remaja Putri di Kabupaten Bangli, Provinsi Bali, Tahun 2019, *Buletin Penelitian Kesehatan*, 49(2), pp. 87–94. Available at: <https://doi.org/10.22435/bpk.v49i2.3929>.
- Wilopo, Siswanto Agus. (2021). Sampling dan Estimasi Besar Sampel, *Pusat Kesehatan Reproduksi Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan UGM*, Yogyakarta
- World Health Organization (2023). Adolescent health.
- World Health Organization (2024). Physical Activity, *World Health Organization*. Available at: <https://www.who.int/news-room/fact-sheets/detail/physical-activity> (Accessed: 5 December 2024).

- Yadav, K., Kant, S., Ramaswamy, G., Ahamed, F., Jacob, O. M., Vyas, H., Kaur, R., Malhotra, S., & Halder, P. (2020). Validation of Point of Care Hemoglobin Estimation Among Pregnant Women Using Digital Hemoglobinometers (HemoCue 301 and HemoCue 201 +) as Compared with Auto-Analyzer, *Indian Journal of Hematology and Blood Transfusion*, 36(2), pp. 342–348. Available at: <https://doi.org/10.1007/s12288-019-01196-5>.
- Yulita, Ema. (2022). Hubungan pola makan dan aktivitas fisik dengan kejadian anemia padaremaja putri di pondok pesantren assalam naga beralih kecamatan kampar utara tahun 2021, *Jurnal Kesehatan Terpadu*, 1(1), pp. 43–60.
- Yulita, E., Hamid, M.N.S. and Dhillon, D.A. (2022). Hubungan Pola Makan Dan Aktivitas Fisik Dengan Kejadian Anemia Pada Remaja Putri Di Pondok Pesantren Assalam Naga Beralih Kecamatan Kampar Utara Tahun 2021.
- Yunanci, S., Risma, Masrif, & Mulianingsih, M. (2023). A Literature Review of the Relation Between Iron Deficiency Anaemia, Physical Activity and Cognitive Function in Adolescent Girls, *Scripta Medica (Banja Luka)*, 54(4), pp. 405–412. Available at: <https://doi.org/10.5937/scriptamed54-46534>.
- Zárate-Ortiz, A.G., Melse-Boonstra, A., Rodríguez-Ramírez, S., Hernández-Cordero, S., & Feskens, E. J. M. (2019). Dietary patterns and the double burden of malnutrition in mexican adolescents: Results from ENSANUT-2006, *Nutrients*, 11(11), pp. 1–12. Available at: <https://doi.org/10.3390/nu11112753>.