

DAFTAR PUSTAKA

- Algaebase. 2021. *Arthrospira platensis* Gomont 1892. [Online] Available at: https://www.algaebase.org/search/species/detail/?tc=accept&species_id=24749. [Diakses 14 Juni 2021]
- AOAC. 2005. *Official Methods of Analysis of AOAC International, 18th ed.* Gaithersburg: AOAC International
- Bhattacharjee, P., Ghosh, P.K., Vernekar, M. & Singhal, R.S. 2017. Role of Dietary Serotonin and Melatonin in Human Nutrition. In: *Serotonin and Melatonin : Their Functional Role in Plants, Food, Phytomedicine and Human Health.* Florida: CRC Press.
- Blaikie, P., Cannon, T., Davis, I. & Wisner, B. 2003. *At Risk – Natural hazards, people’s vulnerability and disasters.* Wiltshire: Routledge.
- BNPB. 2018. *Data Informasi Bencana Indonesia.* [Online] Available at: <http://dibi.bnpb.go.id/dibi/>. [Diakses 12 Juni 2021]
- Buchholz, A.C. & Schoeller, D.A. 2004. Is a calorie a calorie? *The American Journal of Clinical Nutrition.* 79(5), pp. 899S–906S.
- Carr, G.V. & Lucki, I. 2010. The Role of Serotonin in Depression. In: *Handbook of the Behavioral Neurobiology of Serotonin.* Pennsylvania: University of Pennsylvania.
- Church, D.D., Hirsch, K.R., Park, S.H., Kim, I.Y., Gwin, J.A., Pasiakos, S.M., Wolfe, R.R. & Ferrando, A.A. 2020. Essential Amino Acids and Protein Synthesis: Insights into Maximizing the Muscle and Whole-Body Response to Feeding. *Nutrients*, 12, pp. 3717.
- De Marco, E.R., Steffolani, M.E., Martinez, C.S. & Leon, A.E. 2014. Effect of spirulina biomass on the technological and nutritional quality of bread wheat pasta. *LWT - Food Science and Technology*, pp. 102-108.

- Demelash S. 2018. Spirulina as a main source of tryptophan for mental illness: Improving level of serotonin through tryptophan supplementation. *Global Journal of Medicine and Public Health*, 7(2), pp. 1-5.
- Diyah N.W., Ambarwati, A., Warsito, G.M., Niken, G., Heriwiyanti, E.T., Windysari R. & Purwanto. 2016. Evaluasi Kandungan Glukosa Dan Indeks Glikemik Beberapa Sumber Karbohidrat Dalam Upaya Penggalian Pangan Berindeks Glikemik Rendah. *Jurnal Farmasi dan Ilmu Kefarmasian Indonesia* 3(2), pp. 67-73.
- Fernstrom, J.D. 1983. Role of precursor availability in control of monoamine biosynthesis in brain. *Physiological Reviews*. 63, pp. 484–546.
- Friedman, M. 2018. Analysis, Nutrition, and Health Benefits of Tryptophan. *International Journal of Tryptophan Research*. 11, pp. 1178646918802282.
- Gershwin, M.E. & Belay, A. 2007. *Spirulina in human nutrition and health*. USA: CRC Press.
- Giyatmi & Anggraini, D.D. 2017. Pengaruh Jenis Nasi Terhadap Nilai Gizi dan Mutu Kimiawi Nasi dalam Kemasan Selama Penyimpanan Sebagai Alternatif Pangan Darurat. *Konversi*,6(1), pp. 31-41.
- Hussein, A., Ibrahim, G., Kamil, M., El-Shamarka, M., Mostafa, S. & Mohamed, D. 2021. Spirulina-enriched pasta as functional food rich in protein and antioxidant. *Biointerface Research in Applied Chemistry*, 11(6), pp. 14736-14750.
- Holden J. 2009. *USDA National Nutrient Database for Standard Reference, Release 22*. USA: United States Department of Agriculture.
- Hoseini, S.M., Khosravi-Darani, K. & Mozafari, M.R. 1997. Nutritional and Medical Applications of Spirulina. *Microalgae*, 13, pp. 1231-1237.

- IFRC. 2021. *What is a disaster?* [Online] Available at: <https://www.ifrc.org/en/what-we-do/disaster-management/about-disasters/what-is-a-disaster/>. [Diakses 12 Juni 2021]
- IOM. 2002. *High-Energy, Nutrient-Dense Emergency Relief Food Product*. Washington, D.C.: National Academy Press.
- Jenkins, T.A., Nguyen, J.C.D., Polglaze, K.E. & Bertrand, P.P. 2016. Influence of Tryptophan and Serotonin on Mood and Cognition with a Possible Role of the Gut-Brain Axis. *Nutrients*, 8(1), pp. 56.
- Jung, F., Kruger-Genge, A., Waldeck, P. & Kupper, J.H. 2019. Spirulina platensis, a super food? *Journal of Cellular Biotechnology*, 5(1), pp. 43-54.
- Kebebe, E. & Ahlgren, G. 1996. Optimum growth conditions and light utilization efficiency of Spirulina platensis (Cyanophyta) from Lake Chitu, Ethiopia. *Hydrobiologia*, 332, pp. 99-109.
- Kema, I. P., de Vries, E. G. & Muskiet, F. A. 2000. Clinical chemistry of serotonin and metabolites. *Journal of Chromatography B*, 747(1-2), pp. 33-48.
- Khan, Z., Bhadauriya, P. & Bisen, P.S. 2005. Nutritional and therapeutic potential of Spirulina. *Current Pharmaceutical Biotechnology*, 6(5), pp. 373-379.
- Koswara S. 2009. *Teknologi Pengolahan Beras*. Semarang: Unimus.
- Kreimer A. 2001. Social and economic impacts of natural disasters. *International Geology Review*, 1;43(5), pp. 401–405.
- Kusumatuty, I., Fandianty, L. & Julia, A.R. 2015. Formulasi Food Bar Tepung Bekatul dan Tepung Jagung sebagai Pangan Darurat. *Indonesian Journal of Human Nutrition*, 2(2), pp 68-75.
- Lemes, A.C., Takeuchi, K.P., de Carvalho, J.C.M. & Danesi, E.D.G. 2012. Fresh pasta production enriched with Spirulina platensis. *Brazilian Archives of Biology and Technology*, 55(5), pp. 741-750

- Lucas, B.F., da Rosa, A.P.C., de Carvalho, L.F., de Morais, M.G., Santos, T.D. & Costa, J.A.V. 2020. Snack bars enriched with Spirulina for schoolchildren nutrition. *Food Science and Technology*, 40(1), pp. 146-152.
- Luna, P., Herawati, H., Widowati, S. & Prianto, A.B. 2015. Pengaruh Kandungan Amilosa Terhadap Karakteristik Fisik dan Organoleptik Nasi Instan. *Jurnal Penelitian Pascapanen Penelitian*, 12(1), pp. 1-10.
- Luthfiyanti, R., Ekafitri, R. & Desnilasari, D. 2011. Pengaruh Perbandingan Tepung dan Pure Pisang Nangka Pada Proses Pembuatan Food Bar Berbasis Pisang Sebagai Pangan Darurat. *Prosiding SNaPP: Sains dan Teknologi*, 2(1), pp. 239-246.
- Makwana, N. 2019. Disaster and its impact on mental health: A narrative review. *Journal of Family Medicine and Primary Care*, 8(10), pp. 3090-3095.
- Martin M.L. 2010. Child participation in disaster risk reduction: The case of flood-affected children in Bangladesh. *Third World Quarterly*. 1;31(8), pp. 1357–75.
- Masojidek, J. & Torzillo, G. 2014. Mass Cultivation of Freshwater Microalgae. In: *Reference Module in Earth Systems and Environmental Sciences*. Amsterdam: Elsevier.
- Math, S.B., Girimaji, S.C., Benegal, V., Uday K.G.S., Hamza, A. & Nagaraja, D. 2006. Tsunami: Psychosocial aspects of Andaman and Nicobar islands. Assessments and intervention in the early phase. *International Review of Psychiatry*. 1;18(3), pp. 233–9.
- Meilgaard, M., Civille, G.V., Carr, B.T. 2007. *Sensory Evaluation Techniques*. 4th ed. New York: CRC Press
- Molina, G.E., Belarbi, E.H. & Acien-Fernandez, F.G. 2002. Recovery of microalgal biomass and metabolites: process option and economics. *Biotechnology Advances*, 20, pp. 491-515.

- Mostolizadeh, S., Moradi, Y., Mortazavi, M.S., Motallebi, A.A. & Ghaeni, M. 2017. Effects of incorporation Spirulina platensis (Gomont, 1892) powder in wheat flour on chemical, microbial and sensory properties of pasta. *Iranian Journal of Fisheries Sciences*, 19 (1), pp.410-420
- Nege, A.S., Masithah, E.D. & Khotib, J. 2020. Trends in the Uses of Spirulina Microalga: A mini-review. *Jurnal Ilmiah Perikanan dan Kelautan*, 12(1), pp. 149-166.
- Nelson, D.L. & Cox, M.M. 2005. *Principles of Biochemistry (4th ed.)*. New York: W.H. Freeman.
- Ozyurt, G., Uslu, L., Yuvka, I., Gokdogan, S., Atci, G., Ak., B. & Isik, O. 2015. Evaluation of the cooking quality characteristics of pasta enriched with Spirulina platensis. *Journal of Food Quality*, 38, pp. 268-272.
- Perry, J., Staley, J. & Lory, S. 2002. *Microbial Life*. Sunderland: Sinauer Associates.
- Prasert, W. & Suwannaporn, P. 2009. Optimization of instant jasmine rice process and its physicochemical properties. *Journal of Food Engineering*, 95, pp. 54-61.
- Ravindran, B., Gupta, S.K., Cho, W.M., Kim, J.K., Lee, S.R., Jeong, K.H. & Choi, H.C. 2016. Microalgae Potential and Multiple Roles-Current Progress and Future Prospects-An Overview. *Sustainability*, 8(12), pp. 1215.
- Reilly, J.G., McTavish, S.F.B. & Young, A.H. 1997. Rapid depletion of plasma tryptophan: A review of studies and experimental methodology. *Journal of Psychopharmacology*, 11, pp. 381-392.
- Republik Indonesia. 2013. Peraturan Kementerian Kesehatan Nomor 75 Tahun 2013 tentang Angka Kecukupan Gizi Yang Dianjurkan Bagi Bangsa Indonesia. Jakarta: Kementerian Kesehatan.

- Richard, D.M., Dawes, M.A., Mathias, C.W., Acheson, A., Hill-Kapturczak, N. & Dougherty, D.M. 2009. L-tryptophan: Basic Metabolic Functions, Behavioral Research and Therapeutic Indications. *International Journal Tryptophan Reviews*, 2, pp. 45-60.
- Richmond, A.E.1986. Microalgae. *CRC Critical Review in Biotechnology*, 4, pp. 349-438.
- Roberto, P.S. 2015. Photosyntetic bioenergy utilizing CO₂: An approach on flue gases utilization for third generation biofuels. *Journal of Cleaner Production*, 98, pp. 53-65.
- Rusmiyati, C. 2012. Penanganan Dampak Sosial Psikologis Korban Bencana Merapi. *Informasi*, 17(02), pp. 97-110
- Sainio, E.L., Pullki, K. & Young, S.N. 1996. L-tryptophan: Biochemical, nutritional and pharmacological agents. *Amino Acids*, 10, pp. 21-47.
- Sandyk, R. 1992. L-tryptophan in neuropsychiatric disorders: A review. *International Journal of Neuroscience*, 67(14), pp. 127-144.
- Sanger, G.J. 2008. 5-hydroxytryptamine and the gastrointestinal tract: Where next. *Trends in Pharmacological Sciences*. 29, pp. 465-471.
- Sasmitaloka, K.S., Widowati, S. & Sukasih, E. 2019. Effect of freezing temperature and duration on physicochemical characteristics of instant rice. *IOP Conference Series: Earth and Environmental Science*, 309, pp. 1-8
- Szeitz, A. & Bandiera, S.M. 2018. Analysis and measurement of serotonin. *Biomedical Chromatography* 32(1).
- Sharma, A., Kaur, K., Manjri & Marwaha, D. 2019. Spirulina platensis an “Ultimate Food”: A Review. *International Journal of Research and Analytical Reviews*, 6(1), pp. 428-437.
- Shenkin, A. 2006. Micronutrients in health and disease. *Postgraduate Medical Journal*, 82(971), pp. 559-567.

- Smith, D.A., Rao, R.M., Liuzzo, J.A. & Champagne, E. 1985. Chemical treatment and process modification for producing improved quick-cooking rice. *Journal of Food Science*, 50, pp. 926-931.
- Soni, R.A., Rana, R.S. & Sudhakar, K. 2017. Spirulina From growth to nutritional product: A review. *Trends in Food Science and Technology*. 69, pp. 157-171.
- Stryer, L. 1995. *Biochemistry 4th ed.* New York: WH Freeman and Company.
- Subbaraju, G.V., Kannababu, S., Vijayakumar, K., Murthy, P.B.S., Vanisree, M. & Tsay, H.S. 2005. Spectrophotometric estimation of L-hydroxytryptophan in Griffonia simplicifolia extracts and dosage forms. *International Journal of Applied Science Engineering* 3(2), pp. 111-116
- Syafutri, M.I., Pratama, F., Syaiful, F. & Faizal, A. 2016. Effects of varieties and cooking methods on physical and chemical characteristics of cooked rice. *Rice Science*, 23(5), pp. 282-286.
- TKPI. 2017. *Tabel Komposisi Pangan Indonesia 2017*. Jakarta: Kementerian Kesehatan RI.
- Turner, E.H., Loftis, J.M. & Blackwell, A.D. 2006. Serotonin a la carte: Supplementation with the serotonin precursor 5-hydroxytryptophan. *Pharmacology and Therapeutics*. 109, pp. 325-338.
- UNHCR. 2021. *What is a refugee?* [Online] Available at: <https://www.unrefugees.org/refugee-facts/what-is-a-refugee/>. [Diakses 12 Juni 2021]
- Pastorino, J., Hansen, C.L. & McMahon, D.J. 2003. Effect of sodium citrate on structure-function relationships of cheddar cheese. *Journal of Dairy Science*, 86, pp. 3113-3121.
- Puspitowati, S. & Driscoll, R.H. 2007. Effect of degree of gelatinisation on the rheology and rehydration kinetics of instant rice produced by freeze drying. *International Journal of Food Properties*, 10, pp. 445-453.

- van Praag, H.M. & Lemus, C. 1986. Monoamine precursors in the treatment of psychiatric disorders. In: *Nutrition and the Brain*. New York: Raven Press.
- Vonshak, A. 1997. *Spirulina platensis (Arthrospira): Physiology, Cell-biology and Biotechnology*. London: Taylor & Francis.
- Vujanovic, A.A. & Gallagher, M.W. 2017. Psychological Impact of Natural Disasters in Adults. [Online] Available at: <https://www.uh.edu/class/news/archive/2017/august-september/natural-disasters-impact-adults/>. [Diakses 12 Juni 2021]
- Wardak, Z.S. 2012. Rebuilding Housing after a Disaster: Factors for Failure. *Proceeding Conference: 8th Annual International Conference of the International Institute for Infrastructure, Renewal and Reconstruction (IIIRR)*, pp. 292-299.
- Widowati, S., Sasmitaloka, K.S. & Banurea, I.R. 2020. Karakteristik Fisikokimia dan Fungsional Nasi Instan. *Pangan*, 29(2), pp. 87-104.
- Wurtman, R.J., Hefti, F. & Melamed, E. 1980. Precursor control of neurotransmitter synthesis. *Pharmacology Reviews*, 32, pp. 315-335.
- Young, V.R. 1994. Adult amino acid requirements: The ease for a major revision in current recommendations. *Journal of Nutrition*, 124, pp. 1517S-1523S.
- Young, L.S. & Stoll, S. 2003. Proteins and amino acids. In: *Contemporary Nutrition Support Practice 2nd*. New York: Saunders.
- Zoumas, B.L., L.E. Armstrong, J.R. Backstrand., W.L. Chenoweth., P. Chinachoti, B. P. Klein, H. W. Lane. K. S. Marsh. & M. Tolvanen. 2002. *High-Energy, Nutrien-Dense Emergency Relief Food Product*. Washington DC: Food and Nutrition Board: Intitute of Medicine. National Academy Press