

DAFTAR PUSTAKA

- Abdullah, R. Y., Sarkees, A. N., & Yasin, N. A. (2022). Nutritional Status and Food Behavior Among Primary School Students in Duhok City. *Kufa Journal for Nursing Sciences*, 7.
- Adriani, M., & Wirjatmadi, B. (2023). *Pengantar Gizi Masyarakat Cetakan Ke-2*. Prenada Media Group.
- Ali & Ansori. (2024). *Psikologi Remaja Perkembangan Peserta Didik*. Bumi Aksara.
- Almatsier, S. (2023). *Prinsip Dasar Ilmu Gizi*. Penebar Swadaya.
- Arikunto, S. (2022). *Manajemen Penelitian*. Rineka Cipta.
- Azwar, S. (2018). *Metode penelitian psikologi (Ed ke-2.)*. Pustaka Pelajar.
- Badriah, D. L. (2023). *Metodologi Penelitian Ilmu-Ilmu Kesehatan Edisi Revisi*. Multazam.
- Chasanah, S. U., Basuki, P. P., & Dewi, I. M. (2019). Anemia Penyebab, Strategi Pencegahan dan Penanggulangannya bagi Remaja. In *Angewandte Chemie International Edition*, 6(11), 951–952. (Vol. 2). Kemenristek Dikti.
- Dieny, F. F. (2024). *Permasalahan Gizi pada Remaja Putri*. Graha Ilmu.
- Dinkes Prov Jateng. (2025). *Profil Dinas Kesehatan Provinsi Jawa Tengah*.
- 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), 14–19. <https://doi.org/10.31674/mjn.2022.v14i02.003>
- Kemenkes Ri. (2022a). *Dampak Anemia pada Remaja*. <https://ayosehat.kemkes.go.id/7-dampak-anemia-pada-remaja>
- Kemenkes Ri. (2022b). *Kelompok Usia*. <https://ayosehat.kemkes.go.id/kategori-usia/remaja>
- Kemenkes RI. (2023). Buku Saku Pencegahan Anemia Pada Ibu Hamil Dan Remaja Putri. In *IEEE Sensors Journal* (Vol. 5, Number 4). <http://dx.doi.org/10.1016/j.snb.2010.05.051>

- Kemenkes RI. (2025). *Pedoman Pencegahan dan Penanggulangan Anemia pada Remaja Putri*. Kementerian Kesehatan RI. https://kesmas.kemkes.go.id/assets/uploads/contents/resources/Anemia_Remaja.pdf
- Kemenkes RI. (2025, November 10). *Aksi Bergizi : Gerakan Sehat untuk Remaja Masa Kini*. 05 April 2026.
- Khoerunida, R., Sari, S. P., & Amira, I. (2024). The Correlation between Eating Behavior and Nutritional Status in Senior High School Adolescents. *Indonesian Journal of Global Health Research*, 6(4), 1985–1994. <https://doi.org/10.37287/ijghr.v6i4.3276>
- Li, H., Moosavian, S. P., Ghanbari, N., Mirlohi, S. H., & Rahimlou, M. (2025). Association of dietary diversity and odds of anemia in children and adolescents: a systematic review and meta-analysis of observational studies. In *BMC Nutrition* (Vol. 11, Number 1). BioMed Central Ltd. <https://doi.org/10.1186/s40795-025-01069-3>
- Melani, M., Supriyatin, D., Adnani, Q. E. S., & Susiarno, H. (2024). Factors Associated with Anemia in Adolescents and Its Prevention Strategies: Systematic Review. *JURNAL INFO KESEHATAN*, 22(3), 646–662. <https://doi.org/10.31965/infokes.vol22.iss3.1523>
- Ningtyias, F., Aryatika, K., Mufidah, L., Irmayanti, S., & Soleha, S. (2022). *Buku Saku Pencegahan Anemia Pada Remaja Putri*. Helath Advocacy.
- Notoatmodjo. (2022). *Metodologi Penelitian Kesehatan*. Rineka Cipta.
- O’Leary, F., & Samman, S. (2020). Vitamin B12 in health and disease. *Nutrients*. <https://pubmed.ncbi.nlm.nih.gov/31900904>
- Purnama, N. L. A. (2020). Perilaku Makan dan Status Gizi Remaja. *Jurnal Penelitian Kesehatan*, (2), 57–62.
- Puspitasari, E., Zaman, C., Harokan, A., & Suryani, D. (2025). Analysis of factors affecting the incidence of anemia in adolescent girls at Nawangsasi Health Center: A cross-sectional study. *Lentera Perawat*, 6(3), 411–418. <https://doi.org/10.52235/lp.v6i3.485>
- 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). <https://doi.org/10.3390/nu14183777>
- Sari, P., Judistiani, R. T. D., Hilmanto, D., Herawati, D. M. D., & Dhamayanti, M. (2022). Iron Deficiency Anemia and Associated Factors Among Adolescent Girls and Women in a Rural Area of Jatinangor, Indonesia. *International Journal of Women's Health*, 14, 1137–1147. <https://doi.org/10.2147/IJWH.S376023>
- Setiawan, A. S., Budiarto, A., & Indriyanti, R. (2023). Eating behavior of adolescent girls in countries with a high prevalence of stunting under five: a systematic review. In *Frontiers in Psychology* (Vol. 14). Frontiers Media SA. <https://doi.org/10.3389/fpsyg.2023.1228413>
- Sugiyono. (2022). *Metode Penelitian Kuantitatif*. Alfabeta.
- Suharsimi Arikunto. (2022). *Manajemen Penelitian*. Rineka Cipta.
- Sulistyo, D. (2022). *Pertumbuhan perkembangan anak dan remaja*. TIM Dharma.
- Susanti. (2024). *Buku Pedoman Kader Kesehatan Remaja Cegah Anemia*. IKAPI.
- Thompson, F. E., & Subar, A. F. (2019). Dietary Assessment Methods. In *Obesity Epidemiology*. <https://doi.org/10.1093/acprof:oso/9780195312911.003.0006>
- Utami, A., Margawati, A., Pramono, D., & Diah Rahayu Wulandari. (2021). Anemia pada Remaja Putri. In *Fakultas Kedokteran Universitas Diponegoro* (Vol. 1, Number 2). Undip. http://doc-pak.undip.ac.id/12690/1/Modul_Anemia.pdf
- Valentina Rian Prastiwi. (2018). *Pola Makan Sehat dan Gizi Remaja*. Perca.
- WHO. (2025a). *Anaemia*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/anaemia>
- WHO. (2025b, February 10). *Anaemia*. 10 February 2025.
- Widhawati, S., Suparji, S., Handayani, T. E., & Herlina, T. (2024). Relationship Between Diet Patterns and Anemia in Female Adolescents. *Health Dynamics*, 1(8), 304–308. <https://doi.org/10.33846/hd10805>
- Yuliasari, A., & Lidia Sari, N. (2022). Penyuluhan Tentang Anemia Berdampak Efektif Dalam Meningkatkan Pengetahuan Remaja Di Lingkungan Pondok Pesantren. *WOMB Midwifery Journal*, 1(2), 6–12. <https://doi.org/10.54832/wombmidj.v1i2.62>