

DAFTAR PUSTAKA

- Agustina, M. N. K., Hanim Mufarokhah, & Ratna Roesardhyati. (2025). Hubungan Pola Makan Dengan Kejadian Anemia Pada Remaja Putri Di SMPN 2 Gedangan Sidoarjo. *Jurnal Penelitian Keperawatan Kontemporer*, 5(5). <https://doi.org/10.59894/jpkk.v5i5.1179>
- Amin, NF., Garancang, S., & Abunawas, K. (2023). Konsep umum populasi dan sampel dalam penelitian. *PILAR*, 14(1), 15–31. <https://doi.org/10.26618/whw41w62>
- Aprilianti, A., & Sugesti, R. (2024). Hubungan pola menstruasi, pola makan dan keteraturan minum Fe terhadap anemia pada remaja di SMPN 1 Banyuwangi Kabupaten Garut tahun 2023. *SENTRI: Jurnal Riset Ilmiah*, 3(5), 2290–2304. <https://doi.org/10.55681/sentri.v3i5.2742>
- Badan Penelitian dan Pengembangan Kesehatan. (2019). *Laporan nasional Risesdas 2018*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan. Diakses 10 Juni 2026, dari <https://repository.badankebijakan.kemkes.go.id/id/eprint/3514/>
- Bailey, R. L. (2021). Overview of dietary assessment methods for measuring intakes of foods, beverages, and dietary supplements in research studies. *Current Opinion in Biotechnology*, 70, 91–96. <https://doi.org/10.1016/j.copbio.2021.02.007>
- Beltre, G., & Mendez, M. D. (2023). Child development. In *StatPearls*. StatPearls Publishing. Diakses 10 Juni 2026, dari <https://www.ncbi.nlm.nih.gov/books/NBK564386/>
- Briawan, D. (2018). *Anemia: Masalah Gizi pada Remaja*. EGC.
- Chaber, R., Helwich, E., Lauterbach, R., Mastalerz-Migas, A., Matysiak, M., Peregud-Pogorzelski, J., Styczyński, J., Szczepański, T., & Jackowska, T. (2024). Diagnosis and treatment of iron deficiency and iron deficiency anemia in children and adolescents: Recommendations of the Polish Pediatric Society, the Polish Society of Pediatric Oncology and Hematology, the Polish Neonatology Society, and the Polish Society of Family Medicine. *Nutrients*, 16(21), 3623. <https://doi.org/10.3390/nu16213623>
- Cohen, C. T., & Powers, J. M. (2024). Nutritional strategies for managing iron deficiency in adolescents: Approaches to a challenging but common problem. *Advances in Nutrition*, 15(5), 100215. <https://doi.org/10.1016/j.advnut.2024.100215>

- Dao, M. C., Subar, A. F., Warthon-Medina, M., Cade, J. E., Burrows, T., Golley, R. K., Forouhi, N. G., Pearce, M., & Holmes, B. A. (2019). Dietary assessment toolkits: An overview. *Public Health Nutrition*, 22(3), 404–418. <https://doi.org/10.1017/S1368980018002951>
- De la Cruz-Góngora, V., Méndez-Gómez-Humarán, I., Gaona-Pineda, E. B., Shamah-Levy, T., & Dary, O. (2022). Drops of capillary blood are not appropriate for hemoglobin measurement with point-of-care devices: A comparative study using drop capillary, pooled capillary, and venous blood samples. *Nutrients*, 14(24), 5346. <https://doi.org/10.3390/nu14245346>
- Dewi, S. K., Hamidah, E., Asmarawanti, A., Intan, N., & Salsabila, S. (2024). Hubungan Pola Makan dengan Kejadian Anemia Pada Remaja Putri. *MAHESA: Malahayati Health Student Journal*, 4(9). <https://doi.org/10.33024/mahesa.v4i9.16325>
- Dewi, S. K., Hamidah, E., Asmarawanti, A., Intan, N., & Salsabila, S. (2024). Hubungan pola makan dengan kejadian anemia pada remaja putri. *MAHESA: Malahayati Health Student Journal*, 4(9), 4169–4176. <https://doi.org/10.33024/mahesa.v4i9.16325>
- Jeni, V. V. S., & Budiono, I. (2024). Status Gizi, Asupan Zat Gizi, dan Stres dengan Gangguan Siklus menstruasi pada Remaja Vegetarian. *Indonesian Journal of Public Health and Nutrition*. <https://doi.org/10.15294/ijphn.v4i2.66959>
- Karjono, M., & Erna, L. D. (2021). Anemia Dan Kurang Energi Kronik (Kek) Sebagai Faktor Risiko Terjadinya Stunting Di Wilayah Kerja Upt Blud Puskesmas Senaru Kabupaten Lombok Utara. *Jurnal Ilmiah Sangkareng Mataram*, 8(1). <http://www.sangkareang.org/>
- Lembaga negara Kesehatan Republik Indonesia. (2019). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 tentang angka kecukupan gizi yang dianjurkan untuk masyarakat Indonesia*. Diakses 10 Juni 2026 <https://peraturan.bpk.go.id/Download/129886/Permenkes%20Nomor%2028%20Tahun%202019.pdf>
- Lembaga negara Kesehatan Republik Indonesia. (2021a). *Pedoman dan standar etik penelitian dan pengembangan kesehatan nasional*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan. Diakses 10 Juni 2026, <https://repository.badankebijakan.kemkes.go.id/id/eprint/4214/>
- Lembaga negara Kesehatan Republik Indonesia. (2021b). *Pedoman pencegahan dan penanggulangan anemia pada remaja putri dan wanita usia subur*. Direktorat Gizi Masyarakat. Diakses 10 Juni 2026, <https://ayosehat.kemkes.go.id/download/fpcl/files99778Revisi%20Buku%2>

0Pencegahan%20dan%20Penanggulangan%20Anemia%20pada%20Rematr
i%20dan%20WUS.pdf

Lembaga negara Kesehatan Republik Indonesia. (2023). *Buku saku pencegahan anemia pada ibu hamil dan remaja putri*. Direktorat Jenderal Kesehatan Masyarakat. Diakses 10 Juni 2026, <https://repository.kemkes.go.id/book/841>

Kim, H. Y. (2017). Statistical notes for clinical researchers: Chi-squared test and Fisher's exact test. *Restorative Dentistry & Endodontics*, 42(2), 152–155. <https://doi.org/10.5395/rde.2017.42.2.152>

Maehara, M., Rah, J. H., Roshita, A., Suryantan, J., Rachmadewi, A., & Izwardy, D. (2019). Patterns and risk factors of double burden of malnutrition among adolescent girls and boys in Indonesia. *PLOS ONE*, 14(8), e0221273. <https://doi.org/10.1371/journal.pone.0221273>

Maghfiroh, Z. F. (2024). *Penguatan kebijakan pemberian Tablet Tambah Darah di institusi sekolah untuk berikan tekanan prevalensi stunting: Policy brief SiBijaKs Awards 2024*. Badan Kebijakan Pembangunan Kesehatan, Lembaga negara Kesehatan Republik Indonesia. Diakses 10 Juni 2026, dari <https://repository.badankebijakan.kemkes.go.id/id/eprint/5951/>

Martínez-Mesa, J., González-Chica, D. A., Duquia, R. P., Bonamigo, R. R., & Bastos, J. L. (2016). Sampling: How to select participants in my research study? *Anais Brasileiros de Dermatologia*, 91(3), 326–330. <https://doi.org/10.1590/abd1806-4841.20165254>

Mishra, P., Pandey, C. M., Singh, U., Gupta, A., Sahu, C., & Keshri, A. (2019). Descriptive statistics and normality tests for statistical data. *Annals of Cardiac Anaesthesia*, 22(1), 67–72. https://doi.org/10.4103/aca.ACA_157_18

Mudjiati, I., Achadi, endang l., Syauqiyatul, A., Tejawati, amirul khoiriyah, Wahyuningrum, marlina rulli, Permatasari, nanda indah, & Yumeida, T. (2023). *Buku Saku Pencegahan Anemia Pada Ibu Hamil Dan Remaja Putri*. In *IEEE Sensors Journal* (Vol. 5, Number 4).

National Academies of Sciences, Engineering, and Medicine. (2019). *The promise of adolescence: Realizing opportunity for all youth*. The National Academies Press. <https://doi.org/10.17226/25388>

Nur'Aisah, Y. (2025). Hubungan Pola Makan Dengan Kejadian Anemia Pada Remaja Putri Di SMAN 1 Kadugede Kabupaten Kuningan Tahun 2025. *Innovative: Journal Of Social Science Research*, 5(4).

- Patino, C. M., & Ferreira, J. C. (2018). Inclusion and exclusion criteria in research studies: Definitions and why they matter. *Jornal Brasileiro de Pneumologia*, 44(2), 84. <https://doi.org/10.1590/S1806-375620180000000088>
- Piskin, E., Cianciosi, D., Gulec, S., Tomas, M., & Capanoglu, E. (2022). Iron absorption: Factors, limitations, and improvement methods. *ACS Omega*, 7(24), 20441–20456. <https://doi.org/10.1021/acsomega.2c01833>
- Rahmawaty, F., & Sulistyoningtyas, S. (2024). Hubungan pola makan dengan kejadian anemia pada remaja putri di SMP Negeri 5 Sleman. *Prosiding Seminar Nasional Penelitian Dan Pengabdian Kepada Masyarakat LPPM Universitas 'Aisyiyah Yogyakarta*, 2(28).
- Ranganathan, P., Caduff, C., & Frampton, C. M. A. (2024). Designing and validating a research questionnaire—Part 2. *Perspectives in Clinical Research*, 15(1), 42–45. https://doi.org/10.4103/picr.picr_318_23
- 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), 3777. <https://doi.org/10.3390/nu14183777>
- Sekarini, A. (2019). *Kenapa remaja putri perlu meminum tablet tambah darah ?* Berita Kegiatan. <https://puskesmasandalas.padang.go.id/>
- Siska, Y., & Masluroh, M. (2024). Hubungan Pola Makan dengan Kejadian Anemia Pada Remaja Putri SMAN 6 Bogor di Bogor. *Malahayati Nursing Journal*, 6(5). <https://doi.org/10.33024/mnj.v6i5.11333>
- SMP Muhammadiyah Garut. (2026). *Data jumlah siswi aktif tahun ajaran 2026* [Data administrasi sekolah yang tidak dipublikasikan].
- Soleha, S. soleha, & Muhith, S. (2025). Hubungan Asupan Zat Besi dan Pola Makan dengan Kejadian Anemia pada Remaja Putri SMAN 14 Palembang. *Jurnal Inspirasi Kesehatan*, 3(1). <https://doi.org/10.52523/jika.v3i1.155>
- Sugiyono. (2022). *Metode penelitian kuantitatif, kualitatif, dan R&D*. Alfabeta.
- United Nations Children's Fund. (2021). *Social and behaviour change communication strategy: Improving adolescent nutrition in Indonesia*. UNICEF Indonesia. Diakses 10 Juni 2026, dari <https://www.unicef.org/indonesia/media/9201/file/Social%20behavioural%20change%20communication%20strategy.pdf>
- United Nations Children's Fund. (2023). *Undernourished and overlooked: A global nutrition crisis in adolescent girls and women*. UNICEF. Diakses 10 Juni 2026, dari

<https://www.unicef.org/media/136876/file/Full%20report%20%28English%29.pdf>

Vironika, T., Al Audhah, N., Shadiqi, M. A., Panghiyangani, R., & Nugroho, A. (2024). Faktor - Faktor Yang Berhubungan Dengan Anemia Pada Remaja Putri. *PREPOTIF: JURNAL KESEHATAN MASYARAKAT*, 8(3). <https://doi.org/10.31004/prepotif.v8i3.35617>

Wahyuningsih, R. T., Widyaningsih, E. bati, & Angraini, F. A. (2024). Faktor-Faktor yang Berhubungan dengan Kejadian Anemia pada remaja Putri di SMAN 29 Kabupaten Tangerang. *Indonesian Journal of Midwifery Scientific*, 3(2).

Wang, X., & Cheng, Z. (2020). Cross-sectional studies: Strengths, weaknesses, and recommendations. *Chest*, 158(1S), S65–S71. <https://doi.org/10.1016/j.chest.2020.03.012>

World Health Organization. (2018). *Guideline: Implementing effective actions for improving adolescent nutrition*. Retrieved June 10, 2026, <https://www.who.int/publications/i/item/9789241513708>

World Health Organization. (2020). *WHO guideline on use of ferritin concentrations to assess iron status in individuals and populations*. Retrieved June 10, 2026, from <https://www.who.int/publications/i/item/9789240000124>

World Health Organization. (2024a, November 26). *Adolescent and young adult health*. Retrieved June 10, 2026, <https://www.who.int/news-room/fact-sheets/detail/adolescents-health-risks-and-solutions>

World Health Organization. (2024b). *Guideline on haemoglobin cutoffs to define anaemia in individuals and populations*. Retrieved June 10, 2026, from <https://www.who.int/publications/i/item/9789240088542>

World Health Organization. (2025, February 10). *Anaemia*. Retrieved June 10, 2026, <https://www.who.int/news-room/fact-sheets/detail/anaemia>

World Medical Association. (2024, October 19). *WMA Declaration of Helsinki: Ethical principles for medical research involving human participants*. Retrieved June 10, 2026, <https://www.wma.net/policies-post/wma-declaration-of-helsinki/>

Yulita, Y., Nababan, A. S. V., & Suraya, R. (2022). Hubungan Pola Makan Dengan Kejadian Anemia Pada Ibu Hamil Di Wilayah Kerja Puskesmas Kotanopan. *Journal of Pharmaceutical And Sciences*, 5(2). <https://doi.org/10.36490/journal-jps.com.v5i2.167>