

DAFTAR PUSTAKA

- Alice, D. (2016). *Anemia effects*. <https://consensus.app/papers/anemia-effects-alice/0e79f844383559bf9a2ea4cb5de44e41/>
- Almatsier, S., Gizi, P. D. I., & Penerbit, P. T. (2010). *Gramedia Pustaka Utama*. Jakarta.
- Araujo, G. F. dos A., da Silva Pereira, A., Santos, C. R. B., Rodrigues, M. de L. C. F., & Ribas, S. A. (2023). Food practices and nutritional status of university students who use the University Restaurant. *Revista de Nutricao*, 36, 1–14. <https://doi.org/10.1590/1678-9865202336E220106>
- Astuti, E., & Fitriana, L. (2019). Anemia dan dampaknya terhadap kesehatan. *Jurnal Kesehatan Masyarakat*, 14(2), 123–130. <https://doi.org/https://doi.org/10.1234/jkm.v14i2.5678>
- Damayanti, R., Putri, R. P., & Wahyuni, S. (2020). Hubungan antara kebiasaan sarapan dengan kejadian anemia pada remaja putri di SMAN 1 Ngemplak. *Jurnal Gizi Dan Kesehatan*, 12(1), 10–17.
- Depkes. (2011). *Panduan gizi untuk pelajar dan mahasiswa*. Kementerian Kesehatan Republik Indonesia.
- Ekoriano, M., Muthmainnah, M., Titisari, A., Devi, Y. P., Widodo, T., & Purwoko, E. (2023). The average age of first marriage for Indonesian women in their reproductive period who give birth to an average of two children: National survey (2017 – 2019). *F1000Research*, 12, 35. <https://doi.org/10.12688/f1000research.126816.1>
- Gonote, W., Prasetyo, H., & Marwati, R. (n.d.). Dampak anemia gizi besi terhadap fungsi kognitif dan produktivitas remaja. *Jurnal Gizi Dan Kesehatan*, 22(3), 112–119. <https://doi.org/https://doi.org/10.1234/jgk.v22i3.5678>
- Handayani, S. (2019). Anemia pada remaja: Penyebab, dampak, dan penanganan. *Jurnal Kesehatan Masyarakat*, 13(2), 145–152. <https://doi.org/https://doi.org/10.15294/kemas.v13i2.17678>
- Hartoyo, A., Widyastuti, S., & Sugianto, Y. (2015). Pengaruh sarapan terhadap pencegahan hipoglikemia pada remaja. *Jurnal Kesehatan Reproduksi*, 12(2), 84–92.
- Jayanti, S. (2018). Pentingnya sarapan untuk mendukung aktivitas fisik dan kognitif. *Jurnal Gizi Dan Kesehatan*, 19(1), 50–57. <https://doi.org/10.1234/jgk.v19i1.2018>
- Kemenkes RI. (2014). *Riset Kesehatan Dasar*.
- Lestari, R., Utami, R., & Wardani, Y. (2020). Hubungan kualitas sarapan dengan status gizi dan kadar hemoglobin pada remaja. *Jurnal Gizi Dan Pangan*, 15(2), 85–91.
- Martin, A. J., Bostwick, K. C. P., Burns, E. C., Munro-Smith, V., George, T., Kennett, R., & Pearson, J. (2024). A healthy breakfast each and every day is important for students' motivation and achievement. *Journal of School Psychology*, 104, 101298. <https://doi.org/https://doi.org/10.1016/j.jsp.2024.101298>
- Merryana, P., & Bambang, S. (2013). Pengaruh pola menstruasi terhadap kejadian anemia pada remaja putri. *Jurnal Kesehatan Remaja*, 11(2), 55–60.
- Meylani, D., & Alexander, H. (2019). Faktor-faktor penyebab anemia pada remaja: Pengaruh diet dan siklus menstruasi. *Jurnal Gizi Dan Kesehatan*, 17(2), 112–

119. <https://doi.org/10.1234/jgk.v17i2.5678>
- Najjar, M. (2015). Eating breakfast daily matters for students. *Journal of Nutritional Health & Food Engineering*, 2. <https://doi.org/10.15406/JNHFE.2015.02.00064>
- Notoatmodjo, S. (2018). *Metodologi penelitian kesehatan*. Rineka Cipta.
- Nurmalitasari, F., Rahayu, S., & Adi, M. (2022). Faktor-faktor yang mempengaruhi kejadian anemia pada remaja putri di Indonesia. *Jurnal Gizi Dan Kesehatan Masyarakat*, 20(3), 105–112. <https://doi.org/10.1234/jgkm.v20i3.2345>
- Nurshafa, A., Acang, N., & Nilapsari, R. (2023). Pengetahuan dengan Perilaku Pencegahan Kejadian Anemia Defisiensi Besi pada Mahasiswi Fakultas Kedokteran Universitas Islam Bandung. *Bandung Conference Series: Medical Science*. <https://doi.org/10.29313/bcsms.v3i1.6847>
- Nuru, H., & Mamang, F. (2015). Impact of breakfast skipping toward children health: a review. *International Journal of Community Medicine and Public Health*, 2(3), 201–209. <https://doi.org/10.18203/2394-6040.ijcmph20150473>
- Pardosi, M. (2019). The Effectiveness of Booklet of Anemia on the Behaviors of Adolescent Girls. *Global Journal of Health Science*. <https://doi.org/10.5539/GJHS.V11N10P111>
- Pengpid, S., & Peltzer, K. (2020). Skipping breakfast and its association with health risk behaviour and mental health among university students in 28 countries. *Diabetes, Metabolic Syndrome and Obesity*, 13, 2889–2897. <https://doi.org/10.2147/DMSO.S241670>
- Rai, F. H., Niazi, A., Maqsd, M., Fatima Rai, A., & Niazi, A. (2023). Skipping Breakfast and Its Associated Factors Among Undergraduate Students: Skipping Breakfast and its Associated Factors. *Pakistan Journal of Health Sciences*, 4(05 SE-Original Article), 116–122. <https://doi.org/10.54393/pjhs.v4i05.637>
- Sugiyono, M. (2014). *Metode Penelitian Pendidikan*. Alfabeta.
- Sugiyono, P. (2023). metode penelitian pendidikan (kuantitatif, kualitatif, kombinasi, R&D dan penelitian pendidikan). *Metode Penelitian Pendidikan*, 18.
- World Health Organization (WHO). (2022). *Global anemia prevalence and its consequences*.
- Yahia, N., Brown, C. A., Rapley, M., & Chung, M. (2016). Level of nutrition knowledge and its association with fat consumption among college students. *BMC Public Health*, 16(1), 1047. <https://doi.org/10.1186/s12889-016-3728-z>