

DAFTAR PUSTAKA

- Abu-Baker, N. N., Anwar M. Eyadat, & M., A. (2021). The impact of nutrition education on knowledge, attitude, and practice regarding iron deficiency anemia among female adolescent students in Jordan. *Heliyon*, 7(e06348). <https://doi.org/https://doi.org/10.1016/j.heliyon.2021.e06348>
- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., Munthe, S. A., Hulu, V. T., Budiastutik, I., Faridi, A., Ramdany, R., Fitriani, R. J., Tania, P. O. A., Rahmiati, B. F., Lusiana, S. A., Susilawaty, A., Sianturi, E., & Suryana. (2021). Metodologi Penelitian Kesehatan. In R. Watrianthos & J. Simarmata (Eds.), *yayasan Kita Menulis* (Vol. 1). Yayasan Kita Menulis.
- Bandhu, D., Mohan, M. M., Nittala, N. A. P., Jadhav, P., Bhadauria, A., & Saxena, K. K. (2024). Theories of motivation: A comprehensive analysis of human behavior drivers. *Acta Psychologica*, 244(August 2023), 104177. <https://doi.org/10.1016/j.actpsy.2024.104177>
- Damayanti, F., Adawiyah, A. R., Studi, P., Masyarakat, K., Magister, P., Indonesia, U. R., Ciangsana, P., Darah, T. T., & Putri, R. (2025). *Determinan Kepatuhan Mengonsumsi Tablet Tambah Darah (TTD) Pada Remaja Putri di SMAN 02 Gunung Putri Kabupaten Bogor*. 9(1), 15–31.
- Darsini, Fahrurrozi, & Cahyono, E. A. (2019). PENGETAHUAN ; ARTIKEL REVIEW. *Jurnal Keperawatan*, 12(1), 95–107.
- Devi, E. P. S., Andrian, F., Apriyana, E., Khasanah, R. U., Prajaningtiyas, E., Ningrum, R. O., Sugiyarti, T., Wahyuni, E., Yuniati, R., & Kurnia, E. (2024). HUBUNGAN PENGETAHUAN TENTANG GIZI SEIMBANG DENGAN ANEMIA PADA REMAJA. *Journal of Public Health Science (JoPHS)*, 1, 4.
- Diastanti, Y., Kalsum, U., Guspianto, & Noerjoedianto, D. (2024). META ANALYSIS : EFFECT OF FOOD DIVERSITY , TEA OR COFFEE. *Jurnal Berkala Epidemiologi*, 12(3), 280–289. <https://doi.org/10.20473/jbe.v12i32024.280>
- Dinas Kesehatan Provinsi Jawa Timur. (2024). Profil Kesehatan Jawa Timur. In *Dinas Kesehatan Provinsi Jawa Timur*.

- Faslikhah, Y. (2019). *PENERAPAN METODE PEMBELAJARAN COURSE REVIEW HORAY UNTUK MENINGKATKAN MOTIVASI BELAJAR PESERTA DIDIK PADA PEMBELAJARAN IPS KELAS VIII F SMP N 1 PENGASIH KULON PROGO* [Universitas Negeri Yogyakarta]. <http://eprints.uny.ac.id/id/eprint/13601>
- Febriani, I. S., & Restanty, D. A. (2024). *Effectiveness of Digital Pocketbooks and Posters on Anemia Knowledge in Adolescent Women*. 4(2), 171–176.
- Frans, D. V. (2019). *Hubungan Antara Motivasi Belajar Instrinsik dan Ekstrinsik Siswa Dengan Prestasi Belajar Siswa Kelas X Kompetensi Keahlian Teknik Audio Video SMK Ma'arif 1 Wates* [Universitas Negeri Yogyakarta]. <https://eprints.uny.ac.id/8469/>
- Harahap, T. S., Rahmah, H., & Apriani, S. S. (2024). The relationship nutritional status with incidence of anemia in adolescent girls at At-Taqwa Islamic Boarding School Hubungan Status Gizi dengan Kejadian Anemia pada Remaja Putri di Pondok Pesantren At-Taqwa. *Media Ilmu Kesehatan*, 13(02). <https://doi.org/https://doi.org/10.30989/mik.v13i2.1264>
- Horibata, K., Kondo, S., Hashimoto, S., & Takemura, Y. (2024). An observational study to determine the optimal physical evaluation site for detecting anemia. *Journal of General and Family Medicine*, 26, 246–254. <https://doi.org/10.21203/rs.3.rs-3865714/v2>
- Kementrian Kesehatan RI. (2014). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 88 Tahun 2014*.
- Kementrian Kesehatan RI. (2018). *Pedoman Pencegahan dan Penanggulangan Anemia pada Remaja putri dan Wanita Usia Subur (WUS)* (M. Muhammad Adil, SP, M. S. Ir. Titin Hartini, M. Yosnelli, SKM, S. Evi Firna, S. G. Marlina Rully W., M. Rian Anggraini, SKM, M. Arti Widiadari Y., SE, M. Yemima Ester, S.Sos, S. Lia Rahmawati S., S. Dewanti Alwi Rachman, & S. G. Nanda Indah Permatasari (eds.)).
- Kementrian Kesehatan RI. (2022). *Isi Piringku: Pedoman Makan Kekinian Orang Indonesia*. Kementerian Kesehatan RI. <https://ayosehat.kemkes.go.id/isi-piringku-pedoman-makan-kekinian-orang-indonesia>

- Kementrian Kesehatan RI. (2023). *Survei Kesehatan Indonesia 2023*.
- Lakerveld, J., Palmeira, A. L., van Duinkerken, E., Whitelock, V., Peyrot, M., & Nouwen, A. (2020). Motivation: key to a healthy lifestyle in people with diabetes? Current and emerging knowledge and applications. *Diabetic Medicine*, 37(3), 464–472. <https://doi.org/10.1111/dme.14228>
- Lis Yulianti Syafrida Siregar. (2020). Motivasi Sebagai Perubahan Perilaku. *Forum Paedagogik*, 11(2), 1–17.
- Litaay, C., Paotiana, M., Elisanti, E., Fitriyani, D., Agus, P. P., Permadhi, I., Indira, A., Puspasari, G., Hidayat, M., Priyanti, E., & Darsono, L. (2021). *KEBUTUHAN GIZI SEIMBANG* (D. U. Sutiksno, Ratnadewi, & I. Aziz (eds.)). ZAHIR PUBLISHING. https://books.google.co.id/books?hl=en&lr=&id=MmdHEAAAQBAJ&oi=fnd&pg=PA1&dq=gizi+seimbang&ots=_2x6fF9gtY&sig=p2q5FaW27OhaksuuykHUqe_nYgY&redir_esc=y#v=onepage&q=gizi+seimbang&f=false
- Ljubičić, M., Sarić, M. M., Klarin, I., Rumbak, I., Barić, I. C., Ranilović, J., EL-Kenawy, A., Papageorgiou, M., Vittadini, E., Bizjak, M. Č., & Guiné, R. (2022). Motivation for health behaviour: A predictor of adherence to balanced and healthy food across different coastal Mediterranean countries. *Journal of Functional Foods*, 91(February). <https://doi.org/10.1016/j.jff.2022.105018>
- Lupitasari, E. D. (2024). *HUBUNGAN ANTARA MOTIVASI DAN KEDISIPLINAN DENGAN HASIL BELAJAR MATEMATIKA KELAS V SDN PURWOREJO 02 KEC. GEGER* [Universitas PGRI Madiun]. <https://eprint.unipma.ac.id/915/>
- Mbou, A. S. M., Godfroy Rostant Pokam Djoko, A. K., Dama, S. A., Irita, F., Verance Carline Kegha Ngodem, Magne, M. T., Alex Kevin Tako Djimefo, & Sobngwi, J. L. (2025). Determinants of anemia in school-going adolescents: a case study in Douala, Cameroon. *BMC Public Health*, 25(32). <https://doi.org/https://doi.org/10.1186/s12889-024-21224-y>
- Mohammad, A. U., & Fatima B, J. (2024). *Nutritional knowledge of in-school adolescents in Sokoto* ,. 10(5), 165–172. <https://doi.org/DOI:https://dx.doi.org/10.18203/issn.2454-2156.IntJSciRep20240980>
- Oddo, V. M., Roshita, A., Khan, T., Ariawan, I., Ade, L., Wiradnyani, A.,

- Chakrabarti, S., Izwardy, D., & Rah, J. H. (2022). Evidence-Based Nutrition Interventions Improved Adolescents ' Knowledge and Behaviors in Indonesia. *Nutrients*, 14(1717), 1–11. <https://doi.org/https://doi.org/10.3390/nu14091717>
- Received:
- Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 Tentang Angka Kecukupan Gizi Yang Dianjurkan Untuk Masyarakat Indonesia, Pub. L. No. 28 (2019).
- Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 Tahun 2014 Tentang Pedoman Gizi Seimbang, Pub. L. No. 41 (2014).
- Permata, I. I., Achyar, K., & Kusuma, I. R. (2023). Faktor-Faktor yang Mempengaruhi Anemia. *Jurnal Riset Kesehatan Masyarakat*, 3(3), 135–142. <https://doi.org/10.14710/jrkm.2023.18849>
- Poraj-Weder, M., Pasternak, A., & Szulawski, M. (2021). The Development and Validation of the Health Behavior Motivation Scale. *Frontiers in Psychology*, 12(September), 1–17. <https://doi.org/10.3389/fpsyg.2021.706495>
- Priliani, L., Harahap, A. R., Satyagraha, A. W., Noviyanti, R., Ma, I. A., Biotek, I. N. S., & Dvm, S. G. M. (2025). *Mapping anemia prevalence across Indonesia*. 34(February), 430–439. <https://doi.org/10.6133/apjcn.202506>
- Purba, N. P., Kirani, N., Sitepu, A. S. B., Siregar, I. R., Priantono, D., Partisya, N. M., Ulandari, & Ayu, D. (2024). FAKTOR-FAKTOR YANG MEMPENGARUHI STATUS GIZI REMAJA MTS AL-WASHLIYAH DESA CELAWAN KEC. PANTAI CERMIN KAB. SERDANG BEDAGAI. *Jurnal Keperawatan Dan Kesehatan Masyarakat STIKES Cendekia Utama Kudus*, 13(1), 72–81.
- Rahmawati, N. D., Achadi, E. L., Dwinugraha, K. W., Alimuddin, H., Barokah, F. I., & Karyoko, D. (2025). *BUKU AJAR KONSEP PEDOMAN GIZI SEIMBANG DALAM DAUR KEHIDUPAN*. PT. Nuansa Facar Cemerlang.
- Ren, T., Lu, Y., Dai, Z., Yang, J., Wu, Y., Chang, F., Wang, S., Wang, L., & Lu, Y. (2025). Effects of nutrition-specific interventions to prevent and control nutritional anemia in infants, children and adolescents: a systematic review and network meta-analysis of randomized controlled trials. *Journal of the*

- Academy of Nutrition and Dietetics*, 125(7), 964–983.
<https://doi.org/https://doi.org/10.1016/j.jand.2025.01.002>.
- Ristanti, Y. E., Fatimah, J., & KD, M. (2023). HUBUNGAN PERAN SERTA KADER, PERAN BIDAN DAN MOTIVASI DENGAN KEPATUHAN KONSUMSI TABLET FE UNTUK PERSIAPAN REPRODUKSI REMAJA PUTRI DI DESA CIHERANG TAHUN 2022 Yuni. *SENTRI: Jurnal Riset Ilmiah*, 2(5), 1649–1662.
- Sahir, S. H. (2021). *METODOLOGI PENELITIAN* (M. S. Dr. Ir. Try Koryati (ed.)). PENERBIT KBM INDONESIA.
- Sakir, I. M. (2024). *Metode Penelitian Kuantitatif, Kualitatif dan Mixed Method* (M. S. Dr. Lisdiana (ed.)). Filosofis Indonesia Press.
- Samson, K. L. I., & Fischer, J. A. J. (2022). *Iron Status, Anemia, and Iron Interventions and Their Associations with Cognitive and Academic Performance in Adolescents: A Systematic Review*.
- Sana, A., & Paul, V. (2025). Knowledge-practices regarding a balanced diet and nutrition and its sociodemographic correlates among adolescent girls in Lucknow ,. *Discover Public Health*, 22(394).
<https://doi.org/https://doi.org/10.1186/s12982-025-00793-2>
- Sari, R., Septiasari, Y., Fitriyana, & Saputri, N. (2020). Pengaruh konsumsi telur terhadap peningkatan kadar hemoglobin pada remaja putri yang mengalami anemia. *Jurnal Wacana Kesehatan*, 5(2).
<https://jurnal.akperdharmawacana.ac.id/index.php/wacana/article/view/151>
- Schunk, D. H., Pintrich, P. R., & Meece, J. R. (2024). *Motivation in education: theory, research, and applications* (4th ed.).
- Setyaningsih, P., & Jumiatun. (2025). *Motivasi Remaja Putri dalam Pencegahan Anemia*. 18(1), 101–110.
- Sholicha, C. A., & Muniroh, L. (2019). HUBUNGAN ASUPAN ZAT BESI , PROTEIN , VITAMIN C DAN POLA MENSTRUASI DENGAN KADAR HEMOGLOBIN PADA REMAJA PUTRI DI SMAN 1 MANYAR GRESIK. *Media Gizi Indonesia*, 14(2), 147–153.
- Simangunsong, B., & Puspitasari, N. (2024). *FACTORS ASSOCIATED WITH*

ANEMIA AMONG ADOLESCENT GIRLS AGED 10-19 YEARS IN CENTRAL KALIMANTAN. November, 320–333.

- Suarjana, I. M., Nursanyoto, H., & Dewi, N. N. A. (2021). Protein and Iron Bioavailability, Perception, Menstrual Cycle as Adolescent Girls' Anemia Factors. *Journal of Health and Medical Sciences*, 4(2), 84–93. <https://doi.org/10.31014/aior.1994.04.02.159>
- Sugiyono. (2022). *Metodologi Penelitian Kuantitatif, Kualitatif dan R & D*. ALFABETA, CV.
- Sulistiyanti, A., & Wardani, T. D. K. (2023). HUBUNGAN PENGETAHUAN TENTANG GIZI SEIMBANG DENGAN KEJADIAN ANEMIA PADA REMAJA PUTRI. *Prosiding Seminar Informasi Kesehatan Nasional (SIKESNas)*, 395–400.
- Sungkar, A., Bardosono, S., Irwinda, R., Manikam, N. R. M., Sekartini, R., Medise, B. E., Nasar, S. S., Helmyati, S., Ariani, A. S., Nurihsan, J., Nurjasmi, E., Khoe, L. C., Dilantika, C., Basrowi, R. W., & Vandenplas, Y. (2022). A Life Course Approach to the Prevention of Iron Deficiency Anemia in Indonesia. *Nutrients*, 14(277), 1–8. <https://doi.org/https://doi.org/10.3390/nu14020277>
- Academic
- Uzunov, A. V., Mihaela, M., Cristina, D., Antoniu, Matei, A., Mehedințu, C., & Varlas, V. N. (2022). Mode of Delivery and Neonatal Outcome in Adolescent Pregnancy (13–16 Years Old) Associated with Anemia. *Medicina*, 58(12). <https://doi.org/https://doi.org/10.3390/medicina58121796>
- World Health Organization. (2024). *Anemia*. https://www.who.int/health-topics/anaemia#tab=tab_1
- World Health Organization. (2025). *Anaemia in women and children*. https://www.who.int/data/gho/data/themes/topics/anaemia_in_women_and_children
- Yulianti, A., Aisyah, S., Bangsa, K., & Gizi, S. (2024). *Faktor-Faktor yang Berhubungan dengan Anemia pada Remaja Putri*. 5(1).
- Zulfiani, E., & Anugrah, L. (2025). ANALISIS PENGARUH STRES DAN KECEMASAN TERHADAP POLA MAKAN REMAJA : A LITERATURE REVIEW. *Action Research Literate*, 9(5).