

DAFTAR PUSTAKA

- Almatsier, S. (2009) *Prinsip Dasar Ilmu Gizi*. 8th edn. Jakarta: PT Gramedia Pustaka Utama.
- Anderson, G. J. and Frazer, D. M. (2017) 'Current understanding of iron homeostasis', *American Journal of Clinical Nutrition*, 106, pp. 1559S-1566S. doi: 10.3945/ajcn.117.155804.
- Andriana, Aldriana, N. and Andria (2018) 'Faktor-faktor yang Memengaruhi Siklus Menstruasi pada Mahasiswi di Universitas Pasir Pengairan', *Journal Maternity and Neonatal*, 2(5), pp. 271–279.
- Ansari, M. H., Heriyani, F. and Noor, M. S. (2020) 'Hubungan Pola Menstruasi dengan Kejadian Anemia pada Remaja Putri di SMPN 18 Banjarmasin', *Homeostasis*, 3(2), pp. 209–216.
- Anwar, K. and Anggita, T. (2024) 'Hubungan Asupan Protein, Vitamin C Dan Zat Besi Terhadap Status Gizi Dan Kejadian Anemia Pada Siswi Di MTS Al-Mukhsin', *Binawan Student Journal*, 6(1), pp. 48–57. doi: 10.54771/rdzdsg38.
- Aulia, E. P. (2021) Hubungan Persen Lemak Tubuh, Kecukupan Asupan Karbohidrat, Protein, dan Kalsium Terhadap Kejadian Sindrom Premenstruasi (Studi Kasus Pada Siswi Kelas VII Negeri 9 Purwokerto). *Skripsi*. Jurusan Ilmu Gizi. Universitas Jenderal Soedirman.
- Aulya, Y., Siauta, J. A. and Nizmadilla, Y. (2022) 'Analisis Anemia pada Remaja Putri', *Jurnal Penelitian Perawat Profesional*, 4(4), pp. 1377–1386. Available at: <http://jurnal.globalhealthsciencegroup.com/index.php/JPPP>.
- Baha, M. H. *et al.* (2021) 'Hubungan Konsumsi Zat Besi, Protein, Vitamin C dengan Kejadian Anemia Remaja Putri Kabupaten Majene', *Window of Public Health Journal*, 2(4), pp. 657–669. doi: 10.33096/woph.v2i4.258.
- Bela, S. R., Lefaan, P. N. and Mollet, G. C. C. (2018) 'Factors Associated with the Incidence of Anemia in Female Students at SMA Negeri I Jayapura in 2018', 4531, pp. 227–234.
- Chaparro, C. M. and Suchdev, P. S. (2019) 'Anemia Epidemiology, Pathophysiology, and Etiology in Low- and Middle-Income Countries', *Annals of the New York Academy of Sciences*, 1450(1), pp. 15–31. doi: 10.1111/nyas.14092.
- Cia, A., Annisa, H. N. and Lion, H. F. (2022) 'Asupan Zat Besi dan Prevalensi Anemia pada Remaja Usia 16-18 Tahun', *Window of Health: Jurnal Kesehatan*, 4(2), pp. 144–150. doi: 10.33096/woh.vi.248.
- Critchley, H. O. D. *et al.* (2020) 'Menstruation: Science and Society', *American Journal of Obstetrics and Gynecology*, 223(5), pp. 624–664. doi: 10.1016/j.ajog.2020.06.004.
- Deivita, Y. *et al.* (2021) 'Overview of Anemia: Risk Factors and Solution Offering', *Gaceta Sanitaria*, 35, pp. S235–S241. doi: 10.1016/j.gaceta.2021.07.034.
- Delimont, N. M., Haub, M. D. and Lindshield, B. L. (2017) 'The impact of tannin consumption on iron bioavailability and status: A narrative review', *Current Developments in Nutrition*, 1(2), pp. 1–12. doi: 10.3945/cdn.116.000042.
- Dinas Kesehatan Kabupaten Banyumas (2020) *Profil Kesehatan Kabupaten Banyumas Tahun 2019*. Available at:

- https://static.banyumaskab.go.id/website/file/website_2705201149115ecdf147dc0c6.pdf.
- Dinas Kesehatan Kabupaten Banyumas (2023) *Hasil Skrinning Anemia Rematri Kelas VII dan X TA 2022/2023 di Kabupaten Banyumas*.
- Dito (2007) *Anemia dan Etiologi Anemia*. Bandung: Surya Medika.
- Ferri, F. F. (2023) 'Heavy Menstrual Bleeding (Menorrhagia)', in *Ferri's Clinical Advisor 2023*. Philadelphia: Elsevier.
- Fitriana (2017) 'Hubungan Pola Menstruasi Dengan Kejadian Anemia Remaja Di Akbid Bunga Husada Samarinda Tahun 2017', *Mahakam Midwifery Journal*, 2(1), pp. 23–32.
- Gibney, M. J. *et al.* (2009) *Gizi Kesehatan Masyarakat*. Jakarta: EGC 2009.
- Gossard, T. R. *et al.* (2021) 'Restless Legs Syndrome: Contemporary Diagnosis and Treatment', *Neurotherapeutics*, 18(1), pp. 140–155. doi: 10.1007/s13311-021-01019-4.
- Hidayati, Y., Sulastri, D. and Utama, B. I. (2023) 'Hubungan Asupan Protein dan Zat Besi dengan Kejadian Anemia', *Jurnal Majalah Kedokteran Andalas*, 46(2), pp. 385–393.
- Iriantini, B. (2019) 'Hubungan Volume Darah Pada Saat Menstruasi Dengan Kejadian Anemia Pada Mahasiswa Akademi Kebidanan Internasional Pekanbaru Tahun 2014 Berliana', *Ensiklopedia of Journal*, 1(2), pp. 1–12.
- Islamy, A. and Farida, F. (2019) 'Faktor-Faktor Yang Mempengaruhi Siklus Menstruasi Pada Remaja Putri Tingkat Iii', *Jurnal Keperawatan Jiwa*, 7(1), p. 13. doi: 10.26714/jkj.7.1.2019.13-18.
- Julianawati, T. and Lela, S. N. (2021) 'The Relationship of Hypermenorrhea with the Incidence of Anemia in Young Women at An Nikmah Islamic Boarding School , Sagulung', *Indonesian Nursing and Scientific Journal*, pp. 114–120. doi: 10.33221/jiiki.v11i02.2103.
- Kemenkes RI (2014) *Studi Diet Total 2014 : Survei Konsumsi Makanan Individu Indonesia*. Jakarta: Lembaga Penerbitan Badan Litbangkes.
- Kemenkes RI (2018) *Riset Kesehatan Dasar 2018*.
- Kemenkes RI (2019) *Angka Kecukupan Gizi, Kemenkes RI*.
- Kinyoki, D. *et al.* (2021) 'Anemia prevalence in women of reproductive age in low- and middle-income countries between 2000 and 2018', *Nature Medicine*, 27(10), pp. 1761–1782. doi: 10.1038/s41591-021-01498-0.
- Lailla, M., Zainar, Z. and Fitri, A. (2021) 'Perbandingan Hasil Pemeriksaan Hemoglobin Secara Digital Terhadap Hasil Pemeriksaan Hemoglobin Secara Cyanmethemoglobin', *Jurnal Pengelolaan Laboratorium Pendidikan*, 3(2), pp. 63–68. doi: 10.14710/jplp.3.2.63-68.
- Lee, N. H. (2020) 'Iron Deficiency Anemia', *Clinical Pediatric Hematology-Oncology*, 27(2), pp. 101–112.
- Ma, L. *et al.* (2020) 'A 3-year longitudinal study of pocket money, eating behavior, weight status: The childhood obesity study in china mega-cities', *International Journal of Environmental Research and Public Health*, 17(23), pp. 1–13. doi: 10.3390/ijerph17239139.
- Mahardika, P. (2022) 'Gambaran Kadar Hemoglobin dan Menstruasi Remaja Putri, Upaya Deteksi Dini Anemia', *Jurnal Ilmu Kesehatan Dharmas Indonesia*, 02(8.5.2017), pp. 2003–2005.
- Marmi (2013) *Gizi dalam Kesehatan Reproduksi*. 1st edn. Yogyakarta: Pustaka

Pelajar.

- Mattiello, V. *et al.* (2020) 'Diagnosis and Management of Iron Deficiency in Children with or without Anemia: Consensus Recommendations of The SPOG Pediatric Hematology Working Group', *European Journal of Pediatrics*, MC. doi: <https://doi.org/10.1007/s00431-020-03597-5>.
- Maulana, M. I. *et al.* (2022) 'Hubungan Anemia Pada Ibu Hamil Terhadap Kejadian Berat Badan Lahir Rendah Di 2 Rumah Sakit Swasta Kota Lhokseumawe Tahun 2020', *AVERROUS: Jurnal Kedokteran dan Kesehatan Malikussaleh*, 8(1), p. 45. doi: 10.29103/averrous.v8i1.7172.
- Miraturrofi'ah, M. (2020) 'Kejadian Gangguan Menstruasi Berdasarkan Status Gizi Pada Remaja', *Jurnal Asuhan Ibu dan Anak*, 5(2), pp. 31–42. doi: 10.33867/jaia.v5i2.191.
- Monks, F. J. (2001) *Psikologi Perkembangan: Pengantar dalam Berbagai Bagiannya*. 13th edn. Edited by A. Knoers and H. S. Rahayu. Yogyakarta: Gama Press.
- Nasruddin, N. I. (2022) 'Validasi SQ-FFQ Dengan FR 24 Jam untuk Menilai Asupan Zat Gizi Makro dan Total Flavonoid Wanita Usia Subur dengan Obesitas', *Medula*, 9(April), pp. 145–154.
- National Academies of Sciences Engineering And Medicine (2019) *The Promise of Adolescence: Realizing Opportunity for All Youth, The Promise of Adolescence*. doi: 10.17226/25388.
- Nidianti, E. *et al.* (2019) 'Pemeriksaan Kadar Hemoglobin dengan Metode POCT (Point of Care Testing) sebagai Deteksi Dini Penyakit Anemia Bagi Masyarakat Desa Sumbersono, Mojokerto', *Surya Masyarakat*, 2(1), pp. 29–34.
- Osborn, A. J. *et al.* (2021) 'Prevalence and Correlates of Anemia Among Women in The Reproductive Age (15–49 years) in A Rural Area of Tamil Nadu', *Journal of Education and Health Promotion*, 355(10). doi: 10.4103/jehp.jehp.
- Owais, A. *et al.* (2021) 'Anemia among Women of Reproductive Age: An Overview of in Low- and Middle-Income Countries', *Nutrients*, 13(2745).
- Özdemir, A. (2016) 'Macronutrients in Adolescence', *International Journal of Caring Sciences*, 9(3), pp. 1162–1167. Available at: www.internationaljournalofcaringsciences.org.
- Permatasari, W. M. (2016) Hubungan antara Status Gizi, Siklus dan Lama Menstruasi dengan Kejadian Anemia Remaja Putri di SMA Negeri 3 Surabaya, Perpustakaan Universitas Airlangga. *Skripsi*. Prodi Kebidanan. Universitas Airlangga.
- Pibriyanti, K., Nufus, N. T. and Luthfiy, L. (2021) 'The Relationship of The Menstrual Cycle, Menstrual Length, Frequency of Menstruation, and Physical Activities with The Incident of Anemia in Adolescents Girls at Islamic Boarding School', *Journal of Nutrition College*, 10(2), pp. 112–119. doi: 10.36565/jak.v1i2.34.
- Popova, A. and Mihaylova, D. (2019) 'Antinutrients in Plant-based Foods: A Review', *The Open Biotechnology Journal*, 13(1), pp. 68–76. doi: 10.2174/1874070701913010068.
- Prawirohardjo, S. and Wiknjosastro, H. (2011) *Ilmu Kandungan*. Edisi Ketu. Edited by M. Anwar, A. Baziad, and P. Prabowo. PT Bina Pustaka Sarwono

Prawirohardjo.

- Public and Aboriginal Health Division Department of Health Government of Western Australia (2023) *Puberty : Some of The Important Things to Know About Body Changes, Feelings, Relationships and More!* Sexual Health and Blood-borne Virus Program Department of Health. Available at: [https://www.healthywa.wa.gov.au/~media/HWA/Documents/Healthy-living/Puberty/Puberty.pdf](https://www.healthywa.wa.gov.au/~/media/HWA/Documents/Healthy-living/Puberty/Puberty.pdf).
- Puspitasari *et al.* (2020) 'Perbedaan Hasil Pemeriksaan Hemoglobin Antara Metode Point of Care Testing Dengan Metode Sianmethemoglobin Pada Ibu Hamil The difference in Hemoglobin Test Results Between Point of Care Testing Method with the Cyanmethemoglobin Method in Pregnant Women .', *Analisis Kesehatan*, 9(4), pp. 24–28.
- Rahayu, P. S. *et al.* (2022) 'Asupan Energi, Asupan Protein, Aktifitas Fisik Dan Status Gizi Pada Remaja Putri Putri Di Pondok Pesantren', *Jurnal Kesehatan Siliwangi*, 2(3), pp. 995–1003. doi: 10.34011/jks.v2i3.888.
- Rahma, S. A. and Noerfitri (2022) 'Hubungan antara Pengetahuan Gizi dan Uang Saku dengan Sikap dalam Memilih Makanan oleh Siswa SMA Islam PB Soedirman Selama Masa Pandemi Covid-19', *Jurnal Penelitian Kesehatan 'SUARA FORIKES' (Journal of Health Research 'Forikes Voice')*, 13(1), pp. 69–72. Available at: <http://forikes-ejournal.com/index.php/SF/article/view/sf13112>.
- Rahman, S. W., Umar, F. and Kengky, H. K. (2023) 'Factors Related to The Incidence of Anemia in Adolescents', *Jurnal Gizi Kerja dan Produktivitas*, 4(2), pp. 109–118.
- Rokhmah, F., Muniroh, L. and Nindya, T. S. (2016) 'Hubungan Tingkat Kecukupan Energi dan Zat Gizi Makro dengan Status Gizi Siswi SMA di Pondok Pesantren Al-Izzah Kota Batu', *Media Gizi Indonesia*, 11, pp. 94–100.
- Salma, A. N., Andriani, E. and Sabrina (2023) 'Correlation between Frequency of Food Consumption, Protein Intake and Micronutrients with Anemia in Adolescent Girls at SMAN 2 Tambun Selatan', *Jurnal Kesehatan Pasak Bumi Kalimantan*, 6(2), pp. 2722–2753. Available at: <http://e-journals.unmul.ac.id/index.php/JKPBK>.
- Sharma, Neelima *et al.* (2013) 'A Cross Sectional Study of Knowledge, Attitude and Practices of Menstrual Hygiene among Medical Students in North India', *The Journal of Phytopharmacology*, 2(5), pp. 28–37. doi: 10.31254/phyto.2013.2505.
- Sholicha, C. A. and Muniroh, L. (2019) 'Hubungan Asupan Zat Besi, Protein, Vitamin C, dan Pola Menstruasi dengan Kadar Hemoglobin Pada Remaja Putri di SMAN 1 Manyar Gresik [Correlation Between Intake of Iron, Protein, Vitamin C and Menstruation Pattern with Haemoglobin Concentration among Adole', *Media Gizi Indonesia*, 14(2), p. 147. doi: 10.20473/mgi.v14i2.147-153.
- Subardjo, R. Y. . and Dewi, A. D. . (2021) 'The Relationship Between Body Image, Anemic Status, and Nutritional Status in Adolescence', *Advances in Health Sciences Research*, 34(Ahms 2020), pp. 280–284. doi: 10.2991/ahsr.k.210127.064.
- Subekti, N. M., Prasetyanti, D. K. and Nikmah, A. N. (2020) 'Gambaran Faktor yang Mempengaruhi Kesiapan dalam Menghadapi Pubertas Pada Remaja',

- Jurnal Mahasiswa Kesehatan*, 1(2), pp. 159–165.
- Suhariyati, Rahmawati, A. and Realita, F. (2020) ‘Hubungan antara Pola Menstruasi dengan Kejadian Anemia pada Mahasiswi Prodi Sarjana Kebidanan Unissula Semarang’, *Jurnal Akademika Baiturrahim Jambi*, 9(2), p. 195. doi: 10.36565/jab.v9i2.214.
- Suryana, E. *et al.* (2022) ‘Perkembangan Remaja Awal, Menengah Dan Implikasinya Terhadap Pendidikan’, *Jurnal Ilmiah Mandala Education*, 8(3), pp. 1917–1928. doi: 10.58258/jime.v8i3.3494.
- Tarwoto and Wasnidar (2013) *Buku Saku Anemia pada Ibu Hamil : Konsep dan Penatalaksanaan*. Trans Info Media.
- Thiyagarajan, D. K., Basit, H. and Jeanmonod, R. (2023) ‘Physiology, Menstrual Cycle.’, in. Treasure Island (FL): Statpearls.
- Utami, D. L., Junita, D. and Ahmad, A. (2022) ‘The Relationship of Energy Intake, Menstruation Duration, and Anemia Symptoms in Adolescent Girls’, *JAND: Journal of Applied Nutrition and Dietetic*, 1(1), pp. 49–55. doi: 10.30867/jand.v1i1.49.
- Villasari, A. (2021) *Fisiologi Menstruasi*, Strada Press. Available at: <https://stradapress.org/index.php/ebook/catalog/download/22/19/74-1?inline=1>.
- Wahyudiati, D. (2017) *Biokimia*. I. Edited by E. M. Jayadi. Mataram: Leppim Mataram.
- Wahyurin, I. S. and Rahmah, H. A. (2021) ‘Amount of Menstrual Blood and Nutrient Intake with Hemoglobin Level’, *Jurnal Kesehatan Masyarakat*, 17(1), pp. 31–36. doi: 10.15294/kemas.v17i1.24540.
- Wang, H. *et al.* (2019) ‘The Alteration of Ferritin and Transferrin Saturation Under Body Mass Index and Blood Pressure in First-Time and Regular Male Blood Donors in Taiwan’, *Medicine*, 22. doi: 10109715854.
- Wang, R. and Guo, S. (2021) ‘Phytic acid and its interactions: Contributions to protein functionality, food processing, and safety’, *Comprehensive Reviews in Food Science and Food Safety*, 20(2), pp. 2081–2105. doi: 10.1111/1541-4337.12714.
- WHO (2001) *Iron Deficiency Anaemia Assessment, Prevention, and Control: A Guide for Programme Managers*, Geneva, Switzerland: World Health Organization. doi: 10.1136/bmj.314.7096.1759.
- Widyanthini, D. N. and Widyanthari, D. M. (2021) ‘Analisis Kejadian Anemia pada Remaja Putri di Kabupaten Bangli, Provinsi Bali, Tahun 2019’, *Buletin Penelitian Kesehatan*, 49(2), pp. 87–94. doi: 10.22435/bpk.v49i2.3929.
- World Health Organization (2011) ‘Haemoglobin Concentrations for The Diagnosis of Anaemia and Assessment of Severity’, Geneva, Switzerland: World Health Organization, pp. 1–6. doi: 2011.
- World Health Organization (2017) *Nutritional Anaemias: Tools for Effective Prevention*, World Health Organization. Available at: <https://iris.who.int/handle/10665/259425>.
- World Health Organization (2021) *Anemia in Women and Children*. Available at: https://www.who.int/data/gho/data/themes/topics/anaemia_in_women_and_children (Accessed: 20 January 2024).
- Wyatt, K. M. *et al.* (2001) ‘Determination of Total Menstrual Blood Loss’, *Fertility and Sterility*, 76(1), pp. 125–131. doi: 10.1016/S0015-0282(01)01847-7.

Zahra, M. A., Aisyiah, A. and Nurani, I. A. (2023) 'Analisis Faktor-Faktor Yang Berhubungan Dengan Siklus Menstruasi Pada Siswi Di Smk It Raflesia Depok', *Jurnal Keperawatan Widya Gantari Indonesia*, 7(1), pp. 7–17. doi: 10.52020/jkwgi.v7i1.5469.

