

## DAFTAR PUSTAKA

- AlFaris, *et al.* 2021. Prevalence of Anemia and Associated Risk Factors Among Non-Pregnant Women in Riyadh , Saudi Arabia. *International Journal of General Medicine*. 14: 765–777.
- Alzaheb, R. A., & Al-Amer, O. 2017. The Prevalence of Iron Deficiency Anemia and its Associated Risk Factors Among a Sample of Female University Students in Tabuk, Saudi Arabia. *Clinical Medicine Insights: Women's Health*. 10: 1–8.
- Andyarini, E. N., & Hidayati, I. 2018. Correlation Between Menstrual Duration with The Incidence of Anemia. *International Conference on Sustainable Health Promotion*. 129–134.
- Arima, L. A. T., Murbawani, E. A., & Wijayanti, H. S. 2019. Hubungan Asupan Zat Besi Heme, Zat Besi Non-Heme dan Fase Menstruasi dengan Serum Feritin Remaja Putri. *Journal of Nutrition College*. 8(2): 87–94.
- Asri, D. P. 2017. *Hubungan Asupan Zat Besi, Vitamin C dan Pola Menstruasi dengan Kadar Hemoglobin pada Remaja Putri di SMK Negeri 4 Surakarta*. Skripsi. Surakarta: Stikes PKU Muhammadiyah Surakarta.
- Basith, A., Agustina, R., & Diani, N. 2017. Faktor-faktor yang Berhubungan dengan Kejadian Anemia pada Remaja Putri. *Dunia Keperawatan.*, 5(1): 1–10.
- Blanco-Rojo, R., Toxqui, L., López-Parra, A. M., Baeza-Richer, C., Pérez-Granados, A. M., Arroyo-Pardo, E., & Vaquero, M. P. 2014. Influence of Diet , Menstruation and Genetic Factors on Iron Status: A Cross-Sectional Study in Spanish Women of Childbearing Age. *International Journal of Molecular Science*. 15: 4077–4087.
- Cornelli, U., & Belcaro, G. 2015. Treatment of Anemia Owing to Increased Menstrual Blood Loss: Activity of Physiological Modulators. *Journal of Hematology*. 4(2): 164–170.
- Djarmika, F. N. T. 2021. *Perbandingan Asupan Zat Besi dan Seng pada Remaja Putri Suspek Anemia Defisiensi Besi di Sekolah Menengah Atas Negeri dan Swasta*. Skripsi. Surakarta: Universitas Sebelas Maret.
- Gallego-Narbon, A., Zapatera, B., & Vauero, M. P. 2019. Physiological and Dietary Determinants of Iron Status in Spanish Vegetarians. *Nutrients*. 11(1734): 1–11.
- Gibson, R. S. 2005. *Principles of Nutritional Assessment*. Oxford University Press. New York: 46-49.
- Gonete, K. A., Tariku, A., Wami, S. D., & Derso, T. 2018. Prevalence and Associated Factors of Anemia among Adolescent Girl Attending High

- Schools in Dembia District, Northwest Ethiopia, 2017. *Archives of Public Health*. 76(79): 1–9.
- Gropper, S. S., & Smith, J. L. 2018. *Advanced Nutrition and Human Metabolism* (7<sup>th</sup> ed.). Cengage Learning. USA: 479-498.
- Hawk, S. N., Englehardt, K. G., & Small, C. 2012. Risks of Iron Deficiency among Vegetarian College Women. *Health*. 4(3): 113–119.
- Hearttadini, A. D. 2020. *Hubungan Asupan Zat Besi dan Pengetahuan tentang Anemia dengan Kadar Haemoglobin pada Remaja Putri di SMAN 1 Nguter Sukoharjo*. Skripsi. Surakarta: Universitas Muhammadiyah Surakarta.
- Jalambo, M. O., Karim, N. A., Naser, I. A., & Sharif, R. 2018. Prevalence and Risk Factor Analysis of Iron Deficiency and Iron-Deficiency Anaemia among Female Adolescents in the Gaza Strip, Palestine. *Public Health Nutrition*. 21(15): 2793–2802.
- Jamnok, J., Sanchaisuriya, K., Sanchaisuriya, P., Fucharoen, G., & Fucharoen, S. 2020. Factors Associated with Anaemia and Iron Deficiency among Women in Reproductive Age in Northeast Thailand: a Cross-sectional Study. *BMC Public Health*. 20(102): 1–8.
- Joshi, D., & Kushwaha, A. 2018. Prevalence and Correlates of Nutritional Anaemia among Adolescent Girls of Prevalence and Correlates of Nutritional Anaemia among Adolescent Girls of Distt. U.S. Nagar, Uttarakhand. *European Journal of Nutrition & Food Safety*. 8(4): 348–360.
- Kemenkes RI. 2013. *Laporan Nasional Riset Kesehatan Dasar Tahun 2013 Provinsi Jawa Tengah*. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan Republik Indonesia. Jakarta.
- Kemenkes RI. 2016. *Keperawatan Maternitas*. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan Republik Indonesia. Jakarta.
- Kemenkes RI. 2017. *Gizi dalam Daur Kehidupan*. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan Republik Indonesia. Jakarta: 107-110.
- Kemenkes RI. 2018a. *Laporan Nasional Riset Kesehatan Dasar tahun 2018*. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan Republik Indonesia. Jakarta.
- Kemenkes RI. 2018b. *Pedoman Pencegahan dan Penanggulangan Anemia pada Remaja Putri dan wanita Usia Subur (WUS)*. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan Republik Indonesia. Jakarta: 11-18.
- Kemenkes RI. 2018c. *Survey Konsumsi Pangan*. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan Republik Indonesia.

Jakarta: 149-182.

Listiana, A. 2016. Analisis Faktor-Faktor yang Berhubungan dengan Kejadian Anemia Gizi Besi pada Remaja Putri di SMKN 1 Terbanggi Besar Lampung Tengah. *Jurnal Kesehatan*. 7(3): 455–469.

Mahan, L. K., & Raymond, J. L. 2017. *Krause's Food & The Nutrition care Process* (14<sup>th</sup> ed). Elsevier. Canada: 331-341.

National Institute of Mental Health. 2011. *Anemia Healthy Lifestyle Changes*. NIH Publication. USA: 11-27.

Otto, *et al.* 2017. Hemoglobin Concentration, Total Hemoglobin Mass and Plasma Volume in Patients: Implications for Anemia. *Haematologica*. 102(9): 1477–1485.

Pasricha, *et al.* 2010. Diagnosis and Management of Iron Deficiency Anaemia: a Clinical Update. *The Medical Journal of Australia*. 193(9): 525–532.

*Peraturan Menteri Kesehatan RI Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia.*

Rigon, *et al.* 2012. Menstrual Pattern and Menstrual Disorders among Adolescents: an Update of the Italian Data. *Italian Journal of Pediatrics*. 38(38): 1–8.

Rizki, M. D. 2017. *Hubungan Antara Asupan Zink dengan Anemia pada Remaja di Sukoharjo, Jawa Tengah*. Skripsi. Surakarta: Universitas Muhammadiyah Surakarta.

Roslie, R., Yusuff, A. S. M., & Parash, M. T. H. 2019. The Prevalence and Risk Factors of Iron Deficiency Anemia among Rural School Children in Kudat, Sabah. *Malaysian Journal of Medicine and Health Sciences*. 15(3): 54–60.

Sambo, M., Riskyanti, N. W., & Bamba, N. S. 2021. Social Distancing dan Tingkat Stress Pada Remaja Usia Sekolah di SMP Frater Mamasa. *Jurnal Keperawatan Florence Nightingale (JKFN)*. 4(1): 41–45.

Santrock, J. W. 2016. *Adolescence* (16<sup>th</sup> ed.). Mc Graw Hill Education. New York: 16.

Satriani. 2018. *Analisis Determinan Anemia pada Remaja Putri (15-18 Tahun) di Kecamatan Tamalate Kabupaten Jeneponto*. Tesis. Makassar: Universitas Hasanuddin.

Sinaga, E., Saribanon, N., Sa'adah, S. N., Salamah, U., Murti, Y. A., Trisnamiati, A., & Lorita, S. 2017. *Manajemen Kesehatan Menstruasi*. Universitas Nasional Press. Jakarta: 25-34.

Sirait, A. L. 2016. *Hubungan Tingkat Konsumsi Zat Besi dan Pola Menstruasi dengan Kejadian Anemia pada Remaja Putri di SMP Kristen 1 Surakarta*.

Skripsi. Surakarta: Universitas Muhammadiyah Surakarta.

Sudargo, T., Kusmayanti, N. A., & Hidayati, N. L. 2016. *Defisiensi Yodium Zat Besi dan Kecerdasan*. UGM Press. Yogyakarta.

Swaminathan, S., Ghosh, S., Varghese, J. S., Sachdev, H. S., Kurpad, A. V, & Thomas, T. 2019. Dietary Iron Intake and Anemia are Weakly Associated, Limiting Effective Iron Fortification Strategies in India. *The Journal of Nutrition Nutritional Epidemiology*, 149, 831–839.

Tania, L. E. 2018. *Hubungan Asupan Zat Besi, Protein dan Vitamin C dengan Kejadian Anemia pada Remaja Putri di SMK Yamas Jakarta Timur Tahun 2018*. Skripsi. Jakarta: Sekolah Tinggi Ilmu Kesehatan Binawan.

Tesfaye, M., Yemane, T., Adisu, W., Asres, Y., & Gedefaw, L. 2015. Anemia and Iron Deficiency among School Adolescents: Burden, Severity, and Determinant Factors in Southwest Ethiopia. *Adolescents Health, Medicine and Therapeutics*. 6: 189–196.

WHO. 2001. *Iron Deficiency Anaemia*. World Health Organization. USA: 1-10.

WHO. 2011a. *Haemoglobin Concentration for the Diagnosis of Anaemia and Assessment of Severity*. World Health Organization. Geneva: 2-3.

WHO. 2011b. *Prevention of Iron Deficiency Anemia in Adolescents*. World Health Organization. India: 2-7.

WHO. 2015. *The Global Prevalence of Anemia in 2011*. World Health Organization. Geneva.

WHO. 2017. *Nutritional Anaemias: Tools For Effective Prevention And Control*. World Health Organization. Geneva.

WHO. 2018. *Adolescent Development Research and Its Impact on Global Policy*. Oxford University Press. New York: 3-5.

Wirth, *et al.* 2017. Predictors of Anemia in Women of Reproductive Age: Biomarkers Reflecting Inflammation and Nutritional Determinants of Anemia (BRINDA) Project. *American Journal Clinical Nutrition*. 106: 416S-427S.