DAFTAR PUSTAKA

1. Grundy SM. Multifactorial causation of obesity: Implications for prevention. Am J Clin Nutr. 1998;67(3):563S-572S. doi:10.1093/ajcn/67.3.563S
2. World Health Organization (WHO). Obesity [Internet]. 2026 [cited 2026 Jan 24]. Available from: https://www.who.int/health-topics/obesity
3. World Health Organization (WHO). Obesity and overweight [Internet]. 2025 [cited 2026 Jan 24]. Available from: https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight
4. Zhang X, Liu J, Ni Y, Yi C, Fang Y, Ning Q, et al. Global prevalence of overweight and obesity in children and adolescents: A systematic review and meta-analysis. JAMA Pediatr. 2024;178(8):800–13. doi:10.1001/jamapediatrics.2024.1576 PubMed PMID: 38856986.
5. UNICEF. Analisis lanskap kelebihan berat badan dan obesitas di Indonesia [Internet]. Jakarta; 2022. Available from: https://www.unicef.org/indonesia/id/gizi/laporan/analisis-lanskap-kelebihan-berat-badan-dan-obesitas-di-indonesia
6. Raj M. Obesity and cardiovascular risk in children and adolescents. Indian J Endocrinol Metab. 2012;16(1):13–9. doi:10.4103/2230-8210.91176 PubMed PMID: 22276248.
7. Wasacz M, Sarzynska I, Ochojska D, Błajda J, Bartkowska O. Psychosocial consequences of excess weight and the importance of physical activity in combating obesity in children and adolescents: A pilot study. Nutrients. 2025;17(10):1–18. doi:https://doi.org/10.3390/nu17101690
8. Badan Kebijakan Pembangunan Kesehatan. Survei kesehatan Indonesia (SKI) 2023. Jakarta Pusat; 2023.
9. Kementerian Kesehatan Republik Indonesia. Ini pentingnya edukasi faktor resiko PTM pada remaja. 2025.
10. Dinas Kesehatan Provinsi Jawa Tengah. Profil kesehatan Provinsi Jawa Tengah tahun 2024. 2025.
11. Pemerintah Provinsi Jawa Tengah. jatengprov.go.id. 2025. 44.474 anak di Kota Semarang telah ikuti CKG.
12. Almulla AA, Zoubeidi T. Association of overweight, obesity and insufficient sleep duration and related lifestyle factors among school

children and adolescents. Int J Adolesc Med Health. 2022 Apr 18;34(2):31–40. doi:10.1515/ijamh-2021-0041

13. Syifa EDA, Djuwita R. Factors associated with overweight/obesity in adolescent high school students in Pekanbaru City. Jurnal Kesehatan Komunitas. 2023 Aug 8;9(2):368–78. doi:10.25311/keskom.Vol9.Iss2.1579

14. Fatmasari EY, Sriatmi A, Wigati PA, Suryawati C, Suryoputro A. Upaya pencegahan obesitas pada remaja sekolah menengah pertama di Kecamatan Tembalang Kota Semarang. Journal of Public Health and Community Service. 2024 May 31;3(1):36–40. doi:10.14710/jphcs.2024.21813

15. Malobická E, Zibolenová J, Baška T, Bakalár P, Madleňák T, Štefanová E, et al. Differences in frequency of selected risk factors of overweight and obesity in adolescents in various social environments within Slovakia. Public Health. 2025 Mar;240:203–8. doi:10.1016/j.puhe.2025.01.025

16. Wang K, Niu Y, Lu Z, Duo B, Effah CY, Guan L. The effect of breakfast on childhood obesity: A systematic review and meta-analysis. Front Nutr. 2023 Sep 6;6(10). doi:10.3389/fnut.2023.1222536 PubMed PMID: 37736138.

17. Ajibo C, Griethuysen A Van, Visram S, Lake AA. Consumption of energy drinks by children and young people: A systematic review examining evidence of physical effects and consumer attitudes. Public Health. 2024;227:274–81. doi:10.1016/j.puhe.2023.08.024

18. Amrynia SU, Prameswari GN. Hubungan pola makan, sedentary lifestyle, dan durasi tidur dengan kejadian gizi lebih pada remaja (studi kasus di SMA Negeri 1 Demak). Indonesian Journal of Public Health and Nutrition. 2022 Mar 31;2(1):112–21. doi:10.15294/ijphn.v2i1.52044

19. Bawono Y. Perkembangan anak & remaja. 4th ed. Reski MY, editor. Sumatera Barat: Yayasan Penerbitan Cendekia Medika; 2023. 72–73 p.

20. Kelly AS, Armstrong SC, Michalsky MP, Fox CK. Obesity in adolescents a review. JAMA. 2024;332(9):738–48. doi:10.1001/jama.2024.11809 PubMed PMID: 39102244.

21. Morales-Suárez-Varela M, López-García E, Peraita-Costa I, Pérez Puente JM, Llopis-Morales A, Llopis-Gonzalez A, et al. Obesity and mental health in childhood and adolescence: A scoping review of recent scientific evidence. Children. 2025 Nov 7;12(11):1512. doi:10.3390/children12111512

22. Institute of Medicine (US). Preventing childhood obesity: Health in the balance. Koplan JP, Liverman CT, Kraak VI, editors. Washington (DC): National Academies Press (US); 2005. doi:10.17226/11015

23. Ayala GX, Monge-rojas R, King AC, Hunter R. The social environment and childhood obesity: Implications for research and practice in the United States and countries in Latin America. Obesity Reviews. 2021;22(February):1–12. doi:10.1111/obr.13246

24. Assis MM De, Helena L, Gratão A, Philipe T, Cordeiro NG, Silva A, et al. School environment and obesity in adolescents from a Brazilian metropolis: Cross-sectional study. BMC Public Health. 2022;22(1229):1–10. doi:10.1186/s12889-022-13592-0

25. Sawyer SM, Raniti M, Aston R. Making every school a health-promoting school. Lancet Child Adolesc Health. 2021 Aug;5(8):539–40. doi:10.1016/S2352-4642(21)00190-5 PubMed PMID: 34181886.

26. Aisyah S, Rizki W, Batubara P, Manurung J, Ambarita AT, Nainggolan FA. Intervensi edukasi gizi seimbang bagi remaja dalam upaya pencegahan obesitas dan penyakit degeneratif di SMP Swasta 102114244 Nusantara Lubuk Pakam. Jurnal Pengmas Kestra (JPK). 2025;5(1):148–54. doi:10.35451/46cazv59

27. Pertiwi Y, Niara SI. Pencegahan obesitas pada remaja melalui intervensi promosi kesehatan: Studi literatur. Jurnal Ilmiah Kesehatan Masyarakat: Media Komunikasi Komunitas Kesehatan Masyarakat. 2022 Jul 10;14(2):96–104. doi:10.52022/jikm.v14i2.278

28. Leitzmann M. Physical activity, sedentary behaviour, and obesity. In: Romieu I, Dossus L, Willett WC, editors. Energy Balance and Obesity. Lyon (FR): International Agency for Research on Cancer (IARC); 2017.

29. Jakobovich R, Berry EM, Levita A, Levin-Zamir D. Developing healthy lifestyle behaviors in early age — an intervention study in kindergartens. Nutrients. 2023 Jun 2;15(11):2615. doi:10.3390/nu15112615

30. Gasper IA V, Arna YD, Siagian HJ, Ponidjan TS, Nurmawi Y, Rosmani, et al. Ilmu perilaku kesehatan. Jawa Barat: Media Pustaka Indo; 2022.

31. Emitrafatriona, Friandi R. Hubungan perilaku makan dan aktivitas fisik dengan IMT pada remaja di SMAN 2 Sungai Penuh tahun 2021. J Nurs Health. 2022;7(1):65–75. doi:https://doi.org/10.52488/jnh.v7i1.162

32. Candra A, Wahyuni TD, Sutriningsih A. Hubungan antara aktivitas fisik dan pola makan kejadian obesitas pada remaja di SMA Laboratorium Malang. Nurs News. 2016;1(1):0–5. doi:https://doi.org/10.33366/nn.v1i1.392

33. Lewa SCP, Amani P. Hubungan antara perilaku makan dan aktivitas fisik dengan komposisi tubuh pada siswa sekolah menengah. JPP (Jurnal

Kesehatan Poltekkes Palembang). 2024 Dec 30;19(2):124–31. doi:10.36086/jpp.v19i2.2570

34. Saputri ES, Samsudi. Hubungan pola makan dan aktivitas fisik dengan kejadian obesitas pada remaja di SMA Negeri 1 Abuki. Jurnal Penelitian Sains dan Kesehatan Avicenna. 2024;3(2):156–64. doi:10.69677/avicenna.v3i2.86

35. Fawwaz NA, Dini CY. Studi kualitatif faktor yang mempengaruhi perilaku makan pada atlet non-elite dengan riwayat asupan defisit zat gizi makro di UKM Basket Universitas Negeri Surabaya. Jurnal Ilmu Kesehatan dan Gizi. 2025;3(1):199–223. doi:https://doi.org/10.55606/jikg.v3i1.3519

36. Chaput JP, Willumsen J, Bull F, Chou R, Ekelund U, Firth J, et al. 2020 WHO guidelines on physical activity and sedentary behaviour for children and adolescents aged 5–17 years: Summary of the evidence. International Journal of Behavioral Nutrition and Physical Activity. 2020 Dec 26;17(1):141. doi:10.1186/s12966-020-01037-z

37. Istiany A, Susantini P, Violenta A. Pendidikan gizi dan pembuatan sarapan sehat bagi siswa untuk menurunkan masalah gizi lebih di SMA Negeri 4 Kota Semarang. Jurnal Pengabdian Masyarakat Kebidanan. 2025;7(2):53–9. doi:https://doi.org/10.26714/jpmk.v7i2.18665

38. World Health Organization. Adolescent health. 2024.

39. Mikawati. Bookchapter anemia. PT Nuansa Fajar Cemerlang; 2024. doi:10.5281/zenodo.15894046

40. Daka R, Martha E, Putu L, Dewiyanti A, Habina E. Faktor-faktor yang mempengaruhi kejadian obesitas pada remaja di Indonesia: Literatur review. Jurnal Ners. 2025;9(2):3190–205. doi:https://doi.org/10.31004/jn.v9i2.40021

41. Onay T, Beyazıt U, Uçar A, Ayhan AB. Obesity in childhood: Associations with parental neglect, nutritional habits, and obesity awareness. Front Nutr. 2024;2030:1–9. doi:10.3389/fnut.2024.1430418

42. Salvy S jeanne, Bowker JC. Peers and obesity during childhood and adolescence: A review of the empirical research on peers, eating, and physical activity. J Obes Weight Loss Ther. 2014;4(1):393–411. doi:10.4172/2165-7904.1000207 PubMed PMID: 28090396.

43. Indallah NW, Nurhidayati S. Program osgirl tingkatkan pemahaman gizi remaja putri dengan skrining IMT dan LILA SMP Sila Dharma. Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM). 2025 Jul 1;8(7):3521–37. doi:10.33024/jkpm.v8i7.20503

44. Rachmi CN, Wulandari E, Kurniawan H, Wiradnyani LAA, Ridwan R, Akib TC. Aksi bergizi. Roshita A, Rah JH, Yuniar SD, editors. Kemenkes RI. 1st ed. Jakarta Selatan: Kementerian Kesehatan Republik Indonesia; 2019. 1–188 p.

45. Purnell JQ. Definitions, classification, and epidemiology of obesity. In: Feingold KR, Adler RA, Ahmed SF, editors. Endotext. South Dartmouth (MA): MDText.com; 2023.

46. Kementerian Kesehatan Republik Indonesia. Keputusan Menteri Kesehatan Republik Indonesia Nomor HK.01.07/MENKES/509/2025 tentang pedoman nasional pelayanan klinis tata laksana obesitas dewasa. 2025.

47. Arundhana Thahir AI, Masnar A. Obesitas anak dan remaja: faktor risiko, pencegahan, dan isu terkini. 1st ed. Masnar A, editor. Depok: Edugizi Pratama Indonesia; 2021.

48. Abubakar A, Issah AN, Yussif B, Agbozo F. Dietary habit, nutritional status and related factors among adolescents in Tamale Metropolis, Ghana. African Journal of Food Science. 2023 Jan 31;17(1):10–23. doi:10.5897/AJFS2021.2147

49. Indriasari M, Jenie RP, Afrizal SH. Edukasi gizi: Masalah gizi pada remaja. JPM Bakti Parahita. 2025;5(2):39–49.

50. Mustakim. Buku ajar gizi dan penyakit. 1st ed. Jakarta: UI Publishing; 2023.

51. Riskia S. Faktor risiko penyebab obesitas pada remaja: Literature review. Jurnal Kesehatan Bertuah Indonesia. 2024;1(2):53–64.

52. Malik VS, Hu FB. The role of sugar-sweetened beverages in the global epidemics of obesity and chronic diseases. Nat Rev Endocrinol. 2022;18(4):205–18. doi:10.1038/s41574-021-00627-6 PubMed PMID: 35064240.

53. Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: A pooled analysis of 358 population-based surveys with 1·9 million participants. Lancet Glob Health. 2018 Oct;6(10):e1077–86. doi:10.1016/S2214-109X(18)30357-7

54. Carson V, Hunter S, Kuzik N, Gray CE, Poitras VJ, Chaput J philippe, et al. Systematic review of sedentary behaviour and health indicators in school-aged children and youth: An update. Appl Physiol Nutr Metab. 2016;41(6 Suppl 3):S240–65. doi:10.1139/apnm-2015-0630 PubMed PMID: 27306432.

55. Loos RJF, Yeo GSH. The genetics of obesity: From discovery to biology. Nat Rev Genet. 2022;23(2):120–33. doi:10.1038/s41576-021-00414-z PubMed PMID: 34556834.

56. Juliatin, Hasniar. Faktor-faktor penyebab terjadinya obesitas pada remaja. Student Research Journal. 2024;2(6):137–49. doi:10.55606/srj-yappi.v2i6.1633

57. Kim H, Kim S eun, Sung M kyung. Sex and gender differences in obesity: Biological, sociocultural, and clinical perspectives. World J Mens Health. 2025;43(4):758–72. doi:10.5534/wjmh.250126

58. Swinburn BA, Kraak VI, Allender S, Atkins VJ, Baker PI, Bogard JR, et al. The Lancet Commission on the global syndemic of obesity, undernutrition, and climate change: The Lancet Commission report. The Lancet. 2019;393(10173):791–846. doi:10.1016/S0140-6736(18)32822-8 PubMed PMID: 700377.

59. Vega-Salas MJ, Murray C, Nunes R, Hidalgo-Arestegui A, Curi-Quinto K, Penny ME, et al. School environments and obesity: A systematic review of interventions and policies among school-age students in Latin America and the Caribbean. Int J Obes. 2023 Jan 10;47(1):5–16. doi:10.1038/s41366-022-01226-9 PubMed PMID: 36216909.

60. Kösem DD, Bekta M. The effect of emotional eating in adolescents on obesity: A systematic review and meta-analysis study. J Pediatr Nurs. 2025. doi:10.1016/j.pedn.2025.01.029

61. Hayes A, Tan EJ, Killedar A, Lung T. Socioeconomic inequalities in obesity: Modelling future trends in Australia. BMJ Open. 2019 Mar 30;9(3):e026525. doi:10.1136/bmjopen-2018-026525 PubMed PMID: 30928953.

62. Drewnowski A, Specter SE. Poverty and obesity: The role of energy density and energy costs 1, 2. Am J Clin Nutr. 2004;79(1):6–16. doi:10.1093/ajcn/79.1.6 PubMed PMID: 14684391.

63. Kong Y, Yang H, Nie R, Zhang X, Zuo F, Zhang H, et al. Obesity: Pathophysiology and therapeutic interventions. Molecular Biomedicine. Springer Nature Singapore; 2025. doi:10.1186/s43556-025-00264-9

64. Samsiah S, Karo MB. Obesitas pada remaja. Ramadhanti D, editor. Jakarta: PT Bukuloka Literasi Bangsa; 2025. 240 p.

65. Jaison KI, Asharaf H, Thimothy G, George S, Jose J, Paily R, et al. Psychological impact of obesity: A comprehensive analysis of health-related

quality of life and weight-related symptoms. Obes Med. 2024 Jan;45(December 2023):100530. doi:10.1016/j.obmed.2023.100530

66. Afolabi AH, Zakariya Z Bin, Shokri ABAS, Hasim MNBM, Vinayak R, Afolabi-owolabi OT, et al. The relationship between obesity and other medical comorbidities. Obes Med. 2020;17:100164. doi:10.1016/j.obmed.2019.100164

67. Kumanyika SK. Bridging the evidence gap in obesity prevention: A framework to inform decision making. In: Obesity Prevention Strategies in Concept and Practice. Washington (DC): National Academies Press (US); 2010.

68. Grace GA, Edward S, Gopalakrishnan S. Dietary habits and obesity among adolescent school children: A case control study in an urban area of kancheepuram district. Indian Journal of Community Medicine. 2021;46(4):637–40. doi:10.4103/ijcm.IJCM PubMed PMID: 35068725.

69. Sari P, Fauziah, Sari D, Robert D, Annisa N. Dietetika. 1st ed. Alifariki LO, editor. Cilacap: Media Pustaka Indo; 2025.

70. Saraswati D, Hidayanti L, Aisyah IS. The relationship between breakfast habits and nutritional status of adolescent girls: A cross-sectional study in Tasikmalaya. AcTion: Aceh Nutrition Journal. 2024 Jun 19;9(2):238. doi:10.30867/action.v9i2.1632

71. Bull FC, Al-Ansari SS, Biddle S, Borodulin K, Buman MP, Cardon G, et al. World Health Organization 2020 guidelines on physical activity and sedentary behaviour. Br J Sports Med. 2020;54(24):1451–62. doi:10.1136/bjsports-2020-102955 PubMed PMID: 33239350.

72. Muslihah N, Habibie IY, Wilujeng CS, Ventiyaningsih ADI. Ekologi dan sosioantropologi gizi. 1st ed. Indonesia: UB PRESS; 2023.

73. Dovey TM. Eating behaviour. 1st ed. Maidenhead, Berkshire, England: McGraw-Hill Education; 2010. 184 p.

74. French SA, Epstein LH, Jeffery RW, Blundell JE, Wardle J. Eating behavior dimensions. Associations with energy intake and body weight. A review. Appetite. 2012 Oct;59(2):541–9. doi:10.1016/j.appet.2012.07.001

75. Das JK, Salam RA, Thornburg KL, Prentice AM, Campisi S, Lassi ZS, et al. Nutrition in adolescents: Physiology, metabolism, and nutritional needs. Ann N Y Acad Sci. 2017;1393(1):21–33. doi:10.1111/nyas.13330 PubMed PMID: 28436102.

76. Najdah N, Nurbaya N, Irwan Z. Kebiasaan makan dan status gizi pada remaja di Mamuju menggunakan adolescents' food habits checklist. Jurnal

SAGO Gizi dan Kesehatan. 2024 Apr 18;5(2):540. doi:10.30867/gikes.v5i2.1678

77. Romero-Blanco C, Martín-Moraleda E, Pinilla-Quintana I, Dorado-Suárez A, Jiménez-Marín A, Cabanillas-Cruz E, et al. Why do adolescents skip breakfast? A study on the Mediterranean diet and risk factors. Nutrients. 2025 Jun 6;17(12):1948. doi:10.3390/nu17121948 PubMed PMID: 40573059.

78. World Health Organization (WHO). World Health Organization . 2026. Healthy diet.

79. Alahmari LA. Dietary fiber influence on overall health, with an emphasis on CVD, diabetes, obesity, colon cancer, and inflammation. Front Nutr. 2024 Dec 13;11(1510564):1–13. doi:10.3389/fnut.2024.1510564

80. Rachmi CN, Jusril H, Ariawan I, Beal T, Sutrisna A. Eating behaviour of Indonesian adolescents: A systematic review of the literature. Public Health Nutr. 2021 Jun 10;24(S2):s84–97. doi:10.1017/S1368980020002876 PubMed PMID: 32907682.

81. Astiah AA, Ipaljri SA, Aditya EPA. Pengaruh konsumsi sugar sweetened beverages terhadap kenaikan berat badan pada remaja kelas X di SMA Negeri 1 Batam. Zona Kesehatan. 2025;19(3):1–10. doi:https://doi.org/10.37776/zonakes.v19i3.2056

82. Sari MAK, Lestari YN. Faktor risiko yang berhubungan dengan kejadian obesitas pada remaja (studi kasus di SMA Negeri 15 Semarang). Media Gizi Kesmas. 2024 Jun 30;13(1):386–96. doi:10.20473/mgk.v13i1.2024.386-396

83. Escobedo-monge MF, Parodi-román J, Escobedo-monge MA, Marugán-miguelsanz JM. The biological value of proteins for pediatric growth and development: A narrative review. Nutrients. 2025;17(13):1–23. doi:10.3390/nu17132221

84. Alyafei A, Easton-Carr R. The health belief model of behavior change [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 [cited 2026 Apr 22]. Available from: https://www.ncbi.nlm.nih.gov/books/NBK606120/

85. Kebede N, Mohammed Y, Kasaye MD. Application of health belief model to assess predictors of weight management behaviour intention among civil servants in Ethiopia: A mixed method study. Diabetes Metab Syndr Obes. 2023;16(October):3339–52. doi:10.2147/DMSO.S431146 PubMed PMID: 37908630.

86. Putri MA. Determinan perilaku pola makan sehat pada remaja menurut teori health belief model. Jurnal Ilmu Kesehatan. 2026;4(2):473–97. doi:https://doi.org/10.59585/bajik.v4i2.980

87. Kusumo MP. Buku pemantauan aktivitas fisik. 1st ed. Yogyakarta: The Journal Publishing; 2020. 1–43 p.

88. Gupta R, Vaqar S. National guidelines for physical activity. In: StatPearls. Treasure Island (FL): StatPearls Publishing; 2023.

89. Wicaksono A, Handoko W. Aktivitas fisik dan kesehatan. 1st ed. Pontianak: IAIN Pontianak Press; 2020.

90. World Health Organization (WHO). WHO guidelines on physical activity and sedentary behaviour. Geneva: World Health Organization; 2020.

91. Berhimpong MJA, Rattu AJM, Pertiwi JM. Analisis implementasi aktivitas fisik berdasarkan health belief model oleh tenaga kesehatan di Puskesmas Marsela. Public Health and Community Medicine. 2020;1(4):54–62. doi:https://doi.org/10.35801/ijphcm.1.4.2020.31453

92. World Health Organization (WHO). Physical activity. 2024.

93. Mitic´ P, Jovanovi´c R, Stojanovi N, Bariši V, Trajkovic N. Enhancing adolescent physical fitness and well-being: A school-based high-intensity interval training program. Functional Morphology and Kinesiology. 2024;9(4):279. doi:https://doi.org/10.3390/jfmk9040279

94. Kozioł-Kozakowska A, Wójcik M, Mazur-Kurach P, Drożdż D, Brzęk A. Teenagers with obesity at the gym: Recommendations for physical activity, diet, and supplementation—a narrative review. Nutrients. 2025 May 26;17(11):1798. doi:10.3390/nu17111798 PubMed PMID: 40507066.

95. Wahyuningsih R, Pratiwi IG. Hubungan aktifitas fisik dengan kejadian kegemukan pada remaja di Jurusan Gizi Politeknik Kesehatan Mataram. AcTion: Aceh Nutrition Journal. 2019 Dec 19;4(2):163. doi:10.30867/action.v4i2.180

96. Kristiyanti M. Metode penelitian. CV. Pustaka Stimar Amni Semarang. 2023. 1–14 p. PubMed PMID: 25246403.

97. Sugiyono. Metode penelitian kuantitatif, kualitatif, dan R&D. 2nd ed. Sutopo, editor. Bandung: Alfabeta; 2020.

98. Notoatmodjo S. Metodologi penelitian kesehatan. 3rd ed. Jakarta: Rineka Cipta; 2018.

99. Sumargo B. Teknik sampling. 1st ed. Jakarta: UNJ Press; 2020.

100. Kothari CR. Research methodology: Methods and techniques. New Delhi: New Age International; 2004.

101. Sevilla CG, Ochave JA, Punsalan TG, Regala BP, Uriarte GG. Research methods. 6th ed. Quezon City: Rex Printing Company; 2007.

102. Widodo S, Ladyani F, Asrianto LO, Rusdi, Khairunnisa, Lestari SMP, et al. Metodologi penelitian. Cv Science Techno Direct. 2023. 1–195 p.

103. Adiputra IMS, Trisnadewi NW, Oktaviani NPW, Munthe SA. Metodologi penelitian kesehatan. Watrianthos R, Simarmata J, editors. Indo: Yayasan Kita Menulis; 2021.

104. World Health Organization (WHO). Global school-based student health survey: Indonesia (rest of the country) 2023 fact sheet. Vol. 12. Indonesia; 2023.

105. World Health Organization. Global school-based student health survey questionnaire. 2026.

106. Kementerian Kesehatan RI. Perilaku berisiko kesehatan pada pelajar SMP dan SMA di Indonesia. Jakarta; 2016.

107. Prasetyo YB, Sunaringsih S, Wardojo I, Laksono AD, Dewi YS, Huriah T. Determinant factors of alcohol consumption among Indonesian adolescents through parents' attention: Findings from a national survey. FNJN. 2022;30(3):238–44. doi:10.5152/fnjn.2022.22002

108. Yuniarsih SM, Umam MK, Martani RW, Armika R. Understanding adolescent risk behaviors: Insights from a school-based health student survey. In: Vol. 622. E3S Web of Conferences; 2025. p. 1–8. doi:https://doi.org/10.1051/e3sconf/202562202011

109. Anggraini FDP, Aprianti A, Setyawati VAV, Hartanto AA. Pembelajaran statistika menggunakan software SPSS untuk uji validitas dan reliabilitas. Jurnal Basicedu. 2022;6(4):6491–504. doi:10.31004/basicedu.v6i4.3206

110. Yakin IH. Metodologi penelitian (kuantitatif & kualitatif). Edisi 1. Supriatna U, editor. Garut: CV. Aksara Global Akademia; 2023.

111. DeVellis RF. Scale development: Theory and applications. 4th ed. Los Angeles (main office): Sage Publications; 2017.

112. Dahlan MS. Statistik untuk kedokteran dan kesehatan: Deskriptif, bivariat, dan multivariat, dilengkapi dengan menggunakan SPSS. Edisi 5. Jakarta: Salemba Medika; 2014. 91–136 p.

113. Putra S, Jailani MS, Nasution FH. Penerapan prinsip dasar etika penelitian ilmiah. Jurnal Pendidikan Tambusai. 2023;7(3):27876–81. doi:https://doi.org/10.23969/jp.v9i04.19443

114. Arista CN, Gifari N, Nuzrina R, Sitoayu L, Purwara L. Perilaku makan, kebiasaan sarapan, pengetahuan gizi dan status gizi pada remaja SMA di Jakarta. JAKAGI. 2021;2(1):1–15. doi:https://doi.org/10.54771/jakagi.v2i1.206

115. Amraini A, Yanti DE, Sari N, Print I, Online I. Hubungan citra tubuh, pengetahuan gizi dan perilaku makan terhadap status gizi remaja di SMA Negeri 5 Kota Metro tahun 2017. Jurnal Dunia Kesmas. 2020;9(2):264–9. doi:https://doi.org/10.33024/jdk.v9i2.2916

116. Gellar LA, Schrader K, Nansel TR. Healthy eating practices: Perceptions, facilitators, and barriers among youth with diabetes. Diabetes Educ. 2007.

117. Palupi FH, Sulistyorini E, Handayani S, Ropitasari. Pengaruh faktor individu, sosial, ekonomi dan lingkungan terhadap pemilihan makanan sehat pada siwa SMA N 1 Polokarto, Sukoharjo. IJPHN. 2025;5(2):150–9. doi:https://doi.org/10.15294/ ijphn.v5i2.23234

118. Calabro R, Kemps E, Prichard I. Socio-cognitive determinants of sugar-sweetened beverage consumption among young people: A systematic review and meta-analysis. Appetite. Academic Press; 2023. doi:10.1016/j.appet.2022.106334 PubMed PMID: 36209669.

119. Muna NI, Mardiana. Faktor-faktor yang berhubungan dengan konsumsi buah dan sayur pada remaja. Sport and Nutrition Journal. 2019;1(1):1–11. doi:https://doi.org/10.15294/spnj.v1i1.31187

120. Arbianingsih A, Anwar M, Huriati H, Hidayah N. Factors associated with fruit and vegetables consumption behavior among adolescents based on the Health Promotion Model. Asian Community Health Nursing Research. 2021;3(1):1–8.

121. Rahmawati W aulia, Arumsari I, Fitria F. Karakteristik lingkungan Obesogenik dalam menentukan konsumsi western fast food pada remaja urban di kota Bekasi, Indonesia. Jurnal Pangan Kesehatan dan Gizi. 2023;3(2). doi:https://doi.org/10.54771/jakagi.v3i2.696

122. Gibney MJ, Barr SI, Bellisle F, Drewnowski A, Fagt S, Livingstone B, et al. Breakfast in human nutrition: The international breakfast research initiative. Nutrients. MDPI AG; 2018. doi:10.3390/nu10050559 PubMed PMID: 29723985.

123. Krolner R, Rasmussen M, Brug J, Klepp KI, Wind M, Due P. Determinants of fruit and vegetable consumption among children and adolescents: A review of the literature. Part II: Qualitative studies. International Journal of Behavioral Nutrition and Physical Activity. 2011. doi:10.1186/1479-5868-8-112 PubMed PMID: 21999291.

124. López-Castedo A, Domínguez-Alonso J, Portela-Pino I. Predictive variables of motivation and barriers for the practice of physical exercise in adolescence. Journal of Human Sport and Exercise. 2018;13(4):907–15. doi:10.14198/jhse.2018.134.17

125. Sahabuddin, Hakim H, Hasanuddin IM. Efektivitas pendidikan jasmani terhadap perilaku fisik dan kesehatan siswa sekolah menengah: Kajian longitudinal. Holistic Journal of Sport Education. 2025;1(5). doi:https://doi.org/10.52434/penjas.v5i1.43124

126. Smith JJ, Diallo TMO, Bennie JA, Tomkinson GR, Lubans DR. Factors associated with adherence to the muscle-strengthening activity guideline among adolescents. Psychol Sport Exerc. 2020 Nov 1;51. doi:10.1016/j.psychsport.2020.101747

127. Sallis JF, Conway TL, Cain KL, Geremia C, Bonilla E, Spoon C. Electronic devices as correlates of sedentary behavior and screen time among diverse low-income adolescents during the school year and summer time. Journal of Healthy Eating and Active Living. 2020;1(1):27–40. doi:10.51250/jheal.v1i1.7 PubMed PMID: 37790138.