

DAFTAR PUSTAKA

- Adjie, E. K. K., Angtoni, M., Destra, E., Satyanegara, W. G., & Kurniawan, J. (2023). Korelasi Durasi Screen Time dengan Gangguan Tidur Anak Usia 6-12 Tahun. *MAHESA: Malahayati Health Student Journal*, 3(7), 1987–1995. <https://doi.org/10.33024/mahesa.v3i7.10653>
- Ahmed, H., Rizwan, B., Fatima, A., Iqra, ., Tariq, M., Zafar, R., Naeem, M., Ali, S., Moazzam, A., & Tahir, N. (2022). Association Between Screen-Time and Dietary Habits Among Students Of 11-25 Years. *Pakistan BioMedical Journal*. <https://doi.org/10.54393/pbmj.v5i7.608>
- Ahmed, H. S., Khalid, M. E. M., Osman, O. M., Ballal, M. A., & Al-Hashem, F. H. (2016). The association between physical activity and overweight and obesity in a population of children at high and low altitudes in Southwestern Saudi Arabia. *Journal of Family and Community Medicine*, 23(2), 82–87. <https://doi.org/10.4103/2230-8229.181011>
- Aini, L. N., Sufyan, D. L., & Ilmi, I. M. B. (2021). *HUBUNGAN KEBIASAAN SARAPAN, ASUPAN ENERGI DARI SNACKING, DAN INTENSITAS MENGGUNAKAN GADGET DENGAN GIZI LEBIH PADA ANAK SD DI RW 02 CIPEDAK*. <https://repository.upnvj.ac.id/11649/29/ARTIKEL%20KI.pdf>
- Alfinnia, S., Muniroh, L., & Raditya Atmaka, D. (2021). Hubungan Screen Based Activity dan Perilaku Makan dengan Status Gizi Anak Usia 10-12 Tahun (Studi di SDI Darush Sholihin Kabupaten Nganjuk). *Amerta Nutr*, 223–229. <https://doi.org/10.20473/amnt.v5i3.2021>
- Amalia, D. S., Nuzrina, R., Gifari, N., Angkasa, D., & Sitoayu, L. (2021). *HUBUNGAN KEBIASAAN MENONTON MUKBANG, PENGETAHUAN GIZI DAN TINGKAT STRES DENGAN PERUBAHAN PERILAKU MAKAN NEGATIF PADA PENGGEMAR MUKBANG DI MEDIA SOSIAL INSTAGRAM*. 10(2), 105–111. <http://bit.ly/kuesionerpenelitiandea>.
- Andriyani, F. D., Biddle, S. J. H., Arovah, N. I., & de Cocker, K. (2020). Physical activity and sedentary behavior research in Indonesian youth: A scoping review. In *International Journal of Environmental Research and Public Health* (Vol. 17, Issue 20, pp. 1–15). MDPI. <https://doi.org/10.3390/ijerph17207665>
- Annisa, M., Atmadja, T. F. A.-G., & Susilowati, P. E. (2022). Tingkat Pengetahuan dan Kebiasaan Konsumsi Junk Food dengan Status Gizi pada Mahasiswa Program Studi Gizi Universitas Siliwangi. *Nutrition Scientific Journal*, 1(1), 21–29. <https://doi.org/10.37058/nsj.v1i1.5804>

- Araya, R. C., Rukhayati, Y., Damayanti, I., Suherman, A., Rahayu, N. I., Jajat, J., & Sultoni, K. (2022). Hubungan screen time dan tingkat aktivitas fisik mahasiswa di masa covid-19 dengan health related quality of life. *MEDIKORA*, 21(1). <https://doi.org/10.21831/medikora.v21i1.47258>
- Arismawati, dian fitra, Sada, M., Briliannita, A., Eliza, E., Satriani, S., Florensia, W., Rachmawati, septi nur, Kamarudin, anna permatasari, Israeli, I., Kamaruddin, M., Ramdika, sari bema, Nofitasari, A., Rachmawati, & Sriyanti. (2022). Prinsip Dasar Ilmu Gizi. In *Media Sains Indonesia*. CV. MEDIA SAINS INDONESIA. <https://revistas.ufrj.br/index.php/rce/article/download/1659/1508%0Ahttp://hpatiapress.com/hpjournals/index.php/qre/article/view/1348%5Cnhttp://www.tandfonline.com/doi/abs/10.1080/09500799708666915%5Cnhttps://mckinseyonsociety.com/downloads/reports/Educa>
- Azizah, U., Haryanti, F., & Wahyuni, B. (2018). Faktor-Faktor yang Berhubungan dengan Masalah Psikososial Remaja di Wilayah Bantaran Kali Code Kota Yogyakarta. *Berita Kedokteran Masyarakat*, 34(7).
- Azzahra, A. (2022). HUBUNGAN POLA MAKAN, AKTIVITAS FISIK DAN INTENSITAS PENGGUNAAN MEDIA SOSIAL DENGAN STATUS GIZI LEBIH PADA REMAJA DI SMA NEGERI 14 JAKARTA TIMUR. *Indonesian Journal of Health Development*, 4(1). <https://doi.org/10.52021/ijhd.v4i1.71>
- Badan Kebijakan Pembangunan Kesehatan. (2023). *SURVEI KESEHATAN INDONESIA*.
- Beatty, C., & Egan, S. M. (2020). Screen Time in Early Childhood: A Review of Prevalence, Evidence and Guidelines. *An Leanbh Og*, 13(1). <https://omepireland.ie/wp-content/uploads/2020/08/AN-LEANBH-OG-VOL13.pdf>
- Bohara, S. S., Thapa, K., Bhatt, L. D., Dhimi, S. S., & Wagle, S. (2021). Determinants of Junk Food Consumption Among Adolescents in Pokhara Valley, Nepal. *Frontiers in Nutrition*, 8. <https://doi.org/10.3389/fnut.2021.644650>
- Candra, A. (2020). *Pemeriksaan Status Gizi* (1st ed.).
- Choe, H. (2019). Eating together multimodally: Collaborative eating in mukbang, a Korean livestream of eating. *Language in Society*, 48(2), 171–208. <https://doi.org/10.1017/S0047404518001355>
- Daly, A. N., O’Sullivan, E. J., & Kearney, J. M. (2022). Considerations for health and food choice in adolescents. *Proceedings of the Nutrition Society*, 81(1), 75–86. <https://doi.org/10.1017/S0029665121003827>

- Damayanti, E. R. (2022). HUBUNGAN POLA MAKAN, AKTIVITAS FISIK, DAN CITRA TUBUH DENGAN STATUS GIZI LEBIH PADA REMAJA PUTRI DI SMA NEGERI 3 TAMBUN SELATAN. *Indonesian Journal of Health Development*, 4(1). <https://doi.org/10.52021/ijhd.v4i1.69>
- De Araújo, L. G. M., Turi, B. C., Locci, B., Mesquita, C. A. A., Fonsati, N. B., & Monteiro, H. L. (2018). Patterns of Physical Activity and Screen Time among Brazilian Children. *Journal of Physical Activity and Health*, 15(6). <https://doi.org/10.1123/jpah.2016-0676>
- Fauzi, F., Dencik, A. B., & Asiati, D. I. (2019). *Metodologi Penelitian untuk Manajemen dan Akuntansi: Aplikasi SPSS dan EViews untuk Teknik Analisis Data*. Salemba Empat.
- Fayasari, A., Nur Gustianti, M., & Khasanah, T. A. (2022). Perilaku Menonton Mukbang dan Preferensi Makanan Mahasiswa di Jakarta. *Poltekita : Jurnal Ilmu Kesehatan*, 16(2), 220–227. <https://doi.org/10.33860/jik.v16i2.1190>
- Herawati, H., Putri, U., Syahrir, M., & AR, M. (2019). Status Gizi Remaja di Kota Luwuk. *Jurnal Kesmas Untika Luwuk : Public Health Journal*, 10(1). <https://doi.org/10.51888/phj.v10i1.5>
- Hu, D., Zhou, S., Crowley-Mchattan, Z. J., & Liu, Z. (2021). Factors that influence participation in physical activity in school-aged children and adolescents: A systematic review from the social ecological model perspective. In *International Journal of Environmental Research and Public Health* (Vol. 18, Issue 6, pp. 1–20). MDPI AG. <https://doi.org/10.3390/ijerph18063147>
- Indrasari, O. R., & Sutikno, E. (2020). Faktor Yang Mempengaruhi Status Gizi Remaja Usia 16-18 Tahun. *The Indonesian Journal of Health*, 10(3). <https://journal.stikeshb.ac.id/index.php/jurkessia/article/view/252/164>
- Inoue, K., Seeman, T. E., Nianogo, R., & Okubo, Y. (2023). *The Effect of Poverty on The Relationship Between Household Education Levels and Obesity in U.S. Children and Adolescents: An Observational Study*. www.thelancet.com
- International Physical Activity Questionnaire. (2004). *Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ)-Short Form*. www.ipaq.ki.se.
- Iqbal, M., & Salsabila, S. (2023a). Hubungan antara Kebiasaan Menonton Mukbang dengan Risiko Kejadian Gangguan Makan pada Mahasiswi Politeknik Negeri Jember. In *Nutrire Diaita* (Vol. 15, Issue 02).
- Iqbal, M., & Salsabila, S. (2023b). Validitas dan Reliabilitas Kuesioner Kebiasaan Menonton Mukbang. *Muhammadiyah Journal of Nutrition and Food Science (MJNF)*, 4(2), 102. <https://doi.org/10.24853/mjnf.4.2.102-109>

- Jatav, P., Deepankar Nirat, A., Gupta, S., Shivram, G., & Waskel, B. (2024). A CROSS SECTIONAL STUDY TO ASSESS EFFECT OF JUNK FOOD CONSUMPTION ON OBESITY AMONG ADOLESCENT SCHOOL CHILDREN IN INDORE DISTRICT. *International Journal of Medicine and Public Health*, 14. <https://doi.org/10.70034/ijmedph.2024.4.69>
- Jenging, R., & Mohamad, F. S. (2022). Mukbang and Me: Implications on Cognition and Physical Well-Being among Undergraduates. *Journal of Cognitive Sciences and Human Development*, 8(2), 77–93. <https://doi.org/10.33736/jeshd.4901.2022>
- Jeong, H., Lee, E., & Han, G. (2024). Association between mukbang and cookbang viewing and body image perception and BMI in adolescents. *Journal of Health, Population and Nutrition*, 43(1). <https://doi.org/10.1186/s41043-024-00552-0>
- Kemenkes RI. (2014a). *PERATURAN MENTERI KESEHATAN REPUBLIK INDONESIA NOMOR 25 TAHUN 2014 TENTANG UPAYA KESEHATAN ANAK*.
- Kemenkes RI. (2014b). *PERATURAN MENTERI KESEHATAN REPUBLIK INDONESIA NOMOR 41 TAHUN 2014 TENTANG PEDOMAN GIZI SEIMBANG*.
- Kemenkes RI. (2018). Laporan Nasional Riskesdas 2018. In *Laporan Nasional Riskesdas 2018* (Issue 8). <https://ia800901.us.archive.org/17/items/LaporanRiskesdas2018NasionalPromkes.net/Laporan%20Riskesdas%202018%20Nasional%20-%20Promkes.net.pdf>
- Kemenkes RI. (2019a). *Laporan Provinsi DKI Jakarta: RISKESDAS 2018* (1st ed.). Badan Litbang Kesehatan.
- Kemenkes RI. (2019b). *PERATURAN MENTERI KESEHATAN REPUBLIK INDONESIA NOMOR 28 TAHUN 2019 TENTANG ANGKA KECUKUPAN GIZI YANG DIANJURKAN UNTUK MASYARAKAT INDONESIA*.
- Kemenkes RI. (2020). *PERATURAN MENTERI KESEHATAN REPUBLIK INDONESIA NOMOR 2 TAHUN 2020 TENTANG STANDAR ANTROPOMETRI ANAK*. Menteri Kesehatan Republik Indonesia.
- Khalid, S. (2021). Association of Unhealthy Food Practices with Nutritional Status of Adolescents. *Biomedical Journal of Scientific & Technical Research*, 33(2). <https://doi.org/10.26717/bjstr.2021.33.005389>
- Kircaburun, K., Harris, A., Calado, F., & Griffiths, M. D. (2021). The Psychology of Mukbang Watching: A Scoping Review of the Academic and Non-

- academic Literature. *International Journal of Mental Health and Addiction*, 19(4), 1190–1213. <https://doi.org/10.1007/s11469-019-00211-0>
- Kircaburun, K., Stavropoulos, V., Harris, A., Calado, F., Emirtekin, E., & Griffiths, M. D. (2021). Development and Validation of the Mukbang Addiction Scale. *International Journal of Mental Health and Addiction*, 19(4), 1031–1044. <https://doi.org/10.1007/s11469-019-00210-1>
- Kircaburun, K., Yurdagül, C., Kuss, D., Emirtekin, E., & Griffiths, M. D. (2021). Problematic Mukbang Watching and Its Relationship to Disordered Eating and Internet Addiction: A Pilot Study Among Emerging Adult Mukbang Watchers. *International Journal of Mental Health and Addiction*, 19(6), 2160–2169. <https://doi.org/10.1007/s11469-020-00309-w>
- Knebel, M. T. G., da Costa, B. G. G., dos Santos, P. C., de Sousa, A. C. F. C., & Silva, K. S. (2022). The conception, content validation, and test-retest reliability of the Questionnaire for Screen Time of Adolescents (QueST). *Jornal de Pediatria*, 98(2), 175–182. <https://doi.org/10.1016/j.jped.2021.05.004>
- Kusumo, M. P. (2020). Buku Pemantauan Aktivitas Fisik. In *Yogyakarta: The Journal Publishing*.
- Lele, W. T., Kapantow, N. H., & Sanggelorang, Y. (2023). *Hubungan antara Aktivitas Fisik dan Screen Time dengan Hubungan antara Aktivitas Fisik dan Screen Time dengan Status Gizi Putri di SMA Negeri 4 Manado* (Vol. 2).
- Listianasari, Y., & Putra, A. F. E. (2023). Asupan Lemak dan Aktifitas Fisik pada Siswa Sekolah Menengah Pertama dengan Status Gizi Gemuk. *Nutrilogy: Jurnal Pangan, Gizi, Kesehatan*, 4(2), 59–64.
- Mahan, L. K., & Raymond, J. L. (2017). *KRAUSE'S FOOD & THE NUTRITION CARE PROCESS* (14th edition). Elsevier. www.nap.edu.
- Mahdiah, Sigalingging, A. R., & Koto, K. C. (2023). THE RELATIONSHIP BETWEEN MACRO NUTRITION INTAKE AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS IN ADOLESCENTS AT MTSN 1 DELI SERDANG. In *Asian Journal of Engineering, Social and Health* (Vol. 2, Issue 9). <https://ajesh.ph/index.php/gp>
- Mansouri, Y., & Babar, M. A. (2021). A review of edge computing: Features and resource virtualization. *Journal of Parallel and Distributed Computing*, 150. <https://doi.org/10.1016/j.jpdc.2020.12.015>
- Margawati, A., Wijayanti, H. S., Faizah, A., & Syaher, M. I. (2020). Hubungan menonton video mukbang autonomous sensory meridian response, keinginan makan dan uang saku dengan asupan makan dan status gizi mahasiswa. In

Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition) (Vol. 8, Issue 2).
<https://ejournal.undip.ac.id/index.php/jgi/>

- Mititelu, M., Stanciu, G., Licu, M., Neacșu, S. M., Călin, M. F., Roșca, A. C., Stanciu, T. I., Busnatu, Ștefan S., Olteanu, G., Boroghina, S. C., Nicolescu, T. O., Suciu, F., & Lupu, C. E. (2024). Evaluation of the Consumption of Junk Food Products and Lifestyle among Teenagers and Young Population from Romania. *Nutrients*, 16(11). <https://doi.org/10.3390/nu16111769>
- Mufidah, F., Handari, S. R. T., Efendi, R., & Lusida, N. (2024). THE RELATIONSHIP BETWEEN THE FREQUENCY OF CONSUMPTION OF JUNK FOOD AND CONTEMPORARY DRINKS IN STUDENTS AT SMA SEJAHTERA 1 DEPOK. *Muhammadiyah International Public Health and Medicine Proceeding*, 4(1). <https://e-journal.fkmumj.ac.id/>
- Mufidah, R., & Soeyono, R. D. (2021). POLA MAKAN, AKTIVITAS FISIK, DAN DURASI TIDUR TERHADAP STATUS GIZI MAHASISWA PROGRAM STUDI GIZI UNESA. In *Jurnal Gizi Unesa* (Vol. 01).
- Mulyani, N. S., Arnisam, A., Fitri, S. H., & Ardiansyah, A. (2020). FAKTOR PENYEBAB OBESITAS PADA REMAJA PUTRI DI ACEH BESAR. *JURNAL RISET GIZI*, 8(1). <https://doi.org/10.31983/jrg.v8i1.5472>
- Neufeld, L. M., Andrade, E. B., Ballonoff Suleiman, A., Barker, M., Beal, T., Blum, L. S., Demmler, K. M., Dogra, S., Hardy-Johnson, P., Lahiri, A., Larson, N., Roberto, C. A., Rodríguez-Ramírez, S., Sethi, V., Shamah-Levy, T., Strömmer, S., Tumilowicz, A., Weller, S., & Zou, Z. (2022). Food choice in transition: adolescent autonomy, agency, and the food environment. In *The Lancet* (Vol. 399, Issue 10320, pp. 185–197). Elsevier B.V. [https://doi.org/10.1016/S0140-6736\(21\)01687-1](https://doi.org/10.1016/S0140-6736(21)01687-1)
- Nisa, H., Fatihah, I. Z., Oktovianty, F., Rachmawati, T., & Azhari, R. M. (2021). Konsumsi Makanan Cepat Saji, Aktivitas Fisik, dan Status Gizi Remaja di Kota Tangerang Selatan. *Media Penelitian Dan Pengembangan Kesehatan*, 31(1). <https://doi.org/10.22435/mpk.v31i1.3628>
- Nkwele Isabelle, M., Monono, N., Ashely Sefor, A., Claude Audrey, M., Hélène Selangai, K., Ngoué Jeannette, E., & Mungyeh Evelyn, M. (2024). Correlation between Dietary Habits, Physical Activity, and Nutritional Status of Adolescents Schooling in Yaoundé. *J Pediatr Neonatal*, 6. <https://www.scivisionpub.com/pdfs/correlation-between-dietary-habits-physical-activity-and-nutritional-status-of-adolescents-schooling-in-yaound-3211.pdf>
- Notoatmodjo, S. (2018). *Metode Penelitian Kesehatan* (Cetakan Ketiga, Vol. 3). Pt Rineka.

- Nugraha, P., & Yunieswati, W. (2024a). Hubungan Kebiasaan Konsumsi Junk Food dan Faktor Lainnya dengan Kejadian Gizi Lebih pada Remaja di SMK 39 Jakarta. *Jurnal Ilmu Gizi Dan Dietetik*, 3(3), 209–215. <https://doi.org/10.25182/jigd.2024.3.3.209-215>
- Nugraha, P., & Yunieswati, W. (2024b). Hubungan Kebiasaan Konsumsi Junk Food dan Faktor Lainnya dengan Kejadian Gizi Lebih pada Remaja di SMK 39 Jakarta. *Jurnal Ilmu Gizi Dan Dietetik*, 3(3), 209–215. <https://doi.org/10.25182/jigd.2024.3.3.209-215>
- Park, S. Y., Eom, J., Choi, S., Kim, J., & Park, E. C. (2024). Association between watching eating broadcast “Mukbang and Cookbang” and body mass index status in South Korean adolescents stratified by gender. *Nutrition Journal*, 23(1). <https://doi.org/10.1186/s12937-024-00946-0>
- Pedersen, J., Rasmussen, M. G. B., Sørensen, S. O., Mortensen, S. R., Olesen, L. G., Brønd, J. C., Brage, S., Kristensen, P. L., & Grøntved, A. (2022). Effects of Limiting Recreational Screen Media Use on Physical Activity and Sleep in Families with Children: A Cluster Randomized Clinical Trial. *JAMA Pediatrics*, 176(8). <https://doi.org/10.1001/jamapediatrics.2022.1519>
- Prayogi, A. S., Maulida, U., Induniasih, Ratnawati, A., Majid, A., & Harmilah. (2021). Relationship Between Body Image and Eating Pattern in Woman Adolescents. *Proceedings of the 4th International Conference on Sustainable Innovation 2020–Health Science and Nursing (ICoSIHSN 2020)*, 33. <https://doi.org/10.2991/ahsr.k.210115.062>
- Purwaningsih, G., & Sumarmi, S. (2022). Hubungan Pola Makan dan Aktivitas Fisik dengan Status Gizi pada Remaja di SMA Muhammadiyah 7 Sutorejo Surabaya. *Media Gizi Kemas*, 11(2). <https://doi.org/10.20473/mgk.v11i2.2022.399-406>
- Putri, A. S., Nilasari, K., Mariana, R. R., & Kurniawan, A. (2025). Hubungan Screen Time dan Durasi Tidur terhadap Status Gizi Siswa dan Siswi MAN 2 Kota Malang. *Sport Science and Health*, 6(12), 1325–1342. <https://doi.org/10.17977/um062v6i122024p1325-1342>
- Putri, M. P., Dary, & Mangalik, G. (2022). ASUPAN PROTEIN, ZAT BESI DAN STATUS GIZI PADA REMAJA PUTRI. 11(1), 6–17. <http://ejournal3.undip.ac.id/index.php/jnc/>
- Putri, R. V. I., & Rachman, T. A. (2023). HUBUNGAN POLA MAKAN DENGAN STATUS GIZI PADA MAHASISWA INDEKOS JURUSAN GIZI FAKULTAS KEDOKTERAN UNIVERSITAS SULTAN AGENG TIRTAYASA. *Jurnal Ilmu Kesehatan Dan Gizi*, 1(3), 58–64. *Jurnal Ilmu Kesehatan Dan Gizi*

- Rakhman, A., Buludawa, M., Hijrah, H., & Ariani, A. (2024). The Relationship between the Intensity of Gadget Use, Eating Patterns, Mukbang Watching Habits and Changes in Eating Behavior with the Incidence of Overweight in Adolescents. *Journal of Health and Nutrition Research*, 3(3), 221–229. <https://doi.org/10.56303/jhnresearch.v3i3.283>
- Randjelovic, P., Stojiljkovic, N., Radulovic, N., Stojanovic, N., & Ilic, I. (2021). Problematic Smartphone Use, Screen Time and Chronotype Correlations in University Students. *European Addiction Research*, 27(1). <https://doi.org/10.1159/000506738>
- Ratnasari, K., & Fitriani, R. J. (2024). Hubungan Konsumsi Makanan Jajanan Dan Aktivitas Fisik Dengan Status Gizi Remaja Di SMA Pangudi Luhur Sedayu Yogyakarta. *Jurnal Wacana Kesehatan*, 9(2), 89. <https://doi.org/10.52822/jwk.v9i2.671>
- Ristanti, I. K., Nafies, D. A. A., Prasiwi, N. W., & Lailiyah, E. J. (2024). HUBUNGAN ASUPAN PROTEIN DENGAN STATUS GIZI PADA REMAJA PUTRI DI PONDOK PESANTREN, KABUPATEN TUBAN. *Jurnal Mitra Kesehatan*, 6(2), 139–147. <https://doi.org/10.47522/jmk.v6>
- Roberts, S. R., Maheux, A. J., Ladd, B. A., & Choukas-Bradley, S. (2022). The Role of Digital Media in Adolescents' Body Image and Disordered Eating. In *Handbook of Adolescent Digital Media Use and Mental Health*. <https://doi.org/10.1017/9781108976237.014>
- Roshita, A., Riddell-Carre, P., Sjahrial, R., Jupp, D., Torlesse, H., Izwardy, D., & Rah, J. H. (2021). A Qualitative Inquiry into the Eating Behavior and Physical Activity of Adolescent Girls and Boys in Indonesia. *Food and Nutrition Bulletin*, 42(1_suppl), S122–S131. <https://doi.org/10.1177/0379572121990948>
- Roweni, N. K. D., Suiroaka, I. P., & Kencana, I. K. (2025). POLA KONSUMSI JUNK FOOD DAN STATUS GIZI SISWA SMPN 3 SUKAWATI KABUPATEN GIANJAR. In *Journal of Nutrition Science* (Vol. 10).
- Salway, R. E., Emm-Collison, L., Sebire, S., Thompson, J. L., & Jago, R. (2019). Associations between socioeconomic position and changes in children's screen-viewing between ages 6 and 9: A longitudinal study. *BMJ Open*, 9(12). <https://doi.org/10.1136/bmjopen-2018-027481>
- Sari, N. I., Melani, V., Angkasa, D., Ronitawati, P., & Nuzrina, R. (2025). KAITAN ASUPAN ZAT GIZI MAKRO DAN KETAHANAN PANGAN RUMAH TANGGA DENGAN STATUS GIZI REMAJA DI WILAYAH INDUSTRI. *Journal of Nutrition College*, 14(2), 104–112. <https://doi.org/10.14710/jnc.v14i2.42050>

- Sari, N., Nurhartanto, A., & Adyas, A. (2025). Hubungan Asupan Zat Gizi Makro dan Pengetahuan Gizi Seimbang Dengan Status Gizi pada Siswa SMA Negeri 1 Tegineneng. *JETISH: Journal of Education Technology Information Social Sciences and Health E-ISSN*, 4(1). <https://rayyanjurnal.com/index.php/jetish/article/view/3931/pdf>
- Sarwono, S. W. (2020). *Psikologi Remaja*. PT RajaGrafindo Persada.
- Shalani, B., Azadfallah, P., & Farahani, H. (2021). Correlates of Screen Time in Children and Adolescents: A Systematic Review Study. In *Journal of Modern Rehabilitation* (Vol. 15, Issue 4, pp. 187–208). Tehran University of Medical Sciences. <https://doi.org/10.18502/jmr.v15i4.7740>
- Siregar, A. D. M., Yasirah, T., Dalimunthe, S. A., & Wijaya, J. F. (2024). The Relationship Between Screen Time and Nutritional Status of Children at SDN 060838 Medan in 2024. *J-Kesmas: Jurnal Fakultas Kesehatan Masyarakat*, 11(02), 47–56. <https://doi.org/10.35308/j-kesmas.v11i2.10373>
- Straker, L., Zabatiero, J., Danby, S., Thorpe, K., & Edwards, S. (2018). Conflicting Guidelines on Young Children’s Screen Time and Use of Digital Technology Create Policy and Practice Dilemmas. *Journal of Pediatrics*.
- Subedi, S., & Bhusal, M. K. (2021). Multinomial Logistic Regression Model for Assessing Factors Associated with Junk Food Consumption of Secondary Level Students. *Nepalese Journal of Statistics*, 21–38. <https://doi.org/10.3126/njs.v5i1.41227>
- Sudaryono. (2019). Metodologi Penelitian Kuantitatif, Kualitatif, dan Mix Method. In *METODOLOGI PENELITIAN Kuantitatif, Kualitatif, dan Mix Method. Edisi ke 2*. (Vol. 2).
- Sugiyono. (2022). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. CV Alfabeta.
- Suryabrata, I. A., Ardini, W., & Kunarisasi, S. (2023). The association between nutrient intake and physical activity with nutritional status of undergraduate medical students. *Jurnal Kedokteran Dan Kesehatan Indonesia*, 313–320. <https://doi.org/10.20885/jkki.vol14.iss3.art12>
- Taufik, Novaria, A. A., Utami, R. P., & Wiryanto, W. (2024). The Relationship of Physical Activity, Energy, and Protein Intake with Nutritional Status in Adolescents at Junior High School. *Journal of Health and Nutrition Research*, 3(1), 46–52. <https://doi.org/10.56303/jhnresearch.v3i1.196>
- Teguh, S. K. M. M., & Santoso, A. H. (2024). Study Analysis of the Role of High-Calorie Food (Junk Food) on the Incident of Adolescent Obesity: A Community-Based Observational Study of Senior High School Adolescents in

- Tangerang Regency, Indonesia. *Community Medicine and Education Journal*, 5(2), 532–539. <https://doi.org/10.37275/cmej.v5i2.576>
- Thania, E., & Humayrah, W. (2023). HUBUNGAN KEBIASAAN MENONTON MUKBANG ANTARA NAFSU MAKAN, POLA MAKAN DAN STATUS GIZI MAHASISWA DI JAKARTA. In *Pro Health Jurnal Ilmiah Kesehatan* (Vol. 5, Issue 1).
- Tobelo, C. D., Malonda, N. S. H., Amisi, M. D., Kesehatan, F., Universitas, M., Ratulangi, S., & Abstrak, M. (2021). GAMBARAN POLA MAKAN PADA MAHASISWA SEMESTER VI FAKULTAS KESEHATAN MASYARAKAT UNIVERSITAS SAM RATULANGI SELAMA MASA PANDEMI COVID-19. In *Jurnal KESMAS* (Vol. 10, Issue 2).
- Upreti, Y. R., Acharya, D., Yogi, B. N., Devkota, B., & Bhandari, T. R. (2022). Multilevel factors appealing to junk food consumption among school children and adolescents: A systematic review. *Journal of Health Promotion*, 10(1), 13–26. <https://doi.org/10.3126/jhp.v10i1.50981>
- Vignola, E. F., Nazmi, A., & Freudenberg, N. (2021). What Makes Ultra-Processed Food Appealing? A critical scan and conceptual model. In *World Nutrition* (Vol. 12, Issue 4).
- Vizcaino, M., Buman, M., Desroches, T., & Wharton, C. (2020). From TVs to tablets: The relation between device-specific screen time and health-related behaviors and characteristics. *BMC Public Health*, 20(1). <https://doi.org/10.1186/s12889-020-09410-0>
- Wangi, D. S. (2024). Hubungan Pengetahuan Gizi Dan Kebiasaan Konsumsi Junk Food Dengan Status Gizi Pada Siswa Kelas XI SMK Ketintang Surabaya. *Jurnal Ilmu Kesehatan Dan Gizi*, 2(2), 01–14. <https://doi.org/10.55606/jikg.v2i2.2377>
- Widyakarya Nasional Pangan dan Gizi. (2012). Pemantapan Ketahanan Pangan dan Perbaikan Gizi Berbasis Kemandirian dan Kearifan Lokal. In *Prosiding*.
- World Health Organization. (2019). *Guidelines on Physical Activity, Sedentary Behaviour and Sleep for Children Under 5 Years of Age*. <https://iris.who.int/handle/10665/311664>
- World Health Organization. (2024a). *Adolescent Health*. https://www.who.int/health-topics/adolescent-health#tab=tab_1
- World Health Organization. (2024b). *Physical Activity*. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- Yasin, N. D., Hassan, S. M., & Ateye, M. D. (2024). Understanding Adolescent Nutritional Status: A Comprehensive Literature Review. In *Journal of Food*

Chemistry and Nanotechnology (Vol. 10, Issue 1, pp. 26–31). United Scientific Group. <https://doi.org/10.17756/jfcn.2024-171>

Yun, S., Kang, H., & Lee, H. (2020). Mukbang-and cookbang-watching status and dietary life of university students who are not food and nutrition majors. *Nutrition Research and Practice*, 14(3), 276–285. <https://doi.org/10.4162/nrp.2020.14.3.276>

Yunalia, E. M., & Etika, A. N. (2020). Remaja dan Konformitas Teman Sebaya. In *Ahlimedia Press*.