

DAFTAR PUSTAKA

- Aflakseir, A. (2012). Religiosity, personal meaning, and psychological well-being: A study among Muslim students in England. *Pakistan Journal of Social and Clinical Psychology*, 9(2), 27–31.
- Afriza, R., Yuska, D., & Ismanilda. (2025). Perbedaan Kandungan Zat Gizi Makro dan Mikro pada Tepung Daun Kelor (*Moringa Oleifera*) Berdasarkan Metode Perlakuan Pendahuluan. *Jurnal Sehat Mandiri*, 20(1). <https://doi.org/https://doi.org/10.33761/jsm.v20i1.1827>
- Alam, N. *et al.* (2022). Scientific Basis of Ethno-pharmacological Claims of *Moringa Oleifera* Lam. *International Journal Of Drug Delivery Technology*, 12(02), 878–895. <https://doi.org/10.25258/ijddt.12.2.75>
- Al-Jafar, R. *et al.* (2024). The dietary changes during Ramadan and their impact on anthropometry, blood pressure, and metabolic profile. *Frontiers in Nutrition*, 11. <https://doi.org/10.3389/fnut.2024.1394673>
- Amanvermez, Y. *et al.* (2023). Stress management interventions for college students: A systematic review and meta-analysis. *Clinical Psychology: Science and Practice*, 30(4), 423–444. <https://doi.org/10.1111/cpsp.12342>
- Andriani, A. A. (2017). Hubungan stress kerja terhadap produktivitas kerja pegawai di kantor dinas kebersihan dan pertamanan kota samarinda. *EJournal Administrasi Negara*, 5, 5555–5565.
- Asri, N. S., Yuliana, Y., Kasmita, K., & Fridayati, L. (2025). Pengaruh uang saku terhadap pola makan mahasiswa perantauan. *EDUTECH*, 24(3), 1668–1677. <https://doi.org/10.17509/e.v24i3.88582>
- Atieh, J. *et al.* (2022). Cannabidiol for Functional Dyspepsia With Normal Gastric Emptying: A Randomized Controlled Trial. *American Journal of Gastroenterology*, 117(8), 1296–1304. <https://doi.org/10.14309/ajg.0000000000001805>
- Azzahra, F. (2017). Pengaruh resiliensi terhadap distres psikologis pada mahasiswa. *Jurnal Ilmiah Psikologi Terapan*, 5(1).
- Azzahra, I. L., Muwakhidah, M., & Hidayati, L. (2025). Hubungan Tingkat Pengetahuan Gizi dan Jumlah Uang Saku dengan Frekuensi Konsumsi Fast Food pada Mahasiswa Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta. *Ghidza: Jurnal Gizi Dan Kesehatan*, 9(1), 8–16. <https://doi.org/10.22487/ghidza.v9i1.2060>

- Barrero, J. A. *et al.* (2024). Salivary cortisol/DHEA ratio response to acute academic stress and its association with performance in middle-to-late adolescents. *Neuro Endocrinology Letters*, 45(4), 255–261.
- Bata, S. A., Tira, D. S., Landi, S., & Purnawan, S. (2024). Gambaran stres, pola makan dan imt mahasiswa fakultas kesehatan masyarakat universitas nusa cendana tahun 2023. *Artikel Penelitian Jurnal Kesehatan*, 13(1). <https://doi.org/10.37048/kesehatan.v13i1.300>
- Brajawikalpa, R. S. *et al.* (2024). Pengaruh Pemberian Ekstrak Daging Buah Mangga (*Mangifera Indica*.L) Varietas Gedong Gincu Terhadap Kadar Asam Urat Tikus Putih Jantan yang Dibuak Hiperurisemia. *Malahayati Nursing Journal*, 6(3), 1073–1083. <https://doi.org/10.33024/mnj.v6i3.12939>
- Budiman, A. *et al.* (2023). Hubungan Dukungan Sosial, Status Sosial Ekonomi dan Usia dengan Kesejahteraan Psikologis Pasien Pasca Covid-19. *Wiraraja Medika : Jurnal Kesehatan*, 13(1), 7–15. <https://doi.org/10.24929/fik.v13i1.2477>
- Buthmann, A. (2025). *Dealing with Non-normal Data: Strategies and Tools*.
- Camilleri, E., & Blundell, R. (2024). A comprehensive review of the phytochemicals, health benefits, pharmacological safety and medicinal prospects of *Moringa oleifera*. *Heliyon*, 10(6), e27807. <https://doi.org/10.1016/j.heliyon.2024.e27807>
- Carr, A. C., & Maggini, S. (2017). Vitamin C and immune function. In *Nutrients* (Vol. 9, Number 11). MDPI AG. <https://doi.org/10.3390/nu9111211>
- CFPB (Consumer Financial Protection Bureau). (2015). *Fincancial Well-Being: The Goal of Financial Education*. <https://share.google/cgNa8lJe0rmgBN69B>
- Cheikh Ismail, L. *et al.* (2022). Psychosocial factors affecting dietary habits of university students: A cross-sectional study. *Heliyon*, 8(6), e09768. <https://doi.org/10.1016/j.heliyon.2022.e09768>
- Chen, J., Sang, G., Zhang, Y., & Jiang, A. (2021). Intervention effect of the integration model on negative emotions of adolescents during the outbreak of corona virus disease 2019. *Psychiatria Danubina*, 33(1), 86–94. <https://doi.org/10.24869/psyd.2021.86>
- Çıtar Dazıroğlu, M. E., Bilici, S., & Türker, P. F. (2025). Associations of Dietary Inflammatory and Antioxidant Indices with Mental Health Indicators Among University Students: A Cross-Sectional Study. *Nutrients*, 17(15). <https://doi.org/10.3390/nu17152442>

- Córdova Olivera, P. *et al.* (2023). Academic stress as a predictor of mental health in university students. *Cogent Education*, 10(2). <https://doi.org/10.1080/2331186X.2023.2232686>
- Dahlan, M. Sopiudin. (2010). *Besar Sampel dan Cara Pengambilan Sampel : dalam Penelitian Kedokteran dan Kesehatan*. Salemba Medika, Jakarta. <http://www.penerbitsalemba.com>
- Darmon, N., & Drewnowski, A. (2021). Does social class predict diet quality ? *The American Journal of Clinical Nutrition*, 87(5), 1107–1117. <https://doi.org/10.1093/ajcn/87.5.1107>
- Deindl, C. *et al.* (2023). Self-rated health of university students in Germany–The importance of material, psychosocial, and behavioral factors and the parental socio-economic status. *Frontiers in Public Health*, 11. <https://doi.org/10.3389/fpubh.2023.1075142>
- Dela Cruz, R. J. P., Jose, J. L. C., Paraon, R. J. R., & Arcinas, M. M. (2025). Academic Excellence Paradox: Self-Imposed Academic Pressure and Well-Being Among Gen-Z Students in a HyFlex Learning Environment. *International Journal of Multidisciplinary: Applied Business and Education Research*, 6(4), 2003–2014. <https://doi.org/10.11594/ijmaber.06.04.29>
- Dewi, D. K., Savira, S. I., Satwik, Y. W., & Khoirunnisa, R. K. (2022). Profil Perceived Academic Stress pada Mahasiswa Profile of Perceived Academic Stress in Students. *Jurnal Psikologi Teori Dan Terapan*, 2022(3), 395–402
- Dewi, R. K., Narfina, E. A., & Rismawati. (2025). Implementasi Program Pemberdayaan Lansia Berbasis Kognitif dan Sosial untuk Peningkatan Kualitas Hidup di Samiran, Selo, Kabupaten Boyolali. *Madaniya*, 6. <https://doi.org/https://doi.org/10.53696/27214834.1442>
- Doble, S. E., & Santha, J. C. (2008). Occupational Well-Being: Rethinking Occupational Therapy Outcomes. *Canadian Journal of Occupational Therapy*, 75(3), 184–190. <https://doi.org/10.1177/000841740807500310>
- Domenech, A., Kasujee, I., Koscielny, V., & Griffiths, C. (2024). P101 Are we ready to use the WHO-5 questionnaire in Psoriasis? *British Journal of Dermatology*, 191(Supplement_3). <https://doi.org/10.1093/bjd/ljae360.131>
- Dyastuti, I. S. (2026). Strategi coping stres dalam psikologi dewasa awal: sebuah review literatur terhadap model dan temuan empiris. *CENDEKIA: Jurnal Ilmu Pengetahuan*, 6(2), 896–905. <https://doi.org/10.51878/cendekia.v6i2.9086>
- Ediriweera, M. K., Tennekoon, K. H., & Samarakoon, S. R. (2017). A Review on Ethnopharmacological Applications, Pharmacological Activities, and Bioactive Compounds of *Mangifera indica* (Mango). In *Evidence-based*

- Complementary and Alternative Medicine* (Vol. 2017). Hindawi Limited. <https://doi.org/10.1155/2017/6949835>
- Estiasih, T. *et al.* (2025). Indonesian traditional herbal drinks: diversity, processing, and health benefits. *Journal of Ethnic Foods*, 12(1), 7. <https://doi.org/10.1186/s42779-025-00267-5>
- Evans, L., Zhang, F., & Omaye, S. (2017). Vitamin C Supplementation Reduces Exercise-Induced Oxidative Stress and Increases Peak Muscular Force. *Food and Nutrition Sciences*, 8, 812–822.
- Fahey, J. W. (2005). *Moringa oleifera: A Review of the Medical Evidence for Its Nutritional, Therapeutic, and Prophylactic Properties. Part 1.* <http://www.tfljournal.org/article.php/20051201124931586>
- Fauziah, R., Pusparini, M., & Astiwara, E. M. (2022). Hubungan tingkat stress mahasiswa dengan hasil kepaniteraan klinik pada mahasiswa fakultas kedokteran Universitas Yarsi angkatan 2016 dan pandangan menurut Islam. In *Junior Medical Jurnal* (Vol. 1, Number 4).
- Gitarasy, A. S., & Khairiah, S. (2024). Pengaruh self esteem terhadap tingkat stres mahasiswa fakultas kedokteran universitas lambung mangkurat tahun 2023. *Homeostatis*, (Vol. 7 No. 2).
- Godos, J., & Grosso, G. (2021). Dietary Antioxidants and Brain Health: Focus on Cognitive and Affective Disorders. *Antioxidants*, 10(11), 1659. <https://doi.org/10.3390/antiox10111659>
- GREENWOOD, F. C., & LANDON, J. (1966). Growth Hormone Secretion in Response to Stress in Man. *Nature*, 210(5035), 540–541. <https://doi.org/10.1038/210540a0>
- Hamulić, R., Bajrić, A., Sivić, M., & Bajrić, A. (2024). The Importance of Emotional Intelligence in the Management of Stress at Work. *Scripta Medica (Banja Luka)*, 55(6), 793–800. <https://doi.org/10.5937/scriptamed55-53705>
- Hanh, P. T. B. *et al.* (2018). Toxicity and Anti-inflammatory Activities of an Extract of the Eleutherine bulbosa Rhizome on Collagen Antibody-induced Arthritis in a Mouse Model. In *Vietnam Academy of Science and Technology* (Vol. 18). Hoang Quoc Viet, Nghia Do.
- Hani, A. (2024). Gambaran tingkat stres, paparan iklan makanan, dan pengetahuan gizi seimbang dengan perilaku makan pada mahasiswa program studi gizi upn “veteran” jakarta pasca pandemi covid-19 di tahun 2023 [UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Gizi Program Sarjana]. [www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Hastuti, S. S., Hardiansyah, W., Yulianty, P. D., & Jufri, A. (2022). Pengembangan dodol gedong gincu sebagai produk olahan Desa Sedong Lor. 4(2), 207.
- Hawkins, D. M. (2020). *Testing normality following ML BC transformation Testing Normality of Data Transformed by Maximum Likelihood Box Cox*.
- Hayati, H., Alwi, W., & Sauddin, A. (2021). Faktor-Faktor yang Memengaruhi Tingkat Stres Mahasiswa Prodi Matematika Fakultas Sains dan Teknologi Universitas Islam Negeri Alauddin Makassar dalam Menyelesaikan Tugas Akhir Menggunakan Confirmatory Factor Analysis (CFA). *Jurnal MSA (Matematika Dan Statistika Serta Aplikasinya)*, 9(1), 37. <https://doi.org/10.24252/msa.v9i1.19142>
- Hidayati. (2008). *Kandungan Kimia dan Uji Antiinflamasi Ekstrak Etanol Lantana camara, L. pada Tikus Putih (Rattus norvegicus, L.) Jantan*.
- Himmah, A. F., & Shofiah, N. (2021). Pengaruh Self efficacy dan Manajemen Waktu Terhadap Stres Akademik Pada Siswa. *Journal of Indonesian Psychological Science (JIPS)*, 1(01). <https://doi.org/10.18860/jips.v1i01.14920>
- Hudi, I. *et al.* (2024). Analisis Literatur Faktor-Faktor yang Menyebabkan Stres Mahasiswa di Indonesia. *Jurnal Ilmu Pendidikan Dan Psikologi*, 1(2), 129–136. <https://journal.pipuswina.com/index.php/jippsi/about>
- Isbell, D. R., & Jiang, X. (2025). Comparing Two Related Samples. In *The Encyclopedia of Applied Linguistics* (pp. 1–7). Wiley. <https://doi.org/10.1002/9781405198431.wbeal0165.pub2>
- Islam, Z. *et al.* (2021). Moringa oleifera is a Prominent Source of Nutrients with Potential Health Benefits. *International Journal of Food Science*, 2021, 1–11. <https://doi.org/10.1155/2021/6627265>
- Jacka, F. N. *et al.* (2017). A randomised controlled trial of dietary improvement for adults with major depression (the ‘SMILES’ trial). *BMC Medicine*, 15(1), 23. <https://doi.org/10.1186/s12916-017-0791-y>
- Jayasankara Reddy, K., Rajan Menon, K., & Thattil, A. (2018). Academic Stress and its Sources Among University Students. *Biomedical and Pharmacology Journal*, 11(1), 531–537. <https://doi.org/10.13005/bpj/1404>
- Joseph Detrano. (2024). *Mapping Mental Health: Dr. Swarbrick & The Eight Wellness Dimensions*. Rutgers-New Brunswick: Center of Alcohol and Substance Use Studies. <https://alcoholstudies.rutgers.edu/mapping-mental-health-dr-swarbrick-the-eight-wellness-dimensions/>
- Kadir, A. (2010). Perubahan Hormon Terhadap Stress. *Jurnal Universitas Wijaya Kusuma Surabaya*.

- Kalfin, Dr. K., Yuningsih, S. H., & Prabowo, A. (2024). Significant Positive Impact of Regular Exercise on Mental and Physical Health. *International Journal of Health, Medicine, and Sports*, 2(3), 89–93. <https://doi.org/10.46336/ijhms.v2i3.126>
- Kalogerakou, T., & Antoniadou, M. (2024). The Role of Dietary Antioxidants, Food Supplements and Functional Foods for Energy Enhancement in Healthcare Professionals. In *Antioxidants* (Vol. 13, Number 12). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/antiox13121508>
- Kaneez, S., & Ansari, S. A. (2022). Spirituality as an Aid to Promote Health and Well-Being. *Artha Journal of Social Sciences*, 13(1), 17–24. <https://doi.org/10.12724/ajss.28.2>
- Kashif, M. F., Tabassum, R., & Bibi, S. (2024). Effects of academic stress on mental health issues among university students. *Journal of Social Sciences Development*, 3(2), 170–182. <https://doi.org/10.53664/jssd/03-02-2024-14-170-182>
- Kasingku, J. D., & Warouw, W. N. (2026). Kesadaran saat makan dan hubungannya dengan kesehatan holistik di era modern. *Nusantara Hasana Journal*, 5(9).
- Keh, S. M. *et al.* (2011). The menthol and cold sensation receptor TRPM8 in normal human nasal mucosa and rhinitis. *Rhinology. Rhinology*, 49(4).
- Khoiri, M., Webber, R., Skrypchenko, I., & Bracken, M. (2025). The Interplay of Physical Activity and Emotional Well-being: A Cross-Sectional Study Among Physical Education Students. *INSPIREE: Indonesian Sport Innovation Review*, 6(03), 196–203. <https://doi.org/10.53905/inspiree.v5i03.159>
- Kim, H. *et al.* (2021). Mango (*Mangifera indica* L.) polyphenols: Anti-inflammatory intestinal microbial health benefits, and associated mechanisms of actions. In *Molecules* (Vol. 26, Number 9). MDPI AG. <https://doi.org/10.3390/molecules26092732>
- Kliem, S. *et al.* (2025). Psychometric evaluation and updated community norms of the WHO-5 well-being index, based on a representative German sample. *Frontiers in Psychology*, 16, 1592614. <https://doi.org/10.3389/fpsyg.2025.1592614>
- Knezevic, E., Nenic, K., Milanovic, V., & Knezevic, N. N. (2023). The Role of Cortisol in Chronic Stress, Neurodegenerative Diseases, and Psychological Disorders. In *Cells* (Vol. 12, Number 23). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/cells12232726>
- Kristiansen, L. *et al.* (2018). A health promotion intervention strengthening Swedish high school students' wellbeing: A feasibility study. *British Journal*

of *School Nursing*, 13(6), 288–297.
<https://doi.org/10.12968/bjsn.2018.13.6.288>

Kumar, K., & Anand, P. K. (2023). *Evolving Conceptual Framework for Measuring Wellbeing for Decision and Policy Making*. www.ris.org.in

Kurniawan Djoar, R., & Putu Martha Anggarani, A. (2024). Faktor-faktor yang mempengaruhi stress akademik mahasiswa tingkat akhir. *Jambura Health and Sport Journal*, 6(1).

LaChance, L. R., & Ramsey, D. (2018). Antidepressant foods: An evidence-based nutrient profiling system for depression. *World Journal of Psychiatry*, 8(3), 97–104. <https://doi.org/10.5498/wjp.v8.i3.97>

Latif, B., & Okunola, A. (2025). *Efficacy of Mindfulness-Based Interventions on Reducing Stress and Anxiety in University Students*.

Latifa, R., Chang, K., Liem, A., Idriyani, N., Roebianto, A., Rahmah, M., & Puri, V. G. S. (2023). Indonesian Version of WHO-5 Well-being Index Amidst COVID-19 Pandemic Settings: Scale Validation and Standardisation. *JP3I (Jurnal Pengukuran Psikologi Dan Pendidikan Indonesia)*, 12(2), 145–161. <https://doi.org/10.15408/jp3i.v12i2.33964>

Lee, E.-H. (2012). Review of the Psychometric Evidence of the Perceived Stress Scale. *Asian Nursing Research*, 6(4), 121–127. <https://doi.org/10.1016/j.anr.2012.08.004>

Lee, R. S. (2022). The physiology of stress and the human body's response to stress. In *Epigenetics of Stress and Stress Disorders* (pp. 1–18). Elsevier. <https://doi.org/10.1016/B978-0-12-823039-8.00017-4>

Lennartsson, A.-K., & Jonsdottir, I. H. (2011). Prolactin in response to acute psychosocial stress in healthy men and women. *Psychoneuroendocrinology*, 36(10), 1530–1539. <https://doi.org/10.1016/j.psyneuen.2011.04.007>

Lestari, S. (2021). Pengaruh model pembelajaran peer led guided inquiry terhadap kompetensi literasi sains ditinjau dari kemampuan akademik. *Jurnal Inovasi Pendidikan IPA*, 7(1). <https://doi.org/10.21831/jipi.v7i1.29845>

Li, Y., Zhang, C., Li, S., & Zhang, D. (2020). Association between dietary protein intake and the risk of depressive symptoms in adults. *British Journal of Nutrition*, 123(11), 1290–1301. <https://doi.org/10.1017/S0007114520000562>

Ma, X.-M., Levy, A., & Lightman, S. L. (1997). Rapid changes in heteronuclear RNA for corticotrophin-releasing hormone and arginine vasopressin in response to acute stress. *Journal of Endocrinology*, 152(1), 81–89. <https://doi.org/10.1677/joe.0.1520081>

- Majorsy, U., Suryani, A. I., Mayangsari, E. T., Aglifa, M., & Qomariah, N. (2018). Faktor-Faktor Yang Mempengaruhi Well-Being. *Prosiding SemNas Dan Call For Paper Community Psychology*, 1.
- Mancini, A., Di Segni, C., Raimondo, S., Olivieri, G., Silvestrini, A., Meucci, E., & Currò, D. (2016). Thyroid Hormones, Oxidative Stress, and Inflammation. *Mediators of Inflammation*, 2016, 1–12. <https://doi.org/10.1155/2016/6757154>
- Marella, B., & Sameve, G. E. (2022). The well-being of Indonesian university students during the pandemic: Smartphone use and sleep quality. *Humanitas: Indonesian Psychological Journal*, 161–173. <https://doi.org/10.26555/humanitas.v19i2.46>
- Maryadi, M. (2020). Membandingkan hasil uji statistika parametrik dan nonparametrik. *Journal of applied managerial accounting*, 4(1), 142–149. <https://doi.org/10.30871/jama.v4i1.1949>
- Mashamaite, C. V. *et al.* (2023). Local Knowledge, Perceptions, and Uses of the Potentially Conflict-Generating Plant Species, *Moringa oleifera* Lam.: A case Study in Limpopo Province, South Africa. *Human Ecology*, 51(5), 979–994. <https://doi.org/10.1007/s10745-023-00438-5>
- Mastorci, F., Bastiani, L., Doveri, C., Trivellini, G., Casu, A., Vassalle, C., & Pingitore, A. (2020b). Adolescent Health: A Framework for Developing an Innovative Personalized Well-Being Index. *Frontiers in Pediatrics*, 8. <https://doi.org/10.3389/fped.2020.00181>
- Matias, S. L., Rodriguez-Jordan, J., & McCain, M. (2021). Integrated nutrition and culinary education in response to food insecurity in a public university. *Nutrients*, 13(7). <https://doi.org/10.3390/nu13072304>
- Muhshanah, Ibrahim Rahmat, & Intansari Nurjannah. (2025). Pengaruh Pemberian Senam Yoga Terhadap Penurunan Skor Stres Pada Mahasiswi Magister Keperawatan Di Universitas Gadjah Mada. *Jurnal Riset Multidisiplin Edukasi*, 2(3), 56–71. <https://doi.org/10.71282/jurmie.v2i3.174>
- Mukherjee, H., & Bhonge, P. (2025). *Assessing Skew Normality in Marks Distribution, a Comparative Analysis of Shapiro Wilk Tests*. <http://arxiv.org/abs/2501.14845>
- Muna, A., Santi, T. D., & Ariscasari, P. (2025). Faktor-Faktor yang Mempengaruhi Kejadian Stres pada Mahasiswa yang sedang Menyusun Skripsi. *Jurnal Penelitian Inovatif*, 5(1), 413–422. <https://doi.org/10.54082/jupin.1217>
- Muntholib, A., Karimah, A., & Wartiningsih, M. (2021). Pengaruh Suplementasi Vitamin C Terhadap Tingkat Stres Mahasiswa Fakultas Kedokteran Angkatan

- 2016 Universitas Ciputra. In *CoMPHI Journal: Community Medicine and Public Health of Indonesia Journal* (Vol. 2, Number 2).
- Murphy, L., Denis, R., Ward, C. P., & Tartar, J. L. (2010). Academic stress differentially influences perceived stress, salivary cortisol, and immunoglobulin-A in undergraduate students. *Stress*, 13(4), 366–371. <https://doi.org/10.3109/10253891003615473>
- Nadolnik, L. I. (2011). Stress and the thyroid gland. *Biochemistry (Moscow) Supplement Series B: Biomedical Chemistry*, 5(2), 103–112. <https://doi.org/10.1134/S1990750811020119>
- Nosè, M. *et al.* (2025). Effectiveness of a Self-Guided Digital Intervention for Mental Health and Psychological Well-Being in University Students: Pre- and Postintervention Study. *Journal of Medical Internet Research*, 27, e69031–e69031. <https://doi.org/10.2196/69031>
- Notoatmodjo, S. (2018). *Metodologi Penelitian Kesehatan*. (3rd ed.). Rineka Cipta.
- Novan, N. A. R., Dewi, R., & Sutadipura, N. (2023). Tingkat Stres Dapat Menimbulkan Munculnya Gejala Gastritis Pada Mahasiswa Fakultas Kedokteran Universitas Islam Bandung. *Bandung Conference Series: Medical Science*, 3(1). <https://doi.org/10.29313/bcsms.v3i1.6099>
- Nugroho, G., & Wahidin. (2024). Skrining fitokimia dan uji antioksidan sampel madu hutan, madu budidaya dan madu merek dengan metode DPPH (1,1-Diphenyl-2-Picrylhydrazil). *Scientica: Jurnal Ilmiah Sains Dan Teknologi*, (2 (12)), 820–833.
- Pandey, K. B., & Rizvi, S. I. (2009). Plant polyphenols as dietary antioxidants in human health and disease. In *Oxidative Medicine and Cellular Longevity* (Vol. 2, Number 5, pp. 270–278). <https://doi.org/10.4161/oxim.2.5.9498>
- Pasaribu, B., Fathinah Muhtadi, H., Farah Diba, S., Anggara, N., & Kanti, W. (2024). *Kesalahan Umum dalam Analisis Data: Data Normal dan Tidak Normal*. <http://Jiip.stkipyapisdompu.ac.id>
- Pastushkova, E. V., Tikhonov, S. L., & Chugunova, O. V. (2017). The use of antioxidant tea beverages to prevent development of stress reactions. *Bulletin of the South Ural State University Series Food and Biotechnology*, 5(4), 93–103. <https://doi.org/10.14529/food170412>
- Patani, A. *et al.* (2023). Harnessing the power of nutritional antioxidants against adrenal hormone imbalance-associated oxidative stress. *Frontiers in Endocrinology*, 14. <https://doi.org/10.3389/fendo.2023.1271521>

- Peñalver, R., Martínez-Zamora, L., Lorenzo, J. M., Ros, G., & Nieto, G. (2022b). Nutritional and Antioxidant Properties of Moringa oleifera Leaves in Functional Foods. *Foods*, 11(8), 1107. <https://doi.org/10.3390/foods11081107>
- Pensa, M. *et al.* (2025). Associations between antioxidant vitamin intake and mental health in Swedish adolescents: a cross-sectional study. *European Journal of Nutrition*, 64(5), 185. <https://doi.org/10.1007/s00394-025-03701-1>
- Poole, H., Khan, A., Smith, A. C., & Stypulkowski, A. (2023). The Importance of Others: The Link Between Stress and Social Connectedness in University Students. *The Canadian Journal for the Scholarship of Teaching and Learning*, 14(1). <https://doi.org/10.5206/cjsotlrcacea.2023.1.10885>
- Putra, S., Risnita, Jailani, M. S., & Nasution, F. H. (2023). Penerapan Prinsip Dasar Etika Penelitian Ilmiah. *Jurnal Pendidikan Tambusai*, 7(3).
- Putri, D. P. *et al.* (2022). Variasi suhu pengeringan dan pengaruhnya terhadap karakteristik mutu fungsional bubuk mangga gedong gincu. *AGROINTEK: Jurnal Teknologi Industri Pertanian*, 16(4), 519–526. <https://doi.org/10.21107/agrointek.v16i4.12634>
- Putri, N. S. M. (2022). Hubungan Tingkat Stress Dan Konsumsi Minuman Manis Terhadap Kejadian Gizi Lebih Pada Mahasiswa Program Studi Program Sarjana Upn Veteran Jakarta. Tesis Program Sarjana.
- Raisa Fadilla. (2025). Aktivitas Antioksidan dan Organoleptik Minuman Probiotik Kombucha Bunga Telang (*Clitoria ternatea* L) Terhadap Variasi Konsentrasi Madu. *Jurnal Riset Rumpun Ilmu Kesehatan*, 4(1), 207–216. <https://doi.org/10.55606/jurrikes.v4i1.4499>
- Ramalia, A. (2025). *Pengaruh Status Sosial Ekonomi Orang Tua, Prokrastinasi Akademik dan Adversity quotient terhadap Stres Akademik Mahasiswa Pendidikan Ekonomi Universitas Jambi* (Vol. 12, Number 1).
- Rekha, K. S., & Sreekumar, L. (2025). Reducing Stress through Transactional Analysis Group Training among College Students in Kerala. *International Scientific Journal of Engineering and Management*, 04(12), 1–9. <https://doi.org/10.55041/ISJEM05245>
- Rivallo, I., Lestari, R. B., & Heraini, D. (2024). Pengaruh penambahan madu hutan kapuas hulu terhadap kualitas fisik dan kimia kefir susu kambing peranakan etawa. *Jurnal Peternakan Borneo*, 3(2). <https://doi.org/10.26418/jpb.v3i2.77489>
- Russell, G., & Lightman, S. (2019). The human stress response. *Nature Reviews Endocrinology*, 15(9), 525–534. <https://doi.org/10.1038/s41574-019-0228-0>

- Ryff, C. D. (2014). Psychological Well-Being Revisited: Advances in the Science and Practice of Eudaimonia. *Psychotherapy and Psychosomatics*, 83(1), 10–28. <https://doi.org/10.1159/000353263>
- Ryff, C. D., & Singer, B. H. (2008). Know Thyself and Become What You Are: A Eudaimonic Approach to Psychological Well-Being. *Journal of Happiness Studies*, 9(1), 13–39. <https://doi.org/10.1007/s10902-006-9019-0>
- Rymbai, H., Srivastav, M., Sharma, R. R., Patel, C. R., & Singh, A. K. (2013). Bio-active compounds in mango (*Mangifera indica* L.) and their roles in human health and plant defence - A review. In *Journal of Horticultural Science and Biotechnology* (Vol. 88, Number 4, pp. 369–379). Headley Brothers Ltd. <https://doi.org/10.1080/14620316.2013.11512978>
- Sachan, P., Goswami, M., & Goswami, K. (2024). *Moringa oleifera* (Moringaceae) an in-depth review of its nutritional classification and therapeutic application. *Research in Pharmacy*, 16–24. <https://doi.org/10.25081/rip.2024.v14.8807>
- Sarris, J. *et al.* (2015). Nutritional medicine as mainstream in psychiatry. *The Lancet Psychiatry*, 2(3), 271–274. [https://doi.org/10.1016/S2215-0366\(14\)00051-0](https://doi.org/10.1016/S2215-0366(14)00051-0)
- Sary, Y. (2021). Hubungan Sosial Ekonomi Orang Tua Tunggal Dengan Frekuensi Makan Dan Status Gizi Remaja. *Oksitosin : Jurnal Ilmiah Kebidanan*, 8(2), 93–99. <https://doi.org/10.35316/oksitosin.v8i2.762>
- Senjaya, S., Hernawaty. (2022). Hubungan mekanisme koping dengan imun pada pada selama pandemi *COVID 19* (Vol. 1, Number 4).
- Serhatlioglu, S., & Yildirim, E. (2023). World Health Organization Well-being Index (WHO-5): A validation study on midwifery students and determination of related factors. *European Journal of Midwifery*, 7(Supplement 1). <https://doi.org/10.18332/ejm/172332>
- Shah, K., Kumari, R., & Jain, M. (2024). Unveiling stress markers: A systematic review investigating psychological stress biomarkers. *Developmental Psychobiology*, 66(5). <https://doi.org/10.1002/dev.22490>
- Shaik, M. I., Hamdi, I. H., & Sarbon, N. M. (2023). A comprehensive review on traditional herbal drinks: Physicochemical, phytochemicals and pharmacology properties. *Food Chemistry Advances*, 3, 100460. <https://doi.org/10.1016/j.focha.2023.100460>
- Shamini, K. *et al.* (2025). A comprehensive review on multiple utilities of moringa: A divine tree. *Plant Science Today*. <https://doi.org/10.14719/pst.5869>
- Sharma, K., Akre, S., Chakole, S., & Wanjari, M. B. (2022). Stress-Induced Diabetes: A Review. *Cureus*. <https://doi.org/10.7759/cureus.29142>

- Siradjuddin, M., Perwitasari, D. A., Irham, L. M., Dania, H., & Herlina, T. (2023). Validity and reliability of the world health organisation-five well being index (WHO-5) questionnaire in early detection of depression during Covid-19 pandemic in Yogyakarta. *Pharmaciana*, 13(2), 204. <https://doi.org/10.12928/pharmaciana.v13i2.24319>
- Solaja, S. O., Bamiro, O. M., Ayeni, M. D., & Mohammed, G. (2025). Fruit and vegetable intake among Nigerian University students: patterns, preferences, and influencing factors. *Open Agriculture*, 10(1), 1–10. <https://doi.org/10.1515/opag-2025-0468>
- Stansfeld, S., & Khatib, Y. (2011). Social Support and Social Networks. In *Encyclopedia of Environmental Health* (pp. 119–123). Elsevier. <https://doi.org/10.1016/B978-0-444-52272-6.00198-7>
- Studerus, E. *et al.* (2021). Relation between self-perceived stress, psychopathological symptoms and the stress hormone prolactin in emerging psychosis. *Journal of Psychiatric Research*, 136, 428–434. <https://doi.org/10.1016/j.jpsychires.2020.06.014>
- Sugiyono. (2013). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (19th ed.). Alfabeta.
- Sulkani, P. M. (2024). Analisis Tingkat Penerimaan Pengguna terhadap Aplikasi Sistem Informasi Kesehatan (ASIK) untuk Kegiatan Imunisasi. *Jurnal Ilmu Kesehatan Masyarakat*, 13(01), 88–96. <https://doi.org/10.33221/jikm.v13i01.2539>
- Syah, M. N. H., Nasrullah, N., & Fatmawati, I. (2025). Formulasi kelor dan mangga indramayu sebagai minuman peningkat kebugaran masyarakat.
- Szepe, O., & Meszaros, A. (2024). Assessing well-being of university students and evaluation of its determinants. *BMC Public Health*, 24(1), 2862. <https://doi.org/10.1186/s12889-024-20287-1>
- Talunga, J. *et al.* (2025). The Potential of Moringa oleifera Leaves as a Natural Anti-Stress Ingredient in Fish Feed Based on Qualitative Phytochemical Screening. *Jurnal Pesisir Dan Laut Tropis*, 13(3b), 341–353. <https://doi.org/10.35800/jplt.13.3b.2025.65055>
- Tavares, M. R., Frazao, R., & Donato, J. (2023). Understanding the role of growth hormone in situations of metabolic stress. *Journal of Endocrinology*, 256(1). <https://doi.org/10.1530/JOE-22-0159>
- Tkaczenko, H., & Kurhaluk, N. (2025). Antioxidant-Rich Functional Foods and Exercise: Unlocking Metabolic Health Through Nrf2 and Related Pathways. *International Journal Molecular Sciences*, 1–42.

- Uroidli, A., Prayoga, S., Khorriyatul Khotimah. (2024). Analisis faktor penyebab stres akademik mahasiswa tingkat akhir dan upaya mengatasinya. *Journal of Clinical, Industrial, Social and Educational Psychology*. <https://doi.org/10.32492/idea.v8i1.8103>
- Usai, R., Majoni, S., & Rwere, F. (2022). Natural products for the treatment and management of diabetes mellitus in Zimbabwe-a review. *Frontiers in Pharmacology*, 13. <https://doi.org/10.3389/fphar.2022.980819>
- Utami, S., Baskoro, K., Khotimperwati, L., & Murningsih. (2019). Keragaman Varietas Mangga (*Mangifera indica* L.) Di Kotamadya Semarang Jawa Tengah. *Bioma*, 21(2), 121–125.
- Vazquez Morgan, M. (2021). Promoting Student Wellness and Self-Care During COVID 19: The Role of Institutional Wellness. *Frontiers in Psychiatry*, 12. <https://doi.org/10.3389/fpsy.2021.797355>
- Wahyu Utomo, D., & Mulyono, A. D. (2023). Hubungan Kualitas Tidur terhadap Status Gizi dan Tingkat Stres pada Mahasiswa Fakultas Kedokteran Universitas Tarumanagara Angkatan 2019 Pada Tahun 2021. *Ebers Papyrus*, 28(2), 1–11. <https://doi.org/10.24912/ep.v28i2.20925>
- Wahyudi, F. A., & Mustikasari, M. (2024). Tingkat stres dan mekanisme coping sebelum dan selama terjadi covid-19 pada mahasiswa. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, 8(3), 167. <https://doi.org/10.32419/jppni.v8i3.521>
- Wati, Y. S., & Hasibuan, L. S. (2021). Science Midwifery The Effect of Giving Date Palm Juice (*Phoenix Dactyloperla*) and Mung Beans (*Vigna Radiata*) on The Increasing Hemoglobin of Young Woman in Class XI Students at SMA Negeri 10 Pekanbaru. *Science Midwifery*, 9(1). www.midwifery.iocspublisher.org
- Wibowo, R., Hasibuan, S., & Valianto, B. (2021). Pengaruh motivasi berprestasi, penyesuaian diri dan manajemen waktu terhadap tingkat stres pada mahasiswa fik unimed.
- Wisnuwardani, R. W. *et al.* (2025). Fruit and vegetable consumption, sedentary activities, and nutrition status in senior high school students during COVID-19 pandemic: an observational study. *Indonesian Journal of Public Health*, 20(1), 44–56. <https://doi.org/10.20473/Ijph.v20i1.2025.44-56>
- World Health Organization. (2026, March 30). Stress. *World Health Organization Questions and Answer*.
- Wulida Litaqia, Ainun Najib Febrya Rahman, Fadma Aji Pramudita, Sri Yulian Hunowu, & Ryan Nuari Pratama. (2026). Self-Efficacy and Psychological Well-Being among First Year Nursing Students: A Cross-Sectional Study.

- Jurnal Ilmiah Kesehatan Sandi Husada*, 15(1), 232–241.
<https://doi.org/10.35816/jiksh.v15i1.245>
- Yaribeygi, H., Maleki, M., Butler, A. E., Jamialahmadi, T., & Sahebkar, A. (2022). MOLECULAR MECHANISMS LINKING STRESS AND INSULIN RESISTANCE. *EXCLI Journal*, 21, 317–334.
<https://doi.org/10.17179/excli2021-4382>
- Yazdani, N. *et al.* (2018). Relationship between Body Image and Psychological Well-being in Patients with Morbid Obesity. *International Journal of Community Based Nursing and Midwifery*, 6(2), 175–184.
- Yildiz, C., & Medina, I. (2024). Thermodynamic Analysis to Evaluate the Effect of Diet on Brain Glucose Metabolism: The Case of Fish Oil. *Nutrients*, 16(5), 631. <https://doi.org/10.3390/nu16050631>
- Yunawati, I., Salma, W. O., Jufri, N., Mutmaina, I., Namrin, N., Ramadhan, D., Revalina, R., Rahmadani, S., Zamzam, Z., & Ahmad, N. (2025). Gambaran Status Gizi Pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Halu Oleo. *Media Ilmiah Kesehatan Indonesia*, 3(1), 40–44.
<https://doi.org/10.58184/miki.v3i1.570>
- Zhang, S., Kou, X., Zhao, H., Mak, K.-K., Balijepalli, M. K., & Pichika, M. R. (2022). Zingiber officinale var. rubrum: Red Ginger's Medicinal Uses. *Molecules*, 27(3), 775. <https://doi.org/10.3390/molecules27030775>