

DAFTAR PUSTAKA

- Abadi, A.R., Septianingtyas and Aini, D.K. (2025) 'Stres Akademik Sebagai Pemicu *Emotional Eating* pada Mahasiswa', *Jurnal Psikologi Poseidon*, pp. 43–55. doi:10.30649/jpp.v8i1.135.
- Abdullah, M. *et al.* (2024) 'Impact of Breakfast Consumption and Sleep Habits on Morning Attention and Concentration Among Health Professional Students', *Cureus* [Preprint]. doi:10.7759/cureus.69592.
- Adolphus, K. *et al.* (2016) 'The Effects of Breakfast and Breakfast Composition on Cognition in Children and Adolescents: A Systematic Review', *Advances in Nutrition*, 7(3), pp. 590S–612S. doi:10.3945/an.115.010256.
- Afia, D., Dwiriani, M. and Dina, A.R. (2023) 'Stress Levels, Emotional Eating, Snacking Habits, and Nutrient Intake among College Students during the COVID-19 Pandemic', *Jurnal Gizi Pangan*, 18, pp. 14–15. doi:10.1016/j.eatbeh.2016.06.008.
- Almoraie, N.M. *et al.* (2025) 'Addressing Nutritional Issues and Eating Behaviours Among University Students: A Narrative Review', *Nutrition Research Reviews*. Cambridge University Press, pp. 53–68. doi:10.1017/S0954422424000088.
- Alshdifat, E. *et al.* (2024) 'Breakfast Skipping and Associated Factors Among Jordanian University Students', *Iranian Journal of Nursing and Midwifery Research*, 29(1), pp. 125–132. doi:10.4103/ijnmr.ijnmr_301_22.
- Alwhaibi, M. and Al Aloola, N.A. (2023) 'Associations between Stress, Anxiety, Depression and Sleep Quality among Healthcare Students', *Journal of Clinical Medicine*, 12(13). doi:10.3390/jcm12134340.
- Amelia, R. *et al.* (2025) 'Hubungan Pola Makan, Tingkat Stres, dan Durasi Tidur dengan Status Gizi pada Mahasiswa Tingkat Akhir', *Jurnal Gizi dan Kesehatan*, 17(1), pp. 67–77. Available at: <https://jurnalgizi.unw.ac.id/index.php/JGK/article/view/639>.
- Anggraini, A.R. (2025) 'Analisis Literatur Tentang Faktor Penyebab dan Dampak Stres Akademik pada Mahasiswa', *Maliki Interdisciplinary Journal (MIJ) eISSN*. Available at: <http://urj.uin-malang.ac.id/index.php/mij/index>.
- Anggri Noveni, N. *et al.* (2022) 'Seberapa Besar Peran Kualitas Tidur terhadap Stress Akademik?', *Psychopolytan: Jurnal Psikologi*, 6, pp. 56–62.

- Anwar, N.I.A., Hasmyati and Zulfikar, M. (2024) 'Tingkat Aktivitas Fisik Mahasiswa: Studi Global Physical Activity Questionnaire', *Indonesian Journal of Physical Activity*, 4(2), pp. 262–269. Available at: <https://ijophya.org/index.php/ijophya>.
- Appleton, K.M. *et al.* (2024) 'Does Fruit and Vegetable Consumption Impact Mental Health? Systematic Review and Meta-Analyses of Published Controlled Intervention Studies', *British Journal of Nutrition*. Cambridge University Press, pp. 163–173. doi:10.1017/S0007114523001423.
- Arfandi, Muh.A. *et al.* (2025) 'Gambaran Kondisi Kesehatan Mental Mahasiswa', *Journal OF Mental Health Concerns*, 4(2), pp. 102–111. doi:10.56922/mhc.v4i2.1194.
- Ariany, D. *et al.* (2023) 'Quality and Pattern of Breakfast Through the GEMPITA PROGRAM at Palu City, Central Sulawesi', *Poltekita: Jurnal Ilmu Kesehatan*, 17(3), pp. 1046–1056. doi:10.33860/jik.v17i3.3435.
- Arumugam, A. *et al.* (2024) 'Concurrent validity between self-reported International Physical Activity Questionnaire Short Form and Fibion accelerometer data among young adults in the UAE', *European journal of medical research*, 29(1), p. 426. doi:10.1186/s40001-024-01975-5.
- Aryantara, A.R. *et al.* (2023) 'Hubungan Intensitas Aktivitas Fisik dengan Tingkat Stres pada Mahasiswa Program Studi Pendidikan Dokter FK UM Surabaya', *Medica Arteriana*, 5(2), pp. 37–43. Available at: <https://doi.org/10.26714/medart.5.2.2023.37-43>.
- Ávalos-Ramos, M.A. *et al.* (2024) 'Factors Influencing Physical Activity and Sports Practice among Young People by Gender: Challenges and Barriers', *Education Sciences*, 14(9). doi:10.3390/educsci14090967.
- Ayuningtyas, H. and Nadhiroh, S.R. (2023) 'Hubungan Kualitas Tidur, Aktivitas Fisik, dan Tingkat Konsumsi Zat Gizi Makro dengan Gizi Lebih pada Mahasiswa Universitas Airlangga Angkatan 2019', *Media Gizi Kesmas*, 12(1), pp. 297–308. doi:10.20473/mgk.v12i1.2023.297-308.
- Barbayannis, G. *et al.* (2022) 'Academic Stress and Mental Well-Being in College Students: Correlations, Affected Groups, and COVID-19', *Frontiers in Psychology*, 13. doi:10.3389/fpsyg.2022.886344.
- Bayoumy, H.M.M. *et al.* (2023) 'Investigating the relationship of sleep quality and psychological factors among Health Professions students', *International Journal of Africa Nursing Sciences*, 19. doi:10.1016/j.ijans.2023.100581.
- Bedewy, D. and Gabriel, A. (2015) 'Examining perceptions of academic stress and its sources among university students: The Perception of Academic Stress

Scale', *Health Psychology Open*. SAGE Publications Inc. doi:10.1177/2055102915596714.

- Benítez-Agudelo, J.C. *et al.* (2025) 'Longitudinal effects of stress in an academic context on psychological well-being, physiological markers, health behaviors, and academic performance in university students', *BMC Psychology*, 13(1). doi:10.1186/s40359-025-03041-z.
- Benton, D. *et al.* (2022) 'Carbohydrate and Sleep: An Evaluation of Putative Mechanisms', *Frontiers in Nutrition*. Frontiers Media S.A. doi:10.3389/fnut.2022.933898.
- Cahyani, T.D., Puspitasari, D.I. and Sarbini, D. (2024) 'Hubungan Asupan Zat Gizi Makro dan Frekuensi Makan dengan Status Gizi pada Mahasiswa Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta', *Ghidza: Jurnal Gizi dan Kesehatan*, 8(2), pp. 250–257. doi:10.22487/ghidza.v8i2.1677.
- Chawla, S. *et al.* (2021) 'The Window Matters: A Systematic Review of Time Restricted Eating Strategies in Relation to Cortisol and Melatonin Secretion', *Nutrients*. MDPI. doi:10.3390/nu13082525.
- Cita Ibrahim, M. *et al.* (2025) 'Gambaran Tingkat Stres Mahasiswa Keperawatan Tahun Pertama Dalam Menjalani Perkuliahan Di Universitas Negeri Gorontalo', *Jurnal Kolaboratif Sains*, 8(11), pp. 7036–7048. doi:10.56338/jks.v8i11.9248.
- Dabou, E.A.A. *et al.* (2025) 'Investigating Physical Activity as a Predictor of Psychological Distress in UAE Nursing Students', *Healthcare (Switzerland)*, 13(17). doi:10.3390/healthcare13172112.
- Dalgaard, L.B. *et al.* (2024) 'A Dairy-Based, Protein-Rich Breakfast Enhances Satiety and Cognitive Concentration Before Lunch in Overweight to Obese Young Females: A Randomized Controlled Crossover Study', *Journal of Dairy Science*, 107(5), pp. 2653–2667. doi:10.3168/jds.2023-24152.
- Ding, C. *et al.* (2022) 'Association between Physical Activity, Sedentary Behaviors, Sleep, Diet, and Adiposity among Children and Adolescents in China', *Obesity Facts*, 15(1), pp. 26–35. doi:10.1159/000519268.
- Eliby, D. *et al.* (2023) 'Associations Between Diet Quality and Anxiety and Depressive Disorders: A Systematic Review', *Journal of Affective Disorders Reports*, 14. doi:10.1016/j.jadr.2023.100629.
- Fadilah, N., Muniroh, L. and Zulkarnain, S. (2024) 'Hubungan Tingkat Stres dan Emotional Eating dengan Status Gizi pada Mahasiswa Tingkat Akhir', *Jurnal Kesehatan Tambusai*, 5(3).

- Ferrer-Cascales, R. *et al.* (2018) 'Eat or Skip Breakfast? The Important Role of Breakfast Quality for Health-Related Quality of Life, Stress and Depression in Spanish Adolescents', *International Journal of Environmental Research and Public Health*, 15(8). doi:10.3390/ijerph15081781.
- Fitriana, V.D., Dardjito, E. and Putri, W.A.K. (2022) 'Hubungan Tingkat Stres dengan Asupan Zat Gizi Makro dan Pola Konsumsi Makanan pada Mahasiswa Tingkat Akhir', *Journal of Nutrition College*, 11(3), pp. 204–210. Available at: <http://ejournal3.undip.ac.id/index.php/jnc/>.
- Fu, K. *et al.* (2023) 'Exploration of the Molecular Basis of Forsythia Fruit in the Prevention and Treatment of Cholestatic Liver Injury through Network Pharmacology and Molecular Docking', *Nutrients*, 15(9). doi:10.3390/nu15092065.
- Gardani, M. *et al.* (2022) 'A Systematic Review and Meta-Analysis of Poor Sleep, Insomnia Symptoms and Stress in Undergraduate Students', *Sleep Medicine Reviews*, 61. doi:10.1016/j.smrv.2021.101565.
- Gasmi, A. *et al.* (2023) 'Neurotransmitters Regulation and Food Intake: The Role of Dietary Sources in Neurotransmission', *Molecules*. MDPI. doi:10.3390/molecules28010210.
- Gwin, J.A. *et al.* (2019) 'Higher Protein Density Diets Are Associated with Greater Diet Quality and Micronutrient Intake in Healthy Young Adults', *Frontiers in Nutrition*, 6. doi:10.3389/fnut.2019.00059.
- Haikal, M., Andriyana, H. and Sudomo, D. (2023) 'Hubungan Tingkat Stres dengan Siklus Menstruasi pada Mahasiswa Universitas Gunadarma', *Health Information : Jurnal Penelitian*, 15(2). Available at: <https://myjurnal.poltekkes-kdi.ac.id/index.php/hijp/article/view/1106>
- Hamzah, H. and Lontoh, S.O. (2025) 'Hubungan Aktivitas Fisik dengan Tingkat Stres pada Mahasiswa Kedokteran Universitas Tarumanagara Angkatan 2022–2023', *Jurnal Ilmu Kedokteran dan Kesehatan Indonesia*, 5(2), pp. 396–403. doi:10.55606/jikki.v5i2.6438.
- Handayani, F. and Fithroni, H (2022) 'Hubungan Tingkat Aktivitas Fisik Terhadap Tingkat Stres Mahasiswa Akhir Fakultas Ilmu Olahraga Universitas Negeri Surabaya', *Jurnal Kesehatan Olahraga*, 10(3), pp. 131–138.
- Handini, N.P., Triyanti, T. and Kusharisupeni, K. (2022) 'Carbohydrate Intake is Associated with Learning Concentration among High School Students in Jember Regency, East Java Province, Indonesia', *Indonesian Journal of Public Health Nutrition*, 2(2). doi:10.7454/ijphn.v2i2.5756.

- Handy, A.B. *et al.* (2022) 'Psychiatric Symptoms Across the Menstrual Cycle in Adult Women: A Comprehensive Review', *Harvard Review of Psychiatry*, 30(2), pp. 100–117. doi:10.1097/HRP.0000000000000329.
- Harahap, N.R.A., Badrujaman, A. and Hidayat, D.R. (2022) 'Determinants of Academic Stress in Students', *Bisma The Journal of Counseling*, 6(3), pp. 329–334. doi:10.23887/bisma.v6i3.53548.
- Haruna, U., Mohammed, A.R. and Braimah, M. (2025) 'Understanding the Burden of Depression, Anxiety and Stress Among First-Year Undergraduate Students', *BMC Psychiatry*, 25(1). doi:10.1186/s12888-025-07069-8.
- Helmyati, S. *et al.* (2021) 'The Pattern of Carbohydrate Intake among University Students from Eastern Indonesia Tends to be Diverse', *Current Nutrition & Food Science*, 17(8), pp. 867–875. doi:10.2174/1573401317666210224123425.
- Herlia, R.Z.P. *et al.* (2026) 'Role of Breakfast in Modulating Cognitive Attention through Glucose Metabolism: A Literature Review', *Journal Of Health and Physical*, 2(1), pp. 10–20. doi:10.58218/jhp.v2i1.2507.
- Heuse, S., Grebe, J.L. and Esken, F. (2022) 'Sleep Hygiene Behaviour in Students: An Intended Strategy to Cope with Stress?', *Journal of Medical Psychology*, 24(1), pp. 23–28. doi:10.3233/jmp-220038.
- Hossain, M.N. *et al.* (2024) 'The Impact of Exercise on Depression: How Moving Makes Your Brain and Body Feel Better', *Physical Activity and Nutrition*. Korean Society for Exercise Nutrition, pp. 43–51. doi:10.20463/pan.2024.0015.
- Hovdenak, I.M. *et al.* (2024) 'Socioeconomic Inequality in Breakfast Skipping Among Norwegian Adolescents', *Nutrition Journal*, 23(1). doi:10.1186/s12937-024-00998-2.
- Huang, K. *et al.* (2024) 'Effectiveness of Physical Activity Interventions on Undergraduate Students' Mental Health: Systematic Review and Meta-Analysis', *Health Promotion International*. Oxford University Press. doi:10.1093/heapro/daae054.
- Huang, Y. *et al.* (2024) 'Effects of Perceived Stress on College Students' Sleep Quality: A Moderated Chain Mediation Model', *BMC Psychology*, 12(1). doi:10.1186/s40359-024-01976-3.
- İncekara, B. and Bilgin, G.D. (2025) 'Are Your Carbohydrate Choices Fueling Depression, Anxiety, and Stress? Unpacking the Link between Diet and Mental Health in Women Attending Diet Clinics', *Sağlık Profesyonelleri Araştırma Dergisi*, 7(3), pp. 161–172. doi:10.57224/jhpr.1780826.

- IPAQ Research Committee (2005) *Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ)-Short and Long Forms*. Available at: www.ipaq.ki.se.
- Jayadi, A. *et al.* (2024) 'Hubungan Stres, Kualitas Tidur Dan Emotional Eating dengan Status Gizi Pada Mahasiswa Tingkat Akhir Program Studi S1-Ilmu Gizi Ikbis Surabaya', *Journal on Education*, 06(02), pp. 14024–14034.
- Johannes, C. *et al.* (2024) 'Relationship between Psychosocial Factors and Physical Activity among Undergraduate Students from a South African University', *International Journal of Environmental Research and Public Health*, 21(4). doi:10.3390/ijerph21040441.
- Kadepa, M.C., Atmodjo, W.L. and Moningkey, S.I. (2025) 'Hubungan antara Kualitas Tidur dengan Suasana Hati pada Mahasiswa Fakultas Kedokteran Universitas Pelita Harapan', *Journal of Medicine and Health*, 7(1), p. 49. doi:10.28932/jmh.v7i1.9606.
- Karki, R., Tamang, A. and Kaphle, M. (2026) 'Perceived Academic Stress and Its Correlates Among Secondary School Adolescents in Kathmandu, Nepal', *Public Health Challenges*, 5(1). doi:10.1002/puh2.70186.
- Kementerian Kesehatan Republik Indonesia (2019) *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia*.
- Kementerian Kesehatan RI (2023) *Survei Kesehatan Indonesia (SKI) 2023*.
- Khaled, K., Hundley, V. and Tsofliou, F. (2021) 'Poor Dietary Quality and Patterns Are Associated with Higher Perceived Stress Among Women of Reproductive Age in the UK', *Nutrients*, 13(8). doi:10.3390/nu13082588.
- Khusun, H. *et al.* (2023) 'Breakfast Consumption and Quality of Macro- and Micronutrient Intake in Indonesia: A Study from the Indonesian Food Barometer', *Nutrients*, 15(17). doi:10.3390/nu15173792.
- Kusumo, M.P. (2020) *Buku Pemantauan Aktivitas Fisik*. The Journal Publishing.
- Labad, J. *et al.* (2020) 'The Role of Sleep Quality, Trait Anxiety and Hypothalamic-Pituitary-Adrenal Axis Measures in Cognitive Abilities of Healthy Individuals', *International Journal of Environmental Research and Public Health*, 17(20), pp. 1–18. doi:10.3390/ijerph17207600.
- Larrieu, T. and Layé, S. (2018) 'Food for Mood: Relevance of Nutritional Omega-3 Fatty Acids for Depression and Anxiety', *Frontiers in Physiology*, 9(AUG). doi:10.3389/fphys.2018.01047.

- Lei, A.A. *et al.* (2025) 'Chronic Stress-Associated Depressive Disorders: The Impact of HPA Axis Dysregulation and Neuroinflammation on the Hippocampus—A Mini Review', *International Journal of Molecular Sciences*. Multidisciplinary Digital Publishing Institute (MDPI). doi:10.3390/ijms26072940.
- Li, D. *et al.* (2022) 'Tryptophan Metabolism: Mechanism-Oriented Therapy for Neurological and Psychiatric Disorders', *Frontiers in Immunology*, 13. doi:10.3389/fimmu.2022.985378.
- Li, X. *et al.* (2025) 'Physical Exercise and Sleep Quality Among Chinese College Students: The Mediating Role of Self-Control and the Moderating Role of Mindfulness', *Behavioral Sciences*, 15(2). doi:10.3390/bs15020232.
- Limanda, C.F. *et al.* (2023) 'Factors Affecting Medical Students' Stress During COVID-19 Pandemic: A Cross-sectional Study', *Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education*, 12(1), p. 21. doi:10.22146/jpki.77961.
- Ling, J. and Zahry, N.R. (2021) 'Relationships Among Perceived Stress, Emotional Eating, and Dietary Intake in College Students: Eating Self-Regulation as A Mediator', *Appetite*, 163, p. 105215. doi:https://doi.org/10.1016/j.appet.2021.105215.
- Liu, S. *et al.* (2022) 'Sleep Deprivation and Central Appetite Regulation', *Nutrients*, 14(24). doi:10.3390/nu14245196.
- Lubis, L. *et al.* (2022) 'Sleep Quality Profile of Mining Workers Based on Pittsburgh Sleep Quality Index (PSQI)', *Media Kesehatan Masyarakat Indonesia*, 18(4), pp. 140–146. doi:10.30597/mkmi.v18i4.20154.
- Lwanga, S.K.. and Lemeshow, S.. (1991) *Sample Size Determination in Health Studies : a practical manual*. World Health Organization.
- Maisa, E.A. *et al.* (2021) 'Hubungan Stres Akademik dengan Kualitas Tidur Mahasiswa Keperawatan Tingkat Akhir Program Alih Jenjang', *Jurnal Ilmiah Universitas Batanghari Jambi*, 21(1), p. 438. doi:10.33087/jiubj.v21i1.1345.
- Margawati, A. *et al.* (2020) 'Hubungan Menonton Video Mukbang Autonomous Sensory Meridian Response, Keinginan Makan dan Uang Saku dengan Asupan Makan dan Status Gizi Mahasiswa', *Jurnal Gizi Indonesia (The Indonesian Journal of Nutrition)*, 8(2), pp. 1858–4942. Available at: <https://ejournal.undip.ac.id/index.php/jgi/>.
- Martin, A.J. *et al.* (2024) 'A Healthy Breakfast Each and Every Day Is Important for Students' Motivation and Achievement', *Journal of School Psychology*, 104. doi:10.1016/j.jsp.2024.101298.

- Martín-Rodríguez, A. and González-Prieto, N. (2026) 'Influence of Physical Activity on Perceived Stress and Mental Health in University Students: A Systematic Review', *Frontiers in Sports and Active Living*, 7. doi:10.3389/fspor.2025.1710832.
- Matthews, M.J. *et al.* (2024) 'Exercise Physiology: A Review of Established Concepts and Current Questions', *Physiologia*, 4(2), pp. 202–212. doi:10.3390/physiologia4020011.
- Mehta, K.J. (2022) 'Effect of Sleep and Mood on Academic Performance—At Interface of Physiology, Psychology, and Education', *Humanities and Social Sciences Communications*. Springer Nature. doi:10.1057/s41599-021-01031-1.
- Milleniari, Rr.F.D.I., Rahayu, K.P.D. and Kamelia, L.P.L. (2023) 'Neuroendocrine: The Hypothalamus-Pituitary-Adrenal Axis and The Relation to Stroke', *Ganesha Medicina Journal*, 3(1).
- Monserrat-Hernández, M. *et al.* (2023) 'Academic Stress in University Students: The Role of Physical Exercise and Nutrition', *Healthcare (Switzerland)*, 11(17). doi:10.3390/healthcare11172401.
- Multazami, L.P. (2022) 'Hubungan Stres, Pola Makan, dan Aktivitas Fisik dengan Statuz Gizi Mahasiswa', *NUTRIZIONE (Nutrition Research and Development Journal)*, 2(1), pp. 1–9. Available at: <https://journal.unnes.ac.id/sju/index.php/nutrizione/>.
- Muttaqin, Muh.R., Rotinsulu, D.J. and Sulistiawati, S. (2021) 'Hubungan antara Kualitas Tidur dengan Tingkat Stres pada Mahasiswa Fakultas Kedokteran Universitas Mulawarman', *Jurnal Sains dan Kesehatan*, 3(4), pp. 586–592. doi:10.25026/jsk.v3i4.618.
- My, M. *et al.* (2025) 'Manajemen Stres Semester Akhir: Memahami Dampaknya pada Kualitas Hidup dan Kesejahteraan Mental Mahasiswa' *Didaktika: Jurnal Kependidikan*, 14(2), pp. 2913–2925. Available at: <https://jurnaldidaktika.org2913>.
- Naghshi, N. *et al.* (2024) 'Association Between Different Dietary Carbohydrate and Risk of Depression, Anxiety, and Stress Among Female Adolescents', *International Journal of Preventive Medicine*, 15. doi:10.4103/ijpvm.ijpvm_291_23.
- Nasution, W.Z., Wuni, C. and Listiawaty, R. (2026) 'Faktor-Faktor yang Mempengaruhi Tingkat Stres Akademik pada Mahasiswa Farmasi Stikes X Kota Jambi Tahun 2025', *Medic Nutricia*, 22(2). doi:10.5455/mnj.v1i2.644xa.

- Naumoska, T., Zafirovski, K. and Hanna, F. (2025) 'The Association Between Skipping Breakfast and Anxiety and Depression in Adolescents—A Scoping Review', *Children*. Multidisciplinary Digital Publishing Institute (MDPI). doi:10.3390/children12070953.
- Ningroem, S.H.L., Thaha, R.M. and Natsir, S. (2026) 'Association Between Physical Activity Level and Perceived Stress among Students of a Sports and Health Sciences Faculty in Indonesia: A Cross-Sectional Study', *National Journal of Community Medicine*, 17(4), pp. 311–314. doi:10.55489/njcm.170420266214.
- Ola, I.M.B. and Kumala, M. (2023) 'Pengaruh Sarapan Terhadap Tingkat Konsentrasi Mahasiswa Fakultas Kedokteran Universitas Tarumanagara', *Tarumanagara Medical Journal*, 5(1), pp. 75–81.
- Panneerselvam, S. *et al.* (2025) 'Meal and Mind: How Dietary Pattern Influences Mental Health among Undergraduate Students in Central India', *Journal of Marine Medical Society* [Preprint]. doi:10.4103/jmms.jmms_58_25.
- Pengpid, S. and Peltzer, K. (2020) 'Skipping Breakfast and Its Association with Health Risk Behaviour and Mental Health Among University Students in 28 Countries', *Diabetes, Metabolic Syndrome and Obesity*, 13, pp. 2889–2897. doi:10.2147/DMSO.S241670.
- Pérez-Guerrero, E.E. *et al.* (2024) 'Methodological and Statistical Considerations for Cross-Sectional, Case–Control, and Cohort Studies', *Journal of Clinical Medicine*. Multidisciplinary Digital Publishing Institute (MDPI). doi:10.3390/jcm13144005.
- Perveen, S. *et al.* (2024) 'Moderating Effect of Sleep Quality in the Relationship Between Coping and Distress Among Medical Students', *Frontiers in Psychiatry*, 15. doi:10.3389/fpsy.2024.1259842.
- Pham, H.T. *et al.* (2021) 'Electronic Device Use Before Bedtime and Sleep Quality Among University Students', *Healthcare (Switzerland)*, 9(9). doi:10.3390/healthcare9091091.
- Phelan, J.M. *et al.* (2025) 'The Association of Overall Dietary Quality on Stress, Anxiety, Depression, and Academic Performance in College Students: a Systematic Review', *Journal of American College Health*, 73(3), pp. 977–988. doi:10.1080/07448481.2024.2418521.
- Primadi, M.B. (2024) 'The Relationship Between Skipping Breakfast and Stress Levels Among Physics Students at Universitas Negeri Makassar', *Hayyan Journal*, 1(3), pp. 49–55.

- Qiu, W. *et al.* (2025) 'The Impact of Physical Exercise on College Students' Physical Self-Efficacy: The Mediating Role of Psychological Resilience', *Behavioral Sciences*, 15(4). doi:10.3390/bs15040541.
- Rahayu, Y. *et al.* (2026) 'Paradoks Kualitas Tidur dan Stres Belajar pada Mahasiswa Baru: Bukti Adaptasi Akademik Awal Di Program D4 Promosi Kesehatan' *ILLEA: Journal of Health Sciences, Public Health, and Medicine*, 2(1). doi:10.51574/illea.v2i1.4517
- Rahma, S. (2022) 'Aktivitas Fisik Berhubungan dengan Kualitas Tidur pada Mahasiswa', *Journal of Public Health Education*, 2(1), pp. 269–276. doi:10.53801/jphe.v2i1.106.
- Ramadhani, A.A. *et al.* (2025) 'Transisi Pola Makan dan Kerentanan Kesehatan: Studi Tentang Adaptasi Gizi Mahasiswa Baru Di Lingkungan Kos', *Journal of Family Life Education*, 5(1), pp. 73–86. Available at: <https://jurnalilmiah.org/journal/index.php/jfle>.
- Saifudin, M., Adawiyah, S.R. and Mukhaira, I. (2023) 'Faktor-Faktor yang Mempengaruhi Tingkat Stres Akademik Pada Mahasiswa Program Studi S1 Keperawatan Non Reguler', *Jurnal Kesehatan*, 12(2). doi:10.37048/kesehatan.v12i2.267.
- Salikunna, N.A. *et al.* (2022) 'Hubungan antara Kualitas Tidur dengan Tingkat Konsentrasi pada Mahasiswa', *Jurnal Kesehatan Tadulako*, 8(3), pp. 157–163.
- Sanchez-Sanchez, H., Schoeps, K. and Montoya-Castilla, I. (2025) 'Emotion Regulation Strategies and Psychological Well-Being in Emerging Adulthood: Mediating Role of Optimism and Self-Esteem in a University Student Sample', *Behavioral Sciences*, 15(7). doi:10.3390/bs15070929.
- Schmickler, J.M. *et al.* (2023) 'Determinants of Sleep Quality: A Cross-Sectional Study in University Students', *International Journal of Environmental Research and Public Health*, 20(3). doi:10.3390/ijerph20032019.
- Setiawan, E.F., Luhurningtyas, F.P. and Sofia, A. (2022) 'Korelasi Status Gizi dan Aktivitas Fisik dengan Tingkat Kebugaran Jasmani Mahasiswa', *Jurnal Olahraga dan Kesehatan Indonesia (JOKI)*, 2(2), pp. 130–136. Available at: <https://jurnal.stokbinaguna.ac.id/index.php/jok>.
- Sheffield, S., Fiorotto, M.L. and Davis, T.A. (2024) 'Nutritional Importance of Animal-Sourced Foods in A Healthy Diet', *Frontiers in Nutrition*. Frontiers Media SA. doi:10.3389/fnut.2024.1424912.
- Shofiyulhuda, A., Handoko, W. and Windarti, W. (2025) 'Hubungan Aktivitas Fisik dengan Tingkat Stres Akademik pada Mahasiswa Program Studi Kedokteran

- Universitas Tanjungpura yang Sedang Menyusun Skripsi’, *Jurnal Kesehatan Khatulistiwa*, 11(1), pp. 23–29. doi:10.26418/jurkeswa.v11i1.93076.
- Sidik, F., Farid, M. and Mulyeni, S. (2025) ‘Kajian Pola Tidur pada Produktivitas Mahasiswa (Analisis Studi Literatur)’, *Jurnal Penelitian Ilmiah Multidisipliner*, 01(03). Available at: <https://ojs.ruangpublikasi.com/index.php/jpim/article/view/668>.
- Soelama, H.J.J., Rattu, A.J.M. and Gessal, J.D.A.R. (2022) ‘Gerakan Masyarakat Hidup Sehat (GERMAS) pada Mahasiswa Kedokteran: Hambatan Praktik Aktivitas Fisik’, *Sam Ratulangi Journal of Public Health*, 3(2).
- Špiljak, B. et al. (2022) ‘A Review of Psychological Stress among Students and Its Assessment Using Salivary Biomarkers’, *Behavioral Sciences*. MDPI. doi:10.3390/bs12100400.
- Suardiaz-Muro, M. et al. (2023) ‘Sleep Quality and Sleep Deprivation: Relationship with Academic Performance in University Students During Examination Period’, *Sleep and Biological Rhythms*, 21(3), pp. 377–383. doi:10.1007/s41105-023-00457-1.
- Sumiati, N.T., Sakiinah, M. and Latifa, R. (2023) ‘College Students’ Academic Stress during The Covid-19 Pandemic: The Influence of Hardiness, Coping Strategy, Social Support, and Demographic Factors’, *Jurnal Cakrawala Promkes*, 5(2), pp. 67–79. doi:10.12928/promkes.v5i2.7271.xxx.
- Supriatna, D.S. and Elon, Y. (2025) ‘Analisis Korelasi Aktivitas Fisik dan Tingkat Stres pada Mahasiswa Keperawatan’, *Jurnal PREPOTIF : Jurnal Kesehatan Masyarakat*, 9(3).
- Tomaso, C.C., Johnson, A.B. and Nelson, T.D. (2021) ‘The Effect of Sleep Deprivation and Restriction on Mood, Emotion, and Emotion Regulation: Three Meta-Analyses in One’, *Sleep*, 44(6), pp. 1–30. doi:10.1093/sleep/zsaa289.
- Tome, D., Benoit, S. and Azzout-Marniche, D. (2021) ‘Protein Metabolism and Related Body Function: Mechanistic Approaches and Health Consequences’, *Proceedings of the Nutrition Society*, 80(2), pp. 243–251. doi:10.1017/S0029665120007880.
- Vasco, P. et al. (2025) ‘Nutrition and Physical Activity in the University Population: A Scoping Review of Combined Impacts on Psychological Well-Being, Cognitive Performance, and Quality of Life’, *Journal of Functional Morphology and Kinesiology*. Multidisciplinary Digital Publishing Institute (MDPI). doi:10.3390/jfmk10040374.
- Verger, E.O. et al. (2021) ‘Dietary Diversity Indicators and Their Associations with Dietary Adequacy and Health Outcomes: A Systematic Scoping Review’,

- Advances in Nutrition*. Oxford University Press, pp. 1659–1672. doi:10.1093/advances/nmab009.
- Wang, F. and Bíró, É. (2021) ‘Determinants of Sleep Quality in College Students: A Literature Review’, *Explore*, 17(2), pp. 170–177. doi:10.1016/j.explore.2020.11.003.
- Wang, H. *et al.* (2023) ‘Investigating Links between Moderate-to-Vigorous Physical Activity and Self-Rated Health Status in Adolescents: The Mediating Roles of Emotional Intelligence and Psychosocial Stress’, *Children*, 10(7). doi:10.3390/children10071106.
- Wang, Ling *et al.* (2022) ‘Reliability and Validity of the Pittsburgh Sleep Quality Index among Frontline COVID-19 Health Care Workers Using Classical Test Theory and Item Response Theory’, *Journal of Clinical Sleep Medicine*, 18(2), pp. 541–551. doi:10.5664/jcsm.9658.
- Wijaya, V.A. and Adi, A.C. (2024) ‘Hubungan Mindful Eating dan Kualitas Tidur dengan Status Gizi Mahasiswa Fakultas Kesehatan Masyarakat Universitas Airlangga’, *Jurnal Kesehatan Tambusai*, 5(1).
- World Health Organization (2020) *WHO Guidelines on Physical Activity and Sedentary Behaviour*. Geneva.
- Zhang, J. *et al.* (2024) ‘Effects of Stress on Sleep Quality: Multiple Mediating Effects of Rumination and Social Anxiety’, *Psicologia: Reflexao e Critica*, 37(1). doi:10.1186/s41155-024-00294-2.
- Zhang, Z., Tan, J. and Luo, Q. (2024) ‘Associations between Breakfast Skipping and Outcomes in Neuropsychiatric Disorders, Cognitive Performance, and Frailty: A Mendelian Randomization Study’, *BMC Psychiatry*, 24(1). doi:10.1186/s12888-024-05723-1.