

DAFTAR PUSTAKA

- Adiba, C., Pradigdo, S. F., & Kartasurya, M. I. (2020). Association between Social Media Exposure to Food and Beverages with Nutrient Intake of Female Adolescents. *Jurnal Kesehatan Masyarakat Nasional*, 15(4), 191–198. <https://doi.org/10.21109/kesmas.v15i4.3561>
- Agustina, R., Susiloretni, K. A., Lestari, W., Pritasari, K., & Shankar, A. H. (2021). Psychosocial, Eating Behavior, and Lifestyle Factors Influencing Overweight and Obesity in Adolescents. *Food and Nutrition Bulletin*, 42(6). <https://doi.org/10.1177/0379572121992750>
- Agustina, W., Lestari, R. M., & Prasida, D. W. (2023). Hubungan Aktivitas Fisik dengan Kejadian Obesitas pada Usia Produktif di Wilayah Kerja Puskesmas Marina Permai Kota Palangka Raya. *Jurnal Surya Medika*, 9(1), 1–8. <https://doi.org/10.33084/jsm.v9i1.5125>
- Alifiandhira, S., Maghfira, R., Putri, H. A., & Nisa, H. (2024). Gizi Lebih, Pengetahuan Gizi, Konsumsi Dan Paparan Iklan Minuman Manis pada Mahasiswa. *Jurnal Ilmu Kesehatan*, Vol.19(1), 23–31. <https://ejournal.umkla.ac.id/index.php/motor/article/view/899/389>
- Amrynia, S. U., & Prameswari, G. N. (2022). 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*, 2(1), 112–121. <https://doi.org/10.15294/ijphn.v2i1.52044>
- Amson, A., Remedios, L., Pinto, A., & Potvin Kent, M. (2021). Exploring the extent of digital food and beverage related content associated with a family-friendly event: a case study. *BMC Public Health*, 21(1), 621. <https://doi.org/10.1186/s12889-021-10716-w>
- Andersson, C. (2022). *Smartphones and online search : shifting frames in the everyday life of young people*. 123(7), 351–370. <https://doi.org/10.1108/ILS-03-2022-0025>
- Arikunto, P. D. S. (2013). *Prosedur Penelitian*.
- Ariyanto, A., Fatmawati, T. Y., & Efni, N. (2024). Hubungan Aktifitas Fisik, Kebiasaan Konsumsi Fast Food, Konsumsi Buah dan Sayur terhadap Obesitas pada Remaja. *Jurnal Akademika Baiturrahim Jambi*, 13(2), 270–276. <https://doi.org/10.36565/jab.v13i2.817>
- Arrona-Cardoza, P., Labonté, K., Cisneros-Franco, J. M., & Nielsen, D. E. (2023).

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- The Effects of Food Advertisements on Food Intake and Neural Activity: A Systematic Review and Meta-Analysis of Recent Experimental Studies. *Advances in Nutrition*, 14(2), 339–351. <https://doi.org/10.1016/j.advnut.2022.12.003>
- Arslan, H. N., Dundar, C., & Terzi, O. (2021). Prevalence of overweight and obesity among school children and parents: a cross-sectional study. *Rural and Remote Health*, 21(4). <https://doi.org/https://doi.org/10.22605/RRH6773>
- Askari, M., Heshmati, J., Shahinfar, H., Tripathi, N., & Daneshzad, E. (2020). Ultra-processed food and the risk of overweight and obesity: a systematic review and meta-analysis of observational studies. *International Journal of Obesity*, 44(10), 2080–2091. <https://doi.org/10.1038/s41366-020-00650-z>
- Aulia, K. I., & Budiono, I. (2023). Determinan Kejadian Gizi Lebih pada Remaja di SMA Kesatrian 1 Kota Semarang. *Jurnal Kesehatan*, 16(3), 268–279. <https://doi.org/10.23917/jk.v16i3.2528>
- Aydin, G., Uray, N., & Silahtaroglu, G. (2021). How to Engage Consumers through Effective Social Media Use—Guidelines for Consumer Goods Companies from an Emerging Market. *Journal of Theoretical and Applied Electronic Commerce Research*, 16(4), 768–790. <https://doi.org/10.3390/jtaer16040044>
- Baiq Meisy Arum Anjani, Danang Nur Adiwibawa, Irsandi Rizki Farmananda, & Kadek Dwi Pramana. (2023). The Relationship Of Gadget Addiction And Diet Pattern To The Body Mass Index (BMI) Of Adolescents Ages 15-17 Years Old. *Jurnal Psikiatri Surabaya*, 12(2), 149–155. <https://doi.org/10.20473/jps.v12i2.42253>
- Banna, M. H. Al, Brazendale, K., Hasan, M., Khan, M. S. I., Sayeed, A., & Kundu, S. (2022). Factors associated with overweight and obesity among Bangladeshi university students: a case–control study. *Journal of American College Health*, 70(8), 2327–2333. <https://doi.org/10.1080/07448481.2020.1851695>
- Bennett, R., & Backholer, K. (2025, July 10). Unhealthy Food Marketing and Children: Exposure and Impact. *Obesity Evidence Hub*. <https://www.obesityevidencehub.org.au/collections/prevention/the-impact-of-food-marketing-on-children?>
- Beslay, M., Srouf, B., Méjean, C., Allès, B., Fiolet, T., Debras, C., Chazelas, E., Deschasaux, M., Wendeu-Foyet, M. G., Hercberg, S., Galan, P., Monteiro, C. A., Deschamps, V., Calixto Andrade, G., Kesse-Guyot, E., Julia, C., & Touvier, M. (2020). Ultra-processed food intake in association with BMI change and risk of overweight and obesity: A prospective analysis of the French NutriNet-Santé cohort. *PLOS Medicine*, 17(8), e1003256.

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

<https://doi.org/10.1371/journal.pmed.1003256>

- Boli, Y. V. B., Ndoen, H. I., & Toy, S. M. (2021). The Relationship between Physical Activity, Dietary Patterns, Sex, Age, and BMI of Employees of Dispora NTT. *Lontar: Journal of Community Health*, 3(1), 10–19. <https://doi.org/10.35508/ljch.v3i1.3827>
- Braesco, V., Souchon, I., Sauvant, P., Haurogné, T., Maillot, M., Féart, C., & Darmon, N. (2022). Ultra-processed foods: how functional is the NOVA system? *European Journal of Clinical Nutrition*, 76(9), 1245–1253. <https://doi.org/10.1038/s41430-022-01099-1>
- Briawan, D., Khomsan, A., Alfiah, E., Nasution, Z., & Putri, P. A. (2023). Preference for and consumption of traditional and fast foods among adolescents in Indonesia. *Food Research*, 7(4), 211–226. [https://doi.org/10.26656/fr.2017.7\(4\).156](https://doi.org/10.26656/fr.2017.7(4).156)
- Busse, K. R., Dino, M. E., Martin, S. L., Lee Mayol, N. R., Bechayda, S. A., Adair, L. S., & Ammerman, A. S. (2024). Awareness, experiences, and beliefs related to ultra-processed foods among young people in Cebu, Philippines. *Appetite*, 203, 1–20. <https://doi.org/10.1016/j.appet.2024.107688>
- Cahyorini, R. W., Komalyna, I. N. T., & Suwita, I. K. (2022). Hubungan Pola Makan, Aktivitas Fisik dan Konsumsi Fast Food terhadap Kejadian Gizi Lebih pada Remaja. *AgriHealth: Journal of Agri-Food, Nutrition and Public Health*, 2(2), 123. <https://doi.org/10.20961/agrihealth.v2i2.54283>
- Casando, N. I., Hapis, A. A., & Wuni, C. (2022). Hubungan Pendidikan Ibu, Pengetahuan, Sikap dan Pola Asuh terhadap Status Gizi Anak. *Jurnal Inovasi Penelitian*, 16(2), 259–268.
- Chung, A., Vieira, D., Donley, T., Tan, N., Jean-Louis, G., Kiely Gouley, K., & Seixas, A. (2021). Adolescent Peer Influence on Eating Behaviors via Social Media: Scoping Review. *Journal of Medical Internet Research*, 23(6), e19697. <https://doi.org/10.2196/19697>
- Colozza, D. (2024). A qualitative exploration of ultra-processed foods consumption and eating out behaviours in an Indonesian urban food environment. *Nutrition and Health*, 30(3), 613–623. <https://doi.org/10.1177/02601060221133897>
- Costa de Miranda, R., Rauber, F., & Levy, R. bertazzi. (2021). Impact of ultra-processed food consumption on metabolic health. *Current Opinion in Lipidology*, 32(1), 24–37. <https://doi.org/10.1097/MOL.0000000000000728>
- Cunha, D. B., Helena, T., & Valeria, G. (2018). Ultra-processed food consumption and adiposity trajectories in a Brazilian cohort of adolescents : ELANA study.

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana

[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

Nutrition and Diabetes, 8(1). <https://doi.org/10.1038/s41387-018-0043-z>

- da Costa Peres, C. M., Gardone, D. S., Costa, B. V. de L., Duarte, C. K., Pessoa, M. C., & Mendes, L. L. (2020). Retail food environment around schools and overweight: a systematic review. *Nutrition Reviews*, 78(10), 841–856. <https://doi.org/10.1093/nutrit/nuz110>
- Damayanti, C., Indrawati, V., Anna, C., Afifah, N., & Soeyono, R. D. (2024). Paparan Iklan dan Pengetahuan Gizi Terhadap Pola Konsumsi Makanan Jajan dan Minuman Siswa SMPN 1 Rengel. *Jurnal Gizi Universitas Negeri Surabaya*, 608–614.
- Damayanti, E. R., & Sufyan, D. L. (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), 35–45. <https://doi.org/10.52021/ijhd.v4i1.69>
- Diba, F. (2025). MAKANAN ULTRA-PROSES, INOVASI DALAM INDUSTRI MAKANAN MODERN. *Jurnal Kedokteran Dan Kesehatan-Fakultas Kedokteran Universitas Islam Sumatera Utara*, 24(1), 191–201. <https://doi.org/https://doi.org/10.30743/ibnusina.v24i1.798>
- Eghbali, M., Mottaghi, A., Taghizadeh, S., & Cheraghi, S. (2024). Genetic Variants in the Fat Mass and Obesity-Associated Gene and Risk of Obesity/Overweight in Children and Adolescents: A Systematic Review and Meta-Analysis. *Endocrinology, Diabetes & Metabolism*, 7(4). <https://doi.org/10.1002/edm2.510>
- Emilia, E., Juliarti, J., & Akmal, N. (2021). ANALISIS KONSUMSI MAKANAN JAJANAN TERHADAP PEMENUHAN GIZI REMAJA. *Jurnal Gizi Dan Kuliner (Journal of Nutrition and Culinary)*, 1(1), 23. <https://doi.org/10.24114/jnc.v1i1.20697>
- Fauzan, M. R., Sarman, Rumaf, F., Muzayyana, Tutu, C. G., & Darmin. (2023). Pengaruh Paparan Iklan Junk Food dan Konsumsi *Junk food* terhadap Kejadian Obesitas pada Remaja. *Gorontalo Journal of Public Health*, 6(1), 77–83.
- Febriani, R. T. (2023). Genetik Terhadap Status Gizi Lebih Remaja Di Kota Malang. *Jurnal Keperawatan Terapan (e-Journal)*, 09(02), 123–128. <https://doi.org/https://doi.org/10.31290/jkt.v9i2.4368>
- Firdausiyah, A., Rahmawati, L. A., & Irawan, A. M. A. (2026). THE RELATIONSHIP BETWEEN ULTRA-PROCESSED FOOD AND BEVERAGE CONSUMPTION PATTERNS, BLOOD GLUCOSE LEVELS, AND NUTRITIONAL STATUS AMONG ADOLESCENTS.

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Jurnal Gizi Dan Kesehatan Keluarga*, 03(02), 75–81.
<https://doi.org/10.69632/jgkk.v3i2.77>
- Fitriani, R. J. (2025). The Trend of Ultra-Processed Food Consumption and Its Impact on Obesity Risk in Indonesia. *Journal Nutrizione*, 2(3), 50–61.
<https://doi.org/10.62872/hvbsxs92>
- Fitriani, Y., Apri Yulda, & Firmansyah, F. (2025). The Relationship Between Ultra-Processed Food Consumption Patterns and Nutritional Status Among Indonesian Adolescents: A Systematic Review. *JURNAL KESMAS DAN GIZI (JKG)*, 8(1), 173–182. <https://doi.org/10.35451/yxdhpt73>
- Fitrianti, D., Mardhiati, R., & Novianus, C. (2023). DETERMINANTS OF FAST FOOD CONSUMPTION BEHAVIOR IN ADOLESCENTS IN THE CITY OF JAKARTA. *Jurnal Riset Kesehatan*, 12(1), 1–7.
<https://doi.org/10.31983/jrk.v12i1.9190>
- Garg, D., Smith, E., & Attuquayefio, T. (2025). Watching Television While Eating Increases Food Intake: A Systematic Review and Meta-Analysis of Experimental Studies. *Nutrients*, 17(1), 1–21.
<https://doi.org/10.3390/nu17010166>
- Gaylis, J. B., Levy, S. S., & Hong, M. Y. (2020). Relationships between body weight perception, body mass index, physical activity, and food choices in Southern California male and female adolescents. *International Journal of Adolescence and Youth*, 25(1), 264–275. <https://doi.org/10.1080/02673843.2019.1614465>
- Gearhardt, A., Bueno, N., Difeliceantonio, A., Roberto, C., Murcia, S. J., & Aranda, F. F. (2023). Social, clinical, and policy implications of ultra-processed food addiction. *British Medical Journal*, 1–6. <https://doi.org/10.1136/bmj-2023-075354>
- Ghobadi, S., Hassanzadeh-Rostami, Z., Salehi-Marzijarani, M., Bellissimo, N., Brett, N. R., Totosy de Zepetnek, J. O., & Faghieh, S. (2018). Association of eating while television viewing and overweight/obesity among children and adolescents: a systematic review and meta-analysis of observational studies. *Obesity Reviews*, 19(3), 313–320. <https://doi.org/10.1111/obr.12637>
- Ginting, S. M. D., Februhartanty, J., & Khusun, H. (2024). Association between consumption of ultra-processed foods and beverages with nutritional status of private senior high school students in Pontianak, West Kalimantan, Indonesia. *World Nutrition Journal*, 7(i2), 90–103.
<https://doi.org/10.25220/WNJ.V07.i2.0011>
- Gketsios, I., Tsiampalis, T., Foscolou, A., Vassilakou, T., Kannellopoulou, A.,

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id

- Notara, V., Antonogeorgos, G., Rojas-Gil, A., Kornilaki, E., Lagiou, A., Panagiotakos, D., & Kosti, R. (2022). The Association of *Junk food* Consumption with Preadolescents' Environmental Influences: A School-Based Epidemiological Study in Greece. *Children*, 9(12), 1891. <https://doi.org/10.3390/children9121891>
- Gunawan, C. F., Melani, V., Sitoayu, L., Wahyuni, Y., & Ronitawati, P. (2025). Knowledge, Preferences, Consumption Behavior of Ultra-Processed Foods and Their Association with Adolescents' Nutritional Status. *Indonesian Journal of Human Nutrition*, 12(1), 60–70. <https://doi.org/10.21776/ub.ijhn.2025.012.01.6>
- Guo, I. J., Padmita, A. C., Matsuzaki, M., Gittelsohn, J., Feeley, A., Watson, F., Susanti, E., Mangunadikusumo, E. W., Nuraliyah, F., & Colozza, D. (2025). The use of social media to promote unhealthy food and beverage consumption among Indonesian children. *BMC Nutrition*, 11(1), 57. <https://doi.org/10.1186/s40795-025-01040-2>
- Gwozdz, W., Nie, P., Sousa-Poza, A., DeHenauw, S., Felső, R., Hebestreit, A., Iguacel, I., Lissner, L., Lauria, F., Page, A., Reisch, L. A., Tornaritis, M., Veidebaum, T., Williams, G., & Foraita, R. (2019). Peer Effects on Weight Status, Dietary Behaviour and Physical Activity among Adolescents in Europe: Findings from the I.Family Study. *Kyklos*, 72(2), 270–296. <https://doi.org/10.1111/kykl.12197>
- Ha, O.-R., Killian, H. J., Davis, A. M., Lim, S.-L., Bruce, J. M., Sotos, J. J., Nelson, S. C., & Bruce, A. S. (2020). Promoting Resilience to Food Commercials Decreases Susceptibility to Unhealthy Food Decision-Making. *Frontiers in Psychology*, 11. <https://doi.org/10.3389/fpsyg.2020.599663>
- Halim, B., & Yulius, Y. (2021). FOOD PHOTOGRAPHY PADA IKLAN DI INSTAGRAM. *Besaung: Jurnal Seni Desain Dan Budaya*, 6(1). <https://doi.org/10.36982/jsdb.v6i1.1338>
- Heslin, A. M., & McNulty, B. (2023). Adolescent nutrition and health: characteristics , risk factors and opportunities of an overlooked life stage. *Proceedings of the Nutrition Society*, 82, 142–156. <https://doi.org/10.1017/S0029665123002689>
- Huybrechts, I., Rauber, F., Nicolas, G., Casagrande, C., Kliemann, N., Wedekind, R., Biessy, C., Scalbert, A., Touvier, M., Aleksandrova, K., Jakszyn, P., Skeie, G., Bajracharya, R., Boer, J. M. A., Borné, Y., Chajes, V., Dahm, C. C., Dansero, L., Guevara, M., ... Levy, R. B. (2022). Characterization of the degree of food processing in the European Prospective Investigation into Cancer and Nutrition: application of the Nova classification and validation using selected biomarkers of food processing. *Frontiers in Nutrition*, 9.

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

<https://doi.org/10.3389/fnut.2022.1035580>

- Isroani, F., Mahmud, S., Qurtubi, A., Pebriana, P. H., Karim, R. A., Yuwansyah, Y., Yetti, R., Kessi, A. M. F., & Aminah. (2023). *Psikologi Perkembangan* (A. Rahmawati (ed.); 1st ed., p. 155). Mitra Cendekia Media.
- Jensen, M. L., Dillman Carpentier, F. R., Corvalán, C., Popkin, B. M., Evenson, K. R., Adair, L., & Taillie, L. S. (2022). Television viewing and using screens while eating: Associations with dietary intake in children and adolescents. *Appetite*, 168, 105670. <https://doi.org/10.1016/j.appet.2021.105670>
- Jihad, F. F., Paradhiba, M., Is, J. M., Duana, M., Sriwahyuni, S., Darmawan, & Oktaria, Y. (2024). Pengaruh Media Sosial Terhadap Preferensi Makanan Sehat dan Bergizi Pada Remaja: Studi di Kalangan Siswa SMA. *Journal of Healthcare Technology and Medicine*, 10(1), 22–32. <https://jurnal.stikes-alinsyirah.ac.id/index.php/keperawatan/%0Ahttp://jurnalilmiah.org/journal/index.php/angka/%0Ahttps://ejournal.unesa.ac.id/index.php/jurnal-tata-boga/>
- Joo, M. J., Kim, D. B., Ko, J., Lim, J. H., Park, E. C., & Shin, J. (2024). Association between watching eating shows and unhealthy food consumption in Korean adolescents. *Nutrition Journal*, 23, 1–9. <https://doi.org/10.1186/s12937-024-00961-1>
- Kahtan, O., Noaman, N. G., & Mansour, S. (2020). Obesity in Primary Schools Children in Baquba City. *Diyala Journal of Medicine*, 18(1), 102–112.
- Kasingku, J. D. (2023). The Role of Healthy Food to Improve the Physical and Spiritual Health of Students. *JUPE: Jurnal Pendidikan Mandala*, 8(3), 853–859.
- Kementerian Kesehatan Republik Indonesia. (2014). Peraturan Menteri Kesehatan Republik Indonesia Nomor 25 Tahun 2014 tentang Upaya Kesehatan Anak. In *SSRN Electronic Journal* (Vol. 2014, Issue 3). http://publicacoes.cardiol.br/portal/ijcs/portugues/2018/v3103/pdf/3103009.pdf%0Ahttp://www.scielo.org.co/scielo.php?script=sci_arttext&pid=S0121-75772018000200067&lng=en&tln=en&SID=5BQIj3a2MLaWUV4OizE%0Ahttp://scielo.iec.pa.gov.br/scielo.php?script=sci_
- Kementerian Kesehatan RI, R. (2020). *Peraturan Menteri Kesehatan Republik Indonesia NO. 2 Tahun 2020 Tentang Standar Antropometri Anak*.
- Kencanaputri, S. A., Ilmi, I. M. B., & Simanungkalit, S. F. (2024). Pengaruh Keragaman Pangan, *Junk food*, dan Produk Tinggi Gula Terhadap Kejadian Gizi Lebih Remaja SMAN 6 Depok. *Amerta Nutrition*, 8(3), 115–126. <https://doi.org/10.20473/amnt.v8i3SP.2024.11>

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Kesehatan, B. K. P. (2023). *Survei Kesehatan Indonesia (SKI) 2023*.
- Kovic, Y., Noel, J. K., Ungemack, J. A., & Burleson, J. A. (2018). The impact of *junk food* marketing regulations on food sales: an ecological study. *Obesity Reviews*, 19(6), 761–769. <https://doi.org/10.1111/obr.12678>
- Lafontaine, J., Hanson, I., & Wild, C. (2025). The impact of the social media industry as a commercial determinant of health on the digital food environment for children and adolescents: a scoping review. *BMJ Global Health*, 10(2), e014667. <https://doi.org/10.1136/bmjgh-2023-014667>
- Lemos, T. C., Coutinho, G. M. S., Silva, L. A. A., Stariolo, J. B., Campagnoli, R. R., Oliveira, L., Pereira, M. G., Mota, B. E. F., Souza, G. G. L., Canella, D. S., Khandpur, N., & David, I. A. (2022). Ultra-Processed Foods Elicit Higher Approach Motivation Than Unprocessed and Minimally Processed Foods. *Frontiers in Public Health*, 10(June), 1–13. <https://doi.org/10.3389/fpubh.2022.891546>
- Lisetyaningrum, I., Pujasari, H., & Kuntarti. (2021). A Cross-Sectional Analysis of Snacking Habits, Eating Habits, Physical Activity, and Indicators of Obesity among High School Students in Jakarta, Indonesia. *Journal of Public Health Research*, 10(1_suppl). <https://doi.org/10.4081/jphr.2021.2402>
- López-Gil, J. F., Quiroz-Cárdenas, F., Montenegro-Espinosa, J. A., Cisneros-Vásquez, E., Miño, C., Castillo-Miñaca, M. E., Unda-López, R. A., Sánchez-Charcopa, L. A., Zalamea-Delgado, M. P., Masache-Cruz, M. J., Palacios-Zavala, D. A., Barriga-Collantes, M. A., Gutiérrez-Espinoza, H., Olivares-Arancibia, J., Yañez-Sepúlveda, R., & Hermosa-Bosano, C. (2025). Eating distractions as predictors of ultra-processed food consumption and Mediterranean diet adherence in adolescents. *Scientific Reports*, 15(1), 7579. <https://doi.org/10.1038/s41598-025-91754-x>
- Manaf, T. P., Kadir, S., & Kasim, V. N. A. (2025). Determinan Perilaku Konsumsi *Junk food* pad Siswa Sekolah Dasar: Studi Cross-Sectional di Kabupaten Gorontalo. *Jurnal Promotif Preventif*, 8(6), 1515–1523.
- Maulidina, P. D., Alwi, M. K., Patimah, S., Ikhtiar, M., & Yusriani. (2025). Pengaruh Konsumsi Makanan atau Minuman Ultra Processed Terhadap Kejadian Kegemukan pada Remaja Putri di SMK-SMAK Makassar. *Window of Public Health Journal*, 6(2), 274–282.
- Mayangsari, R. P., & Muthmainnah. (2025). Program Generasi Berencana Sebagai Pilar Edukasi Kesehatan Reproduksi Remaja di Kabupaten Bangkalan. *Jurnal Kesehatan Masyarakat*, 9, 4793–4798.
- Metin, Z. E., Bayrak, N., Mengi Çelik, Ö., & Akkoca, M. (2025). The relationship

- between emotional eating, mindful eating, and depression in young adults. *Food Science and Nutrition*, 13(1), 1–7. <https://doi.org/10.1002/fsn3.4028>
- Monteiro, C. A., Cannon, G., Levy, R. B., Moubarac, J.-C., Louzada, M. L., Rauber, F., Khandpur, N., Cediel, G., Neri, D., Martinez-Steele, E., Baraldi, L. G., & Jaime, P. C. (2019). Ultra-processed foods: what they are and how to identify them. *Public Health Nutrition*, 22(5), 936–941. <https://doi.org/10.1017/S1368980018003762>
- Morris, J., Vi, C. T., Obrist, M., Forster, S., & Yeomans, M. R. (2020). Ingested but not perceived: Response to satiety cues disrupted by perceptual load. *Appetite*, 155, 104813. <https://doi.org/10.1016/j.appet.2020.104813>
- Mufidah, F., Riptifah, S., Handari, 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), 262–271. <https://doi.org/https://doi.org/10.61811/miphmp.v4i1.458>
- Muharram, F. R., Tjandra, S., Madani, N. J., Rokx, C., & Abdullah, A. (2025). Trends in the double burden of malnutrition among Indonesian adults, 2007 to 2023. *Scientific Reports*, 15(1), 34883. <https://doi.org/10.1038/s41598-025-17348-9>
- Musfira, M., & Hadju, V. (2024). Nutrition and dietary intake of adolescent girls in Indonesia: A systematic review. *Scripta Medica*, 55(4), 473–487. <https://doi.org/10.5937/scriptamed55-49461>
- Natalia, S., Hidayanti, L., & Wardani, Y. S. (2025). Pola konsumsi ultra processed food dan kejadian gizi lebih pada remaja. *Nutrition Scientific Journal*, 4(1), 62–69. <https://doi.org/10.37058/nsj.v4i1.16964>
- 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>
- Niswah, I., Rah, J. H., & Roshita, A. (2021). The Association of Body Image Perception With Dietary and Physical Activity Behaviors Among Adolescents in Indonesia. *Food and Nutrition Bulletin*, 42. <https://doi.org/10.1177/0379572120977452>
- Notoatmodjo, P. D. S. (2018). *Metodologi Penelitian Kesehatan*.
- Nur A, I. (2020). Problem Gender dalam Perspektif Psikologi. *Az-Zahra: Journal of Gender and Family Studies*, 1(1), 46–54.

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

<https://doi.org/10.15575/azzahra.v1i1.9253>

- Nurbaiti, K., Marjan, A. Q., Maryusman, T., & Octaria, Y. C. (2023). Hubungan Asupan Energi, Preferensi Makan, Pengaruh Teman Sebaya, dan Pendidikan Orang Tua dengan Kejadian Gizi Lebih Remaja di Depok. *Amerta Nutrition*, 7(2SP), 31–38. <https://doi.org/10.20473/amnt.v7i2SP.2023.31-38>
- Nurwanti, E., Hadi, H., & Julia, M. (2016). Paparan iklan *junk food* dan pola konsumsi *junk food* sebagai faktor risiko terjadinya obesitas pada anak sekolah dasar kota dan desa di Daerah Istimewa Yogyakarta. *Jurnal Gizi Dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)*, 1(2), 59. [https://doi.org/10.21927/ijnd.2013.1\(2\).59-70](https://doi.org/10.21927/ijnd.2013.1(2).59-70)
- Parent, M. B., Higgs, S., Cheke, L. G., & Kanoski, S. E. (2022). Memory and eating: A bidirectional relationship implicated in obesity. *Neuroscience & Biobehavioral Reviews*, 132, 110–129. <https://doi.org/10.1016/j.neubiorev.2021.10.051>
- Permenkes. (2013). *Peraturan Menteri Kesehatan Republik Indonesia*.
- Petrus, R. R., do Amaral Sobral, P. J., Tadini, C. C., & Gonçalves, C. B. (2021). The NOVA classification system: A critical perspective in food science. *Trends in Food Science & Technology*, 116, 603–608. <https://doi.org/10.1016/j.tifs.2021.08.010>
- Ponce-Blandón, J. A., Pabón-Carrasco, M., Romero-Castillo, R., Romero-Martín, M., Jiménez-Picón, N., & Lomas-Campos, M. de las M. (2020). Effects of Advertising on Food Consumption Preferences in Children. *Nutrients*, 12(11), 3337. <https://doi.org/10.3390/nu12113337>
- Pramono, A., Fitranti, D. Y., Nugroho, K. H., Sobirin, M. A., & Syauqy, A. (2023). The Association between Unhealthy Food Consumption and Impaired Glucose Metabolism among Adults with Overweight or Obesity: A Cross-Sectional Analysis of the Indonesian Population. *Journal of Obesity*, 2023, 1–10. <https://doi.org/10.1155/2023/2885769>
- Pratiwi, A. D., Siantoro, G., Wibowo, S., Ridwan, M., & Schwerer, L. (2023). Physical activity motivation as predictors of body mass index and fitness: A cross-sectional study. *Jurnal Pendidikan Jasmani Indonesia*, 19(2), 17–28.
- Puspikawati, S. I., Dewi, D. M. S. K., Astutik, E., Kusuma, Di., Melaniani, S., & Sebayang, S. K. (2021). Density of outdoor food and beverage advertising around gathering place for children and adolescent in East Java, Indonesia. *Public Health Nutrition*, 24(5), 1066–1078. <https://doi.org/10.1017/S1368980020004917>

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- 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, A., & Zhang, W. (2025). The Impact of High Ultra-Processed Food Consumption on Obesity Risk among Young Adults. *Media of Health Research*, 3(3), 115–124. <https://doi.org/10.70716/mohr.v3i3.317>
- Putri, R. A., Hasina, S. N., Rohmawati, R., Faizah, I., & Sari, R. Y. (2025). Hubungan pola makan dan aktivitas fisik dengan kejadian overweight pada anak dan remaja. *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*, 11(2), 347–356. <https://doi.org/10.33023/jikep.v11i2.2589>
- Qutteina, Y., Hallez, L., Raedschelders, M., Backer, C. De, & Smits, T. (2021). Food for teens: how social media is associated with adolescent eating outcomes. *Public Health Nutrition*, 25(2), 290–302. <https://doi.org/10.1017/S1368980021003116>
- Rachmi, C. N., Jusril, H., Ariawan, I., Beal, T., & Sutrisna, A. (2021). Eating behaviour of Indonesian adolescents: a systematic review of the literature. *Public Health Nutrition*, 24(S2), s84–s97. <https://doi.org/10.1017/S1368980020002876>
- Rahmah, A., Amir, S., & Hasan, N. (2025). Hubungan Teman Sebaya (Peer Group) Dan Tingkat Pengetahuan Dengan Kebiasaan Konsumsi *Junk food* di SMA Negeri 21 Makassar. *JGMI: The Journal of Indonesian Community Nutrition*, 14(1), 1–12.
- Rahman, J., Fatmawati, I., Syah, M. N. H., & Sufyan, D. L. (2021). Hubungan peer group support, uang saku dan pola konsumsi pangan dengan status gizi lebih pada remaja. *Action: Aceh Nutrition Journal*, 6(1), 65. <https://doi.org/10.30867/action.v6i1.391>
- Ramadany, K., Hafid, F., Intiyati, A., & Soesanti, I. (2025). Influence of *Junk food* Advertising and Consumption on Overweight and Obesity in Surabaya Adolescents. *Nutrition and Health Development*, 1(1), 11–20.
- Rauber, F., Martins, C. A., Azeredo, C. M., Leffa, P. S., Louzada, M. L. C., & Levy, R. B. (2022). Eating context and ultraprocessed food consumption among UK adolescents. *British Journal of Nutrition*, 127(1), 112–122. <https://doi.org/10.1017/S0007114521000854>
- Riskesdas. (2018). *Riset Kesehatan Dasar (Riskesdas) 2018*.
- Roberto, D. M. T., Basniak, L. C., Costa, S. de S. da, Silva, S. S. da, Vieira, F. G. K., & Hinnig, P. de F. (2024). Association between screen use at night, food

- consumption at dinner, and evening snack in schoolchildren aged 7 to 14 years with and without overweight, Florianópolis, Santa Catarina, Brazil. *Revista de Nutrição*, 37. <https://doi.org/10.1590/1678-9865202437e230108>
- Rosalini, W., Permana, R. A., Wulantika, N. K., & Zahro, S. F. (2024). Faktor Yang Mempengaruhi Resiko Terjadinya Gizi Lebih Pada Kelompok Usia Remaja Area Urban. *Professional Health Journal*, 5(2), 492–497. <https://doi.org/10.54832/phj.v5i2.532>
- Ruda, I., Chellapandian, D. C., Rott, M., Scheid, S., & Freiherr, J. (2024). Beyond Distracted Eating: Cognitive Distraction Downregulates Odor Pleasantness and Interacts with Weight Status. *Nutrients*, 16(17), 2871. <https://doi.org/https://doi.org/10.3390/nu16172871>
- Russell, S. J., Croker, H., & Viner, R. M. (2019). The effect of screen advertising on children's dietary intake: <scp>A</scp> systematic review and meta-analysis. *Obesity Reviews*, 20(4), 554–568. <https://doi.org/10.1111/obr.12812>
- Ryu, S., Jang, H., & Oh, H. (2022). Smartphone Usage Patterns and Dietary Risk Factors in Adolescents. *Journal of Nutrition*, 152(9), 2109–2116. <https://doi.org/10.1093/jn/nxac098>
- Sagala, C. O., & Noerfitri, N. (2021). Hubungan Pola Makan dan Pengetahuan Gizi Seimbang dengan Gizi Lebih Mahasiswa STIKes Mitra Keluarga. *JURNAL ILMIAH KESEHATAN MASYARAKAT: Media Komunikasi Komunitas Kesehatan Masyarakat*, 13(1), 22–27. <https://doi.org/10.52022/jikm.v13i1.152>
- Saprudin, A., Amalia, I. S., & Ropii, A. (2023). Analisis faktor determinan kejadian obesitas pada remaja di Kabupaten Kuningan. *Journal of Public Health Innovation*, 4(1), 51–58. <https://doi.org/10.34305/jphi.v4i01.961>
- Sari, P., Hilmanto, D., Herawati, D. M. D., Dhamayanti, M., & Ma'ruf, T. L. H. (2022). *Buku Saku Pelayanan Kesehatan Remaja* (M. Nasrudin (ed.); 1st ed.). PT. Nasya Expanding Management.
- Setiawan, A. S., Budiarto, A., & Indriyanti, R. (2023). Eating behavior of adolescent girls in countries with a high prevalence of stunting under five: a systematic review. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1228413>
- Setyaji, D. Y., Avengelist, V. S. E. A., & Maria, R. F. (2023). The Relationship Between Consumption of Vegetables, Fruits, and Breakfast with the Incidence of Overweight in Students. *Journal of Global Nutrition*, 2(2), 184–201. <https://doi.org/10.53823/jgn.v2i2.35>

- Setyaningsih, A., & Fatqur, A. (2025). Faktor Risiko Gizi Lebih Pada Dewasa Muda : Konsumsi Minuman Manis Dan Perilaku Sedentari. *Jurnal Riset Gizi*, 13(1), 59–64.
- Setyaningsih, A., Mulyasari, I., Afiatna, P., & Putri, H. R. (2024). The Relationship Between Ultra-Processed Food Consumption With Diet Quality And Over-Nutritional Status In Young Adults. *Amerta Nutrition*, 8(1), 124–129. <https://doi.org/10.20473/amnt.v8i1.2024.124-129>
- Smith, P. (2023). *How experiences affect decision-making: Exploring the phenomenon of access to healthcare through the stories of Indigenous women in British Columbia*.
- Sparrow, R., Agustina, R., Bras, H., Sheila, G., Rieger, M., Yumna, A., Feskens, E., & Melse-Boonstra, A. (2021). Adolescent Nutrition—Developing a Research Agenda for the Second Window of Opportunity in Indonesia. *Food and Nutrition Bulletin*, 42(1_suppl), S9–S20. <https://doi.org/10.1177/0379572120983668>
- Sugiyono, P. D. (2020). Metode Penelitian Kuantitatif, Kualitatif dan R&D. In *Alfabeta, Bandung* (p. 444).
- Sukmaningrum Marwadita, & Rahayu, L. S. (2024). Hubungan Konsumsi Fast Food dan Aktivitas Fisik dengan Status Gizi Lebih Remaja SMA di Jakarta. *Jurnal Pangan Kesehatan Dan Gizi Universitas Binawan*, 5(1), 26–35. <https://doi.org/10.54771/yt1g0c49>
- Sulistyo, M. N. A., & Sartika, A. N. (2025). Association of Diet Diversity and Pocket Money with Nutritional Status of High School Students. *Journal of Global Nutrition*, 5(1), 498–503. <https://doi.org/10.53823/jgn.v5i1.124>
- Suzan, R., Amini, A., & Siregar, M. I. T. (2024). The Correlation of Fast Food Intake, Breakfast Habits, Vegetable and Fruit Intake, Physical Activity, and Nutritional Status in Students of SMP Negeri 7 Jambi City. *Jambi Medical Journal : Jurnal Kedokteran Dan Kesehatan*, 12(1), 86–96. <https://doi.org/10.22437/jmj.v12i1.32595>
- Syfa Nur Fauzan, & Oji Kurniadi. (2025). Paparan Konten Makanan di TikTok dan Kaitannya dengan Status Gizi Mahasiswa Fikom Unisba. *Bandung Conference Series: Communication Management*, 5(2). <https://doi.org/10.29313/bcscm.v5i2.21247>
- Tabares-Tabares, M., Moreno Aznar, L. A., Aguilera-Cervantes, V. G., León-Landa, E., & López-Espinoza, A. (2022). Screen use during food consumption: Does it cause increased food intake? A systematic review. *Appetite*, 171, 105928. <https://doi.org/10.1016/j.appet.2022.105928>

Angela Naomi Yahya, 2026

HUBUNGAN WATCHING WHILE EATING, PAPARAN IKLAN MAKANAN, DAN KONSUMSI ULTRA-PROCESSED FOOD DENGAN KEJADIAN GIZI LEBIH PADA REMAJA SMAN 6 DEPOK

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Gizi Program Sarjana
[www.upnvj.ac.id-www.library.upnvj.ac.id-www.repository.upnvj.ac.id]

- Taslim, N. A., Handayani, N. D., Arruan, W., Aminuddin, A., Bukhari, A., Faradillah, A., & Syauki, A. Y. (2023). Dietary Patterns and Ultra-Processed Foods Consumption in Modern and Traditional Populations in South Sulawesi: An Analysis of Nutritional Status and Body Composition. *Nutrición Clínica y Dietética Hospitalaria*, 43(1). <https://doi.org/10.12873/431handayani>
- Tokan, I. I. Y., Hidayati, R. W., & Niamilah, I. (2025). Hubungan Keterpaparan Iklan Makanan *Junk food* Terhadap Status Gizi Siswa SMP Negeri 1 Godean Sleman. *Borneo Nursing Journal (BNJ)*, 8(1), 1735–1742. <https://doi.org/10.61878/bnj.v8i1.314>
- Trijayanti, L., Gani, A., Kesehatan, D. K., Masyarakat, K., & Latar, A. (2023). Literature Review The Effectiveness of Unhealthy Food and Beverage Advertising Marketing Policies in the Context of Prevention and Control of Diabetes Mellitus: A Literature Review. *Jurnal Ilmiah Kesehatan Masyarakat*, 15, 2023.
- Tsochantaridou, A., Sergeantanis, T. N., Grammatikopoulou, M. G., Merakou, K., Vassilakou, T., & Kornarou, E. (2023). Food Advertisement and Dietary Choices in Adolescents: An Overview of Recent Studies. *Children*, 10(3), 442. <https://doi.org/10.3390/children10030442>
- UNICEF. (2021). *Marketing of Unhealthy Foods to Children*.
- van Meer, F., de Vos, F., Hermans, R. C. J., Peeters, P. A., & van Dillen, L. F. (2022). Daily distracted consumption patterns and their relationship with BMI. *Appetite*, 176, 106136. <https://doi.org/10.1016/j.appet.2022.106136>
- Vashtianada, A., Setiarini, A., & Sartika, R. A. D. (2023). The Difference of Ultra-Processed Food Consumption based on Individual Characteristics and Other Factors among Non-Health Undergraduate Students in Universitas Indonesia in 2023. *Indonesian Journal of Public Health Nutrition*, 4(1). <https://doi.org/10.7454/ijphn.v4i1.7393>
- Wahyuniar, L., & Karyadi, L. (2020). Pengaruh Iklan Makanan/Minuman/Suplemen Vitamin-Mineral Di Tv Terhadap Pola Konsumsi Remaja Di Wilayah Jakarta Timur. *Jurnal Ilmu Kesehatan Bhakti Husada: Health Sciences Journal*, 11(1), 95–113. <https://doi.org/10.34305/jikbh.v11i1.152>
- Wangu, E. W., Widjayanti, Y., & Silalahi, V. (2023). Citra Tubuh (Body Image) Dan Perilaku Makan Pada Remaja. *Jurnal Penelitian Kesehatan*, 13(1), 7–14. <https://doi.org/10.54040/jpk.v13i1.239>

- Wanjohi, M. N., Karugu, C. H., Agyemang, C., Holdsworth, M., Laar, A., Klipstein-Grobusch, K., Ojiambo, V., Mugo, S., Kimani-Murage, E. W., Vandevijvere, S., & Asiki, G. (2025). The nature and frequency of food and beverage marketing on Kenyan national television: a mixed-method analysis of food advertisements, parent and children's perspectives. *BMC Medicine*, 23(1), 597. <https://doi.org/10.1186/s12916-025-04327-0>
- Wansink, B. (2010). From mindless eating to mindlessly eating better. *Physiology & Behavior*, 100(5), 454–463. <https://doi.org/10.1016/j.physbeh.2010.05.003>
- WHO. (2021). *Health for the World's Adolescents A second chance in the second decade*.
- WHO. (2022). Adolescent Health. In *World Health Organization*. World Health Organization.
- Xian, J., Ren, T., & Kuang, M. (2024). Influence of eating while watching TV on food preference and overweight/obesity among adolescents in China: a longitudinal study. *Frontiers in Public Health*. <https://doi.org/10.3389/fpubh.2024.1423383>
- Zahrah, N. I., Fanani, M., & Ardyanto, T. D. (2023). The Relationship Between Emotional Eating, Meal Skipping and Unhealthy Food Consumption Pattern in Adolescent Girls. *Indonesian Journal of Public Health*, 18(1), 47–58. <https://doi.org/10.20473/ijph.v18i1.2023.47-58>