

DAFTAR PUSTAKA

- Adolphus, K., Lawton, C.L., Champ, C.L. & Dye, L. (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. <https://doi.org/10.3945/an.115.010256>.
- Aguilar-Martínez, A., Bosque-Prous, M., González-Casals, H., Colillas-Malet, E., Puigcorbé, S., Esquiú, L., & Espelt, A. (2021). 'Social inequalities in changes in diet in adolescents during confinement due to COVID-19 in Spain: the DESKcohort project'. *Nutrients*, 13(5), 1577.
- Ahadi, Z., Kelishadi, R., Qorbani, M., Zahedi, H., Aram, M., Motlagh, M.E., Ardalan, G., Shafiee, G., Arzaghi, S.M., Asayesh, H. & Heshmat, R., (2016). 'Association of breakfast intake with psychiatric distress and violent behaviors in Iranian children and adolescents: The CASPIAN-IV study'. *The Indian Journal of Pediatrics*, 83(9), pp.922-929.
- Aini, R. N., Indriati, S. N., Rahayu, L. S., & Hamka, M. P. D. (2024). 'Hubungan antara asupan asam lemak omega-3 dan vitamin B1 dengan derajat dismenorea pada mahasiswi di Program Studi Ilmu Gizi UHAMKA'. *Ilmu Gizi Indonesia*, 7(2), 163-172.
- Al Huwaidy, A. H., Zuraida, R., & Febriani, W. (2025). 'Hubungan kebiasaan sarapan dengan status gizi siswa: Literature review'. *Medical Profession Journal of Lampung*, 14(10), 1953-1958.
- Al-Gamal, E., Alhosain, A. & Alsunaye, K. (2018) 'Stress and coping strategies among Saudi nursing students during clinical education', *Perspectives in Psychiatric Care*, 54(2), pp. 198–205. <https://doi.org/10.1111/ppc.12223>.
- Andriati, R. & Nuraini, R. (2020). 'Kebiasaan Sarapan Pagi Terhadap Konsentrasi Belajar Pada Mahasiswi'. *JAM: Jurnal Abdi Masyarakat*, 1(1).
- Annisa, F. & Utami, I. T. (2024) 'Dampak Kebiasaan Sarapan Terhadap Gizi Lebih Dan Obesitas Pada Remaja', *Jurnal Kesehatan Saintika Meditory*, pp. 114-121.
- Arora, T., Broglia, E., Thomas, G.N. & Taheri, S. (2014) 'Associations between specific technologies and adolescent sleep quantity, sleep quality, and parasomnias', *Sleep Medicine*, 15(2), pp. 240–247. <https://doi.org/10.1016/j.sleep.2013.08.799>.

- Astuti, H. D. (2018). 'Penggunaan Moda Transportasi ke Sekolah dengan Kebiasaan Sarapan pada Anak Sekolah Dasar Kota Yogyakarta' *Doctoral dissertation, Universitas Gadjah Mada*.
- Bachtiar, N. & Latifah, U. (2024) 'The Influence of Life Stressors on Mental Health Disorders in Adolescents', *Indonesian Journal of Global Health Research*, 6(3), pp. 1481–1488.
- Badan Kebijakan Pembangunan Kesehatan (2025), 'Laporan Survei Status Gizi Indonesia (SSGI) Tahun 2024. Jakarta: Kementerian Kesehatan Republik Indonesia'. Available at: <https://www.badankebijakan.kemkes.go.id/survei-status-gizi-indonesia-ssgi-2024/>.
- Badan Kependudukan dan Keluarga Berencana Nasional (BKKBN), 2024. 'Panduan Pengelolaan Pusat Informasi dan Konseling Remaja (PIK Remaja) dan Bina Keluarga Remaja'. Jakarta: BKKBN.
- Badan Pusat Statistik Provinsi DKI Jakarta (2026), 'Jumlah satuan pendidikan, kepala sekolah dan guru, serta peserta didik sekolah menengah atas (SMA) di bawah Kementerian Pendidikan Dasar dan Menengah menurut kabupaten/kota di Provinsi DKI Jakarta, 2025/2026'. Available at: <https://jakarta.bps.go.id/> (Accessed: 12 August 2026).
- Badan Pusat Statistik. (2026). 'Detail Metadata Variabel Statistik: Usia. Sistem Rujukan Statistik (SIRUSA)'. Available at: <https://sirusa.web.bps.go.id/metadata/variabel/359113>.
- Bazinet, R.P. & Layé, S. (2014) 'Polyunsaturated fatty acids and their metabolites in brain function and disease', *Nature Reviews Neuroscience*, 15(12), pp. 771–785. <https://doi.org/10.1038/nrn3820>.
- Begdache, L., Sadeghzadeh, S. & Derosé, G. (2020) 'Diet, Exercise, Lifestyle, and Mental Distress among Young and Mature Men and Women: A Repeated Cross-Sectional Study', *Nutrients*, 13(1), pp. 1-18.
- Benítez-Agudelo, J. C., Restrepo, D., Navarro-Jimenez, E., & Clemente-Suárez, V. J. (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), 753.
- Bhat, R. S., Alsuhaibani, A. S., Albugami, F. S., & Aldawsari, F. S. (2024). 'Omega 3 Fatty Acid as A Health Supplement: an Overview of its Manufacture and Regulatory Aspects'. *Current Research in Nutrition & Food Science*, 12(1), 70.
- Blakemore, S. J. (2018) 'Inventing Ourselves: The Secret Life of the Teenage Brain'. UK: Hachette.

- Bozzatello, P., Novelli, R., Montemagni, C., Rocca, P. & Bellino, S. (2024). 'Nutraceuticals in psychiatric disorders: a systematic review'. *International Journal of Molecular Sciences*, 25(9), p.4824.
- Burdge, G. C. & Calder, P. C. (2005). 'Conversion of linolenic acid to longer-chain polyunsaturated fatty acids in human adults'. *Reproduction Nutrition Development*, 45(5), 581-597.
- Calder, P.C. (2020). 'Omega-3 (n-3) polyunsaturated fatty acids and inflammation: From membrane to nucleus and from bench to bedside'. *Proceedings of the Nutrition Society*, 79(4), pp. 404-416. Tersedia di: <https://pubmed.ncbi.nlm.nih.gov/32860894/>
- Campisi, S. C., Zasowski, C., Bradley-Ridout, G., Schumacher, A., Szatmari, P., & Korczak, D. (2024). 'Omega-3 fatty acid supplementation for depression in children and adolescents'. *The Cochrane database of systematic reviews*, 11(11), CD014803. <https://doi.org/10.1002/14651858.CD014803.pub2>
- Ćavar Mišković, F., & Milas, G. (2025). 'Mindfulness reduces adolescent depression through stress appraisal and cognitive reactivity: evidence from a four-wave longitudinal study'. *Medicina*, 61(7), 1154.
- CEOWORLD Magazine. (2025). 'Ranked: The World's Most and Least Stressed Countries, 2025', *CEOWORLD Magazine*. Available at: <https://ceoworld.biz/2025/01/13/ranked-the-worlds-most-and-least-stressed-countries-2025/> (Accessed: April 13, 2026).
- Chai, J., Xu, H., An, N., Zhang, P., Liu, F., He, S., Hu, N., Xiao, X., Cui, Y. & Li, Y. (2021). 'The Prevalence of Mental Problems for Chinese Children and Adolescents During COVID-19 in China: A Systematic Review and Meta-Analysis', *Frontiers in Pediatrics*, 9(1), pp. 1–11. Available at: <https://doi.org/10.3389/fped.2021.661796>.
- Cheng, S.H. & Kamil, M.K.M. (2020). 'Stress and food intake among university students - Is there a relationship?'. *Sains Malaysiana*, 49(1), pp. 121–128. Available at: <https://doi.org/10.17576/jsm-2020-4901-14>.
- Chu, B., Marwaha, K., Sanvictores, T., Awosika, A.O. & Ayers, D. (2024). 'Physiology, Stress Reaction. Treasure Island (FL)'. *StatPearls Publishing*.
- Cohen, S., Kamarck, T. & Mermelstein, R. (1983) 'A Global Measure of Perceived Stress', *Journal of Health and Social Behavior*.
- Compas, B.E., Jaser, S.S., Bettis, A.H., Watson, K.H., Gruhn, M.A., Dunbar, J.P., Williams, E. & Thigpen, J.C. (2017). 'Coping, emotion regulation, and psychopathology in childhood and adolescence: A meta-analysis and narrative review', *Psychological Bulletin*, 143(9), pp. 939–991.

- Cook, N.R., He, F.J., MacGregor, G.A. & Graudal, N. (2020). 'Sodium and health-concordance and controversy', *BMJ*.369, p. m2440. Available at: <https://doi.org/10.1136/bmj.m2440>.
- De Vriendt, T., Clays, E., Huybrechts, I., De Bourdeaudhuij, I., Moreno, L.A., Patterson, E., Molnár, D., Mesana, M.I., Beghin, L., Widhalm, K. & Manios, Y., (2012). 'European adolescents level of perceived stress is inversely related to their diet quality: the Healthy Lifestyle in Europe by Nutrition in Adolescence study'. *British journal of nutrition*. 108(2), pp.371-380. <https://doi.org/10.1017/S0007114511005708>
- Denovan, A., Dagnall, N., Dhingra, K. & Grogan, S. (2019). 'Evaluating the Perceived Stress Scale among UK university students: implications for stress measurement and management', *Studies in Higher Education*, 44(1), pp. 120–133. Available at: <https://doi.org/10.1080/03075079.2017.1340445/>
- Devi, I.G.A.E.T., Sanjiwani, A.A.S. & Arwidiana, D.P., (2026). 'Gambaran kesehatan mental pada remaja di SMA Negeri 8 Denpasar'. *Jurnal Keperawatan*, 19(1), pp.37-49.
- Ratnawati, D. I. D. A, (2019). 'Hubungan Tingkat Stres dengan Perilaku Berpacaran Pada Remaja di SMA X Cawang Jakarta Timur'. *Jurnal Profesi Medika*, 13(1), pp. 15-21.
- Faiqah, S.Y., Putri, A.I.E.A., Ambarwati, A., Indartiningrum, Y., Nazila, A.R., Hanifah, Z.N. & Labibah, S.P., (2025). 'Peran Sarapan Bergizi dalam Meningkatkan Fokus dan Kinerja Belajar: Sebuah Studi Literatur'. *Journal of Family Life Education*, 5(1), pp.50-57
- Fatemi, F., Siassi, F., Qorbani, M. & Sotoudeh, G. (2020). 'Higher dietary fat quality is associated with lower anxiety score in women: a cross-sectional study', *Annals of General Psychiatry*, 19, p. 14. Available at: <https://doi.org/10.1186/s12991-020-00264-9>
- Fatmawati, S. K. M., Nasruddin, N. I., Gizi, M., Suharni, S., Gz, M., Setyawati, N. N. F., & Gz, S. (2023). 'Survei Konsumsi Gizi'. *CV Eureka Media Aksara*
- Fauziyah, N. S. (2020). 'The Influence of Parents and Other Factors on Adolescents' Fish Consumption in Selected Senior High School Students, Jakarta'. *Indian Journal of Public Health Research and Development*, 11(6), 1368.
- Ferrer-Cascales, R., Sánchez-SanSegundo, M., Ruiz-Robledillo, N., Albaladejo-Blázquez, N., Laguna-Pérez, A., & Zaragoza-Martí, A. (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), 1781.
<https://doi.org/10.3390/ijerph15081781>
- Food and Agriculture Organization. (2019). 'Sustainable healthy diets: guiding principles. Roma: Food and Agriculture Organization'. Available at: <https://www.fao.org/4/ca6640en/ca6640en.pdf>
- Gian, N. A., Virani, D., Syam, A., Hidayanty, H., & Rachmat, M. (2021). 'Asupan Omega-3 Dan Kejadian Common Mental Disorders Pada Mahasiswa'. *Jurnal Gizi Masyarakat Indonesia*, 10(2).
- Gibson-Smith, D., Bot, M., Brouwer, I. A., Visser, M., Giltay, E. J., & Penninx, B. W. (2020). 'Association of food groups with depression and anxiety disorders'. *European journal of nutrition*, 59(2), 767-778.
- Gil, Á., de Victoria, E. M., & Olza, J. (2015). 'Indicators for the evaluation of diet quality'. *Nutricion hospitalaria*, 31(3), 128-144.
- Głąbska, D., Guzek, D., Groele, B. & Gutkowska, K. (2020) 'Fruit and Vegetable Intake in Adolescents and Mental Health: a Systematic Review', *Annals of the National Institute of Hygiene*, 71(1), pp. 15–25. Available at: <https://doi.org/10.32394/rpzh.2019.0097>.
- Gold, P.W. & Wong, M.-L. (2025). 'Advances in discerning the mechanisms underlying depression and resiliency: relation to the neurobiology of stress and the effects of antidepressants', *Molecular Psychiatry*, 30(7), pp. 3226–3239. Available at: <https://doi.org/10.1038/s41380-025-03019-8>.
- GoodStats Data. (2025). 'Tingkat Stress Publik Indonesia Ada di Urutan Ke-7 Se-ASEAN'. Available at: <https://data.goodstats.id/statistic/tingkat-stress-publik-indonesia-ada-di-urutan-ke-7-se-asean-RGaiK> (Accessed: 12 August 2026).
- Gratão, L.H.A., Pessoa, M.C., Rodrigues da Silva, T.P., Rocha, L.L., Louise Cassimiro Inácio, M., Resende Prado Rangel de Oliveira, T., de Freitas Cunha, C. & Mendes, L.L., (2022). 'Dietary patterns, breakfast consumption, meals with family and associations with common mental disorders in adolescents: a school-based cross-sectional study'. *BMC Public Health*, 22(1), p.980.
- Green, R., Sutherland, J., Dangour, A. D., Shankar, B., & Webb, P. (2016). 'Global dietary quality, undernutrition and non-communicable disease: a longitudinal modelling study'. *BMJ open*, 6(1), e009331.
- Gropper, S.S., Smith, Jack L. & Groff, J.L. (2009). 'Advanced Nutrition and Human Metabolism Dietary Reference Intakes (DRI)'. 5th ed. Edited by A. Lustig. Wadsworth: Cengage Learning.

- Grosso, G., Mateo, A., Rangelov, N., Buzeti, T. & Birt, C. (2020) 'Nutrition in the context of the Sustainable Development Goals', *European Journal of Public Health*, 30, pp. I19–I23. Available at: <https://doi.org/10.1093/eurpub/ckaa034>.
- Guerrero, M. L. P., Pérez-Rodríguez, F., & Hueda, M. (2017). 'Diet quality indices for nutrition assessment: types and applications'. *Functional Food-Improve Health through Adequate Food*, 1, 283-308.
- Gusti, R. K., Saputera, M. D., & Chris, A. (2023). 'Gambaran stres secara umum pada siswa/i SMA di Jakarta'. *Jurnal Muara Medika dan Psikologi Klinis*, 3(1), 22-29.
- Guthold, R., Stevens, G.A., Riley, L.M. & Bull, F.C. (2020) 'Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1,6 million participants', *The Lancet Child and Adolescent Health*, 4(1), pp. 23–35. Available at: [https://doi.org/10.1016/S2352-4642\(19\)30323-2](https://doi.org/10.1016/S2352-4642(19)30323-2).
- Gutiérrez, J.M., R. Casewell, N. & Laustsen, A.H. (2025). 'Progress and Challenges in the Field of Snakebite Envenoming Therapeutics', *Annual Review of Pharmacology and Toxicology*, 65(1), pp. 465–485. Available at: <https://doi.org/10.1146/annurev-pharmtox-022024-033544>.
- Häberling, I., Baumgartner, N., Emery, S., Keller, P., Strumberger, M., Nalani, K., Schmeck, K., Erb, S., Bachmann, S., Wöckel, L., Müller-Knapp, U., Contin-Waldvogel, B., Rhiner, B., Walitza, S., & Berger, G. (2019). 'Anxious depression as a clinically relevant subtype of pediatric major depressive disorder'. *Journal of neural transmission*, 126(9), 1217–1230. <https://doi.org/10.1007/s00702-019-02069-x>
- Hakim, A.R., Mora, L., Leometa, C.H. & Dimala, C.P., (2024). 'Psychometric properties of the perceived stress scale (PSS-10) in Indonesian version'. *JP3I (Jurnal Pengukuran Psikologi dan Pendidikan Indonesia)*, 13(2), pp.117-129.
- Hakimi, A.N.Q. (2021). 'Hubungan Uang Saku dan Pola Konsumsi Makanan Terhadap Status Gizi Siswa SMPN 16 Semarang'. *Skripsi*.
- Hanifa, A., Djokosujono, K., Triyanti, T., & Salimar, S. (2020). 'Konsumsi Buah-Sayur Pada Siswa Sma Negeri 81 Jakarta The Consumption Of Fruits And Vegetables Among Students Of Sma Negeri 81 Jakarta'. *Penelitian Gizi dan Makanan*, 43(2), 65-80.
- Hardinsyah, and Aries, M. (2012). 'Pentingnya Sarapan dan Gizi Sarapan'. *Departemen Gizi Masyarakat, Fakultas Ekologi Manusia (FEMA) IPB*.

- Harkness, K.L. & Hayden, E.P. (2020). 'The Oxford Handbook of Stress and Mental Health'. New York: Oxford University Press.
- Hartono, A. (2009). 'Terapi Gizi dan Diet Rumah Sakit'. Jakarta: Penerbit Buku Kedokteran EGC.
- Hasliani, A., Rahmawati, R., & Kadir, A. (2025). 'Hubungan Pola Makan Sehat Dengan Kesehatan Mental pada Remaja SMA di Makassar, Indonesia'. *Jurnal Promotif Preventif*, 8(6), 1402-1409.
- Hidayah ANN. (2016). 'Hubungan tingkat kecukupan asam lemak omega-3, biotin dan seng dengan tingkat stres mahasiswi rusunawa UNIMUS Residence I'. Universitas Muhammadiyah Semarang.
- Hidayat, Z. F., Marjan, A. Q., & Wahyuningsih, U. (2024). 'Factors Related to Diet Quality in Adolescent at Yadika 12 High School Depok'. *Amerta Nutrition*, 8, 402.
- Hjern, A., Alfvén, G., & Östberg, V. (2008). 'School stressors, psychological complaints and psychosomatic pain'. *Acta paediatrica*, 97(1), 112-117.
- Huybrechts, I., Vereecken, C., De Bacquer, D., Vandevijvere, S., Van Oyen, H., Maes, L., Vanhauwaert, E., Temme, L., De Backer, G., & De Henauw, S. (2010). 'Reproducibility and validity of a diet quality index for children assessed using a FFQ'. *The British journal of nutrition*, 104(1), 135–144. <https://doi.org/10.1017/S0007114510000231>
- Tucker, J. E., Brennan, A. M., Benton, D., & Young, H. A. (2025). 'A recipe for resilience: A systematic review of diet and adolescent mental health'. *Nutrients*, 17(23), 3677.
- James, K.A., Stromin, J.I., Steenkamp, N. & Combrinck, M.I. (2023). 'Understanding the relationships between physiological and psychosocial stress, cortisol and cognition', *Frontiers in Endocrinology*, 14(1), p. 1085950. Available at: <https://doi.org/10.3389/fendo.2023.1085950>.
- Jannah, M. (2017). 'Remaja dan Tugas-Tugas Perkembangannya dalam Islam', *Psikoislamedia: Jurnal Psikologi*, 1(1), pp. 243–256. Available at: <https://doi.org/10.22373/psikoislamedia.v1i1.1493>.
- Jones, E.A.K., Mitra, A.K. & Bhuiyan, A.R. (2021). 'Impact of COVID-19 on Mental Health in Adolescents: A Systematic Review', *International Journal of Environmental Research and Public Health*, 18(5), p. 2470. Available at: <https://doi.org/10.3390/ijerph18052470>.

- Juliantara, R. & Nugroho, P.S. (2021). 'Hubungan Tingkat Pendidikan Orang Tua dan Status Pekerjaan Orang Tua Terhadap Gizi Kurang Pada Remaja di SMPN 8 Samarinda'. *Borneo Studies and Research*, 2(3), pp.2031-2037.
- Kementerian Kesehatan Republik Indonesia. (2019). 'Peraturan Menteri Kesehatan Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia'. Jakarta: Kemenkes RI.
- Kementerian Kesehatan Republik Indonesia. (2023). 'Pedoman Kesehatan Remaja'. Jakarta: Kementerian Kesehatan RI.
- Kementerian Kesehatan Republik Indonesia. (2018). 'Laporan Nasional Riskesdas 2018'. Jakarta: Badan Litbangkes.
<https://repository.badankebijakan.kemkes.go.id/id/eprint/3514>
- Kementerian Kesehatan Republik Indonesia. (2023). 'Survei Kesehatan Indonesia 2023: Tematik Kesehatan Jiwa Remaja'.
<https://www.badankebijakan.kemkes.go.id/laporan-tematik-ski>
- Kementerian Kesehatan RI, 2019. 'Laporan Nasional Riset Kesehatan Dasar (Riskesdas) 2018'. Jakarta: Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan RI.
- Kementerian Kesehatan RI, 2022. 'Cegah meningkatnya diabetes, jangan berlebihan konsumsi gula, garam, lemak'. Available at: <https://kemkes.go.id/id/%20cegah-meningkatnya-diabetes-jangan-berlebihan-konsumsi-gula-garam-lemak>
- Khanif, A., & Mahmudiono, T. (2023). 'Hubungan tingkat pendidikan terhadap pengetahuan pada pedagang tahu putih tentang kandungan formalin di pasar tradisional Kota Surabaya'. *Media Gizi Kemas*, 12(1), 118-124.
- Khusun, H., Anggraini, R., Februhartanty, J., Mognard, E., Fauzia, K., Maulida, N. R., & Poulain, J. P. (2023). 'Breakfast consumption and quality of macro-and micronutrient intake in Indonesia: a study from the Indonesian food barometer'. *Nutrients*, 15(17), 3792.
- Kim, S., Haines, P. S., Siega-Riz, A. M., & Popkin, B. M. (2003). 'The Diet Quality Index-International (DQI-I) provides an effective tool for cross-national comparison of diet quality as illustrated by China and the United States'. *The Journal of nutrition*, 133(11), 3476-3484.
- Kinge, W.V., Evensen, M., Hakulinen, C., Reichborn-Kjennerud, T. & Kaur, S. (2024). 'Socioeconomic Inequalities in Mental Disorders among Children and Adolescents: A Longitudinal Population-Based Study'. *International Journal of Epidemiology*, 53(2), pp.115-124.

- Klein, E. M., Brähler, E., Dreier, M., Reinecke, L., Müller, K. W., Schmutzer, G., & Beutel, M. E. (2016). 'The German version of the Perceived Stress Scale—psychometric characteristics in a representative German community sample'. *BMC psychiatry*, 16(1), 159.
- Kornienko, D.S., Rudnova, N.A., Veraksa, A.N., Gavrilova, M.N. & Plotnikova, V.A. (2024) 'Exploring the use of the perceived stress scale for children as an instrument for measuring stress among children and adolescents: a scoping review', *Frontiers in Psychology*, 15(1), p. 1470448. Available at: <https://doi.org/10.3389/fpsyg.2024.1470448>.
- Kumarasivam, T., Moser, L., Dempsey, G., Colabelli, M., Rosenberg, L., Welch, M., & Begdache, L. (2022). 'The Association between High Intake of Omega-3 Fat Food, Perceived Stress and Mental Distress Levels'. *The FASEB Journal*, 36.
- Kusumowati, D., & Noerfitri, N. (2023). 'Hubungan Tingkat Stres dan Body Image terhadap Risiko Eating Disorder pada Remaja SMK Kesehatan Fahd Islamic School pada Masa Pandemi'. *Jurnal Ilmiah Kesehatan Masyarakat*, 15(2), 2023.
- Kusy B., Parzecka K., Kucharczyk P., & Szczepanik K. (2024). 'Long-chain polyunsaturated fatty acids and brain functions - literature review'. *Wiad. Lek.* 77, 1277–1283. doi:10.36740/WLek202406125
- Lassale, C., Batty, G.D., Baghdadli, A., Jacka, F., Sánchez-Villegas, A., Kivimäki, M. & Akbaraly, T. (2019). 'Healthy dietary indices and risk of depressive outcomes: a systematic review and meta-analysis of observational studies', *Molecular Psychiatry. Nature Publishing Group*, pp. 965–986. Available at: <https://doi.org/10.1038/s41380-018-0237-8>.
- Lazarus, R.S. & Folkman, S. (1984). 'Stress, Appraisal, and Coping'. *New York: Springer*.
- Lee, E.-H. (2012). 'Review of the Psychometric Evidence of the Perceived Stress Scale', *Asia Nursing Research*, 6(4), pp. 121–127. Available at: <https://doi.org/10.1016/j.anr.2012.08.004>.
- Lemeshow, S, Hosmer, D, W, & Klar, J. (1991). 'Adequacy of Sample Size in Health Studies'. UGM-Pres. Yogyakarta.
- Lestari, R. V., Yosephin, B., & Natan, O. (2024). 'Hubungan kualitas diet dengan status gizi remaja di SMP Negeri 14 Kota Bengkulu'. *Nutrition and Health Insights*, 1(1), 12-19.
- Listiyapuji, N.C. & Pratama, S.A., (2024). 'Hubungan Kebiasaan Sarapan terhadap Status Gizi dan Tingkat Konsentrasi Belajar Siswa di SMP Kemala

- Bhayangkari 7 Porong Sidoarjo'. *Jurnal Ilmu Kesehatan dan Gizi*, 3(1), pp.37-50
- Liu, C., Xie, B., Chou, C.P., Koprowski, C., Zhou, D., Palmer, P., Sun, P., Guo, Q., Duan, L., Sun, X. & Johnson, C.A. (2007). 'Perceived stress, depression and food consumption frequency in the college students of China Seven Cities', *Physiology Behaviour*.
- Liu, X., Zhao, Y., Li, J., Dai, J., Wang, X. & Wang, S. (2020). 'Factor Structure of the 10-Item Perceived Stress Scale and Measurement Invariance Across Genders Among Chinese Adolescents', *Frontiers in Psychology*, 11(1), pp. 1–10. Available at: <https://doi.org/10.3389/fpsyg.2020.00537>.
- Lovibond, S.H. & Lovibond, P.F. (2019). 'Manual for the Depression Anxiety Stress Scales'. Sydney: *Psychology Foundation*.
- Marakshina, J., Adamovich, T., Vasin, G., Ismatullina, V., Lobaskova, M., Malykh, A., Kolyasnikov, P., Tabueva, A., Zakharov, I. & Malykh, S. (2024). 'Factor structure and psychometric properties of the Perceived Stress Scale in Russian adolescents', *Scientific Reports*, 14(1), p. 775. Available at: <https://doi.org/10.1038/s41598-023-51104-1>.
- Marx, W., Lane, M., Hockey, M., Aslam, H., Berk, M., Walder, K., Borsini, A., Firth, J., Pariante, C., Berding, K., Cryan, J. F., Clarke, G., Craig, J. M., Su, K.-P., Mischoulon, D., Gomez-Pinilla, F., Foster, J., Cani, P., Thuret, S., & Jacka, F. N. (2020). 'Diet and Depression: Exploring the Biological Mechanisms of Action'. *Molecular Psychiatry*. <https://doi.org/10.1038/s41380-020-00925-x>
- Meha, J. F. (2022). 'Profil Status Gizi, Kualitas Diet, Aktivitas Fisik Mahasiswa UNNES Sebelum dan Selama Masa Pandemi COVID-19'. *Indonesian Journal of Public Health and Nutrition*, 2(3), 348-56.
- Milajerdi, A., Keshteli, A. H., Esmailzadeh, A., Roohafza, H., Afshar, H., & Adibi, P. (2019). 'Breakfast consumption in relation to lowered risk of psychological disorders among Iranian adults'. *Public Health*, 167, 152-158.
- Monzani, A., Ricotti, R., Caputo, M., Solito, A., Archero, F., Bellone, S., & Prodam, F. (2019). 'A Systematic Review of The Association of Skipping Breakfast with Weight and Cardiometabolic Risk Factors in Children and Adolescents. What Should We Better Investigate in The Future?'. *Nutrients*, 11(2), 387.
- Morales-Munoz, I., Ashdown-Doel, B., Beazley, E., Carr, C., Preece, C. & Marwaha, S. (2023) 'Maternal postnatal depression and anxiety and the risk for mental health disorders in adolescent offspring: Findings from the Avon Longitudinal Study of Parents and Children cohort', *Australian and New*

- Zealand Journal of Psychiatry*, 57(1), pp. 82–92. Available at: <https://doi.org/10.1177/00048674221082519>.
- Muara, R., Sismulyanto, S., & Perangin-angin, R. (2024). 'Formulasi Kesadaran Diri Sebagai Manajemen Asuhan Keperawatan pada Remaja dalam Pencegahan Risiko Stunting dan Membuat Keputusan untuk Mendukung Kesehatan'. *Locus*, 3(12).
- Muhibbah, S., Anggela, W., Husna, N. A., Ulwani, M., & Wulansari, D. (2024). 'Pengaruh Sarapan Pagi Bagi Mahasiswa PGMI Saat Menghadapi Pelajaran terhadap Kondisi Tubuh dan Mental'. *SEHATMAS: Jurnal Ilmiah Kesehatan Masyarakat*, 3(4), 843-852.
- Muhtadin, D.A., Nurdiantami, Y., Fadhil, M.S., Ayudiputri, Z.Z. & Afifah, Z., (2022). 'Hubungan Karakteristik Remaja Dengan Perilaku Berisiko Penyalahgunaan Napza Pada Remaja Awal'. *PREPOTIF: Jurnal Kesehatan Masyarakat*, 6(2), pp.1722–1729.
- Munadi, M. & Khuriyah (2023). 'The extracurricular activities and student development of secondary school: Learning from Indonesia', *International Journal of Education and Practice*, 11(1), pp. 23–34. Available at: <https://doi.org/10.18488/61.v11i1.3245>.
- Nadia, N., Minarni, M. & Thalib, T. (2025). 'Gambaran Stres Akademik Siswa Sekolah Menengah Atas di Kota Makassar', *Jurnal Inovasi dan Humaniora*, 3(1), pp. 14–19. Available at: <https://jurnalmahasiswa.com/index.php/Jurihum/article/view/3011>.
- Najla, A., Prautami, E. S., Mutahar, R., & Aghadiati, F. (2025). 'Hubungan tingkat pengetahuan gizi dan sikap dengan kebiasaan sarapan pada mahasiswa'. *In Prosiding Seminar Nasional Indonesia* (Vol. 3, No. 2, pp. 297-308).
- Nasrani, L., & Purnawati, S. (2015). 'Stress Level Difference Between Men And Women On Yoga Participants In Denpasar City'. *E-Jurnal Medika Udayana*, 4, 12.
- Naumoska, T., Zafirovski, K. & Hanna, F. (2025). 'The Association Between Skipping Breakfast and Anxiety and Depression in Adolescents - A Scoping Review'. *Children*, 12(953), pp. 1-18.
- Neumark-Sztainer, D., Larson, N. I., Fulkerson, J. A., Eisenberg, M. E., & Story, M. (2010). 'Family meals and adolescents: what have we learned from Project EAT (Eating Among Teens)?'. *Public health nutrition*, 13(7), 1113–1121. <https://doi.org/10.1017/S1368980010000169>
- Ng, M., Dai, X., Cogen, R. M., Abdelmasseh, M., Abdollahi, A., Abdullahi, A., & Khan, M. S. (2024). 'National-level and state-level prevalence of overweight

- and obesity among children, adolescents, and adults in the USA, 1990–2021, and forecasts up to 2050'. *The lancet*, 404(10469), 2278-2298.
- Nirwana, P.S., Putri, D.H. & Oktora, M.Z., (2024). 'Hubungan Kesehatan Mental dengan Kecukupan Gizi dan Pola Makan'. *Journal of Public Health Science*, 1(2), pp.97-109.
- Noviyanti, R. D., & Kusudaryati, D. P. D. (2018). 'Hubungan kebiasaan sarapan pagi dengan prestasi belajar siswa SD muhammadiyah program khusus Surakarta'. *Media Publikasi Penelitian*, 16(1), 72-77.
- Núñez-Regueiro, F. & Núñez-Regueiro, S. (2021). 'Identifying Salient Stressors of Adolescence: A Systematic Review and Content Analysis', *Journal of Youth and Adolescence*, 50(12), pp. 2533–2556. Available at: <https://doi.org/10.1007/s10964-021-01492-2>.
- Nurwela, T.S. & Israfil (2022) 'Faktor-Faktor yang Berhubungan dengan Stres pada Remaja: Literatur Review', *Jurnal Keperawatan Jiwa*, 10(4), pp. 697–704. Available at: <https://doi.org/10.26714/jkj.10.4.2022.697-704>
- O'Neil, C. E., Byrd-Bredbenner, C., Hayes, D., Jana, L., Klinger, S. E., & Stephenson-Martin, S. (2014). 'The role of breakfast in health: Definition and nutrition characteristics with a focus on children, adolescents and young adults'. *Journal of the Academy of Nutrition and Dietetics*, 114(12), S8–S26.
- Oktaviani, O., & Pebriani, M. (2023). 'Karakteristik Pemilihan Moda Transportasi Menuju Kampus (Studi Kasus: Mahasiswa Fakultas Teknik Universitas Negeri Padang)'. *CIVED*, 10(2), 474-483.
- Okti, M. N., Afrinis, N., & Apriyanti, F. (2024). 'Hubungan Pola Makan dan Tingkat Stres dengan Status Gizi pada Remaja di SMAN 1 Pekanbaru'. *Science: Indonesian Journal of Science*, 1(4), 1000-1007.
- Oravcova, H., Katrencikova, B., Garaiova, I., Durackova, Z., Trebaticka, J. & Jezova, D. (2022) 'Stress hormones cortisol and aldosterone, and selected markers of oxidative stress in response to long-term supplementation with omega-3 fatty acids in adolescent children with depression', *Antioxidants*, 11(8), 1546. Available at: <https://doi.org/10.3390/antiox11081546>.
- Orben, A., Lucas, R. E., Fuhrmann, D., & Kievit, R. A. (2022). 'Trajectories of adolescent life satisfaction'. *Royal Society open science*, 9(8), 211808.
- Palupi, K.C. (2022). 'Modul Praktikum Survei Konsumsi Pangan'. Jakarta: Program Studi Ilmu Gizi, Fakultas Ilmu-Ilmu Kesehatan, Universitas Esa Unggul.

- Pardamean, E. & Lazuardi, M. J. (2019). 'The Relationship Between Gender and Psychological Stress in Grade 11 Science Students at a High School in Tangerang'. *Nursing Current: Jurnal Keperawatan*, 7(1), 68-74.
- Park, S., Rim, S. J., & Lee, J. H. (2018). 'Associations between dietary behaviours and perceived physical and mental health status among Korean adolescents'. *Nutrition and Dietetics*. <https://doi.org/10.1111/1747-0080.12444>
- Pengpid, S., & Peltzer, K. (2020). 'High carbonated soft drink intake is associated with health risk behavior and poor mental health among school-going adolescents in six Southeast Asian countries'. *International Journal of Environmental Research and Public Health*, 17(1), 132.
- Pickering, L., Hadwin, J.A. & Kovshoff, H. (2020). 'The Role of Peers in the Development of Social Anxiety in Adolescent Girls: A Systematic Review', *Adolescent Research Review*. Springer Science and Business Media Deutschland GmbH, pp. 341–362. Available at: <https://doi.org/10.1007/s40894-019-00117-x>.
- Piątkowska-Chmiel, I., Krawiec, P., Ziętara, K. J., Pawłowski, P., Samardakiewicz, M., Pac-Kożuchowska, E., & Herbet, M. (2023). 'The Impact of Chronic Stress Related to COVID-19 on Eating Behaviors and the Risk of Obesity in Children and Adolescents'. *Nutrients*, 16(1), 54. <https://doi.org/10.3390/nu16010054>
- Praditasari, J.A. & Sumarmik, S. (2018). 'Asupan Lemak, Aktivitas Fisik dan Kegemukan pada Remaja Putri di SMP Bina Insani Surabaya', *Media Gizi Indonesia*, 13(2), p. 117. Available at: <https://doi.org/10.20473/mgi.v13i2.117-122>.
- Prastiwi, M. (2022). '25 SMA terbaik di Indonesia berdasarkan nilai rerata UTBK 2022', Kompas.com, 26 August. Available at: https://duniakuliah.kompas.com/read/2022/08/26/163548671/25-sma-terbaik-di-indonesia-berdasarkan-nilai-rerata-utbk-2022?page=all&utm_source=chatgpt.com (Accessed: 12 August 2026).
- Primadi, M. B. (2024). 'The Relationship Between Skipping Breakfast and Stress Levels Among Physics Students at Universitas Negeri Makassar'. *Hayyan Journal*, 1(3), 49-55.
- Putra, M. G. S., Kustiyah, L., & Dwiriani, C. M. (2024). 'Hubungan antara Sosial Ekonomi, Demografi dan Kualitas Konsumsi Pangan dengan Status Gizi'. *ARTERI: Jurnal Ilmu Kesehatan*, 6(1), 31-40.
- Putri, A. A., Firmansyah, F., & Puspitasari, D. I. (2026). 'Hubungan Kebiasaan Sarapan dan Uang Saku dengan Status Gizi Remaja'. *Nutriology: Jurnal Pangan Gizi Kesehatan*, 7(1), 71-78.

- Rabuka, M. C., Latuheru, G., & Taihuttu, Y. (2023). 'Hubungan stres akademik dengan academic burnout pada mahasiswa semester pertama tahun 2022 di Fakultas Kedokteran Universitas Pattimura Ambon'. *Jurnal Psikologi Tabularasa*, 18(2), 150-158.
- Rahmah, A., Agustini, M., Darmayanti, D. & Raya, M. (2023). 'Faktor-Faktor yang Berhubungan dengan Tingkat Stres pada Santri dan Santriwati Remaja di Pondok Pesantren Al-Ikhlas Negara', *Jurnal Sosial dan Sains*, 3(9), pp. 967–982. Available at: <https://doi.org/10.59188/jurnalsosains.v3i9.1012>
- Rampersaud, G. C., Pereira, M. A., Girard, B. L., Adams, J., & Metz, J. D. (2005). 'Breakfast habits, nutritional status, body weight, and academic performance in children and adolescents'. *Journal of the American Dietetic Association*, 105(5), 743–762. <https://doi.org/10.1016/j.jada.2005.02.007>
- Reily, N.M., Tang, S., Negrone, A., Gan, D.Z., Sheanoda, V. & Christensen, H. (2023). 'Omega-3 supplements in the prevention and treatment of youth depression and anxiety symptoms: A scoping review', *PLOS ONE*.
- Rodríguez-Rojo, I. C., García-Sastre, M., Peñacoba-Puente, C., Cuesta-Lozano, D., García-Rodríguez, L., Blázquez-González, P., González-Alegre, P., López-Reina-Roldán, J. M., & Luengo-González, R. (2025). 'From Healthy Eating to Positive Mental Health in Adolescents: A Moderated Mediation Model Involving Stress Management and Peer Support'. *Nutrients*, 17(20), 3305. <https://doi.org/10.3390/nu17203305>
- Ronitawati, P., Ghifari, N., Nuzrina, R., & Yahya, P. N. (2021). 'Analisis faktor-faktor yang berhubungan dengan kualitas konsumsi pangan dan status gizi pada remaja di perkotaan'. *Jurnal Sains Kesehatan*, 28(1).
- Ruhmanto, D. & Ramadhan, G. E. (2022). 'Hubungan kebiasaan sarapan pagi terhadap prestasi belajar siswa siswi kelas XII IPA SMA Negeri 8 Tangerang Selatan dan SMA Negeri 4 Tangerang Selatan'. *Jurnal Ilmiah Kesehatan Masyarakat*, 1(2), 183-191.
- Sacks, F. M., Lichtenstein, A. H., Wu, J. H. Y., Appel, L. J., Creager, M. A., Kris-Etherton, P. M., Miller, M., Rimm, E. B., Rudel, L. L., Robinson, J. G., Stone, N. J., Van Horn, L. V., & American Heart Association (2017). 'Dietary Fats and Cardiovascular Disease: A Presidential Advisory From the American Heart Association'. *Circulation*, 136(3), e1–e23. <https://doi.org/10.1161/CIR.0000000000000510>
- Santrock, J.W.. (2019). 'Adolescence'. *McGraw-Hill Education*.
- Sari, S.L., Utari, D.M. & Sudiarti, T. (2021) 'Konsumsi minuman berpemanis kemasan pada remaja', *Ilmu Gizi Indonesia*, 5(1), pp.91–100.

- Sarmiento, L.F., da Cunha, P.L., Tabares, S., Tafet, G. & Gouveia Jr, A. (2024). 'Decision-making under stress: A psychological and neurobiological integrative model', *Brain, Behavior, and Immunity - Health*, 38(1), p. 100766. Available at: <https://doi.org/10.1016/j.bbih.2024.100766>.
- Sarris, J., Logan, A. C., Akbaraly, T. N., Amminger, G. P., Balanzá-Martínez, V., Freeman, M. P., Hibbeln, J., Matsuoka, Y., Mischoulon, D., Mizoue, T., Nanri, A., Nishi, D., Ramsey, D., Rucklidge, J. J., Sanchez-Villegas, A., Scholey, A., Su, K. P., & Jacka, F. N. (2015). 'Nutritional medicine as mainstream in psychiatry'. *The lancet. Psychiatry*, 2(3), 271–274. <https://doi.org/10.1016/S2215-0366>
- Selvik, K. L. I., Strandås, B. M. E., Olsson, C. A., Braaten, T., & Bjerkeset, O. (2026). 'Associations of perceived family economy, registry-based parental education and income with adolescent psychological distress: the Young-HUNT cross-sectional studies 2006–2008 and 2017–2019'. *BMJ*, 16(6), e111941.
- Sherzai, A., Sherzai, A. N., & Sherzai, D. (2023). 'A systematic review of omega-3 consumption and neuroprotective cognitive outcomes'. *American Journal of Lifestyle Medicine*, 17(5)
- Shriver, L. H., Dollar, J. M., Calkins, S. D., Keane, S. P., Shanahan, L., & Wideman, L. (2020). 'Emotional Eating in Adolescence: Effects of Emotion Regulation, Weight Status and Negative Body Image'. *Nutrients*, 13(1), 79. <https://doi.org/10.3390/nu13010079>
- Sisk, L. M., & Gee, D. G. (2022). 'Stress and adolescence: vulnerability and opportunity during a sensitive window of development'. *Current opinion in psychology*, 44, 286–292. <https://doi.org/10.1016/j.copsyc.2021.10.005>
- Slavich G. M. (2020). 'Social Safety Theory: A Biologically Based Evolutionary Perspective on Life Stress, Health, and Behavior'. *Annual review of clinical psychology*, 16, 265–295. <https://doi.org/10.1146/annurev-clinpsy-032816-045159>
- Smith, A. P., & Richards, G. (2018). 'Energy drinks, caffeine, junk food, breakfast, depression and academic attainment of secondary school students'. *Journal of Psychopharmacology*, 32(8), 893-899.
- Steen, P.B., Dalgaard, V.L., Andersen, J.H., Sørensen, C.L.B., Bultmann, U. & Biering, K. (2025). 'Perceived stress trajectories from adolescence to early adulthood: The role of sex and social status', *Journal of Public Health*. Available at: <https://doi.org/10.1007/s10389-025-02642-7>.

- Steinberg, L. & Icenogle, G. (2019). 'Using Developmental Science to Distinguish Adolescents and Adults Under the Law', *Annual Review of Developmental Psychology*, 1(1), pp. 21–40. Available at: <https://doi.org/10.1146/annurev-devpsych-121318-085105>.
- Story, A., Aldridge, R.W., Smith, C.M., Garber, E., Hall, J., Ferenando, G., Possas, L., Hemming, S., Wurie, F., Luchenski, S. & Abubakar, I. (2019). 'Smartphone-enabled video-observed versus directly observed treatment for tuberculosis: a multicentre, analyst-blinded, randomised, controlled superiority trial', *The Lancet*, 393(10177), pp. 1216–1224. Available at: [https://doi.org/10.1016/S0140-6736\(1832993-3\)](https://doi.org/10.1016/S0140-6736(1832993-3)).
- Strekalova, T., Radford-Smith, D., Dunstan, I.K., Gorlova, A., Svirin, E., Sheveleva, E., Burova, A., Morozov, S., Lyundup, A., Berger, G. & Anthony, D.C. (2024). 'Omega-3 alleviates behavioral and molecular changes in stress-induced depression'. *Neurobiology of Stress*.
- Suara, M. & Yudiawati, R. (2022). 'Evaluasi Intervensi Keperawatan Psikoedukasi Dalam Penurunan Stress Psikologis Usia Lanjut Selama Wabah Covid-19 Di Bogor', *Malahayati Nursing Journal*, 4(12), pp. 3468–3480.
- Suárez-López, L.M., Bru-Luna, L.M. & Martí-Vilar, M. (2023). 'Influence of Nutrition on Mental Health: Scoping Review'. *Multidisciplinary Digital Publishing Institute* (MDPI). Available at: <https://doi.org/10.3390/healthcare11152183>.
- Sugiyono. (2020). 'Metode Penelitian Kuantitatif, Kualitatif dan R&D'. Bandung: Alfabeta.
- Suhana, S., Eryani, R.D. & Budiman, A. (2021). 'The Effect of Hardiness on Stress in Mothers in Helping Elementary School Children in Taman Sari District', *Jurnal Pendidikan Islam*, 10(2), pp. 218–227. Available at: <https://doi.org/10.29313/tjpi.v10i2.8984>.
- Sulianto, J. V., & Charrisa, O. (2024). 'Hubungan kebiasaan sarapan dengan status gizi pada siswa-siswi SMA Bunda Mulia Jakarta'. *Jurnal Ilmu Kedokteran dan Kesehatan*, 11(6), 1211-1219.
- Syahrani Kirana, N., Rochmawati, D.H. & Susanto, W. (2025). 'Hubungan antara Tingkat Stres dengan Pola Makan pada Mahasiswa', *Jurnal Penelitian Perawat Profesional*, 7(1), pp. 769–776. Available at: <https://doi.org/10.37287/jppp.v7i1.5871>.
- Thompson, M., Hein, N., Hanson, C., Smith, L. M., Anderson-Berry, A., Richter, C. K., Stessy Bisselou, K., Kusi Appiah, A., Kris-Etherton, P., Skulas-Ray, A. C., & Nordgren, T. M. (2019). 'Omega-3 Fatty Acid Intake by Age, Gender, and Pregnancy Status in the United States: National Health and

- Nutrition Examination Survey 2003–2014'. *Nutrients*, 11(1), 177. <https://doi.org/10.3390/nu11010177>
- Umami, I. (2019). 'Psikologi Remaja'. Yogyakarta: IDEA Press.
- Utami, S. P., Riana, A., & harun, iriyanti. (2025). 'Peran Asupan Omega-3, Status Gizi, dan Kualitas Tidur dalam Meningkatkan Konsentrasi Belajar Anak Usia Sekolah Dasar di SDIT Bina Muda Cicalengka'. *Jurnal Ilmu Kesehatan Immanuel*, 19(1), 22–31. <https://doi.org/10.36051/jiki.v19i1.304>
- Valisa, K., Nugroho, A., & Niamilah, I. (2025). 'Hubungan Kebiasaan Sarapan Pagi dengan Status Gizi pada Siswa di SD Muhammadiyah Kayen'. *Quantum Wellness: Jurnal Ilmu Kesehatan*, 2(3), 44-55.
- Vankerckhoven, L., Raemen, L., Claes, L., Eggermont, S., Palmeroni, N., & Luyckx, K. (2023). 'Identity formation, body image, and body-related symptoms: Developmental trajectories and associations throughout adolescence'. *Journal of Youth and Adolescence*, 52(3), 651-669.
- Vidal, E. J., Alvarez, D., Martinez-Velarde, D., Vidal-Damas, L., Yuncar-Rojas, K. A., Julca-Malca, A., & Bernabe-Ortiz, A. (2018). 'Perceived stress and high fat intake: A study in a sample of undergraduate students'. *PloS one*, 13(3), e0192827. <https://doi.org/10.1371/journal.pone.0192827>
- Vidyarini, A. (2022). 'Skor Diet Quality Index for Adolescent Remaja Usia 15 – 18 Tahun Di Jakarta'. *Pontianak Nutrition Journal*, pp. 177-182.
- Vyncke, K., Fernandez, E. C., Fajó-Pascual, M., Cuenca-García, M., De Keyzer, W., Gonzalez-Gross, M., & Huybrechts, I. (2013). 'Validation of the Diet Quality Index for Adolescents by comparison with biomarkers, nutrient and food intakes: the HELENA study'. *British Journal of Nutrition*, 109(11), 2067-2078.
- Wang, H. et al. (2025). 'Association of Breakfast Consumption Frequency with Depression and Anxiety Symptoms Among School Students: A Cross-Sectional Study in Eastern China', *Nutrients*, 17(7), p. 1271. Available at: <https://doi.org/10.3390/nu17071271>.
- Warapsari, A. D., Pramono, D., & Rahayu, T. (2022). 'Dampak pola konsumsi fast food terhadap status gizi remaja di Surabaya'. *Jurnal Gizi Indonesia*, 11(1), 56–65.
- WHO (2020a) Healthy diet, World Health Organization.
- WHO (2020b) Healthy diet, World Health Organization. Available at: <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>.

- WHO (2025) Adolescent Health, World Health Organization. Available at: https://www.who.int/health-topics/adolescent-health/#tab=tab_1.
- Wicherski, J., Schlesinger, S., & Fischer, F. (2021). 'Association between Breakfast Skipping and Body Weight - A Systematic Review and Meta-Analysis of Observational Longitudinal Studies'. *Nutrients*, 13(1), 272. <https://doi.org/10.3390/nu13010272>
- Widya Karya Nasional Pangan dan Gizi (WNPNG), 2018. 'Rekomendasi Angka Kecukupan Gizi untuk Masyarakat Indonesia Tahun 2018'. Kementerian Kesehatan RI, dan Pergizi Pangan Indonesia
- Wilujeng, C. S., Habibie, I. Y., & Ventyaningsih, A. D. I. (2023). 'Hubungan antara Jenis Kelamin dengan kategori stres pada remaja di SMP Brawijaya Smart School'. *Smart Society Empowerment Journal*, 3(1), 6-11.
- Wisudahningsih, E.T., Aminudin, M.H. & Ramadhani, I. (2025). 'Tahapan Perkembangan Remaja: Perspektif Psikologis dan Implikasi Pendidikan', *Jurnal Pendidikan Islam*, 3(4), pp. 1204–1222.
- Witbracht, M., Keim, N. L., Forester, S., Widaman, A., & Laugero, K. (2015). 'Female Breakfast Skippers Display a Disrupted Cortisol Rhythm and Elevated Blood Pressure'. *Physiology and behavior*, 140, 215–221. <https://doi.org/10.1016/j.physbeh.2014.12.044>
- World Health Organization, (2019). 'Healthy diet. Jenewa: World Health Organization'. Available at: <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>
- Wulansari, D. (2019). 'Cara Cerdas Mengelola Uang Saku'. Yogyakarta: Alexander Books.
- Zahedi, H., Djalalinia, S., Sadeghi, O., Zare Garizi, F., Asayesh, H., Payab, M., & Qorbani, M. (2022). 'Breakfast consumption and mental health: a systematic review and meta-analysis of observational studies'. *Nutritional Neuroscience*, 25(6), 1250-1264.
- Zhang, B., Luo, W., Cai, Y., Liu, L., Ma, X., Yang, W., & Ge, J. (2024). 'Global burden of adolescent and young adult cardiovascular diseases and risk factors: Results from Global Burden of Disease Study 2019'. *The Innovation Medicine*, 2(2), 100063-1.
- Zielińska, M., Łuszczki, E. & Dereń, K. (2023). 'Dietary Nutrient Deficiencies and Risk of Depression (Review Article 2018–2023)', *Nutrients*. Available at: <https://doi.org/10.3390/nu15112433>.

Zimmer-Gembeck, M. J., Skinner, E. A., Scott, R. A., Ryan, K. M., Hawes, T., Gardner, A. A., & Duffy, A. L. (2023). 'Parental support and adolescents' coping with academic stressors: A longitudinal study of parents' influence beyond academic pressure and achievement'. *Journal of Youth and Adolescence*, 52(12), 2464-2479.