

DAFTAR PUSTAKA

- Abu-Baker, N.N., Eyadat, A.M. dan Khamaiseh, A.M. (2021) “The Impact of Nutrition Education on Knowledge, Attitude, and Practice Regarding Iron Deficiency Anemia among Female Adolescent Students in Jordan,” *Heliyon*, 7(2), hal. e06348.
- Afina, A., Putri, A., Salwa, A. dan Wahyuningsih, U. (2021) “Edukasi Mengenai Anemia Defisiensi Besi bagi Remaja,” *Seminar Nasional Hasil Penelitian dan Pengabdian Kepada Masyarakat 2021 Pengembangan Ekonomi Bangsa Melalui Inovasi Digital Hasil Penelitian dan Pengabdian Kepada Masyarakat*, hal. 279–288.
- Agustina, R., Wirawan, F., Sadariskar, A.A., Setianingsing, A.A., Nadiya, K., Prafiyanti, E., Asri, E.K., Purwanti, T.S., Kusyuniati, S., Karyadi, E. dan Raut, M.K. (2021) “Associations of Knowledge, Attitude, and Practices toward Anemia with Anemia Prevalence and Height-for-Age Z-Score among Indonesian Adolescent Girls,” *Food and Nutrition Bulletin*, 42(1_suppl), hal. S92–S108.
- Aisah, S., Ismail, S. dan Margawati, A. (2022) “Animated Educational Video Using health Belief Model on The Knowledge of Anemia Prevention among Female Adolescents: An Intervention Study,” *Malaysian Family Physician*, 17(3), hal. 97–104. Tersedia pada: <https://doi.org/10.51866/oa.136>.
- Al-jermmy, A.S.M., Idris, S.M., Coulibaly-zerbo, F., Nasreddine, L. dan Al-jawaldeh, A. (2022) “Prevalence and Correlates of Anemia among Adolescents Living in Hodeida, Yemen,” *Children*, 9(7), hal. 1–21.
- Alemu, D.S., Munaw, M.B. dan Bekele, M.M. (2025) “Determinants of Healthcare Professionals ’ Knowledge on Age-Related Macular Degeneration Risk Factors in Ethiopia,” (May), hal. 1771–1785.
- Amperatmoko, A.S., Apriningsih, A., Makkiyah, F.A. dan Wahyuningtyas, W. (2022) “Perbedaan Efektivitas Penggunaan Jenis Media Edukasi Tentang Anemia Terhadap Pengetahuan, Sikap, Efikasi Diri Remaja Putri Desa Sirnagalih,” *Jurnal Kesehatan Komunitas*, 8(1), hal. 146–153.
- Ariani, A., Wijayanti Eko Dewi, D., Yuliantini, A., Siti Nurfitri, R., Mulyana, A. dan Ermilda, E. (2023) “Edukasi Gaya Hidup, Pola Jajan Sehat dan Pemberian Jus Abc (Apple Bit Carrot) untuk Pencegahan Anemia pada Remaja Putri,” *Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM)*, 6(4), hal. 1462–1474.

- Astuti, E.R. (2023) "Literature Review: Faktor-Faktor Penyebab Anemia Pada Remaja Putri," *Jambura Journal of Health Sciences and Research*, 5(2), hal. 550–561. Tersedia pada: <https://doi.org/10.35971/jjhsr.v5i2.17341>.
- Atkinson, R.C. dan Shiffrin, R.M. (1968) "Human Memory: A Proposed System and its Control Processes," in K.W. Spence dan J.T.B.T.-P. of L. and M. Spence (ed.). Academic Press, hal. 89–195.
- Az-zahra, K. dan Kurniasari, R. (2022) "Efektivitas Pemberian Media Edukasi Gizi yang Menarik dan Inovatif terhadap Pencegahan Anemia kepada Remaja Putri : Literature Review," *Media Publikasi Promosi Kesehatan Indonesia (MPPKI)*, 5(6), hal. 618–627.
- Badan Pusat Statistik (2025) *Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin, 2025 - Statistical Data - BPS-Statistics Indonesia*. Tersedia pada: <https://www.bps.go.id/en/statisticstable/3/WVc0MGEyMXBkVFUxY25KeE9HdDZkbTQzWkVkb1p6MDkjMw%3D%3D/jumlahpendudukmenurut-kelompok-umur-dan-jenis-kelamin.html?utm> (Diakses: 18 September 2025).
- Bhakuni, P., Halder, P., Pargaien, M. dan Prakash, N. (2023) "Effectiveness of Structured Teaching Program on Knowledge of Anaemic Adolescent Girls, Uttarakhand," *Malaysian Journal of Medicine and Health Sciences*, 19(6), hal. 136–140. Tersedia pada: <https://doi.org/10.47836/mjmhs.19.6.18>.
- BKKBN (2022) *Pembinaan Remaja*. Tersedia pada: <https://kampungkb.bkkbn.go.id/kampung/11017/intervensi/471694/pembinaan-remaja?utm> (Diakses: 18 September 2025).
- Castillo, S., Calvitti, K., Shoup, J., Rice, M., Lubbock, H. dan Oliver, K.H. (2021) "Production Processes for Creating Educational Videos.," *CBE life sciences education*, 20(2), hal. es7. Tersedia pada: <https://doi.org/10.1187/cbe.20-06-0120>.
- Chaparro, C.M. dan Suchdev, P.S. (2019) "Anemia Epidemiology, Pathophysiology, and Etiology in Low- and Middle-income Countries," *Annals of the New York Academy of Sciences*, 1450(1), hal. 15–31. Tersedia pada: <https://doi.org/10.1111/nyas.14092>.
- Damayanti, S., Herawati, D.M. dan Syahri, A. (2021) "The Effect of Education Using Video Blog (vlog) On The Female Adolescents' knowledge, Attitudes and Behaviors On The Prevention of Iron Deficiency Anemia (PPAGB) in Bandung.," *BEST Journal (Biology Education, Sains and Technology)*, 4(2), hal. 221–225. Tersedia pada: <https://doi.org/10.30743/best.v4i2.4496>.

- Dewi, N.P., Rusliani, D.M., Navelia, Z.I., Purnamasari, I. dan Kebidanan, P.S. (2024) “Literatur Review : Efektivitas Media Edukasi Terhadap Pencegahan Anemia pada Remaja Putri,” *Jurnal Ilmu Kebidanan dan Kesehatan Sekolah Tinggi Ilmu Kesehatan Bakti Utama Pati*, 15(2), hal. 136–141.
- Dinkes Kabupaten Tasikmalaya (2024) *Prevalensi Anemia Pada Remaja Putri*.
- Dwiningrum, Y. dan Risca, F. (2022) “Efektivitas Video Edukasi Anemia Gizi Besi Terhadap Pengetahuan Remaja Putri Di Bantul,” *Jurnal Medika Indonesia*, 1(1), hal. 33–40.
- Ebbinghaus, H. (2013) “Memory: a Contribution to Experimental Psychology.,” *Annals of Neurosciences*, 20(4), hal. 155–156. Tersedia pada: <https://doi.org/10.5214/ans.0972.7531.200408>.
- Fadhilah, A.N., Simanjuntak, B.Y. dan Haya, M. (2022) “Kajian Literatur: Studi Intervensi Media Edukasi Visual dan Audiovisual terhadap Peningkatan Pengetahuan Remaja tentang Anemia di Negara Berkembang,” *Amerta Nutrition*, 6(1), hal. 91.
- Fadilah, A., Nurzakiah, K.R., Kanya, N.A., Hidayat, S.P. dan Setiawan, U. (2023) “Pengertian Media, Tujuan, Fungsi, Manfaat dan Urgensi Media Pembelajaran,” *Journal of Student Research (JSR)*, 1(2), hal. 1–17.
- Fatmawati, I. dan Wahyudi, C.T. (2023) “Gizi Seimbang pada Remaja Putri di Sekolah Menengah,” *Jurnal Pengabdian Gizi dan Kesehatan Masyarakat*, 1(1), hal. 32–37. Tersedia pada: <https://doi.org/10.53823/jpgkm.v1i1.55>.
- Februhartanty, J., Ermayani, E., Rachman, P.H., Dianawati, H. dan Harsian, H. (2019) *Gizi dan Kesehatan Remaja (Buku Pegangan dan Kumpulan Rencana Ajar Untuk Guru Sekolah Menengah Pertama)*. Jakarta: SEAMEO RECFON, Kemendikbud RI.
- Förster, M., Maur, A., Weiser, C. dan Winkel, K. (2022) “Pre-class Video Watching Fosters Achievement and Knowledge Retention an A Flipped Classroom,” *Computers & Education*, 179, hal. 104399.
- Gagné, R.M. (1985) *The Conditions of Learning and Theory of Instruction*. New York: Holt, Rinehart and Winston.
- Hair, J.F., Babin, B., Anderson, R.E. dan Black, W.C. (2019) *Multivariate Data Analysis*. Cengage Learning EMEA.
- Hurulaini, N., Anugrah, D.S., Adelita, A.P. dan Sutisna, A.N. (2021) “Faktor dan Dampak Anemia pada Anak-Anak , Remaja , dan Ibu Hamil,” *Journal of Science, Technology and Entrepreneur*, 2(2), hal. 46–50.

- Irene, P.R. (2019) “Korelasi Pengetahuan Tentang Anemia Dan Asupan Zat Besi, Seng Dengan Kadar Hemoglobin Pada Remaja Putri Di SMAN 4 Sumatera Barat, Universitas Andalas. Tersedia pada: <http://scholar.unand.ac.id/54924/>.
- Jalambo, M.O., Sharif, R., Naser, I.A. dan Karim, N.A. (2017) “Improvement in Knowledge, Attitude and Practice of Iron Deficiency Anaemia among Iron-Deficient Female Adolescents after Nutritional Educational Intervention,” *Global Journal of Health Science*, 9(7), hal. 15.
- Jude, A. dan Donatus, M. (2017) “Anaemia of Chronic Disease : An In-Depth Review,” hal. 1–9. Tersedia pada: <https://doi.org/10.1159/000452104>.
- Jyothimol, P. V, Monika, M., Menezes, P.L., Souza, P.D., Rajesh, R. dan Mol, S. (2025) “A study to Assess The Effectiveness of Planned Teaching Programme on Knowledge Regarding Iron Deficiency Anemia among 1st Year GNM Nursing Students in A Selected School Of Nursing at Mangalore,” 10(1), hal. 5–8.
- Karunianingsih, D.A. (2023) “Podcast Video dan Strategi Pemilihan Konten dalam Times Indonesia Podcast pada Times TV Jogja,” *Jurnal Pekommas*, 8(1), hal. 77–86. Tersedia pada: <https://doi.org/10.56873/jpkkm.v8i1.4996>.
- Kemenkes (2023) “Survei Kesehatan Indonesia 2023 (SKI),” *Kemenkes*, hal. 235.
- Khairat, M. dan Adiyanti, M.G. (2015) “Self-esteem dan Prestasi Akademik sebagai Prediktor Pubjective Well-Being Remaja Awal,” *Journal of Psychology*, 1(3), hal. 180–191.
- Khairunnisa, Y., Jeki, A.G., Wulansari, A. dan Indrawati, I. (2025) “Pengaruh Edukasi Gizi melalui Media Video terhadap Pengetahuan Remaja tentang Gizi Seimbang di SMA Negeri 7 Batang Hari,” 14(September), hal. 307–313.
- Khomsan, A., Riyadi, H., Ekawidyani, K.R., Dina, R.A., Nurhidayati, V.A. dan Prasetya, G. (2025) “A formative Study of Weekly Iron-folic Acid (WIFA) Supplementation for Adolescent School Girls in West Java Indonesia,” *Nutricion Clinica y Dietetica Hospitalaria*, 45(1), hal. 438–444.
- Kıyak, Y.S., Budakoğlu, I.İ., Masters, K. dan Coşkun, Ö. (2023) “The Effect of Watching Lecture Videos At 2× Speed on Memory Retention Performance of Medical Students: An Experimental Study,” *Medical Teacher*, 45(8), hal. 913–917. Tersedia pada: <https://doi.org/10.1080/0142159X.2023.2189537>.
- Mareti, S. dan Nurasi, I. (2022) “Tingkat Pengetahuan Remaja Tentang Kesehatan

Reproduksi Di Kota Pangkalpinang,” *Jurnal Keperawatan Sriwijaya*, 9 No 2, hal. 25–32.

Mayer, R.E. (2005) “Cognitive Theory of Multimedia Learning,” in R. Mayer (ed.) *The Cambridge Handbook of Multimedia Learning*. Cambridge: Cambridge University Press (Cambridge Handbooks in Psychology), hal. 31–48. Tersedia pada: <https://doi.org/DOI: 10.1017/CBO9780511816819.004>.

Notoatmodjo, S. (2003) *Pendidikan dan Perilaku Kesehatan*. Jakarta: Rineka Cipta.

Notoatmodjo, S. (2012) *Promosi Kesehatan dan Perilaku Kesehatan*. Revisi 201, *Promosi kesehatan*. Revisi 201. Jakarta: Rineka Cipta.

Notoatmodjo, S. (2018) *Promosi Kesehatan Teori dan Aplikasi*. Jakarta: Rineka Cipta.

Pangaribuan, B.N., Kurnia, C.P., Ismunarti, D., Wasono, H.A. dan Triwahyuni, T. (2022) “Studi Literatur Tentang Hubungan Tingkat Pengetahuan Dengan Kejadian Anemia Pada Remaja Putri Di Beberapa Wilayah Indonesia,” *Malahayati Nursing Journal*, 4(6), hal. 1378–1386.

Permenkes RI (2014) “Permenkes RI Nomor 25 Tahun 2014 Tentang Upaya Kesehatan Anak.” Tersedia pada: <https://share.google/hrVANS8iPiBwHzuQI>.

Ploetzner, R. (2022) “The Effectiveness of Enhanced Interaction Features in Educational Videos: A Meta-Analysis,” *Interactive Learning Environments*, 32(5), hal. 1597–1612. Tersedia pada: <https://doi.org/10.1080/10494820.2022.2123002>.

Rahayu, H.K., Hindarta, Nadhea, A., Wijaya, Dhina, Puspasari Wijaya, D., Cahyaningrum, H., Kurniawan, Muhammad, E.T. dan Faiza, Tsabita, A. (2023) *Gizi dan Kesehatan Remaja*. Banyumas: Zahira Media Publisher.

Rahfiludin, M.Z., Arso, S.P., Joko, T., Asna, A.F., Murwani, R. dan Hidayanti, L. (2021) “Plant-based Diet and Iron Deficiency Anemia in Sundanese Adolescent Girls at Islamic Boarding Schools in Indonesia,” *Journal of Nutrition and Metabolism*, 2021. Tersedia pada: <https://doi.org/10.1155/2021/6469883>.

Salsabila W., Sumartini, N.P. (2019) “Efektivitas Pendidikan Kesehatan Dengan Video Tentang Pencegahan Penularan Penyakit Terhadap Pengetahuan Pasien Tuberculosis Di Wilayah Kerja Puskesmas Sedau Tahun 2019,” *JURNAL KEPERAWATAN TERPADU (Integrated Nursing Journal)*, 9698(1), hal. 65–75.

- Sandela, D., Besmaya, B.M., Veronica, S.Y. dan Anggriani, Y. (2024) “The Effect Of Video-Based Education On Adolescents ’ Knowledge About Anemia At SMP Negeri Satap 11 Mesuji In 2024,” 15(04), hal. 1303–1311.
- Shi, H. (2024) “Application of Dynamic Visual Communication Design in Digital Media,” in *Lecture Notes in Electrical Engineering*, hal. 262–267. Tersedia pada: https://doi.org/10.1007/978-981-99-9299-7_37.
- Sianipar, S.S., Suryagustina, S. dan Paska, M. (2022) “Effect of Health Education Using Media Audio Visual on Knowledge About Anemia in Adolescent Women in High School,” *Jambura Journal of Health Sciences and Research*, 5(1), hal. 119–131. Tersedia pada: <https://doi.org/10.35971/jjhsr.v5i1.17029>.
- Silitonga, H.T.H., Salim, L.A., Nurmala, I., Hargono, R. dan Purwandini, S. (2023) “Knowledge, Attitude, Intention, and Program Implementation of Iron Supplementation Among Adolescent Girls in Sidoarjo, Indonesia,” *Journal of Public Health in Africa*, 14(S2), hal. 7–11.
- Stephen B. Hulley, Steven R. Cummings, Warren S. Browner, Deborah G. Grady, T.B.N. (2013) *Designing Clinical Research*. Philadelphia: Lippincott Williams and Wilkins.
- Sudjana, N. (2020) *Dasar-Dasar Proses Belajar Mengajar*. 16 ed. Bandung: Sinar Baru Algesindo.
- Sugiyono (2019) *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: CV. Alfabeta.
- Sweller, J., Merriënboer, J.J.G. dan Paas, F. (2019) “Cognitive Architecture and Instructional Design : 20 Years Later,” *Educational Psychology Review*, hal. 261–292. Tersedia pada: <https://doi.org/10.1007/s10648-019-09465-5>.
- Taufiq, Z., Ekawidnyani, K.R. dan Sari, T.P. (2020) *Aku Sehat Tanpa Anemia; Buku Saku Anemia untuk Remaja Putri*, Wonderland Publisher. CV. Wonderland Family Publisher.
- Theresia, A.P., Trisnadewi, N.P., Lisnawati, K., Idayani, S., Putrayani, I.P. (2022) “Giat Program ‘Ceria’ (Cegah Anemia Remaja Indonesia) Sebagai Langkah Pemutusan Rantai Kejadian Stunting,” *Jurnal Pengabdian Kepada Masyarakat*, 2(5), hal. 2003–2005.
- Titin, T., Yuniarti, A., Shalihah, A.P., Amanda, D., Ramadhini, I.L. dan Virnanda, V. (2023) “Memahami Media untuk Efektifitas Pembelajaran,” *JUTECH: Journal Education and Technology*, 4(2), hal. 111–123.

- UNICEF (2024) “Improving Maternal Nutrition: An Acceleration Plan to Prevent Malnutrition and Anaemia during Pregnancy (2024–2025),” *Unicef for Every Child*, hal. 1–20. Tersedia pada: <https://www.unicef.org/nutrition/maternal-nutrition-acceleration-plan>.
- Wahidin (2024) *Media Pembelajaran: Teori dan Aplikasi*. Nafal Global Nusantara.
- Waryana, Wijanarka, A. dan Fadhillah, D. (2022) *Media Edukasi Kesehatan dan Gizi*. Diedit oleh Y. Hartati. Yogyakarta: Nuta Media.
- Wijaya, L.R., Utami, S.B., Rialihanto, M.P. and Siswati, T., 2024. Implementation of An e-pocket Book to Improve Knowledge and Perceive Anemia in Adolescents. *Jurnal Gizi dan Dietetik Indonesia (Indonesian Journal of Nutrition and Dietetics)*, 12(1), pp.10–18.
- WHO (2011) “Haemoglobin concentrations for the diagnosis of anaemia and assessment of severity,” *Geneva, Switzerland: World Health Organization*, hal. 1–6. Tersedia pada: <https://doi.org/2011>.
- WHO (2020) *Classification Of Anemia Based On Severity*. Tersedia pada: <https://www.who.int/>.
- WHO (2021) *Nutritional Anemias : Tools For Effective Prevention*. Geneva: World Health Organization.
- WHO (2025a) *Anemia*. Tersedia pada: https://www.who.int/data/nutrition/nlis/info/anaemia?utm_source= (Diakses: 22 September 2025).
- WHO (2025b) *Kesehatan remaja - SEARO*. Tersedia pada: <https://www.who.int/southeastasia/health-topics/adolescent-health> (Diakses: 18 September 2025).
- Yewodiaw, T.K., Alemayehu, M.A. dan Teshome, D.F. (2025) “Anemia Status and Associated Factors among Adolescent Girls Under Weekly Iron and Folic Acid Supplementation (WIFAS) And Non-WIFAS Programs In Public Schools In Janamora District, Northwest Ethiopia 2023; A Comparative Cross-Sectional Study,” *BMC Nutrition*, 11(1), hal. 1–13.
- Zalipour, A. dan Gedera, D. (2021) *Video Pedagogy Theory and Practice*. 1st ed. 20. Diedit oleh D.S.P. Gedera, A. Zalipour, dan SpringerLink. Springer Singapore. Tersedia pada: <https://doi.org/10.1007/978-981-33-4009-1>.