

## DAFTAR PUSTAKA

1. Gidi NW, Horesa A, Jarso H, Tesfaye W, Tucho GT, Siraneh MA, et al. Prevalence of Low Self-esteem and Mental Distress among Undergraduate Medical Students in Jimma University: A Cross- Sectional Study. *Ethiop J Health Sci [Internet]*. 2021 May 1 [cited 2021 Aug 21];31(3). Available from: <https://www.ajol.info/index.php/ejhs/article/view/207629>
2. Ahmad M, Kashoo FZ, Alqahtani M, Sami W, Rizvi M, Bushra A. Relation between night eating syndrome and academic grades among university students. *Turkish J Endocrinol Metab*. 2019;23(2):85–91.
3. Taheri S, Lin L, Austin D, Young T, Mignot E. Short Sleep Duration Is Associated with Reduced Leptin, Elevated Ghrelin, and Increased Body Mass Index. *PLOS Med [Internet]*. 2004 [cited 2021 Nov 1];1(3):e62. Available from: <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.0010062>
4. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders*. 2013 May 22 [cited 2021 Nov 1]; Available from: <https://psychiatryonline.org/doi/book/10.1176/appi.books.9780890425596>
5. Sevincer APGM, Ince E, Taymur API, Konuk PN. Night Eating Syndrome Frequency in University Students: Association with Impulsivity, Depression, and Anxiety. <http://dx.doi.org/105455/bcp20160322093750> [Internet]. 2016 [cited 2021 Nov 1];26(3):238–47. Available from: <https://www.tandfonline.com/doi/abs/10.5455/bcp.20160322093750>
6. Borges KM, Figueiredo FW dos S, do Souto RP. Night eating syndrome and emotional states in university students. *J Hum Growth Dev*. 2017;27(3):332–41.
7. AR G, J L, V D. The night-eating syndrome and obesity. *Obes Rev [Internet]*. 2012 Jun [cited 2021 Nov 1];13(6):528–36. Available from: <https://pubmed.ncbi.nlm.nih.gov/22222118/>
8. Abel ED, O’Shea KM, Ramasamy R. Insulin Resistance: Metabolic

- Mechanisms and Consequences in the Heart. *Arterioscler Thromb Vasc Biol* [Internet]. 2012 Sep [cited 2021 Nov 1];32(9):2068–76. Available from:  
<https://www.ahajournals.org/doi/abs/10.1161/ATVBAHA.111.241984>
9. Milano W, De Rosa M, Milano L, Capasso A. Night eating syndrome: an overview *php\_1353 2..10*. 2011;
  10. Rosenberg M. Society and the adolescent self-image. :326.
  11. CMHC Self Esteem [Internet]. [cited 2021 Nov 1]. Available from:  
<https://cmhc.utexas.edu/selfesteem.html>
  12. Batra S, Ochani RK, Memon ZAA, Shaikh A, Qureshi NE, Bhimani S, et al. Relationship between Night Eating Syndrome and Self-esteem: A Cross-sectional Population-based Study in Karachi, Pakistan. *Cureus*. 2019 Aug 31;
  13. Hubungan antara tingkat stres dengan gangguan makan pada Mahasiswa Preklinik Fakultas Kedokteran Universitas Pelita Harapan - Universitas Pelita Harapan Institutional Repository [Internet]. [cited 2022 Jul 28]. Available from: <http://repository.uph.edu/13307/>
  14. Hubungan stres psikologis dengan binge eating disorder pada mahasiswa fakultas kedokteran Universitas Pelita Harapan - Universitas Pelita Harapan Institutional Repository [Internet]. [cited 2022 Jul 28]. Available from: <http://repository.uph.edu/41341/>
  15. Wong C, Mabourakh D, Ji L, Shoar S. Night Eating Syndrome : Etiology , Diagnosis and Treatment. 2017;4(1):1–2.
  16. JP O, BL R, DF D, KC A, NL R, NS M, et al. Circadian eating and sleeping patterns in the night eating syndrome. *Obes Res* [Internet]. 2004 [cited 2021 Nov 1];12(11):1789–96. Available from:  
<https://pubmed.ncbi.nlm.nih.gov/15601974/>
  17. JP O, A P, KC A. Night eating syndrome : diagnosis, epidemiology and management. *CNS Drugs* [Internet]. 2005 [cited 2021 Nov 1];19(12):997–1008. Available from: <https://pubmed.ncbi.nlm.nih.gov/16332142/>
  18. ME G, A G, T S. Night eating syndrome is associated with depression, low

- self-esteem, reduced daytime hunger, and less weight loss in obese outpatients. *Obes Res* [Internet]. 2001 [cited 2021 Nov 1];9(4):264–7. Available from: <https://pubmed.ncbi.nlm.nih.gov/11331430/>
19. Circadian Rhythms [Internet]. [cited 2021 Nov 1]. Available from: <https://www.nigms.nih.gov/education/fact-sheets/Pages/circadian-rhythms.aspx>
  20. A S, XY L. Rapid changes in night eating: considering mechanisms. *Eat Weight Disord* [Internet]. 2010 [cited 2021 Nov 1];15(1–2). Available from: <https://pubmed.ncbi.nlm.nih.gov/20571317/>
  21. D L, MJ M, DK W. Circadian clock and stress interactions in the molecular biology of psychiatric disorders. *Curr Psychiatry Rep* [Internet]. 2014 Oct 1 [cited 2021 Nov 1];16(10). Available from: <https://pubmed.ncbi.nlm.nih.gov/25135782/>
  22. Suni E. Eating Disorders and Sleep [Internet]. 2021 [cited 2021 Nov 1]. Available from: <https://www.sleepfoundation.org/mental-health/eating-disorders-and-sleep>
  23. Saunders KH, Igel LI, Shuckla AA. Drug-induced weight gain: Rethinking our choices. *J Fam Pract* [Internet]. 2016 Nov [cited 2021 Nov 1];65. Available from: <https://cdn.mdedge.com/files/s3fs-public/JFP06511780.PDF>
  24. Allison KC. Night Eating Syndrome History Inventory (NESHI)/Night Eating Questionnaire (NEQ). *Encycl Feed Eat Disord* [Internet]. 2017 [cited 2021 Nov 1];585–9. Available from: [https://link.springer.com/referenceworkentry/10.1007/978-981-287-104-6\\_87](https://link.springer.com/referenceworkentry/10.1007/978-981-287-104-6_87)
  25. KC A, JD L, JP O, NS M, DB S, TA W, et al. The Night Eating Questionnaire (NEQ): psychometric properties of a measure of severity of the Night Eating Syndrome. *Eat Behav* [Internet]. 2008 Jan [cited 2021 Nov 1];9(1):62–72. Available from: <https://pubmed.ncbi.nlm.nih.gov/18167324/>
  26. LJ N, A G. Validation of the Night Eating Diagnostic Questionnaire

- (NEDQ) and its relationship with depression, sleep quality, “food addiction”, and body mass index. *Appetite* [Internet]. 2017 Apr 1 [cited 2021 Aug 17];111:86–95. Available from: <https://pubmed.ncbi.nlm.nih.gov/28017909/>
27. Self esteem - Better Health Channel [Internet]. [cited 2021 Sep 30]. Available from: <https://www.betterhealth.vic.gov.au/health/healthyliving/self-esteem#causes-of-low-self-esteem>
  28. 8 Common Causes Of Low Self-Esteem - Good Choices Good Life [Internet]. [cited 2021 Sep 30]. Available from: <http://www.goodchoicesgoodlife.org/choices-for-young-people/boosting-self-esteem/>
  29. Low Self-Esteem [Internet]. [cited 2021 Nov 1]. Available from: <https://www.cfpsych.org/condition/low-self-esteem/>
  30. Rosenberg Self-Esteem Scale | RehabMeasures Database [Internet]. [cited 2021 Nov 2]. Available from: <https://www.sralab.org/rehabilitation-measures/rosenberg-self-esteem-scale>
  31. WHO | Gender and human rights. WHO. 2014;
  32. Arti kata umur - Kamus Besar Bahasa Indonesia (KBBI) Online [Internet]. [cited 2021 Sep 15]. Available from: <https://kbbi.web.id/umur>
  33. Age Categories, Life Cycle Groupings [Internet]. [cited 2021 Nov 2]. Available from: <https://www.statcan.gc.ca/en/concepts/definitions/age2>
  34. Body Mass Index (BMI) | Healthy Weight, Nutrition, and Physical Activity | CDC [Internet]. [cited 2021 Sep 15]. Available from: <https://www.cdc.gov/healthyweight/assessing/bmi/index.html>
  35. Tabel Batas Ambang indeks Massa tubuh (IMT) - Direktorat P2PTM [Internet]. [cited 2022 May 17]. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/tabel-batas-ambang-indeks-massa-tubuh-imt>
  36. Raising low self-esteem - NHS [Internet]. [cited 2022 Jul 11]. Available from: <https://www.nhs.uk/mental-health/self-help/tips-and-support/raise->

low-self-esteem/

37. Zaidi TH, Zafar M, Naz R, Farooq H, Khan D, Jawaid M, et al. Night eating syndrome among medical students and its correlation with depression in Karachi, Pakistan. *Rom J Neurol Rev Rom Neurol*. 2020;19(3):193–9.
38. Shrestha B, Yadav S, Dhakal S, Ghimire P, Shrestha Y, Singh Rathaure E, et al. Status of self-esteem in medical students at a college in Kathmandu: A descriptive cross-sectional study. 2021 [cited 2022 Jul 7]; Available from: <https://doi.org/10.12688/f1000research.72824.1>
39. Naz F, Aijaz S, Ullah Khan S. LEVEL OF SELF ESTEEM IN MEDICAL STUDENTS ACCORDING TO THEIR EDUCATIONAL YEAR, GENDER AND SOCIO ECONOMIC STATUS. [cited 2022 Jul 7]; Available from: <http://www.recentscientific.com>
40. KC A, JD L, JP O, A G, ME G, P V, et al. Proposed diagnostic criteria for night eating syndrome. *Int J Eat Disord* [Internet]. 2010 Apr [cited 2021 Nov 1];43(3):241–7. Available from: <https://pubmed.ncbi.nlm.nih.gov/19378289/>