DAFTAR PUSTAKA

1. Armstrong L, Johnson E. Water Intake, Water Balance, and the Elusive Daily Water Requirement. Nutrients. 2018 Dec 5;10(12):1928.
2. Sherwood L. Human Physiology From Cells to Systems. 9th ed. Canada: Cengage Learning; 2014. 537–544 p.
3. Australia H. Drinking water and your health. 2023. Available from: https://www.healthdirect.gov.au/drinking-water-and-your-health
4. Berita Negara Republik Indonesia. Available from: www.peraturan.go.id
5. Tortora G, Derrickson B. Principles of Anatomy and Physiology, 15th Edition. 15th ed. Maria G, editor. United States of America: John Wiley & Sons, Inc.; 2017. 1037–1039 p.
6. McDermott BP, Anderson SA, Armstrong LE, Casa DJ, Cheuvront SN, Cooper L, et al. National Athletic Trainers' Association Position Statement: Fluid Replacement for the Physically Active. J Athl Train. 2017 Sep 1;52(9):877–95.
7. Königstein K, Niess AM, Carlsohn A, Treff G. Hydration Management in Sports. Dtsch Z Sportmed. 2022;73(4):137–41.
8. Riebl SK, Davy BM. The Hydration Equation: Update on Water Balance and Cognitive Performance. ACSMs Health Fit J. 2013 Nov;17(6):21. Available from: /pmc/articles/PMC4207053/
9. Kiely KM. Cognitive Function. Encyclopedia of Quality of Life and Well-Being Research. 2014 ;974–8. Available from: https://link.springer.com/referenceworkentry/10.1007/978-94-007-0753-5_426
10. Zhang N, Du SM, Zhang JF, Ma GS. Effects of Dehydration and Rehydration on Cognitive Performance and Mood among Male College Students in Cangzhou, China: A Self-Controlled Trial. Int J Environ Res Public Health. 2019 Jun 1;16(11). Available from: /pmc/articles/PMC6603652/
11. Bisaz R, Travaglia A, Alberini CM. The neurobiological bases of memory formation: from physiological conditions to psychopathology. Psychopathology. 2014 Apr 17 ;47(6):347. Available from: /pmc/articles/PMC4246028/
12. Camina E, Güell F. The neuroanatomical, neurophysiological and psychological basis of memory: Current models and their origins. Front Pharmacol. 2017 Jun 30;8(JUN):260416.
13. Short-Term Memory Impairment - StatPearls - NCBI Bookshelf. Available from: https://www.ncbi.nlm.nih.gov/books/NBK545136/
14. Almaraz-Espinoza A, Grider MH. Physiology, Long Term Memory. StatPearls. 2023 Jul 17; Available from: https://www.ncbi.nlm.nih.gov/books/NBK549791/
15. Chard AN, Trinies V, Edmonds CJ, Sogore A, Freeman MC. The impact of water consumption on hydration and cognition among schoolchildren: Methods

and results from a crossover trial in rural Mali. PLoS One. 2019 Jan 1;14(1). Available from: /pmc/articles/PMC6336322/
16. Pross N. Effects of Dehydration on Brain Functioning: A Life-Span Perspective. Ann Nutr Metab. 2017;70 Suppl 1(Suppl1):30–6. Available from: https://pubmed.ncbi.nlm.nih.gov/28614811/
17. Laksmi PW, Morin C, Gandy J, Moreno LA, Kavouras SA, Martinez H, et al. Fluid intake of children, adolescents and adults in Indonesia: results of the 2016 Liq.In7 national cross-sectional survey. Eur J Nutr. 2018 Jun 1;57(Suppl 3):89. Available from: /pmc/articles/PMC6008347/
18. Tobias A, Ballard BD, Mohiuddin SS. Physiology, Water Balance. StatPearls. 2022 Oct 3; Available from: https://www.ncbi.nlm.nih.gov/books/NBK541059/
19. Verdier-Sévrain S, Bonté F. Skin hydration: a review on its molecular mechanisms. J Cosmet Dermatol. 2007 Jun;6(2):75–82. Available from: https://pubmed.ncbi.nlm.nih.gov/17524122/
20. Palma L, Marques LT, Bujan J, Rodrigues LM. Dietary water affects human skin hydration and biomechanics. Clin Cosmet Investig Dermatol. 2015 Aug 3;8:413. Available from: /pmc/articles/PMC4529263/
21. Popkin BM, D'Anci KE, Rosenberg IH. Water, Hydration and Health. Nutr Rev. 2010;68(8):439. Available from: /pmc/articles/PMC2908954/
22. Tortora G, Derrickson B. Principles of Anatomy and Physiology, 15th Edition. 15th ed. 39–40 p.
23. Tortora G, Derrickson B. Principles of Anatomy and Physiology, 15th Edition. 15th ed. 668–672 p.
24. Lilly L. Pathophysiology of Heart Disease: A Collaborative Project of Medical Students and Faculty. 6th ed. 310–312 p.
25. Kempton MJ, Ettinger U, Foster R, Williams SCR, Calvert GA, Hampshire A, et al. Dehydration affects brain structure and function in healthy adolescents. Hum Brain Mapp. 2011 Jan;32(1):71. Available from: /pmc/articles/PMC6869970/
26. Zhang N, Zhang J, Du S, Ma G. Dehydration and rehydration affect brain regional density and homogeneity among young male adults, determined via magnetic resonance imaging: A pilot self-control trial. Front Nutr. 2022 Sep 23;9. Available from: /pmc/articles/PMC9539665/
27. Tortora G, Derrickson B. Principles of Anatomy and Physiology, 15th Edition. 15th ed. 481–485 p.
28. Neurons absorb and release water when firing, NIH study suggests | National Institutes of Health (NIH). Available from: https://www.nih.gov/news-events/news-releases/neurons-absorb-release-water-when-firing-nih-study-suggests
29. Principles of Anatomy and Physiology, 15th Edition. 15th ed. John Wiley & Sons, Inc.; 993–995 p.

30. Ostermann M, Shaw AD, Joannidis M. Management of oliguria. Intensive Care Med. 2023 Jan 1;49(1):103–6. Available from: https://link.springer.com/article/10.1007/s00134-022-06909-5
31. Perrier ET, Armstrong LE, Bottin JH, Clark WF, Dolci A, Guelinckx I, et al. Hydration for health hypothesis: a narrative review of supporting evidence. Eur J Nutr. 2021 Apr 1;60(3):1167. Available from: /pmc/articles/PMC7987589/
32. Can Dehydration Affect Your Kidneys? | National Kidney Foundation. Available from: https://www.kidney.org/newsletter/can-dehydration-affect-your-kidneys
33. Sherwood L. Human Physiology: From Cells to Systems. 9th ed. Cengage Learning; 491–534 p.
34. Gounden V, Bhatt H, Jialal I. Renal Function Tests. StatPearls. StatPearls Publishing; 2023. Available from: https://www.ncbi.nlm.nih.gov/books/NBK507821/
35. Ogobuiro I, Tuma F. Physiology, Renal. StatPearls. StatPearls Publishing; 2023. Available from: https://www.ncbi.nlm.nih.gov/books/NBK538339/
36. Your Kidneys & How They Work - NIDDK.. Available from: https://www.niddk.nih.gov/health-information/kidney-disease/kidneys-how-they-work
37. Baron S, Courbebaisse M, Lepicard EM, Friedlander G. Assessment of hydration status in a large population. British Journal of Nutrition. 2015 Jan 14;113(1):147–58. Available from: https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/assessment-of-hydration-status-in-a-large-population/3F059CA2C16E51E8DF59C07EB3C0040F
38. Santosa BI, Hardinsyah, Siregar P, Pardede SO. Air bagi kehidupan. Centra Communications; 2011.
39. McKenzie AL, Muñoz CX, Armstrong LE. Accuracy of Urine Color to Detect Equal to or Greater Than 2% Body Mass Loss in Men. J Athl Train. 2015 Dec 1;50(12):1306. Available from: /pmc/articles/PMC4741257/
40. Armstrong LE. Hydration assessment techniques. Nutr Rev. 2005 Jun;63(6 Pt 2):S40–54. Available from: https://pubmed.ncbi.nlm.nih.gov/16028571/
41. Armstrong LE, Herrera Soto JA, Hacker FT, Casa DJ, Kavouras SA, Maresh CM. Urinary indices during dehydration, exercise, and rehydration. Int J Sport Nutr. 1998;8(4):345–55. Available from: https://pubmed.ncbi.nlm.nih.gov/9841955/
42. Kavouras SA, Johnson EC, Bougatsas D, Arnaoutis G, Panagiotakos DB, Perrier E, et al. Validation of a urine color scale for assessment of urine osmolality in healthy children. Eur J Nutr. 2016 Apr 1;55(3):907. Available from: /pmc/articles/PMC4819932/
43. Armstrong LE, Maresh CM, Castellani JW, Bergeron MF, Kenefick RW, LaGasse KE, et al. Urinary indices of hydration status. Int J Sport Nutr. 1994;4(3):265–79. Available from: https://pubmed.ncbi.nlm.nih.gov/7987361/

44. Gunawan AAS, Brandon D, Puspa VD, Wiweko B. Development of Urine Hydration System Based on Urine Color and Support Vector Machine. Procedia Comput Sci. 2018 Jan 1;135:481–9.
45. Lerma E V., Rosner MH. Urinalysis. Nephrology Secrets. 2011 Jan 1;14–25.
46. Urine - abnormal color: MedlinePlus Medical Encyclopedia. Available from: https://medlineplus.gov/ency/article/003139.htm
47. Foot CL, Fraser JF. Uroscopic rainbow: modern matula medicine. Postgrad Med J. 2006 Feb;82(964):126. Available from: /pmc/articles/PMC2596703/
48. Bisaz R, Travaglia A, Alberini CM. The neurobiological bases of memory formation: from physiological conditions to psychopathology. Psychopathology. 2014 Apr 17;47(6):347. Available from: /pmc/articles/PMC4246028/
49. Tortora G, Derrickson B. Principles of Anatomy and Physiology, 15th Edition. 15th ed. 2017. 571–572 p.
50. Zlotnik G, Vansintjan A. Memory: An Extended Definition. Front Psychol. 2019 Nov 7;10. Available from: /pmc/articles/PMC6853990/
51. Barrett KE, Barman SM, Brooks HL, Yuan JXJ. Learning, Memory, Language, & Speech. In: Ganong's Review of Medical Physiology, 26e. New York, NY: McGraw-Hill Education; 2019. Available from: accessmedicine.mhmedical.com/content.aspx?aid=1159052539
52. Stangor C, Walinga J. 9.1 Memories as Types and Stages. In BCcampus; 2014.
53. Poon Chi-Sang and Schmid S. Nonassociative Learning. In: Seel NM, editor. Encyclopedia of the Sciences of Learning. Boston, MA: Springer US; 2012. p. 2475–7. Available from: https://doi.org/10.1007/978-1-4419-1428-6_1849
54. Multi-Store Memory Model: Atkinson and Shiffrin. Available from: https://www.simplypsychology.org/multi-store.html
55. Sensory Memory In Psychology: Definition & Examples. Available from: https://www.simplypsychology.org/sensory-memory.html
56. Cowan N. What are the differences between long-term, short-term, and working memory? Prog Brain Res. 2008;169:323. Available from: /pmc/articles/PMC2657600/
57. Squire LR, Genzel L, Wixted JT, Morris RG. Memory Consolidation. Cold Spring Harb Perspect Biol. 2015 Aug 1 ;7(8). Available from: /pmc/articles/PMC4526749/
58. Learning, Memory, Language, & Speech | Basicmedical Key. Available from: https://basicmedicalkey.com/learning-memory-language-speech/
59. 10.6: Localization of Types and Stages of Memory - Social Sci LibreTexts. Available from: https://socialsci.libretexts.org/Bookshelves/Psychology/Biological_Psychology/Biopsychology_(OERI)_-_DRAFT_for_Review/10%3A_Learning_and_Memory/10.06%3A_Localization_of_Types_and_Stages_of_Memory

60. García-Lázaro HG, Ramirez-Carmona R, Lara-Romero R, Roldan-Valadez E. Neuroanatomy of episodic and semantic memory in humans: a brief review of neuroimaging studies. Neurol India]. 2012;60(6):613–7. Available from: https://pubmed.ncbi.nlm.nih.gov/23287324/
61. Stress. Available from: https://www.who.int/news-room/questions-and-answers/item/stress
62. Yaribeygi H, Panahi Y, Sahraei H, Johnston TP, Sahebkar A. The impact of stress on body function: A review. EXCLI J. 2017 Jul 21;16:1057. Available from: /pmc/articles/PMC5579396/
63. de Souza-Talarico JN, Marin MF, Sindi S, Lupien SJ. Effects of stress hormones on the brain and cognition: Evidence from normal to pathological aging. Dement Neuropsychol. 2011;5(1):8. Available from: /pmc/articles/PMC5619133/
64. Sleep On It | NIH News in Health. Available from: https://newsinhealth.nih.gov/2013/04/sleep-it
65. Prince TM, Abel T. The impact of sleep loss on hippocampal function. Learning & Memory. 2013 Oct ;20(10):558. Available from: /pmc/articles/PMC3768199/
66. Mander BA, Rao V, Lu B, Saletin JM, Lindquist JR, Ancoli-Israel S, et al. Prefrontal atrophy, disrupted NREM slow waves, and impaired hippocampal-dependent memory in aging. Nat Neurosci. 2013 Mar;16(3):357. Available from: /pmc/articles/PMC4286370/
67. Prasedya ES, Ambana Y, Martyasari NWR, Aprizal Y, Nurrijawati, Sunarpi. Short-term E-cigarette toxicity effects on brain cognitive memory functions and inflammatory responses in mice. Toxicol Res. 2020 Jul 1 36(3):267. Available from: /pmc/articles/PMC7351912/
68. Durazzo TC, Meyerhoff DJ, Nixon SJ. Chronic Cigarette Smoking: Implications for Neurocognition and Brain Neurobiology. Int J Environ Res Public Health. 2010;7(10):3760. Available from: /pmc/articles/PMC2996190/
69. Widysanto A, Combest FE, Dhakal A, Saadabadi A. Nicotine Addiction. StatPearls. StatPearls Publishing; 2023. Available from: https://www.ncbi.nlm.nih.gov/books/NBK499915/
70. Zeid D, Kutlu MG, Gould TJ. Differential Effects of Nicotine Exposure on the Hippocampus Across Lifespan. Curr Neuropharmacol. 2018 Apr 9;16(4):388. Available from: /pmc/articles/PMC6018186/
71. Alhowail A. Molecular insights into the benefits of nicotine on memory and cognition. Mol Med Rep. 2021 Jun 1 ;23(6). Available from: /pmc/articles/PMC8025477/
72. White AM. What Happened? Alcohol, Memory Blackouts, and the Brain. Alcohol Research & Health. 2003;27(2):186. Available from: /pmc/articles/PMC6668891/
73. Kyriacou A, Smith-Spark JH, Senar J, Moss AC, Dyer KR. The Effects of Alcohol Use on Prospective Memory: A Systematic Literature Review. Subst Use Misuse. 2021;56(3):359–69. Available from: https://pubmed.ncbi.nlm.nih.gov/33448246/

74. Hemkin S. Lesson Plan: Small and Powerful - The Effects of Ethanol from Consumable Alcohol on the Body.; Available from: https://digital.kenyon.edu/celchem401ethanol/3
75. Mira RG, Lira M, Tapia-Rojas C, Rebolledo DL, Quintanilla RA, Cerpa W. Effect of Alcohol on Hippocampal-Dependent Plasticity and Behavior: Role of Glutamatergic Synaptic Transmission. Front Behav Neurosci. 2019 Jan 24 :13. Available from: /pmc/articles/PMC6993074/
76. Geil CR, Hayes DM, McClain JA, Liput DJ, Marshall SA, Chen KY, et al. Alcohol and adult hippocampal neurogenesis: Promiscuous drug, wanton effects. Prog Neuropsychopharmacol Biol Psychiatry. 2014 Oct 10;0:103. Available from: /pmc/articles/PMC4134968/
77. Takechi H, Dodge HH. Scenery Picture Memory Test: A new type of quick and effective screening test to detect early stage Alzheimer's disease patients. Geriatr Gerontol Int. 2010 Apr;10(2):183. Available from: /pmc/articles/PMC2892033/
78. Tang C, Zelenak C, Völkl J, Eichenmüller M, Regel I, Fröhlich H, et al. Hydration-sensitive gene expression in brain. Cell Physiol Biochem. 2011 27(6):757–68. Available from: https://pubmed.ncbi.nlm.nih.gov/21691093/
79. Shepard R, Heslin K, Hagerdorn P, Coutellier L. Downregulation of Npas4 in parvalbumin interneurons and cognitive deficits after neonatal NMDA receptor blockade: relevance for schizophrenia. Transl Psychiatry. 2019 Dec 1;9(1). Available from: /pmc/articles/PMC6385315/
80. The Cognitive Effects of Proper Hydration.
81. Cerebral Atrophy | National Institute of Neurological Disorders and Stroke. Available from: https://www.ninds.nih.gov/health-information/disorders/cerebral-atrophy
82. Bremner JD. Stress and Brain Atrophy. CNS Neurol Disord Drug Targets. 2006 Apr 18 ;5(5):503. Available from: /pmc/articles/PMC3269810/
83. Andrade C. Z Scores, Standard Scores, and Composite Test Scores Explained. Indian Journal of Psychological Medicine. 2021 Oct 10;43(6):025371762110465.
84. Bar-David Y, Urkin J, Kozminsky E. The effect of voluntary dehydration on cognitive functions of elementary school children. Acta paediatrica (Oslo, Norway : 1992). 2005;94(11):1667–73. Available from: https://www.ncbi.nlm.nih.gov/pubmed/16303708
85. Sepehri S, Aliabadi M, Golmohammadi R, Babamiri M. The Effects of Noise on Human Cognitive Performance and Thermal Perception under Different Air Temperatures. Journal of Research in Health Sciences. 2019 Dec 17;19(4):e00464. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7183564/
86. Brink HW, Loomans MGLC, Mobach MP, Kort HSM. A systematic approach to quantify the influence of indoor environmental parameters on students'

perceptions, responses, and short-term academic performance. Indoor Air. 2022 Oct;32(10).
87. Jafari MJ, Khosrowabadi R, Khodakarim S, Mohammadian F. The Effect of Noise Exposure on Cognitive Performance and Brain Activity Patterns. Open Access Macedonian Journal of Medical Sciences. 2019 Aug 30;7(17):2924–31. Available from: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6901841/
88. Fairus FN, Titaley CR, Manuputty AG, Malakauseya MLV, Taihuttu YMJ, Bension JB. Academic and Adaptation Difficulties of Medical Students with Low Academic Achievement in the First Two. Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education. 2023 Jul 3;12(2):175–85. Available from: https://journal.ugm.ac.id/jpki/article/view/80162