

DAFTAR PUSTAKA

1. Mindfulness. Mindfulness [Internet]. <https://www.apa.org>. 2022 [cited 2023 Sep 12]. Available from: <https://www.apa.org/topics/mindfulness#:~:text=Mindfulness%20is%20awareness%20of%20one's,judging%20or%20reacting%20to%20them>.
2. Mindful Eating [Internet]. The Nutrition Source. 2020 [cited 2023 Sep 12]. Available from: <https://www.hsph.harvard.edu/nutritionsource/mindful-eating/>
3. Warren J, Smith N, Ashwell M. A structured literature review on the role of mindfulness, mindful eating and intuitive eating in changing eating behaviours: effectiveness and associated potential mechanisms. *Nutrition Research Reviews* [Internet]. 2017 Jul 18 [cited 2023 Sep 12];30(2):272–83. Available from: <https://pubmed.ncbi.nlm.nih.gov/28718396/>
4. Direktorat Jenderal Pelayanan Kesehatan [Internet]. Kemkes.go.id. 2022 [cited 2023 Sep 12]. Available from: https://yankes.kemkes.go.id/view_artikel/1546/indeks-massa-tubuh-remaja
5. World Health Organization. The Asia-Pacific Perspective : Redefining Obesity and Its Treatment [Internet]. 2000 [cited 2023 Sep 12]. Available from: https://apps.who.int/iris/bitstream/handle/10665/206936/0957708211_eng.pdf
6. Kementerian Kesehatan Republik Indonesia [Internet]. Kemkes.go.id. 2023 [cited 2023 Sep 12]. Available from: <https://www.kemkes.go.id/article/view/20012600004/gizi-saat-remaja-tentukan-kualitas-keturunan.html>
7. Mardia López-Alarcón, Jessie Nallely Zurita-Cruz, Torres-Rodríguez A, Bedia-Mejía K, Pérez-Güemez M, Jaramillo-Villanueva L, et al. Mindfulness affects stress, ghrelin, and BMI of obese children: a clinical trial. *Endocrine connections* [Internet]. 2020 Feb 1 [cited 2023 Sep 20];9(2):163–72. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7040861/>
8. Shomaker LB, Berman ZP, Burke M, Annameier SK, Pivarunas B, Natalia Hernández Sánchez, et al. Mindfulness-based group intervention in adolescents at-risk for excess weight gain: A randomized controlled pilot study. *Appetite* [Internet].

- 2019 Sep 1 [cited 2023 Sep 20];140:213–22. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6585452/>
9. Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Using self-report assessment methods to explore facets of mindfulness. *Assessment*, 13(1), 27-45.
10. Siegel RD, Germer CK, Olendzki A. Mindfulness: What Is It? Where Did It Come From? In: Didonna F, editor. *Clinical Handbook of Mindfulness*. New York, NY: Springer; 2009.
11. Germer CK, Siegel RD, Fulton PR, editors. *Mindfulness and psychotherapy*. The Guilford Press; 2005.
12. Shauna L. Shapiro, dkk., Mechanisms of Mindfulness, *Journal of Clinical Psychology*, Vol. 62 (3), 2006
13. Ii B, Pustaka T, Pustaka A. Poltekkes Kemenkes Yogyakarta [Internet]. Available from: <http://eprints.poltekkesjogja.ac.id/726/4/d.%20Chapter2.pdf>
14. Hölzel BK, Carmody J, Vangel M, Congleton C, Yerramsetti SM, Gard T, et al. Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Research: Neuroimaging* [Internet]. 2011 Jan 1 [cited 2023 Oct 25];191(1):36–43. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3004979/>
15. Dolan EW. Study finds complex link between neuroticism and cortical thickness in the anterior cingulate cortex [Internet]. *PsyPost*. PsyPost; 2019 [cited 2023 Oct 25]. Available from: <https://www.psypost.org/2019/04/study-finds-complex-link-between-neuroticism-and-cortical-thickness-in-the-anterior-cingulate-cortex-53534>
16. Posner MI, Rothbart MK, Sheese BE, Tang Y. The anterior cingulate gyrus and the mechanism of self-regulation. *Cognitive, Affective, & Behavioral Neuroscience* [Internet]. 2007 Dec 1 [cited 2023 Oct 25];7(4):391–5. Available from: <https://link.springer.com/article/10.3758/CABN.7.4.391>
17. Knipe H. Anterior cingulate cortex [Internet]. *Radiopaedia*. Radiopaedia.org; 2020 [cited 2023 Oct 25]. Available from: <https://radiopaedia.org/articles/anterior-cingulate-cortex>

18. Tang Y, Lu Q, Geng X, Stein EA, Yang Y, Posner MI. Short-term meditation induces white matter changes in the anterior cingulate. *Proceedings of the National Academy of Sciences of the United States of America* [Internet]. 2010 Aug 16 [cited 2023 Oct 25];107(35):15649–52. Available from: <https://www.pnas.org/doi/full/10.1073/pnas.1011043107>
19. This Is Your Brain on Mindfulness [Internet]. Available from: https://www.uphs.upenn.edu/pastoral/events/Baime_SHAMBHALA_2011.pdf
20. 2 to 20 years: Boys Body mass index-for-age percentiles [Internet]. Available from: <https://www.cdc.gov/growthcharts/data/set2clinical/cj41c073.pdf>
21. 2 to 20 years: Girls Body mass index-for-age percentiles NAME RECORD # [Internet]. Available from: <https://www.cdc.gov/growthcharts/data/set1clinical/cj411024.pdf>
22. CDC. About Child & Teen BMI [Internet]. Centers for Disease Control and Prevention. 2022 [cited 2023 Oct 26]. Available from: https://www.cdc.gov/healthyweight/assessing/bmi/childrens_bmi/about_childrens_bmi.html
23. Niogi SN, Mukherjee P, Jamshid Ghajar, McCandliss BD. Individual differences in distinct components of attention are linked to anatomical variations in distinct white matter tracts. *Frontiers in Neuroanatomy* [Internet]. 2010 Jan 1 [cited 2023 Oct 31]; Available from: <https://pubmed.ncbi.nlm.nih.gov/20204143/>
24. Sattar A, Baig S, Naveed ur Rehman, Bashir B. Factors affecting BMI: Assessment of the effect of sociodemographic factors on BMI in the population of Ghulam Mohammad Abad, Faisalabad. *Prof Med J*. 2013;20(6):956-964.
25. Baer R. Five Facet Mindfulness Questionnaire (FFMQ) [Internet]. Available from: <https://ruthbaer.com/academics/FFMQ.pdf>
26. IPAQ_English_self-admin_long.pdf. IPAQ_English_self-admin_long.pdf [Internet]. Google Docs. 2019 [cited 2023 Nov 15]. Available from: https://drive.google.com/file/d/1etmigryv_Wijow-IA4Sgc04p82qRgmJt/view
27. Tabel Batas Ambang indeks Massa tubuh (IMT) - Penyakit Tidak Menular Indonesia [Internet]. Kemkes.go.id. 2019 [cited 2024 Jul 3]. Available from:

<https://p2ptm.kemkes.go.id/infographicp2ptm/obesitas/tabel-batas-ambang-indeks-massa-tubuh-imt>

28. World. Gender [Internet]. Who.int. World Health Organization: WHO; 2019 [cited 2023 Nov 13]. Available from: https://www.who.int/health-topics/gender#tab=tab_1

29. Kebutuhan Tidur sesuai Usia - Direktorat P2PTM [Internet]. Direktorat P2PTM. 2013 [cited 2023 Nov 15]. Available from: <https://p2ptm.kemkes.go.id/infographicp2ptm/obesitas/kebutuhan-tidur-sesuai-usia>

30. Meindy N, Djunaidi A, Triwahyuni A. Adaptasi Five Facet Mindfulness Questionnaire Bahasa Indonesia. *Psychocentrum Rev.* 2022;4(1):1–19.

31. Terrah Keck-Kester, Huerta-Sáenz L, Spotts R, Duda L, Nazia Raja-Khan. Do Mindfulness Interventions Improve Obesity Rates in Children and Adolescents: A Review of the Evidence. *Diabetes, Metabolic Syndrome and Obesity: Targets and Therapy* [Internet]. 2021 Nov 1 [cited 2023 Dec 13]; Volume 14:4621–9. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8629947/>

32. Alberts HJ, Mulken S, Smeets M, Thewissen R. Coping with food cravings: Investigating the potential of a mindfulness-based intervention. *Appetite.* 2010;55:160–163.

33. Erikson, Erik. 2010. *Childhood and Society.*

34. Hapsari A. Penulis [Internet]. Available from: <https://fik.um.ac.id/wp-content/uploads/2020/10/6.-BUKU-AJAR-KESEHATAN-REPRODUKSI-MODUL-KESEHATAN-REPRODUKSI-REMAJA.pdf>

35. Remaja [Internet]. Kemkes.go.id. 2023 [cited 2023 Dec 18]. Available from: <https://ayosehat.kemkes.go.id/kategori-usia/remaja>

36. World. Adolescent health [Internet]. Who.int. World Health Organization: WHO; 2019 [cited 2023 Dec 18]. Available from: https://www.who.int/health-topics/adolescent-health#tab=tab_1

37. Kesehatan reproduksi remaja | Perpustakaan Komnas Perempuan [Internet]. Perpustakaan Komnas Perempuan. 2023 [cited 2023 Dec 18]. Available from: https://perpustakaan.komnasperempuan.go.id/web/index.php?p=show_detail&id=

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-growing-child-adolescent-13-to-18-years>

46. Rajan T, Menon V. Psychiatric disorders and obesity: A review of association studies. *Journal of Postgraduate Medicine* [Internet]. 2017 Jan 1 [cited 2023 Dec 20];63(3):182–2. Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5525483/>

47. Clinic C. Adolescent Development [Internet]. Cleveland Clinic. 2023 [cited 2023 Dec 20]. Available from: <https://my.clevelandclinic.org/health/articles/7060-adolescent-development>

48. World. Obesity and overweight [Internet]. Who.int. World Health Organization: WHO; 2021 [cited 2023 Dec 20]. Available from: [https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight#:~:text=Body%20mass%20index%20\(BMI\)%20is,overweight%20and%20obesity%20in%20adults.](https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight#:~:text=Body%20mass%20index%20(BMI)%20is,overweight%20and%20obesity%20in%20adults.)

49. Staff M. What is Mindfulness? [Internet]. Mindful. 2020 [cited 2023 Dec 20]. Available from: <https://www.mindful.org/what-is-mindfulness/>

50. Keng S, Smoski MJ, Robins CJ. Effects of mindfulness on psychological health: A review of empirical studies. *Clinical Psychology Review* [Internet]. 2011 Aug 1 [cited 2023 Dec 20];31(6):1041–56. Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3679190/>