

DAFTAR PUSTAKA

1. Sharma S BS. Anxiety - StatPearls - NCBI Bookshelf. 2023; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK470361/>
2. World Health Organization. Anxiety disorders . Geneva: WHO. 2022. Available from: <https://www.who.int/news-room/fact-sheets/detail/anxiety-disorders>
3. Kementerian Kesehatan Republik Indonesia. Kemenkes Beberkan Masalah Permasalahan Kesehatan Jiwa di Indonesia – Sehat Negeriku. 2021; Available from: <https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20211007/1338675/kemenkes-beberkan-masalah-permasalahan-kesehatan-jiwa-di-indonesia/>
4. Amalia D. Hubungan Antara Kecemasan dan Dispepsia Fungsional pada Mahasiswa Fakultas Kedokteran Universitas Pelita Harapan. 2024. Available from: <http://repository.uph.edu/id/eprint/59755>
5. Boland R, Verduin M, Ruiz P. Kaplan and Sadock's Synopsis of Psychiatry. 12th ed. Philadelphia: Wolters Kluwer; 2022. 1315–1321 p.
6. Liska D, Mah E, Brisbois T, Barrios PL, Baker LB, Spriet LL. Narrative Review of Hydration and Selected Health Outcomes in the General Population. 2019; Available from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6356561/>
7. Moreira P, Fernandez ML, Li S, Xiao X, Zhang X. Hydration Status in Older Adults: Current Knowledge and Future Challenges. 2023; Available from: <https://doi.org/10.3390/nu15112609>
8. Sudarsono ES, Nurohmi S, Damayanti AY, Sari DD. Hubungan Antara Tingkat Pengetahuan Tentang Hidrasi Dengan Total Asupan Cairan Pada Remaja Putri. Darussalam Nutrition Journal . 2019 Sep 26;3(2):9. Available from: https://www.researchgate.net/publication/337564807_Hubungan_Antara_Tingkat_Pengetahuan_Tentang_Hidrasi_Dengan_Total_Asupan_Cairan_Pada_Remaja_Putri

9. Castro-Alija MJ, Albertos I, Pérez Íñigo C, López M, Jiménez JM, Cao MJ, et al. Association between Anxiety Status and Hydration Status in Spanish University Students. *Nutrients*. 2024 Jan 1;16(1).
10. Psychiatry.org - What are Anxiety Disorders? Available from: <https://www.psychiatry.org/patients-families/anxiety-disorders/what-are-anxiety-disorders>
11. Arlington V. Diagnostic And Statistical Manual Of DSM-5™ 5th ed. 2013. 189–225 p.
12. Anxiety: Insights into Signs, Symptoms, Etiology, Pathophysiology, and Treatment. Available from: https://www.researchgate.net/publication/336738068_Anxiety_Insights_in_to_Signs_Symptoms_Etiology_Pathophysiology_and_Treatment
13. McDowell I. Measuring Health: A Guide to Rating Scales and Questionnaires, Third Edition. 2006. 273–328 p.
14. Ramdan IM. Reliability and Validity Test of the Indonesian Version of the Hamilton Anxiety Rating Scale (HAM-A) to Measure Work-related Stress in Nursing. *Jurnal Ners*. 2019 Apr 1;14(1):33–40.
15. Sherwood L. Sherwood Human Physiology From Cells to Systems 9th Edition. 9th Edition. Cengage Learning; 2016. 537–546 p.
16. Water's Role in the Body – Bottled Water | IBWA | Bottled Water. Available from: <https://bottledwater.org/the-healthy-choice/water-s-role-in-the-body/>
17. 7.2: Functions of Water - Medicine LibreTexts. Available from: [https://med.libretexts.org/Courses/Metropolitan_State_University_of_Denver/Introduction_to_Nutrition_\(Diker\)/07%3A_Nutrients_Important_to_Fluid_and_Electrolyte_Balance/7.02%3A_Water's_Importance_to_Vitality](https://med.libretexts.org/Courses/Metropolitan_State_University_of_Denver/Introduction_to_Nutrition_(Diker)/07%3A_Nutrients_Important_to_Fluid_and_Electrolyte_Balance/7.02%3A_Water's_Importance_to_Vitality)
18. Gerard J. Tortora BHD. Tortora - Principles of Anatomy and Physiology. 2013. 1088–1093 p.
19. Tobias A, Ballard BD, Mohiuddin SS. Physiology, Water Balance. *StatPearls*. 2022 Oct 3; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK541059/>

20. 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>
21. Ma G. [Hydration status and health]. *Zhonghua Yu Fang Yi Xue Za Zhi* . 2019 Apr 6;53(4):337–41. Available from: <https://pubmed.ncbi.nlm.nih.gov/30982263/>
22. Santoso BI HSPPS. *Air Bagi Kehidupan*. 2011. 32–36 p.
23. Ekingen T, Sob C, Hartmann C, Rühli FJ, Matthes KL, Staub K, et al. Associations between hydration status, body composition, sociodemographic and lifestyle factors in the general population: a cross-sectional study. *BMC Public Health* . 2022 Dec 1;22(1). Available from: </pmc/articles/PMC9071243/>
24. Mohammedin AS, AlSaid AH, Almalki AM, Alsaiani AR, Alghamdi FN, Jalalah AA, et al. Assessment of Hydration Status and Blood Pressure in a Tertiary Care Hospital at Al-Khobar. *Cureus* . 2022 Aug 5;14(8). Available from: </pmc/articles/PMC9441182/>
25. Wenner MM, Stachenfeld NS. Blood pressure and water regulation: Understanding sex hormone effects within and between men and women. *Journal of Physiology*. 2012 Dec;590(23):5949–61.
26. Murray B. Hydration and Physical Performance. *J Am Coll Nutr* . 2007 Oct 1;26:542S-548S. Available from: https://www.researchgate.net/publication/5924525_Hydration_and_Physical_Performance
27. Puga AM, Lopez-Oliva S, Trives C, Partearroyo T, Varela-Moreiras G. Effects of Drugs and Excipients on Hydration Status. 2019; Available from: www.mdpi.com/journal/nutrients
28. Liu C, Guan J, Kang Y, Xiu H, Chen Y, Deng B, et al. Inhibition of Dehydration-Induced Water Intake by Glucocorticoids Is Associated with

- Activation of Hypothalamic Natriuretic Peptide Receptor-A in Rat. *PLoS One*. 2010;5(12):15607. Available from: [/pmc/articles/PMC3004933/](#)
29. Tan X, Vrana K, Ding ZM. Cotinine: Pharmacologically Active Metabolite of Nicotine and Neural Mechanisms for Its Actions. *Front Behav Neurosci*. 2021 Oct 21;15. Available from: <https://www.drugs.com/medical-answers/long-nicotine-stay-system-3572733/>
30. Cadwallader AB, De La Torre X, Tieri A, Botrè F. The abuse of diuretics as performance-enhancing drugs and masking agents in sport doping: pharmacology, toxicology and analysis. *Br J Pharmacol*. 2010;161:1–16. Available from: <https://bpspubs.onlinelibrary.wiley.com/doi/10.1111/j.14765381.2010.00789.x>
31. Liu Y, Dai M, Bi Y, Xu M, Xu Y, Li M, et al. Active Smoking, Passive Smoking, and Risk of Nonalcoholic Fatty Liver Disease (NAFLD): A Population-Based Study in China. *J Epidemiol*. 2013;23(2):115. Available from: [/pmc/articles/PMC3700247/](#)
32. Hall JE. Guyton and Hall Textbook of Medical Physiology. 13th ed. 2015. 796–876 p.
33. Kementerian Kesehatan RI. Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia. 2019;28,1-33. Available from: www.peraturan.go.id
34. Maughan RJ, Griffin J. Caffeine ingestion and fluid balance: a review. *J Hum Nutr Diet*. 2003 Dec;16(6):411–20. Available from: <https://pubmed.ncbi.nlm.nih.gov/19774754/>
35. L E Armstrong, J A Soto. Urinary indices during dehydration, exercise, and rehydration. Human Kinetics Publishers, Inc; 1998. 265–269 p.
36. 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/](#)
37. Australia H. Urine colour chart. 2024; Available from: <https://www.healthdirect.gov.au/urine-colour-chart>

38. Carretero-Krug A, Úbeda N, Velasco C, Medina-Font J, Laguna TT, Varela-Moreiras G, et al. Hydration status, body composition, and anxiety status in aeronautical military personnel from Spain: a cross-sectional study. *Mil Med Res* . 2021 Dec 1;8(1). Available from: [/pmc/articles/PMC8170814/](https://pubmed.ncbi.nlm.nih.gov/35170814/)
39. Milani DAQ, Jialal I. Urinalysis. *Imaging and Technology in Urology: Second Edition*. 2023 May 1;171–5. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK557685/>
40. Perrier ET, Johnson EC, McKenzie AL, Ellis LA, Armstrong LE. Urine colour change as an indicator of change in daily water intake: a quantitative analysis. *Eur J Nutr*. 2016 Aug 1;55(5):1943–9. Available from: <https://link.springer.com/article/10.1007/s00394-015-1010-2>
41. Urine - abnormal color: MedlinePlus Medical Encyclopedia. Available from: <https://medlineplus.gov/ency/article/003139.htm>
42. Julian LJ. Measures of Anxiety. *Arthritis Care Res (Hoboken)*. 2011 Nov Available from: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC3879951/>
43. 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*. 2015 Apr 1;55(3):907. Available from: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC4819932/>
44. Castro-Alija MJ, Albertos I, Pérez Íñigo C, López M, Jiménez JM, Cao MJ, et al. Association between Anxiety Status and Hydration Status in Spanish University Students. *Nutrients*. 2023 Jan 1;16(1):118. Available from: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC10781082/>
45. Adolescent health-SEARO. Available from: <https://www.who.int/southeastasia/health-topics/adolescent-health>
46. Kaligis F, Irawati Ismail R, Wiguna T, Prasetyo S, Indriatmi W, Gunardi H, et al. Mental Health Problems and Needs among Transitional-Age Youth in Indonesia. *Public Health*. 2021;18:4046.
47. Imamtauchid M, Noordia A. ANALISIS STATUS DEHIDRASI SISWA EKSTRA FUTSAL SMP DI BOJONEGORO DITINJAU DARI IMT DAN KEBIASAAN PERILAKU MINUM. 2020;67.