

DAFTAR PUSTAKA

1. Kementerian Kesehatan Republik Indonesia. Modul dasar penguatan kompetensi dokter di tingkat pelayanan primer: common cold. Jakarta: Kementerian Kesehatan RI; 2023.
2. Badan Penelitian dan Pengembangan Kesehatan. Riskesdas 2018 dalam angka. Jakarta: Badan Penelitian dan Pengembangan Kesehatan; 2018.
3. Eccles R. Understanding the symptoms of the common cold and influenza. *Lancet Infect Dis* [Internet]. 2005 Nov [Diakses 11 Feb 2025];5(11):718. Tersedia pada: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7185637/>
4. Keshvari N, Yousefi N, Peiravian F, Sharif Z. Exploring health seeking behaviors for common cold management. *Explor Res Clin Soc Pharm*. 2023 Sep 1;11:100301.
5. Badan Penyelenggara Jaminan Sosial Kesehatan. Fakta dan data capaian program Jaminan Kesehatan Nasional. Jakarta: Badan Penyelenggara Jaminan Sosial Kesehatan; 2015.
6. Musyafak SN, Akib Yuswar M, Purrwanti NU. Swamedikasi: pengaruh perilaku terhadap tingkat pengetahuan common cold pada mahasiswa baru farmasi. *Jurnal Syifa Sciences and Clinical Research* [Internet]. 2022;4. Tersedia pada: <http://ejurnal.ung.ac.id/index.php/jsscr>
7. Zivich PN, Eisenberg MC, Monto AS, Uzicanin A, Baric RS, Sheahan TP, et al. Transmission of viral pathogens in a social network of university students: the eX-FLU study. *Epidemiol Infect* [Internet]. 2020 [Diakses 27 Agu 2025];148:e267. Tersedia pada: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7689784/>
8. Vossen DP, McArel H, Vossen JF, Thompson AM. Physical activity and the common cold in undergraduate university students: implications for health professionals. *Health Educ J*. 2004;63(2):145-57.
9. Cohen S, Tyrrell DAJ, Smith AP. Psychological stress and susceptibility to the common cold. *N Engl J Med* [Internet]. 1991 Aug 29 [Diakses 27 Agu 2025];325(9):606-12. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/1713648/>

10. Prather AA, Janicki-Deverts D, Hall MH, Cohen S. Behaviorally assessed sleep and susceptibility to the common cold. *Sleep* [Internet]. 2015 Sep 1 [Diakses 27 Agu 2025];38(9):1353-9. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/26118561/>
11. Von Ah D, Ebert S, Ngamvitroj A, Park N, Kang DH. Predictors of health behaviours in college students. *J Adv Nurs* [Internet]. 2004 Dec 1 [Diakses 26 Agu 2025];48(5):463-74. Tersedia pada: <https://doi.org/10.1111/j.1365-2648.2004.03229.x>
12. Nutbeam D. Health literacy as a public health goal: a challenge for contemporary health education and communication strategies into the 21st century. *Health Promot Int* [Internet]. 2000 Sep 1 [Diakses 27 Agu 2025];15(3):259-67. Tersedia pada: <https://doi.org/10.1093/heapro/15.3.259>
13. Kickbusch I, Pelikan JM, Apfel F, Tsouros AD. Health literacy: the solid facts [Internet]. Copenhagen: WHO Regional Office for Europe; 2013. Tersedia pada: <https://iris.who.int/handle/10665/326432>
14. Sørensen K, van den Broucke S, Fullam J, Doyle G, Pelikan J, Slonska Z, et al. Health literacy and public health: a systematic review and integration of definitions and models. *BMC Public Health*. 2012;12:80.
15. Noblin AM, Wan TTH, Fottler M. The impact of health literacy on a patient's decision to adopt a personal health record. *Perspect Health Inf Manag*. 2012;9(Fall):1-13.
16. Mancuso CA, Rincon M. Impact of health literacy on longitudinal asthma outcomes. *J Gen Intern Med* [Internet]. 2006 [Diakses 27 Agu 2025];21(8):813-7. Tersedia pada: <https://doi.org/10.1111/j.1525-1497.2006.00528.x>
17. De Oliveira GS, McCarthy RJ, Wolf MS, Holl J. The impact of health literacy in the care of surgical patients: a qualitative systematic review. *BMC Surg* [Internet]. 2015 Jul 17 [Diakses 27 Agu 2025];15:86. Tersedia pada: <https://doi.org/10.1186/s12893-015-0073-6>

18. Farokah A, Amira IN, Dewi IC. Efektifitas penggunaan media video dan poster terhadap peningkatan pengetahuan masyarakat mengenai protokol kesehatan pencegahan Covid-19. *J Ilm Kedokt dan Kesehatan*. 2022;1:1.
19. Salaberry MR. Declarative versus procedural knowledge. *The TESOL Encyclopedia of English Language Teaching* [Internet]. 2018 Jan 18 [Diakses 27 Feb 2025];1-7. Tersedia pada: https://www.researchgate.net/publication/373241873_Declarative_Versus_Procedural_Knowledge
20. World Health Organization. Knowledge, attitudes and practices survey: healthy lifestyles. Geneva: WHO; 2020.
21. Heikkinen T, Järvinen A. The common cold. *Lancet* [Internet]. 2003 Jan 4 [Diakses 4 Feb 2025];361(9351):51-9. Tersedia pada: <http://www.thelancet.com/article/S0140673603121629/fulltext>
22. Jaume F, Valls-Mateus M, Mullol J. Common cold and acute rhinosinusitis: up-to-date management in 2020. *Curr Allergy Asthma Rep* [Internet]. 2020 Jun 3 [Diakses 4 Feb 2025];20(7):28. Tersedia pada: <https://doi.org/10.1007/s11882-020-00917-5>
23. Al-Haddad MS, Abdallah QM, Alhamyani AH, Althomali AJ, Alshakhshir SM. General public knowledge and practices about the common cold. *J Taibah Univ Med Sci*. 2016 Apr 1;11(2):104-9.
24. Mayrhuber EAS, Peersman W, van den Kraats N, Petricek G, Ćosić Diviak A, Wojczewski S, et al. With fever it's the real flu I would say: laypersons' perception of common cold and influenza and their differences - a qualitative study in Austria, Belgium and Croatia. *BMC Infect Dis* [Internet]. 2018 Dec 12 [Diakses 2 Feb 2025];18(1):1-9. Tersedia pada: <https://link.springer.com/articles/10.1186/s12879-018-3568-9>
25. Centers for Disease Control and Prevention. Cold versus flu [Internet]. [Diakses 3 Feb 2025]. Tersedia pada: <https://www.cdc.gov/flu/about/coldflu.html>
26. Kementerian Kesehatan Republik Indonesia. Panduan praktik klinis bagi dokter di fasilitas pelayanan kesehatan primer. Jakarta: Kementerian Kesehatan RI; 2022.

27. Eccles R. Understanding the symptoms of the common cold and influenza. *Lancet Infect Dis* [Internet]. 2005 Nov [Diakses 27 Feb 2025];5(11):718. Tersedia pada: <https://pmc.ncbi.nlm.nih.gov/articles/PMC7185637/>
28. Tyrrell DAJ, Cohen S, Schilarb JE. Signs and symptoms in common colds. *Epidemiol Infect* [Internet]. 1993 [Diakses 27 Feb 2025];111(1):143-56. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/8394240/>
29. Monto AS, Gravenstein S, Elliott M, Colopy M, Schweinle J. Clinical signs and symptoms predicting influenza infection. *Arch Intern Med* [Internet]. 2000 Nov 27 [Diakses 27 Feb 2025];160(21):3243-7. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/11088084/>
30. Allan GM, Arroll B. Prevention and treatment of the common cold: making sense of the evidence. *CMAJ* [Internet]. 2014 Feb 18 [Diakses 3 Feb 2025];186(3):190-9. Tersedia pada: <https://pmc.ncbi.nlm.nih.gov/articles/PMC3928210/>
31. Simancas-Racines D, Franco JVA, Guerra CV, Felix ML, Hidalgo R, Martinez-Zapata MJ. Vaccines for the common cold. *Cochrane Database Syst Rev* [Internet]. 2017 May 18 [Diakses 11 Feb 2025];2017(5):CD002190. Tersedia pada: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6481390/>
32. Laili NF, Restyana A, Probosiwi N, Savitri L, Megasari E, A TS, et al. Hubungan tingkat pengetahuan terhadap perilaku swamedikasi common cold di Apotek X Kabupaten Nganjuk. *J Ilm Univ Batanghari Jambi*. 2021 Oct 11;21(3):1164.
33. Fatmah S, Aini SR, Pratama IS. Tingkat pengetahuan mahasiswa tahun pertama bersama (TPB) tentang penggunaan antibiotik dalam swamedikasi. *J Sains Farm Klinis*. 2019 Dec 23;6(3):200.
34. Susanti A, Soemitro RA, Suprayitno H, Ratnasari V. Searching the appropriate minimum sample size calculation method for commuter train passenger travel behavior survey. *J Infrastr Faci Asset Manag*. 2019;1(1):48-60.

35. Alzahrani MM, Alghamdi AA, Alghamdi SA, Alotaibi RK. Knowledge and attitude of dentists towards obstructive sleep apnea. *Int Dent J*. 2022 Jun 1;72(3):315-21.
36. Utami P, Unarih U, Puspita SF, Octavia DR, Yuliastuti F. The relationship of common cold knowledge level and self-medication behavior in non-faculty of health students at Yogyakarta Muhammadiyah University. *Pharm J Indones*. 2023;8(2):125-34.
37. Angelina M, Silaban S. Perancangan sistem informasi pengelolaan data penduduk. *J Ilm Komput dan Informatika*. 2020;5(2):45-53.
38. Babbie ER. *The practice of social research*. 14th ed. Belmont (CA): Cengage Learning; 2016.
39. Hoffman RD, Thielmann A, Buczkowski K, Edirne T, Hoffmann K, Koskela T, et al. Gender differences in self-care for common colds by primary care patients: a European multicenter survey on the prevalence and patterns of practices (the COCO study). *J Gend Stud*. 2021;30(7):756-71.
40. Behzadifar M, Aryankhesal A, Ravaghi H, Baradaran HR, Sajadi HS, et al. Prevalence of self-medication in university students: systematic review and meta-analysis. *East Mediterr Health J*. 2020;26(7):846-57.
41. Tuohetamu S, Pang M, Nuer X, Mahemuti Y, Mohemaiti P, Qin Y, et al. The knowledge, attitudes and practices on influenza among medical college students in Northwest China. *Hum Vaccin Immunother*. 2017 Jul 3;13(7):1688-92.