

DAFTAR PUSTAKA

1. Diastiti N. Diet Intermittent Fasting: Aku Mau Langsing Tanpa Penderitaan. Fira Husaini, Editor. Yogyakarta: Yogyakarta : Anak Hebat Indonesia; 2023. 112 P.
2. Arrigo T. Intermittent Fasting Linked To Eating Disorder Behaviors. *Psychiatr News*. 2023 Feb 1;58(02).
3. Mark, Moehl, Ghena, Schmaedick, Cheng. Intermittent Fasting: A Potential Bridge Between Diet Restriction And Lifespan Extension. *Annu Rev Nutr* [Internet]. 2020;39:1–25. Available From: <https://www.annualreviews.org/doi/full/10.1146/annurev-nutr-082018-124753>
4. Wang Y, Mckee M, Torbica A, Stuckler D. Systematic Literature Review On The Spread Of Health-Related Misinformation On Social Media. *Soc Sci Med* [Internet]. 2019 Nov;240. Available From: <https://linkinghub.elsevier.com/retrieve/pii/S0277953619305465>
5. Council Ifi. Food And Health Survey22. 2022.
6. Annur, Muthia C. Apa Jenis Diet Yang Banyak Dilakukan Warga Indonesia ? *Databoks*. 2023;6–7.
7. Patterson, Sears. Metabolic Effects Of Intermittent Fasting. *Annu Rev Nutr* [Internet]. 2017;37:371–93. Available From: <https://www.annualreviews.org/doi/full/10.1146/annurev-nutr-071816-064634>
8. Harvie M, Howell A. Behavioral Sciences Potential Benefits And Harms Of Intermittent Energy Restriction And Intermittent Fasting Amongst Obese , Overweight And Normal Weight Subjects — A Narrative Review Of Human And Animal Evidence. 2017;
9. Brogi S, Tabanelli R, Puca S, Calderone V, Munro E, Wells G, Et Al. Diet Culture On Tiktok: A Descriptive Content Analysis. *Public Health Nutr*. 2024 Jun 21;27(1):1–9.
10. Brogi S, Tabanelli R, Puca S, Calderone V. Intermittent Fasting: Myths, Fakes And Truth On This Dietary Regimen Approach. *Foods*. 2024 Jun 21;13(13):1960.
11. Sun Ml, Yao W, Wang Xy, Gao S, Varady Ka, Forslund Sk, Et Al. Intermittent Fasting And Health Outcomes: An Umbrella Review Of Systematic Reviews And Meta-Analyses Of Randomised Controlled Trials. *Eclinicalmedicine*. 2024;70(March):1–15.
12. Rachul C. Quality And Reliability Of Youtube Videos On Intermittent Fasting. *Cureus*. 2023;2:15.
13. Don Nutbeam. Health Education And Health Promotion Revisited. *Health Educ J*. 2019 Oct 23;78(6):705–9.
14. Tsalis Fr. Perancangan Media Informasi Metode Diet Intermitten Fasting Bagi Orang Dewasa. 2025;03(01):220–34.
15. Putri Tk, Simanungkalit Sf, Sianturi Hrp, Nasrullah N. Perbedaan Efektivitas Edukasi Media Booklet Dan Video Terhadap Pengetahuan Gizi Seimbang Pendamping Anak Autism Spectrum Disorder Di Wilayah Jabodetabek The Difference In Effectiveness Of Booklet And Video Media

Education On Balanced Nutrition Knowledge O. 2024;8(3):7–16.

16. Aira S, Kurniasari R, Andriani E. Efektivitas Media Leaflet , Video Animasi , Dan Games Kartu Dengan Pengetahuan Dan Sikap Mengenai Hipertensi Di Rengasdengklok. 2025;4(September).
17. Zahid Si, Dilawar M, Tahir Fg, Mousa Tt, Sreedharan J. Knowledge And Practice Of Intermittent Fasting: A Cross - Sectional Study Among University Students In The United Arab Emirates. 2025;22(1).
18. Frezy P. Karakteristik Perkembangan Masa Dewasa Awal Developmental Characteristics Of Early Adulthood. Media Online) J Educ Cult. 2023;3(1):2986–1012.
19. Hurlock Eb. Psikologi Perkembangan: Suatu Pendekatan Sepanjang Rentang Kehidupan. Jakarta: Gramedia.; 1980. 461 P.
20. Dwilianto R, Matodang, Usman A, Yarni L. Pengembangan Dewasa Awal. J Rev Pendidik Dan Pengajaran. 2024;Volume 7 N(Perkembangan Masa Dewasa Awal):20–5.
21. Rainy A, Isni Ah, Resa Fn, Islamy Mrf. The Influence Of Islamic Religious Education Public Courses In Improving Noble Character Students Department Of Chemistry Education, Indonesian University Of Education. Educ J Pendidik Islam. 2023 Feb 5;7(1):40.
22. Ferina Ulfa Nikmatun Erindana Hfnnmft. Penyesuaian Diri Dan Stres Akademik Mahasiswa Tahun Pertama Self Adjustment And Academic Stress In First-Year University Student . 2021;4:11–8.
23. Dwiyana Fahrizki D, Meti Dwiriani C. Digital-Based Nutrition Education On Nutrition Knowledge And Behaviors In Adolescents: A Systematic Review. Bio Web Conf. 2025;153.
24. Ganson Kt, Cuccolo K, Hallward L, Nagata Jm. Intermittent Fasting: Describing Engagement And Associations With Eating Disorder Behaviors And Psychopathology Among Canadian Adolescents And Young Adults. Eat Behav. 2022 Dec;47:101681.
25. Patterson Re, Laughlin Ga, Sears Dd, Lacroix. Intermittent Fasting And Human Metabolic Health. J Acad Nutr Diet [Internet]. 2021;121(1):120–39. Available From: <https://www.sciencedirect.com/science/article/pii/S0002822321000012>
26. Grajower Mm, Horne Bd. Clinical Management Of Intermittent Fasting In Patients With Diabetes Mellitus. Nutrients. 2019;11(4):1–11.
27. Malinowski B, Zalewska K, Węsierska A, Sokołowska Mm, Socha M, Liczner G, Et Al. Intermittent Fasting In Cardiovascular Disorders—An Overview. Nutrients. 2019 Mar 20;11(3):673.
28. Welton S, Minty R, O'driscoll T, Willms H, Poirier D, Madden S, Et Al. Intermittent Fasting And Weight Loss: Systematic Review. Can Fam Physician. 2020 Feb;66(2):117–25.
29. Gabel K, Hoddy Kk, Haggerty N, Song J, Kroeger Cm, Trepanowski Jf, Et Al. Effects Of 8-Hour Time Restricted Feeding On Body Weight And Metabolic Disease Risk Factors In Obese Adults: A Pilot Study. Nutr Heal Aging. 2018;4(4):345–53.
30. Iqbal M. Pengaruh Diet Puasa Intermittent Terhadap Asam Urat Pada Tikus Putih Galur Wistar Dengan Model Diabetes Melitus. 2023;
31. Song Dk, Kim Yw. Beneficial Effects Of Intermittent Fasting: A Narrative Review. J Yeungnam Med Sci. 2023;40(1):4–11.
32. Tinsley Gm, Horne Bd. Intermittent Fasting And Cardiovascular Disease:

- Current Evidence And Unresolved Questions. *Future Cardiol* [Internet]. 2018 Jan 4;14(1):47–54. Available From: <https://www.tandfonline.com/doi/full/10.2217/fca-2017-0038>
33. Pačalat Ž. Health Benefits Of Nature. *Encycl Evol Psychol Sci*. 2021;26(2):3637–40.
 34. Rafael, Mark P. Effects Of Intermittent Fasting On Health, Aging, And Disease. *N Engl J Med*. 2019;381(26):2541–51.
 35. Rafael, Mattson. Effects Of Intermittent Fasting On Health, Aging, And Disease. *N Engl J Med* [Internet]. 2019;381(26):2541–51. Available From: <https://www.nejm.org/doi/full/10.1056/nejmra1905136>
 36. Rafael De Caro, Mattson M. Effects Of Intermittent Fasting On Health, Aging, And Disease. *N Engl J Med*. 2019 Dec 26;381(26):2541–51.
 37. Ridwan M, Syukri A, Badarussyamsi B. Studi Analisis Tentang Makna Pengetahuan Dan Ilmu Pengetahuan Serta Jenis Dan Sumbernya. *J Geuthèè Penelit Multidisiplin*. 2021;4(1):31.
 38. Soekidjo Notoatmodjo. *Promosi Kesehatan Dan Ilmu Perilaku*. Rineka Cipta : Jakarta. Vol. 7, *Pemikiran Islam Di Malaysia: Sejarah Dan Aliran*. 2007. P. 37–8.
 39. So'o Rw, Ratu K, Folamauk Clh, Amat Als. Faktor-Faktor Yang Mempengaruhi Pengetahuan Masyarakat Di Kota Kupang Mengenai Covid-19. *Cendana Med J*. 2022;10(1):76–87.
 40. Darsini, Fahrurrozi, Cahyono Ea. Pengetahuan ; Arti. *J Keperawatan*. 2019;12(1):97.
 41. Ajzen I. The Theory Of Planned Behavior: Frequently Asked Questions. *Hum Behav Emerg Technol*. 2020;2(4):314–24.
 42. Azwar S. *Sikap Manusia : Teori Dan Pengukurannya*. Yogyakarta : Liberty; 1998.
 43. Gayatri D. *Mendesain Instrumen Pengukuran Sikap*. 2004;8(2):76–80.
 44. Fauziah S, Ardiansyah H. Peran Dukungan Sosial Dalam Kesehatan Mental Mahasiswa Pendidikan Ekonomi Upi. *J Pendidik Tambusai* [Internet]. 2025;9:14613–6. Available From: <https://jptam.org/index.php/jptam/article/view/27686>
 45. Kirani Nm, Solihin O, Studi P, Komunikasi I, Indonesia K. Peran Konten Kesehatan Digital Dalam Merubah Abstrak.
 46. Tinsley Gm, La Bounty Pm. Effects Of Intermittent Fasting On Body Composition And Clinical Health Markers In Humans. *Nutr Rev*. 2020 Oct;73(10):661–74.
 47. Riyadi Da, Rany N, Hanafi A, Mitra M, Afandi D. The Effect Of The Covid-19 Pandemic On Community Behavior In The Implementation Of An Indonesian Healthy Program With A Family Approach (Pis-Pk) In The Work Health Center Pekanbaru. *J Kesehat Komunitas*. 2023;9(1):203–12.
 48. Barokah. Efektivitas Penggunaan Media Audio Visual Dalam Pembelajaran. 2024;2:163–71.
 49. Ramdani D. Definisi Dan Teori Pendekatan, Strategi, Dan Metode Pembelajaran. *Indones J Elem Educ Teach Innov*. 2023;2(1):20.
 50. Kemenkes Ri. *Kebijakan Nasional Promosi Kesehatan*. *Kebijak Nas Promosi Kesehat*. 2024;1–48.
 51. Miratunnisa. Efektivitas Pendidikan Gizi Melalui Media Video Dan Motion Graphic Terhadap Perubahan Pengetahuan Dan Sikap Gizi Mengenai Obesitas Pada Remaja Di Mts Darul Ihsan. 2023.

52. Achmad Bismar Wirawan P. Pengaruh Model Pembelajaran Visual Auditori Kinestetik Terhadap Hasil Belajar Peserta Didik Pada Pelajaran Pai Kelas Viii Di Smp Taman Siswa Teluk Betung Bandar Lampung. *Handb Med Image Comput Comput Assist Interv*. 2020;8(5):55.
53. Sastafiana F, Eka Saputri M, Nur Mufidah Ll. Klasifikasi Dan Penggunaan Media Pembelajaran: Analisis Dan Implementasi Dalam Proses Pembelajaran. *Elem J*. 2024;2(2):20–9.
54. Zahroh F, Apriani A, Afrilia Y. Analisis Manfaat Media Audio Visual Animasi Sebagai Bahan Pembelajaran Efektif Untuk Anak Sekolah Dasar. *J Ilm Penelit Mhs* [Internet]. 2025;3(1):633–44. Available From: <https://ejurnal.kampusakademik.my.id/index.php/jipm/article/view/695>
55. Al Rahmad Ah, Annisa Sf. Video Animasi Sebagai Media Penyuluhan Dapat Meningkatkan Pengetahuan Dan Sikap Remaja Tentang Bahaya Fast Food. *Media Penelit Dan Pengemb Kesehat*. 2025;35(1):11–8.
56. Ira Vinta Agustina. Pengaruh Edukasi Gizi Menggunakan Media Video Animasi Tentang Jajanan Sehat Terhadap Pengetahuan Gizi , Sikap Dan Perilaku Mahasiswa Di Universitas Perintis Indonesia Tahun 2025 Oleh : Ira Vinta Agustina Tentang Jajanan Sehat Terhadap Pengetahuan Gizi , S. 2025;(2320273063).
57. Suprpto S, Mulat Tc, Hartaty H. Edukasi Gizi Seimbang Menggunakan Media Video Terhadap Pengetahuan Dan Sikap Mahasiswa Di Masa Pandemi Covid-19. *J Keperawatan Prof*. 2022;3(1):96–102.
58. Ridha Hayati, Mahmudah Hi. Pengaruh Video Animasi Diet Dash (Dietary Approach To Stop Hypertension) Terhadap Pengetahuan Pada Masyarakat Kelurahan Sungai Besar Kota Banjarbaru. 2025.
59. Masitah R, Pamungkasari Ep, Suminah. The Effectiveness Of Animation Video To Increase Adolescents' Nutritional Knowledge. *Media Gizi Indones*. 2020;15(3):199–204.
60. Khomsan A Fd. Perubahan Perilaku Gizi. Bogor. 2023;
61. Adiputra, M. S., Trisnadewi, W., Oktaviani, P. W., Munthe Sa. Metodologi Penelitian Kesehatan. Yayasan Kita Menulis. 2021;326.
62. Lwang Lemeshow. Sample Size.Pdf. Samole Size Determination In Health Studies. 1991.
63. Sulung U, Muspawi M. Jurnal Edu Research Indonesian Institute For Corporate Learning And Studies (Iicls) Page 25. *J Edu Res Indones Inst Corp Learn Stud*. 2024;5(2):28–33.
64. Dr. Zainuddin Iba Aditya Wardhana. Metode Penelitian. Vol. 32. 2021. 167–186 P.
65. Sugiyono. Metode Penelitian Kuantitatif, Kualitatif, Dan Tindakan. 2013. 189–190 P.
66. Fakhri M, A R, Afgani. Validitas And Reliabilitas. *J Educ*. 2024;6(2):10967–75.
67. Rahman A, Suryaningsih C, Rudhiati F, Kulsum Du, Hastuti D. Efektivitas Edukasi Video Animasi Dibandingkan Pembelajaran Konvensional Dalam Menurunkan Tindakan Dan Sikap Bullying Pada Anak Usia Sekolah : Studi Kuasi- Eksperimental. 2026;10:3082–9.
68. Oktavia M, Prasasty At. Gain Normality Test For Foundations And Modules. 2019;(November):596–601.
69. Pandang S. Universitas Andalas [Internet]. Available From: <https://www.unand.ac.id/about-us/tentang-unand/sejarahua.html>

70. Masyarakat Fk. Universitas Andala [Internet]. Available From: https://fkm.unand.ac.id/#Angka_Fkm_Unand
71. World Health Organization. Adolescent Health.
72. Park E, Kwon M. Health-Related Internet Use By Children And Adolescents: Systematic Review. *J Med Internet Res*. 2018 Apr 3;20(4):E120.
73. Taba M, Allen Tb, Caldwell Phy, Skinner Sr, Kang M, Mccaffery K, Et Al. Adolescents' Self-Efficacy And Digital Health Literacy: A Cross-Sectional Mixed Methods Study. *Bmc Public Health*. 2022 Dec 20;22(1):1223.
74. Maulana. Engaruh Kombinasi Edukasi Media Video Dan Diskusi Terhadap Perilaku (Pengetahuan, Sikap, Tindakan) Gizi Seimbang Pada Siswa Sekolah Dasar: Studi Eksperimen Pada Siswa Sdn 2 Dan Sdn 3 Di Kota Baubau. 2025;
75. Harahap. Efektifitas Pendidikan Kesehatan Menggunakan Pendekatan Health Belief Model (Hbm) Terhadap Peningkatan Pengetahuan Kesehatan Reproduksi Remaja Di Mtsn 3 Padangsidempuan. *Media Publ Promosi Kesehat Indones*. 2025;45–56.
76. Doré A, Rebitschek Fg, Morello K, Stierstädter E, Thiemann Kj, Kubiak T. A Systematic Review And Meta-Analysis Of The Effects Of Entertainment-Education Interventions On Persuasive Health Outcomes. *Sci Rep* [Internet]. 2025 Jul 31;15(1):27939. Available From: <https://www.nature.com/articles/S41598-025-11012-Y>
77. El Kirat H, Van Belle S, Khattabi A, Belrhiti Z. Behavioral Change Interventions, Theories, And Techniques To Reduce Physical Inactivity And Sedentary Behavior In The General Population: A Scoping Review. *Bmc Public Health* [Internet]. 2024 Aug 3;24(1):2099. Available From: <https://bmcpublichealth.biomedcentral.com/articles/10.1186/S12889-024-19600-9>
78. Aisah S, Ismail S, Margawati A. Animated Educational Video Using Health Belief Model On The Knowledge Of Anemia Prevention Among Female Adolescents: An Intervention Study. *Malaysian Fam Physician* [Internet]. 2022 Nov 30;17(3):97–104. Available From: <https://e-mfp.org/wp-content/uploads/V17n3-Oa-Animated-Educational-Video-Using-Health-Belief.Pdf>
79. Gelman A, Stern H. The Difference Between “Significant” And “Not Significant” Is Not Itself Statistically Significant. *Am Stat* [Internet]. 2006 Nov;60(4):328–31. Available From: <http://www.tandfonline.com/doi/abs/10.1198/000313006x152649>
80. Sari Ip. Mudir (Jurnal Manajemen Pendidikan) Aalisis Terhadap Kerucut Pengalaman Etgar Dale Dan Kragaman Gaya Belajar Untuk Memilih Media Yang Tepat Dalam Pembelajaran. *J Manaj Pendidik* [Internet]. 2019;1(1). Available From: <http://ejournal.insud.ac.id/index.php/mpi/index>
81. Suryanti .Y. Pengaruh Penkes Menggunakan Metode Ceramah Dan Leaflet. *J Kesehat Dan Pembang*. 2021;11(22):110–8.
82. Putri Ima, Hatijah N, Pengge Nm, Taufiqurrahman, Hindaryani N. The Effect Of Nutrition Education Using Animated Video Media On The Knowledge, Attitude, Behavior Of Fruit And Vegetable Consumption In The 4th Grade Students Of Sdn 129 Gresik. In 2023. P. 485–95. Available From: <https://www.atlantis-press.com/doi/10.2991/978-94-6463-324->

83. Haya Faradila S, Rr. Dewi Ngaisyah, Yelli Yani Rusyani. The Effect Of Education Using Video Media On Optimizing Toddler Nutrition On The Knowledge Of Mothers Of Toddlers. *J Gizi Dan Kesehat Kel.* 2024;2(01):21–7.
84. Raut S, Kc D, Singh Dr, Dhungana Rr, Pradhan Pms, Sunuwar Dr. Effect Of Nutrition Education Intervention On Nutrition Knowledge, Attitude, And Diet Quality Among School-Going Adolescents: A Quasi-Experimental Study. *Bmc Nutr* [Internet]. 2024 Feb 27;10(1):35. Available From: <https://Bmcnutr.Biomedcentral.Com/Articles/10.1186/S40795-024-00850-0>
85. Sihsinarmiyati A. Pengaruh Edukasi Video Animasi Terhadap Pengetahuan Dan Sikap Anak Sekolah Dasar Tentang Obesitas Di Kota Bengkulu. 2019;
86. Nurfiriani J, Kurniasari R. Edukasi Gizi Menggunakan Media Video Animasi Dan Poster Terhadap Peningkatan Pengetahuan Gizi Seimbang Pada Remaja. 2023;6(3):503–6.

