

**DAFTAR PUSTAKA**

- Achmad, D. S. 2010. *Ilmu Gizi*. Jakarta: Dian Rakyat.
- Ajzen, I. 2019. The theory of planned behaviour. *Organizational Behaviour and Human Decision Processes*, 50, pp 179-211.
- Akhlaghi, M. and Behrouz, V. 2015. Skipping meals and frequency of snack consumption are important eating behaviours related to obesity in hospital employees, *Journal of Paramedical Sciences*, 6(2). doi: 10.22037/jps.v6i2.8898.
- Allsbrook, J. 2008. *The Properties of Caffeine Molecule*. [e-book] Canada: John Wiley and Sons. Tersedia di: <https://itech.dickinson.edu> [30 Januari 2020]
- American Psychological Association. 2019. *Stress*. [e-book] Washington: American Psychological Association. Tersedia di: <https://apa.org> [6 Februari 2020]
- Australian Drug Foundation. 2011. *Caffeine facts*.[e-book] Melbourne: Australian Drug Foundation. Tersedia di: <https://adf.org.au> [6 Februari 2020]
- Angels, M. R., 2014. Gambaran Durasi Tidur Pada Remaja Dengan Kelebihan Berat Badan, *Jurnal e-Biomedik*, 1(2), pp. 849–853. doi: 10.35790/ebm.1.2.2013.3246.
- Arikunto, S. 2010. *Manajemen Penelitian*. Jakarta: Rineka Cipta.
- Baliwati, Y. F. 2004. *Pengantar Pangan dan Gizi*. Jakarta: Penerbit Swadaya.
- Bellisle, F. 2004. Effects of diet on behaviour and cognition in children, *British Journal of Nutrition*, 92(S2), pp. S227–S232. doi: 10.1079/bjn20041171.
- Bidel, S., Hu, G. and Tuomilehto, J. 2008. Coffee consumption and type 2 diabetes - An extensive review, *Central European Journal of Medicine*, 3(1), pp. 9–19. doi: 10.2478/s11536-007-0059-6.
- Bidel, S. and Tuomilehto, J. 2013. The emerging health benefits of coffee with an emphasis on type 2 diabetes and cardiovascular disease, *European Endocrinology*, 9(2), pp. 99–106. doi: 10.17925/ee.2013.09.02.99.
- BNPB. 2020. *Covid-19*. Gugus tugas percepatan penanganan covid-19 1, pp. 1–39.

Bo, Simona., Musso, Giovanni., Beccuti, Guglielmo., Fadda, Maurizio., Fedele, Debora., Gambino, Roberto., Gentile, Luigi., Durazzo, Marilena., Ghigo, Ezio., and Cassader, Maurizio. Consuming More of Daily Caloric Intake at Dinner Predisposes to Obesity. A 6-Year Population-Based Prospective Cohort Study. Naitonal Institute of Health. Tersedia di : <https://dx.doi.org/10.1371%2Fjournal.pone.0108467> [30 Januari 2020]

Cameron, Jameason D., Maras, Danijela., Sigal, Ronald J., Kenny, Glen P., Borghese, Michael M., Chaput, Jean Philippe., Alberga, Angela S. and Goldfield, Gary S. 2016 The mediating role of energy intake on the relationship between screen time behaviour and body mass index in adolescents with obesity: The HEARTY study, *Appetite*, 107, pp. 437–444. doi: 10.1016/j.appet.2016.08.101.

Campbell, Karen J., Crawford, David A., Salmon, Jo Carver., Alison Garnett, Sarah P., Baur, Louise A. 2007. Associations between the home food environment and obesity-promoting eating behaviors in adolescence, *Obesity*, 15(3), pp. 719–730. doi: 10.1038/oby.2007.553.

Chandrasekaran, K. and Karunasagar, D. 2014. Determination of trace elements in the Pb-Bi-eutectic system by inductively coupled plasma-quadrupole mass spectrometry after sequential removal of the matrix by precipitation, *Journal of Analytical Atomic Spectrometry*, 29(9), pp. 1720–1725. doi: 10.1039/c4ja00138a.

Chapman, C.D., Benedict, C.B., Samantha, J.S., Helgi, B. 2012. Lifestyle determinants of the drive to eat: A meta-analysis", *American Journal of Clinical Nutrition*, 96(3), pp. 492–497. doi: 10.3945/ajcn.112.039750.

Chaput, J. P. and Dutil, C. 2016. Lack of sleep as a contributor to obesity in adolescents: Impacts on eating and activity behaviors, *International Journal of Behavioral Nutrition and Physical Activity*. International Journal of Behavioral

Choi, D.W., Chu, S. Y., Lee, S.A., Han, K.T., and Park, E.C. 2018 Association between Sleep Duration and Perceived Stress: SalariedWorker in Circumstances of HighWorkload, *International Journal of Environmental Research and Public Health*.

Clark, I. and Landolt, H. P. 2017. Coffee, caffeine, and sleep: A systematic review of epidemiological studies and randomized controlled trials, *Sleep Medicine Reviews*, 31(February), pp. 70–78. doi: 10.1016/j.smrv.2016.01.006.

Cranfield, John A.L. 2020 Framing consumer food demand responses in a viral pandemic. *Department of Food, Agricultural and Resource Economics*. University of Guelph, Canada. doi: 10.1111/cjag.12246

- Cseke LJ, Kirakosyan A, Kaufman PB, Warber S, D. J. and HL, B. 2016. *Natural products from plants*. CRC press.
- Daft, R. 2010. *Era Baru Manajemen*. 9th edn. Jakarta: Salemba Empat.
- DePaula, J. and Farah, A. 2019. Caffeine Consumption through Coffee: Content in the Beverage, Metabolism, Health Benefits and Risks, *Beverages*, 5(2), p. 37. doi: 10.3390/beverages5020037.
- Dewald JF, Meijer AM, Oort FJ, Kerkhof GA, Bogels SM. The Influence of Sleep Quality, Sleep Duration and Sleepiness on School Performance in children and adolescents: A Meta-Analytic Review. *Sleep Medicine Reviews*, 14: 179-189.
- Duffey, K. J. and Popkin, B. M. 2011. Energy density, portion size, and eating occasions: Contributions to increased energy intake in the United States, 1977-2006, *PLoS Medicine*, 8(6). doi: 10.1371/journal.pmed.1001050.
- Erdal G, Esengün K, Erdal H, G. O. 2007. Energy use and economical analysis of sugar beet production in Tokat province of Turkey., *Energy*, pp. 35–41.
- FAO. 2003. *Medium-term prospects for agricultural Commodities PROJECTIONS TO THE YEAR 2010*. Roma. Tersedia di : <ftp://ftp.fao.org/docrep/fao/006/y5143e/y5143e00.pdf>.
- Flegal, Katherine M., Carroll, Margaret D., Ogden, Cynthia L. and Curtin, Lester R. 2013. CLINICIAN "S CORNER Among US Adults , 1999 2008, *Journal of American Medical Association*, 303(3), pp. 235–241. doi: 10.1001/jama.2009.2014.
- Gerber, J. 2014. *Overweight and Obesity in Adults*. UWS Clinics: Conservative Care Pathways.
- Gibson, R. S., 2005. *Principles of Nutritional Assessment*. New York: Oxford University Press, Inc.
- Goddard, Ellen. 2020. The impact of COVID-19 on food retail and food service in Canada: Preliminary assessment. *Resource Economics and Environmental Sociology*. University of Alberta, Canada. doi: 10.1111/cjag.12243
- Grosso, G., Stepaniak, U., Micek, A., Topor, R., Pikhart, H., Szafraniec, K. and Paják, A. 2015. Association of daily coffee and tea consumption and metabolic syndrome: results from the Polish arm of the HAPIEE study, *European Journal of Nutrition*, 54(7), pp. 1129–1137. doi: 10.1007/s00394-014-0789-6.

Gugus Tugas Percepatan Penanganan COVID-19. 2020. *Protokol Percepatan Penanganan Pandemi Covid-19*. Tersedia di :  
<https://covid19.go.id/storage/app/media/Protokol/Protokol Percepatan Penanganan Pandemi Corona Virus Disease 2019.pdf>. [10 Juli 2020]

Halász, P. 2006. The role of micro-arousals in the regulation of sleep", *Ideggyógyászati szemle*, 59(7–8), pp. 252–260.

HAMPL, J. S., HEATON, C. L. B. and TAYLOR, C. A. 2003. Snacking patterns influence energy and nutrient intakes but not body mass index, *Journal of Human Nutrition and Dietetics*, 16(1), pp. 3–11. doi: 10.1046/j.1365-277X.2003.00417.x.

Harjatmo, S.T., H.M. Par'i., S. Wiyono. 2017. *Penilaian Status Gizi*. Kemenkes RI. Pusat Pendidikan Sumber Daya Manusia Kesehatan Badan Pengembangan dan Pemberdayaan SDM Kesehatan.

Hruby, A., Manson, J., Qi, L., Malik, V., Rimm, E., Sun, Q., Willett, W. and Hu, F. 2016. Determinants and consequences of obesity, *American Journal of Public Health*, 106(9), pp. 1656–1662. doi: 10.2105/AJPH.2016.303326.

Hu, F. B. 2016. U.S. Dietary guidelines, *Annals of Internal Medicine*, 165(8), pp. 604–605. doi: 10.7326/L16-0170.

Hurlock, E. B. 2011. *Psikologi Perkembangan : Suatu Pendekatan Sepanjang Rentang Kehidupan*. Jakarta: Erlangga.

Istiqomah K. N. 2014. *Perbedaan Asupan Lemak, Asupan Serat dan Kebugaran Jasmani Antara Remaja yang Overweight dan Yang berstatus gizi normal Di SMP AL Islam 1 Surakarta*. Skripsi, UMS.

Johnson, G. H. and Anderson, G. H. 2010. Snacking definitions: Impact on interpretation of the literature and dietary recommendations, *Critical Reviews in Food Science and Nutrition*, 50(9), pp. 848–871. doi: 10.1080/10408390903572479.

Judarwanto, W. 2008. *Perilaku makan anak sekolah*. Jakarta: Direktorat Bina Gizi Kementerian Kesehatan Republik Indonesia.

Kang, S., N. Y. 2004. The analysis toward consumption state, import and export in the world coffee market-the case of Korea, USA, Japan market, pp. 65–82.

Kasali, R. 2018. *Membidik Pasar Indonesia, Segmentasi Targeting Positioning*. Jakarta: PT. Gramedia Pustaka Utama.

- KEMENKES. 2017. Gizi Dalam Daur Kehidupan. Tersedia di:  
<http://bppsdmk.kemkes.go.id/pusdiksdmk/wp-content/uploads/2017/GIZI-DALAM-DAUR-KEHIDUPAN-SC.pdf> [30 Januari 2020]
- KEMENKES. 2017. Penilaian Status Gizi. First Edit. Edited by N. Thamaria. Jakarta: Kementerian Kesehatan Republik Indonesia. Tersedia di:  
<http://bppsdmk.kemkes.go.id/pusdiksdmk/wp-content/uploads/2017/11/PENILAIAN-STATUS-GIZI-FINAL-SC.pdf> [30 Januari 2020]
- Kim, S. Y. and Kim, S. M. 2010. Energy intake and snack choice by the meal patterns of employed people, *Nutrition Research and Practice*, 4(1), pp. 43–50. doi: 10.4162/nrp.2010.4.1.43.
- Kim, Seong Ah and Shin, Sangah. 2019. The Association between Coffee Consumption Pattern and Prevalence of Metabolic Syndrome in Korean Adults. *Nutrients*, 11, 2992; doi:10.3390/nu11122992.
- Kirk, T. R. 2000. Role of dietary carbohydrate and frequent eating in body-weight control, *Proceedings of the Nutrition Society*, 59(3), pp. 349–358. doi: 10.1017/S0029665100000409.
- Koenen, K. and Ascherio, A. 2013. Coffee, Caffeine, and Risk of Depression Among Women, 171(17), pp. 1571–1578.
- Kurniawan, A. and Ridlo, M. R. 2017. Perilaku Konsumtif Remaja Penikmat Warung Kopi, *Jurnal Sosiologi DILEMA*, 32(1), pp. 9–22. Tersedia di: <http://redfame.com/journal/index.php/ijsss/article/view/200>.
- Lee, J., Kim, H. Y. and Kim, J. 2017. Coffee consumption and the risk of obesity in Korean women”, *Nutrients*, 9(12), pp. 1–12. doi: 10.3390/nu9121340.
- Lemeshow, 1997, Besar Sampel Dalam Penelitian Kesehatan, Yogyakarta, UGM.
- Li, W.N., and Han, Y.D. 2012. Effect of chlorogenic acid extract from leaves of Eucommia ulmoides on key enzyme activities in lipid metabolism., 23, pp. 30–33.
- Lia Indriani, 2015. *Pengaruh Pendapatan, Gaya Hidup, dan Jenis Kelamin terhadap Tingkat Konsumsi Mahasiswa Fakultas Ekonomi Universitas Negeri Yogyakarta*. Skripsi, Universitas Negeri Yogyakarta.
- Liu, Y., Liu, D., Shi, L., Zhang, B., Han, L., Zhang, Y., Yu, L. and Zhao, Y. 2012. Analysis of Related Factors of Overweight and Obesity among Secondary School Students in Chongqing, China, *Physics Procedia*, 33, pp. 104–110. doi: 10.1016/j.phpro.2012.05.036.

- Lubis, M Zulfadli. 2015. *Tingkat Kesukaan dan Daya Terima Serta Hubungan dengan Kecukupan Energi dan Zat Gizi Pada Santri Putri MTS Darul Muttaqien Bogor*. Skripsi, IPB.
- Magee, L. and Hale, L. 2012. Longitudinal associations between sleep duration and subsequent weight gain: A systematic review", *Sleep Medicine Reviews*. Elsevier Ltd, 16(3), pp. 231–241. doi: 10.1016/j.smrv.2011.05.005.
- Meng, S. 2013. Roles of chlorogenic acid on regulating glucose and lipids metabolism: A review", *Evidence-based Complementary and Alternative Medicine*, 2013. doi: 10.1155/2013/801457.
- Muchtadi, D. 2009. Komponen Fitokimia dalam Kopi. Laporan Kegiatan Diskusi Ilmiah Polifenol dan Kopi Serta Manfaatnya Bagi Kesehatan.
- Murray, Robert K., Daryl K, Granner., and Victor W. Rodwell. Biokimia Harper Ed.27. Jakarta.EGC;2009 : 152-94.
- Notoatmodjo, S. 2010. *Metodelogi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Notoatmodjo S. 2012. Promosi Kesehatan dan Perilaku Kesehatan. Jakarta: PT Rineka Cipta.
- Notoatmodjo, S. 2014. Ilmu Perilaku Kesehatan. Jakarta: Rineka Cipta.
- Nuraliyah and Aminuddin Syam, H. 2013. *Aktivitas fisik dan durasi tidur pada penderita overweight dan obesitas mahasiswa universitas hasanuddin, (Aktivitas fisik, Durasi tidur, overweight dan obesitas)*. Skripsi, UNHAS.
- Palou, A., Bonet, M. L. and Picó, C. 2009. On the role and fate of sugars in human nutrition and health. Introduction, *Obesity Reviews*, 10(SUPPL. 1), pp. 1–8. doi: 10.1111/j.1467-789X.2008.00560.x.
- Panggabean, E. 2011. *Buku Pintar Kopi*. Jakarta: Agro Media Pustaka.
- Perhimpunan Dokter Paru Indonesia. 2020. *Diagnosis dan Penatalaksanaan Penumonia COVID-19*.
- Piernas, C. and Popkin, Barry M. 2010. Snacking Increased among U . S . Adults between, *Journal of Nutrition*, pp. 325–331. doi: 10.3945/jn.109.112763.selected.
- Piernas, C. and Popkin, Barry M. 2010. Trends in snacking among U.S. children", *Health Affairs*, 29(3), pp. 398–404. doi: 10.1377/hlthaff.2009.0666.

- Damayanti, R., Sumarmi , S., and Mundiaستuti, L. 2019. Hubungan Durasi Tidur dengan Kejadian Overweight dan Obesitas pada Tenaga Kependidikan di Lingkungan Kampus C Universitas Airlangga, Amerta Nutrition, 3(2), pp. 89–93. doi: 10.2473/amnt.v3i2.2019.89-93.
- Rahmawati, A.A. 2018. *Analisis Perbandingan Kerusakan Alveolus Paru Tikus Rattus Norvegicus Terhadap Paparan Asap Rokok Konvensional dan Elektrik*. Skripsi, UNIMUS.
- Riset Kesehatan Dasar. 2018. Hasil Utama Riset Kesehatan Dasar (RISKESDAS), 44(8), pp. 1–200. doi: 10.1088/1751-8113/44/8/085201.
- Robbins, S.L, and Cotran, R.S. 2015. Buku Ajar Patologi. Edisi 7. Bahasa Indonesia, Huriawati Hartanto, Nurwany Darmaniah, Nanda Wulandari.-ed.7-Jakarta: EGC.
- Roberts, Bonnie S. Worthington and Williams, Sue R. 2000. *Nutrition throughout Life Cycle*. Singapore : Mc graw-Hill Book COmpany.
- Robertson, S. K. 2020. Could social distancing create a long-term shift for the grocery industry?. The Globe and Mail.
- Rosa M, Prado C, Podazza G, Interdonato R, González JA, Hilal M, P. F. 2009. *Soluble sugars: Metabolism, sensing and abiotic stress: A complex network in the life of plants*. 4th edn.
- Santos, R. M. M. and Lima, D. R. A. 2016. Coffee consumption, obesity and type 2 diabetes: a mini-review, *European Journal of Nutrition*. Springer Berlin Heidelberg, 55(4), pp. 1345–1358. doi: 10.1007/s00394-016-1206-0.
- Santoso, S. 2004. *Kesehatan dan Gizi*. Jakarta : Renika Cipta
- Saris, W. H. M. 2000. Randomized controlled trial of changes in dietary carbohydrate/fat ratio and simple vs complex carbohydrates on body weight and blood lipids: The CARMEN study, *International Journal of Obesity*, 24(10), pp. 1310–1318. doi: 10.1038/sj.ijo.0801451.
- Sastroasmoro, S. 2007. *Dasar- Dasar Metodologi Penelitian Klinis*. Jakarta: Binarupa Aksara.
- Schulze, M. 2004. Incidence of Type 2 Diabetes in Young and Middle-Aged Women, *Jama*, 292(8), pp. 927–934. doi: 10.1001/jama.292.8.927.
- Sebastian, J. 2018. *Perbandingan Efek Farmakologi Minuman Kopi Hitam dengan Teh Terhadap Tidur dan Diuresis pada Mahasiswa / i Angkatan 2015 Fakultas Kedokteran Universitas Sumatera Utara*. Skripsi, FK USU.

- Serna, S. O. 2016. *Snack Foods: Types and Composition*. Canada: *American Journal of Clinical Nutrition*,
- Shimoda, H., Seki, E. and Aitani, M. 2006. Inhibitory effect of green coffee bean extract on fat accumulation and body weight gain in mice, *BMC Complementary and Alternative Medicine*, 6, pp. 1–9. doi: 10.1186/1472-6882-6-9.
- Suglia, S. F., Kara, S. and Robinson, W. R. 2014. Sleep duration and obesity among adolescents transitioning to adulthood: Do results differ by sex?, *Journal of Pediatrics*. Elsevier Inc, 165(4), pp. 750–754. doi: 10.1016/j.jpeds.2014.06.052.
- Su, S.H, Shyu, H.W, Yeh, Y.T, Chen, K.M, Yeh, Y. 2013. Caffeine inhibits adipogenesis of primary adipose derived stem cells and bone marrow stromal cells. *Toxicol in Vitro* 27: 1830-1837.
- Supariasa, I. D. N., Bakri, B. dan Fajar, I., 2012. *Penilaian Status Gizi*. Jakarta: EGC.
- Tahir, N.H., Ernawati., and Bennu, M. 2013. *Faktor-Faktor yang Berhubungan dengan Status Gizi Anak Umur 6-12 Tahun di SDN 136 Wilayah Kerja Puskesmas Bungi Pinrang*.
- Taufik and Ayuningtyas, E. A. 2020. Dampak Pandemi COVID-19 Terhadap Bisnis dan Eksistensi Platform Online (The Impact of Covid-19 Pandemic on Business and Online Platform Existence, *Jurnal Pengembangan Wiraswasta*, 22(April), pp. 21–32. doi: 10.33370/jpw.v22i1389.
- Tripicchio, Gina. L., Kachurak, Alexandria, Davey, Adam. and Bailey, Regan L. 2019. Associations between snacking and weight status among adolescents 12–19 years in the United States, *Nutrients*, 11(7), pp. 1–11. doi: 10.3390/nu11071486.
- Tuomilehto, J. 2004. Diabetes Mellitus Among Middle-aged", 291(10), pp. 1213–1219.
- U.S. Department of Health and Human Services. 2011. *Your guide to healthy sleep*, US Department of Health and Human Services. Tersedia di: [https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy\\_sleep.pdf](https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf) %0Ahttp:/ /www.nhlbi.nih.gov/health/resources/sleep/healthy-sleep.
- USDA. 2011. Human Nutrition Research Center, Food Surveys Research Group Dietary.

- USDA. 2018. Human Nutrition Research Center, Food Surveys Research Group Dietary.
- USDA. 2019. Snacks: Percentages of Selected Nutrients Contributed by Food and Beverages Consumed at Snack Occasions, by Gender and Age. Tersedia di: [https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/1314/Table\\_25\\_SNK\\_GEN\\_13.pdf](https://www.ars.usda.gov/ARSUserFiles/80400530/pdf/1314/Table_25_SNK_GEN_13.pdf).
- Van Dam, R. M. and Seidell, J. C. 2007. Carbohydrate intake and obesity, *European Journal of Clinical Nutrition*, 61, pp. S75–S99. doi: 10.1038/sj.ejcn.1602939.
- Vartanian, L. R., Schwartz, M. B. and Brownell, K. D. 2007. Effects of soft drink consumption on nutrition and health: A systematic review and meta-analysis, *American Journal of Public Health*, 97(4), pp. 667–675. doi: 10.2105/AJPH.2005.083782.
- Wang A, Wang S, Zhu C, Zhang Y, Liu Z. 2016. *Coffee and cancer risk: A meta-analysis of prospective observational studies*. Sci Rep, 6:3371110.1038/srep33711
- Wendy, T. M., and Hunter, S. D. 2015. Say “GDNT”:frequency of adolescent textong at night. *Journal of the National Sleep Foundation*, pp. 300–303.
- Weinberg, B.A.dan Bealer, B. 2010. *The Miracle of Caffeine*. Bandung: Wanita.
- WHO. 2018. *Obesity and Overweight*. Tersedia di:<http://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight#> [22 Januari 2020].
- Yuliastuti, Rina. 2012. *Analisis Karakter Siswa, Karakteristik Orangtua Dan Perilaku Konsumsi Jajanan Pada Siswa – Siswi SDN Rambutan 04 Pagi Jakarta Timur*. Skripsi, UI.
- Zheng G, Sayam K, Okubo T, Juneja LR, Oguni I. 2004. Anti-obesity effects of three major components of green tea, catechins, caffeine and theanine in mice *in vivo*. *European Journal of Clinical Nutrition*, 18: 55-62.