

DAFTAR PUSTAKA

- Al-Amari, H. G., & Al-Khamees, N. (2015). The Perception of College Students about a Healthy Lifestyle and its Effect on their Health. *Journal of Nutrition & Food Sciences*, 5(6). <https://doi.org/10.4172/2155-9600.1000437>
- Alborzkouh, P., Nabati, M., Zainali, M., Abed, Y., & Ghahfarokhi, F. S. (2015). A review of the effectiveness of stress management skills training on academic vitality and psychological well-being of college students. *Journal of Medicine and Life*, 8(4), 39–44.
- Alkhawaldeh, O. (2014). Health promoting lifestyles of Jordanian university students. *International Journal of Advanced Nursing Studies*, 3(1), 27–31. <https://doi.org/10.14419/ijans.v3i1.1931>
- Alligood, M. R. (2014). *Nursing Theorists and Their Work* (8th ed). Elsevier Inc.
- Almutairi, K. M., Alonazi, W. B., Vinluan, J. M., Almigbal, T. H., Batais, M. A., Alodhyani, A. A., Alsadhan, N., Tumala, R. B., Moussa, M., Aboshaqiah, A. E., & Alhoqail, R. I. (2018). Health promoting lifestyle of university students in Saudi Arabia: a cross-sectional assessment. *BMC Public Health*, 18(1), 1–10. <https://doi.org/10.1186/s12889-018-5999-z>
- Al-Qahtani, M. F. (2019). Comparison of health-promoting lifestyle behaviours between female students majoring in healthcare and non-healthcare fields in KSA. *Journal of Taibah University Medical Sciences*, 14(6), 508–514. <https://doi.org/10.1016/j.jtumed.2019.10.004>
- Alyami, H. S., Orabi, M. A. A., Aldhabbah, F. M., Alturki, H. N., Aburas, W. I., Alfayez, A. I., Alharbi, A. S., Almasuood, R. A., & Alsuhaimani, N. A. (2020). Knowledge about COVID-19 and beliefs about and use of herbal products during the COVID-19 pandemic: A cross-sectional study in Saudi Arabia. *Saudi Pharmaceutical Journal*, 28(11), 1326–1332. <https://doi.org/10.1016/j.jps.2020.08.023>
- Amiri, P., Moulaei, K., Bahaadinbeigy, K., Ghaemi, M. M., & Sheikhtaheri, A. (2022). The information-seeking behavior of medical sciences students toward COVID-19 in mass and social media: A cross-sectional study. *Health Science Reports*, 5(3). <https://doi.org/10.1002/hsr2.648>
- Ammar, A., Brach, M., Trabelsi, K., Chtourou, H., Boukhris, O., Masmoudi, L., Bouaziz, B., Bentlage, E., How, D., Ahmed, M., Müller, P., Müller, N., Aloui, A., & Hammouda, O. (2020). Effects of COVID-19 Home Confinement on Eating Behaviour and Physical Activity : Results of the ECLB-COVID19 International Online Survey. *Nutrients*, 12, 1583–1596. <https://doi.org/10.3390/nu12061583>
- Annashr, N. N., Yunianto, A. E., Muhamry, A., Abdurrahmat, A. S., Laksmini, P., Atmadja, T. F. A.-G., Supriyani, T., Gustaman, R. A., Kushargina, R., Lusiana, S. A., Triatmaja, N. T., Rusyantia, A., Ratnasari, R. D. H., Betaditya, D., Listyawardhani, Y., Fauziyah, A., & Lubis, A. (2022). Lifestyle Changes Before and During the COVID-19 Pandemic in West Java Province, Indonesia. *Open*

- Access *Macedonian Journal of Medical Sciences*, 10(E), 1505–1510. <https://doi.org/10.3889/oamjms.2022.8628>
- Atmadja, T. F. A., Yunianto, A. E., Yuliantini, E., Haya, M., Faridi, A., & Suryana, S. (2020). Gambaran sikap dan gaya hidup sehat masyarakat Indonesia selama pandemi Covid-19. *Action: Aceh Nutrition Journal*, 5(2), 195–202. <https://doi.org/10.30867/action.v5i2.355>
- Azhar, N. J. B., Zahra, Z. D., Irawan, D. A., & Rahmannia, S. (2022). Lifestyle Alterations During the COVID-19 Pandemic and Its Impact on Obesity amongst Indonesian University Students. *Sriwijaya Journal of Medicine*, 5(1), 51–60. <https://doi.org/10.32539/sjm.v5i1.129>
- Bakouei, F., Jalil Seyedi-Andi, S., Bakhtiari, A., & Khafri, S. (2018). Health Promotion Behaviors and Its Predictors Among the College Students in Iran. *International Quarterly of Community Health Education*, 38(4), 251–258. <https://doi.org/10.1177/0272684X18781780>
- Balanzá-Martínez, V., Atienza-Carbonell, B., Kapczinski, F., & De Boni, R. B. (2020). Lifestyle behaviours during the COVID-19 – time to connect. *Acta Psychiatrica Scandinavica*, 141(5), 399–400. <https://doi.org/10.1111/acps.13177>
- Ballon, A., Neuenschwander, M., & Schlesinger, S. (2019). Breakfast Skipping Is Associated with Increased Risk of Type 2 Diabetes among Adults: A Systematic Review and Meta-Analysis of Prospective Cohort Studies. *Journal of Nutrition*, 149(1), 106–113. <https://doi.org/10.1093/jn/nxy194>
- Baluwa, M. A., Lazaro, M., Mhango, L., & Msiska, G. (2021). Stress and coping strategies among malawian undergraduate nursing students. *Advances in Medical Education and Practice*, 12, 547–556. <https://doi.org/10.2147/AMEP.S300457>
- Beaudry, K. M., Ludwa, I. A., Thomas, A. M., Ward, W. E., Falk, B., & Josse, A. R. (2019). First-year university is associated with greater body weight, body composition and adverse dietary changes in males than females. *PLoS ONE*, 14(7). <https://doi.org/10.1371/journal.pone.0218554>
- Beit-Hallahmi, B. (2014). *Psychological perspectives on religion and religiosity*. Routledge.
- Blake, H., Stanulewicz, N., & McGill, F. (2017). Predictors of Physical Activity and Barriers to Exercise in Nursing and Medical Students. *Journal of Advanced Nursing*, 73(4), 917–929. <https://doi.org/10.1111/jan.13181>
- Brailovskaya, J., & Margraf, J. (2021). The relationship between burden caused by coronavirus (Covid-19), addictive social media use, sense of control and anxiety. *Computers in Human Behavior*, 119, 106720.
- Carballo-fazanes, A., Rico-d, J., Barcala-furelos, R., Rey, E., Rodr, E., Varela-casal, C., & Abelairas-g, C. (2020). Physical Activity Habits and Determinants , Sedentary Behaviour and Lifestyle in University Students. *International Journal of Environmental Research and Public Health*, 17(9), 1–15. <https://doi.org/10.3390/ijerph17093272>

- Cayres, S. U., Júnior, I. F. F., Barbosa, M. F., Christofaro, D. G. D., & Fernandes, R. A. (2015). Breakfast frequency, adiposity, and cardiovascular risk factors as markers in adolescents. *Cardiology in the Young*, 26(2), 244–249. <https://doi.org/10.1017/S1047951115000050>
- Çetinkaya, S., & Sert, H. (2021). Healthy lifestyle behaviors of university students and related factors. *Acta Paul Enferm*, 34, 1–8. <https://doi.org/10.37689/acta>
- Chen, M. Y., Lai, L. J., Chen, H. C., & Gaete, J. (2014). Development and validation of the short-form adolescent health promotion scale. *BMC Public Health*, 14(1). <https://doi.org/10.1186/1471-2458-14-1106>
- Chen, Y., Liu, X., Yan, N., Jia, W., Fan, Y., Yan, H., Ma, L., & Ma, L. (2020). Higher academic stress was associated with increased risk of overweight and obesity among college students in China. *International Journal of Environmental Research and Public Health*, 17(15), 1–12. <https://doi.org/10.3390/ijerph17155559>
- Childs, C. E., Calder, P. C., & Miles, E. A. (2019). Diet and immune function. *Nutrients*, 11(8), 1–9. <https://doi.org/10.3390/nu11081933>
- Choi, J. (2020). Impact of Stress Levels on Eating Behaviors among. *Nutrients*, 12(1), 1–10. <https://doi.org/10.3390/nu12051241>
- Chopra, S., Ranjan, P., Singh, V., Kumar, S., & Arora, M. (2021). Impact of COVID-19 on lifestyle-related behaviours- a cross -sectional audit of responses from nine hundred and ninety-five participants from India. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 14(January). <https://doi.org/10.1016/j.dsx.2020.099.034>
- Chow, S., Lam, K., Lie, S., Mak, K., Mong, K., So, C., & Yuen, W. (2018). *Do demographic factors and a health-promoting lifestyle influence the self-rated health of college nursing students?* *BMC Nursing [revista en Internet]* 2018 [acceso 29 de abril de 2019]; 17(1): 1-9. 1–9. <https://bmcnurs.biomedcentral.com/articles/10.1186/s12912-018-0322-y>
- Cleveland Clinic medical professional. (2022, April). *Malnutrition*. Cleveland Clinic.
- Coutinho, M. O., Cavalcante Neto, J. L., Souza, L. H. R., Mercês, M. C. das, Fernandes, D. V., Leite, C. C. F., Portella, D. D. A., Draghi, T. T. G., Santos, K. A., Costa, L. E. L., Macêdo, L. L. da S., Correia, L. de S., Barbosa, C. da S., Santana, A. I. C., Oliveira, L. S. de, Nascimento, M. M. do, Silva, R. A. dos S., Calheiros, D. dos S., Mendonça, V. A. B. de, ... Lima, U. dos S. (2023). Factors Associated with the Lifestyle of Pediatric Healthcare Professionals during the COVID-19 Pandemic. *International Journal of Environmental Research and Public Health*, 20(3). <https://doi.org/10.3390/ijerph20032055>
- Damayanti, M. R., & Karin, P. A. E. S. (2016). Gambaran Pola Perilaku Hidup Sehat pada Mahasiswa Program Studi Ilmu Keperawatan Fakultas Kedokteran Universitas Udayana. *Jurnal Keperawatan Community of Publishing in Nursing NERS*, 4(1), 28–35.
- Dewanti, L. P., Sitoayu, L., Mardiyah, S., & Melani, V. (2022). Differences in Eating Habits, Lifestyle, and Weight Changes of Indonesian College Students Based on

- Their Residence During The COVID-19 Pandemic. *Food ScienTech Journal*, 4(2), 76. <https://doi.org/10.33512/fsj.v4i2.14097>
- Dewi, K. W. P., Suyasa, I. G. P. D., & Mastryagung, G. D. (2022). Tingkat Aktivitas Fisik pada Mahasiswa Sarjana Keperawatan di Masa Pandemi COVID-19. *Jurnal Medika Usada*, 5(2), 27–33.
- Dima-Cozma, C., Gavrilută, C., Mitrea, G., & Cojocaru, D. C. (2014). The importance of healthy lifestyle in modern society a medical, social and spiritual perspective. *European Journal of Science and Theology*, 10(3), 111–120.
- Duong, T. Van, Pham, K. M., Do, B. N., Kim, G. B., Dam, H. T. B., Le, V. T. T., Nguyen, T. T. P., Nguyen, H. T., Nguyen, T. T., Le, T. T., Do, H. T. T., & Yang, S. H. (2020). Digital healthy diet literacy and self-perceived eating behavior change during COVID-19 pandemic among undergraduate nursing and medical students: A rapid online survey. *International Journal of Environmental Research and Public Health*, 17(19), 1–13. <https://doi.org/10.3390/ijerph17197185>
- Estrada, M. (2016). *University Students' Involvement in a Health Promoting Lifestyle: Influencing Factors of the Health Promotion Model* [Electronic Thesis Collection, Pittsburg State University]. <https://digitalcommons.pittstate.edu/etd/232>
- Evangelou, E., Vlachou, E., Polikandrioti, M., Koutekos, I., Dousis, E., & Kyritsi, E. (2014). Exploration of Nursing students' dietary habits. *Health Science Journal*, 8(4), 452–468.
- Farhadi, S., & Ovchinnikov, R. S. (2018). The Relationship between Nutrition and Infectious Diseases: A Review. *Biomedical and Biotechnology Research Journal*, 2(3), 168–172. https://doi.org/10.4103/bbrj.bbrj_69_18
- Farhud, D. D. (2015). Impact of Lifestyle on Health. *Iran J Public Health*, 44(11), 1442–1444. <http://ijph.tums.ac.ir>
- Fashafsheh, I., Al-Ghabeesh, S. H., Ayed, A., Salama, B., Batran, A., & Bawadi, H. (2021). Health-Promoting Behaviors among Nursing Students: Palestinian Perspective. *INQUIRY: The Journal of Health Care Organization, Provision, and Financing*, 58, 1–5. <https://doi.org/10.1177/00469580211018790>
- Ferrante, G., Camussi, E., Piccinelli, C., Senore, C., Armaroli, P., Ortale, A., Garena, F., & Giordano, L. (2020). Did social isolation during the SARS-CoV-2 epidemic have an impact on the lifestyles of citizens? *Epidemiol Prev*, 44, 353–362. <https://doi.org/10.19191/EP20.5-6.S2.137>
- Garrett, S. L., Pina-thomas, D. M., Peterson, K. A., & Benton, M. J. (2019). Nurse Education Today Tracking physical activity in baccalaureate nursing students in the United States prior to graduation : A longitudinal study. *Nurse Education Today*, 80(March), 28–33. <https://doi.org/10.1016/j.nedt.2019.05.038>
- Ge, Y., Xin, S., Luan, D., Zou, Z., Liu, M., Bai, X., & Gao, Q. (2019). Association of physical activity, sedentary time, and sleep duration on the health-related quality of life of college students in Northeast China. *Health and Quality of Life Outcomes*, 17(1), 1–8. <https://doi.org/10.1186/s12955-019-1194-x>

- Grasdalsmoen, M., Eriksen, H. R., Lønning, K. J., & Sivertsen, B. (2020). Physical exercise, mental health problems, and suicide attempts in university students. *BMC Psychiatry*, 20(1), 1–11. <https://doi.org/10.1186/s12888-020-02583-3>
- Hanawi, S. A., Saat, N. Z. M., Zulkafly, M., Rahim, A., Bashid, M., Aziz, A., & Low, F. J. (2020). Impact of a Healthy Lifestyle on the Psychological Well-being of University Students. *International Journal of Pharmaceutical Research & Allied Sciences*, 9(2), 1–7. www.ijpras.com
- Hehir, E., Zeller, M., Luckhurst, J., & Chandler, T. (2021). Developing student connectedness under remote learning using digital resources: A systematic review. *Education and Information Technologies*, 26(5), 6531–6548.
- Heidari, M., Borujeni, M. B., Borujeni, M. G., & Shirvani, M. (2017). Relationship of lifestyle with academic achievement in nursing students. *Journal of Clinical and Diagnostic Research*, 11(3), JC01–JC03. <https://doi.org/10.7860/JCDR/2017/24536.9501>
- Herman, Citrakesumasari, Hidayanti, H., Jafar, N., & Virani, D. (2020). PENGARUH EDUKASI GIZI MENGGUNAKAN LEAFLET KEMENKES TERHADAP PERILAKU KONSUMSI SAYUR DAN BUAH PADA REMAJA DI SMA NEGERI 10 MAKASSAR. *JGMI: The Journal of Indonesian Community Nutrition*, 9(1), 39–50.
- Holly, B., Melanie, N., Mark E, B., & Kamlesh, K. (2019). Effectiveness of Lifestyle Health Promotion Interventions for Nurses: Protocol for a Systematic Review. *Journal of Nursing and Practice*, 3(1), 81–85. <https://doi.org/10.36959/545/365>
- Hosseini, M., Ashk Torab, T., Taghdisi, M. H., & Esmaeili Vardanjani, S. A. (2013). Study on Situational Influences Perceived in Nursing Discipline on Health Promotion: A Qualitative Study. *ISRN Nursing*, 2013, 1–9. <https://doi.org/10.1155/2013/218034>
- Husain, W., & Ashkanani, F. (2020). Does COVID-19 change dietary habits and lifestyle behaviours in Kuwait : a community-based cross-sectional study. *Environmental Health and Preventive Medicine*, 25(1), 1–13. <https://doi.org/10.1186/s12199-020-00901-5>
- Ifroh, R. H., Imamah, I. N., & Rizal, A. A. F. (2022). Health-Promoting Lifestyle Assessment Among Nursing Students In East Kalimantan. *Jurnal Ilmu Kesehatan Masyarakat*, 13(2), 168–179. <https://doi.org/10.26553/jikm.2022.13.2.168-179>
- Irwan. (2017). *Etika dan Perilaku Kesehatan*. CV. ABSOLUTE MEDIA.
- Juntra, L., Program, U., Gizi, S., Kemenkes, P., Jalan, K., & Tallo -Kupang, P. A. (2020). GAYA HIDUP MAYARAKAT NUSA TENGGARA TIMUR DALAM MENGHADAPI PANDEMI CORONA VIRUS DISEASE 19 (COVID-19). *Jurnal Kesehatan Masyarakat*, 7(1), 34–40. <https://ojs.uniska-bjm.ac.id/index.php/ANN/article/view/2994>
- Kamarli Altun, H., Karacil Ermumcu, M. S., & Seremet Kurklu, N. (2021). Evaluation of dietary supplement, functional food and herbal medicine use by dietitians during

- the COVID-19 pandemic. *Public Health Nutrition*, 24(5), 861–869. <https://doi.org/10.1017/S1368980020005297>
- Kemenkes RI. (2018). *Hasil Utama Rskesdas 2018*. https://kesmas.kemkes.go.id/assets/upload/dir_519d41d8cd98f00/files/Hasil-rskesdas-2018_1274.pdf
- Khaw, W. F., Nasaruddin, N. H., Alias, N., Chan, Y. M., Tan, L. A., Cheong, S. M., Ganapathy, S. S., Mohd Yusoff, M. F., & Yong, H. Y. (2022). Socio-demographic factors and healthy lifestyle behaviours among Malaysian adults: National Health and Morbidity Survey 2019. *Scientific Reports*, 12(1). <https://doi.org/10.1038/s41598-022-20511-1>
- Khoer, S. (2021). *Gambaran Tingkat Aktivitas Fisik Mahasiswa Fakultas Keperawatan Universitas Padjadjaran pada Masa Pandemi COVID-19*.
- Khoshnood, Z., Rayyani, M., & Tigrari, B. (2018). Theory analysis for Pender's health promotion model (HPM) by Barnum's criteria: A critical perspective. *International Journal of Adolescent Medicine and Health*, 32(4), 1–9. <https://doi.org/10.1515/ijamh-2017-0160>
- KOMINFO. (2021). *Peta Sebaran COVID-19*. Satuan Tugas Penanganan COVID-19. <https://covid19.go.id/peta-sebaran-covid19>
- Kontsevaya, A. V., Mukaneeva, D. K., Myrzamatova, A. O., Okely, A. D., & Drapkina, O. M. (2021). Changes in physical activity and sleep habits among adults in Russian Federation during COVID-19 : a cross-sectional study. *BMC Public Health*, 21(1), 1–12. <https://doi.org/10.1186/s12889-021-10946-y>
- Kurnat-Thoma, E., El-Banna, M., Oakcrum, M., & Tyroler, J. (2017). Nurses' health promoting lifestyle behaviors in a community hospital. *Applied Nursing Research*, 35, 77–81. <https://doi.org/10.1016/j.apnr.2017.02.012>
- Lang, D. (2022). *Individual and Family Development, Health, and Well-being* (D. Lang, Ed.). <https://www.iatedigitalpress.com>
- Lee, R. L. T., Chien, W. T., Tanida, K., Takeuchi, S., Rutja, P., Kwok, S. W. H., & Lee, P. H. (2019). The association between demographic characteristics, lifestyle health behaviours, and quality of life among adolescents in Asia Pacific region. *International Journal of Environmental Research and Public Health*, 16(13). <https://doi.org/10.3390/ijerph16132324>
- Mahakud, G. C., Sharma, V., & Gangai, K. N. (2013). Stress Management : Concept and Approaches. *The International Journal of Humanities & Social Studies*, 1(6).
- Maitiniyazi, G., Chen, Y., Qiu, Y. Y., Xie, Z. X., He, J. Y., & Xia, S. F. (2021). Characteristics of body composition and lifestyle in chinese university students with normal-weight obesity: A cross-sectional study. *Diabetes, Metabolic Syndrome and Obesity*, 14, 3427–3436. <https://doi.org/10.2147/DMSO.S325115>
- Mak, Y. W., Kao, A. H. F., Tam, L. W. Y., Tse, V. W. C., Tse, D. T. H., & Leung, D. Y. P. (2018). Health-promoting lifestyle and quality of life among Chinese nursing

- students. *Primary Health Care Research and Development*, 19(6), 629–636. <https://doi.org/10.1017/S1463423618000208>
- Masella, R., & Malorni, W. (2017). Gender-related differences in dietary habits. *Clinical Management Issues*, 11(2), 59–62. <https://doi.org/10.7175/cmi.v11i2.1313>
- Mendes, S. S., & Martino, M. M. F. D. (2020). Stress factors of nursing students in their final year. *Revista da Escola de Enfermagem da USP*, 54.
- Monzani, A., Ricotti, R., Caputo, M., Solito, A., Archero, F., Bellone, S., & Prodam, F. (2019). A systematic review of the association of skipping breakfast with weight and cardiometabolic risk factors in children and adolescents. What should we better investigate in the future? *Nutrients*, 11(2), 1–23. <https://doi.org/10.3390/nu11020387>
- Musta'in, M., & Wulansari. (2020). Gambaran Konsumsi Makanan Cepat Saji, Minuman Ringan dan Status Gizi pada Mahasiswa D3 Keperawatan Universitas Ngudi Waluyo. *Media Informasi Penelitian Kabupaten Semarang (SINOV)*, 3(2), 161–170.
- Nassar, O. S., & Shaheen, A. M. (2014). Health-Promoting Behaviours of University Nursing Students in Jordan. *Health*, 06(19), 2756–2763. <https://doi.org/10.4236/health.2014.619315>
- Nursalam. (2015). *Metodologi Penelitian Ilmu Keperawatan* (Edisi 4). Salemba Medika.
- Nurul-Fadhilah, A., Teo, P. S., Huybrechts, I., & Foo, L. H. (2013). Infrequent Breakfast Consumption Is Associated with Higher Body Adiposity and Abdominal Obesity in Malaysian School-Aged Adolescents. *PLoS ONE*, 8(3), 1–6. <https://doi.org/10.1371/journal.pone.0059297>
- Nyumirah, S. (2022). Stress Level of Nursing Students During Online Learning During the Covid-19 Pandemic. *Jurnal Keperawatan Komprehensif*, 8, 56–63.
- Olfert, M. D., Barr, M. L., Charlier, C. C., Greene, G., Zhou, W., & Colby, S. E. (2019). Sex differences in lifestyle behaviors among U.S. college freshmen. *International Journal of Environmental Research and Public Health*, 16(3). <https://doi.org/10.3390/ijerph16030482>
- Padmanaban, S., & Subudhi, C. (2020). *Psycho-Social Perspectives in Mental Health and Well-Being*. Business Science Reference.
- Paudel, S., Poudel, A., & Arjyal, A. (2019). Analysis of Health Promoting Lifestyle Behaviors among Nursing Students from a College of a Health Sciences Academy in Kathmandu, Nepal. *Middle East Journal of Nursing*, 13(3), 3–10. <https://doi.org/10.5742/mejn.2019.93697>
- Pender, N. J., Murdaugh, C., & Parsons, M. A. (2015). *Health Promotion in Nursing Practice* (7th ed). Pearson.
- Pilcher, J. J., & Bryant, S. A. (2016). Implications of social support as a self-control resource. *Frontiers in Behavioral Neuroscience*, 10, 228.

- Polat, Ü., Özen, Ş., Kahraman, B. B., & Bostanoğlu, H. (2016). Factors affecting health-promoting behaviors in nursing students at a university in turkey. *Journal of Transcultural Nursing*, 27(4), 413–419. <https://doi.org/10.1177/1043659615569536>
- Puccinelli, P. J., da Costa, T. S., Seffrin, A., de Lira, C. A. B., Vancini, R. L., Nikolaidis, P. T., Knechtle, B., Rosemann, T., Hill, L., & Andrade, M. S. (2021). Reduced level of physical activity during COVID-19 pandemic is associated with depression and anxiety levels: an internet-based survey. *BMC Public Health*, 21(1). <https://doi.org/10.1186/s12889-021-10470-z>
- Radiyah, R., & Nursasi, A. Y. (2017). Knowledge Level and Health Promoting Lifestyle in Nursing Students. *UI Proc. Health Med.*, 3, 54–58.
- Rafati, F., Nouhi, E., Sabzevari, S., & Dehghan-Nayeri, N. (2017). Coping strategies of nursing students for dealing with stress in clinical setting: A qualitative study. *Electronic Physician*, 9(12), 6120–6128. <https://doi.org/10.19082/6120>
- Rahimi, F., Alamdar, E., Seyed Mirnasab, H. S., Borjalilu, S., Pouresmaeil, M., & Anbari, M. (2021). Lifestyle of students at Tehran University of Medical Sciences during Corona Epidemic: A cross-sectional study. *Iranian Journal of Health Sciences*. <https://doi.org/10.18502/jhs.v9i3.7308>
- Reeve, K. L., Shumaker, C. J., Yearwood, E. L., Crowell, N. A., & Riley, J. B. (2013). Perceived stress and social support in undergraduate nursing students' educational experiences. *Nurse Education Today*, 33(4), 419–424. <https://doi.org/10.1016/j.nedt.2012.11.009>
- Ren, Z., Cao, J., Cheng, P., Shi, D., Cao, B., Yang, G., Liang, S., Du, F., Su, N., Yu, M., Zhang, C., Wang, Y., Liang, R., Guo, L., & Peng, L. (2020). Association between breakfast consumption and depressive symptoms among chinese college students: A cross-sectional and prospective cohort study. *International Journal of Environmental Research and Public Health*, 17(5). <https://doi.org/10.3390/ijerph17051571>
- Reyes-Olavarría, D., Latorre-Román, P. Á., Guzmán-Guzmán, I. P., Jerez-Mayorga, D., Caamaño-Navarrete, F., & Delgado-Floody, P. (2020). Positive and negative changes in food habits, physical activity patterns, and weight status during covid-19 confinement: Associated factors in the chilean population. *International Journal of Environmental Research and Public Health*, 17(15), 1–14. <https://doi.org/10.3390/ijerph17155431>
- Riyanto, S. (2022). Pengaruh interpersonal relationships terhadap school well-being pada mahasiswa Ilmu Keperawatan. *JURNAL KESEHATAN SAMODRA ILMU*, 13(1). <https://doi.org/10.55426/jksi.v13i1.189>
- Romero-Blanco, C., Rodríguez-Almagro, J., Onieva-Zafra, M. D., Parra-Fernández, M. L., Prado-Laguna, M. D. C., & Hernández-Martínez, A. (2020a). Physical activity and sedentary lifestyle in university students: Changes during confinement due to the covid-19 pandemic. *International Journal of Environmental Research and Public Health*, 17(18), 1–13. <https://doi.org/10.3390/ijerph17186567>

- Romero-Blanco, C., Rodríguez-Almagro, J., Onieva-Zafra, M. D., Parra-Fernández, M. L., Prado-Laguna, M. D. C., & Hernández-Martínez, A. (2020b). Sleep pattern changes in nursing students during the COVID-19 lockdown. *International Journal of Environmental Research and Public Health*, 17(14), 1–11. <https://doi.org/10.3390/ijerph17145222>
- Sahu, M., Gandhi, S., Sharma, M. K., & Marimuthu, P. (2020). Social media use and health promoting lifestyle: An exploration among Indian nursing students. *Investigacion y Educacion En Enfermeria*, 38(2). <https://doi.org/10.17533/UDEA.IEE.V38N2E12>
- Sastroasmoro, S. (2014). *Dasar-dasar Metodologi Penelitian Klinis* (Edisi ke-5). Sagung Seto.
- Satti, M. Z., Khan, T. M., Azhar, M. J., Javed, H., Yaseen, M., Raja, M. T., ... & Ain, Q. U. (2019). Association of physical activity and sleep quality with academic performance among fourth-year MBBS students of Rawalpindi Medical University. *Cureus*, 11(7).
- Seo, Y. J., & Ha, Y. (2019). Gender differences in predictors of physical activity among korean college students based on the health promotion model. *Asian Pacific Island Nursing Journal*, 4(1), 1–10. <https://doi.org/10.31372/20190401.1000>
- Sippel, L. M., Pietrzak, R. H., Charney, D. S., Mayes, L. C., & Southwick, S. M. (2015). How does social support enhance resilience in the trauma-exposed individual? *Ecology and Society*, 20(4). <https://doi.org/10.5751/ES-07832-200410>
- Sofar, S. M., & El Hafeez, N. A. A. (2019). Relations between skipping breakfast, academic performance and body mass index among undergraduate university nursing students. *Journal of Nursing and Health Science*, 8(4), 32–42. <https://doi.org/10.9790/1959-0804053242>
- Sogari, G., Velez-Argumedo, C., Gómez, M. I., & Mora, C. (2018). College students and eating habits: A study using an ecological model for healthy behavior. *Nutrients*, 10(12). <https://doi.org/10.3390/nu10121823>
- Sukdee, T., Khajornsilp, J., Neatrthanon, S., Pechsri, K., & Ayudhaya, W. S. N. (2021). Factors Affecting Stress of Online Learning Due to the COVID-19 Situation at Faculty of Education, Thailand National Sports University Chonburi Campus. *Journal of Curriculum and Teaching*, 10(4), 25-33.
- Sugiyono. (2019). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Alfabeta.
- Sugiyono. (2022). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (2nd ed.). ALFABETA.
- Supriatna, E., & Septian, M. R. (2021). The Influence of Religiosity and Spirituality Towards Students' Psychological Well-Being During Covid-19 Pandemic. *Jurnal Pendidikan Islam*, 7(1), 51–64. <https://doi.org/10.15575/jpi.v7i1.10850>
- Suryana, E., Wulandari, S., Sagita, E., & Harto, K. (2022). Perkembangan Masa Remaja Akhir (Tugas, Fisik, Intelektual, Emosi, Sosial dan Agama) dan Implikasinya pada

- Pendidikan. *JIIP (Jurnal Ilmiah Ilmu Pendidikan)*, 5(6), 1956–1963. <http://Jiip.stkipyapisdompu.ac.id>
- Swarjana, I. K. (2017). *Ilmu Kesehatan Masyarakat - Konsep, Strategi dan Praktik*. ANDI Offset.
- Tabroni, I., Annis Nauli, F., & Arneliwati. (2021). GAMBARAN TINGKAT STRES DAN STRESOR PADA MAHASISWA KEPERAWATAN UNIVERSITAS NEGERI. *Jurnal Keperawatan*, 13(1), 149–164. <http://journal.stikeskendal.ac.id/index.php/Keperawatan>
- Tavakolizadeh, J., Yazdi, E. S., & Akbary, A. (2019). The Impact of Adler Lifestyle Education on Resiliency of Parents of Educable Mentally Retarded Students. *BRAIN-Broad Research in Artificial Intelligence and Neuroscience*, 10(3), 5–11.
- The National Academies. (2018). *Health-Care Utilization as a Proxy in Disability Determination*. National Academies Press. <https://doi.org/10.17226/24969>
- Thwaite, T. L., Heidke, P., Williams, S. L., Vandelanotte, C., Rebar, A. L., & Khalesi, S. (2020). Barriers to healthy lifestyle behaviors in Australian nursing students: A qualitative study. *Nursing and Health Sciences*, 22(4), 921–928. <https://doi.org/10.1111/nhs.12749>
- Turan, N., Güven Özdemir, N., Çulha, Y., Özdemir Aydin, G., Kaya, H., & Aşti, T. (2021). The effect of undergraduate nursing students' e-Health literacy on healthy lifestyle behaviour. *Global Health Promotion*, 28(3), 6–13. <https://doi.org/10.1177/1757975920960442>
- Umakanthan, S., Sahu, P., Ranade, A. V., Bukelo, M. M., Rao, J. S., Abrahao-Machado, L. F., Dahal, S., Kumar, H., & Kv, D. (2020). Origin, transmission, diagnosis and management of coronavirus disease 2019 (COVID-19). *Postgraduate Medical Journal*, 96(1142), 753–758. <https://doi.org/10.1136/postgradmedj-2020-138234>
- van Rensburg, C. J., & Surujlal, J. (2013). Gender differences related to the health and lifestyle patterns of university students. *Health SA Gesondheid*, 18(1), 3–4. <https://doi.org/10.4102/hsag.v18i1.735>
- Wakefield, M. K., Williams, D. R., Menestrel, S. Le, & Flaubert, J. L. (2021). *The Future of Nursing 2020-2030* (M. K. Wakefield, D. R. Williams, S. Le Menestrel, & J. L. Flaubert, Eds.). National Academies Press. <https://doi.org/10.17226/25982>
- Wang, D., Xing, X. H., & Wu, X. B. (2013). Healthy lifestyles of university students in China and influential factors. *The Scientific World Journal*, 2013. <https://doi.org/10.1155/2013/412950>
- Wang, L., Tao, H., Bowers, B. J., Brown, R., & Zhang, Y. (2018). Influence of Social Support and Self-Efficacy on Resilience of Early Career Registered Nurses. *Western Journal of Nursing Research*, 40(5), 648–664. <https://doi.org/10.1177/0193945916685712>
- Werf, E. T. Van Der, Busch, M., Jong, M. C., & Hoenders, H. J. R. (2021). *Lifestyle changes during the first wave of the COVID-19 pandemic : a cross-sectional survey in the Netherlands*. 1–11. <https://doi.org/10.1186/s12889-021-11264-z>

- Wiium, N., Breivik, K., & Wold, B. (2015). Growth trajectories of health behaviors from adolescence through young adulthood. *International Journal of Environmental Research and Public Health*, 12(11), 13711–13729. <https://doi.org/10.3390/ijerph121113711>
- World Health Organization. (2018). *Noncommunicable diseases*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>
- World Health Organization. (2020a). Coronavirus Disease 2019 and Influenza 2019-2020. In *World Health Organization* (Vol. 323, Issue 12).
- World Health Organization. (2020b). Covid-19 Situation Report. In *World Health Organization* (Vol. 31, Issue 2).
- World Health Organization. (2020c). *Adolescent health and development*. World Health Organization. <https://www.who.int/news-room//q-a-detail/adolescent-health-and-development>