

DAFTAR PUSTAKA

- Adriani, M., Wirjatmadi, B. *Peranan Gizi dalam Siklus Kehidupan*. Jakarta: Kencana Prenada Media Group. 2016. hlm. 326-332.
- Arisman. *Obesitas, Diabetes Mellitus, & Dislipidemia*. Mahode AA, Astuti NZ, editor. Jakarta: EGC; 2011. p. 162-5.
- Aznar-Lain, S., Webster, T., & Chicharro, Jose L. (n.d). *Physical Activity and Health in Children and Adolescents. A guide for all Adults Involved in Educating Young People*. Salud Publica: Spain.
- Baharudin, Sitti S. 2013. *Emosi dan Perilaku Makan Hubungannya Dengan Kejadian Berat Badan Lebih Pada PNS Di Kota Ternate*. Tesis, Universitas Gajah Mada.
- Baptista, F., Clara, H. S., Fragoso, I., Barrigas, C., Vieira F., Homes, P. M., Teixeira, P. J., & Sardinha, L. B. (2012). The role of lean body mass and physical activity in bone health in children. *J Bone Miner Metab*, 30: 100-108. doi: 10.1007/s00774-011-0294-4.
- Baumgartner T.A., Jackson, A.S., Mahar, M.T., and Rowe, D.A. (2007). *Measurement for Evaluation in Physical Education & Exercise Science Eight Edition*. New York: McGraw-Hill.
- Benarroch, et al. (2011). *Factor Influencing Adolescent Eating Behaviour: Application and Validation of a Diagnostic Instrumen*. *Electronic Journal of Research in Educational Psychology*, 9(3), 1219-1244.
- Bervoets et al. (2014). Reliability and Validity oh the Dutch Physical Activity Questionnaires for Children (PAC-C) and Adolescents (PAQ-A). *Archives of Public Health*, 72:47. doi:10.1186/2049-3258-72-47.
- Brooks, George A. & Fahey, Thomas D. (1984). *Exercise Physiology : Human Bioenergetics and its Applications*. USA: John Wiley & Sons, Inc.
- Budianto. (2009). *Dasar-dasar ilmu gizi*. Cetakan keempat. Malang:UMM Press; 101-112.
- Centers for Disease Control and Prevention. (2011). *About BMI for Children and Teens*. http://www.cdc.gov/healthweight/assessing/bmi/children_bmi/about_childsbmi.html. Diunduh pada tanggal 13 Maret 2014.

- Coryell, Virginia. T. (2011). *The Role of Psychological Distress, Eating Style, Dietary Intake, and Gender in Cardiometabolic*. Theses and Dissertations, University of Miami Scholarly.
- Crowl, Thomas K, et.al. (1997). *Education Psychology Window on Teaching*. Dubuque: A Times Mirror Company.
- Dapan, Fitria, D. A., Eka N.I., et al. (2017). *Uji validitas dan Realibilitas Instrumen Physical Activity Questionnaire For Children (PAQ-C) dan Physical Activity For Adolescent (PAQ-A)*. Universitas Negeri Yogyakarta.
- Djoko Pekik Irianto. (2007). *Pedoman Praktis Berolahraga*. Yogyakarta: Andi Offset.
- Economy, M Alexandra. (2013). *Exploring the Association Between Emotions and Eating Behavior*. Capstone Project, Winona State University. .
- Ega Tri, Ramadona. (2018). *Hubungan Indeks Massa Tubuh dan Tingkat Aktivitas Fisik pada Siswa Sekolah Dasar Kelas V di SD Negeri Samirone Kecamatan Depok Kabupaten Sleman*. Skripsi (Tidak diterbitkan). Yogyakarta: PPS UNY.
- Furman, Ellen Frances. (2012). *The Theory of Compromised Eating Behavior*. Dissertations and Thesis, University of Massachusetts.
- Ganong, W.F. Buku Ajar Fisiologi Kedokteran. 22nd. ed. Novrianti A, Dany F, Resmisari T, Rachman LY, Muttaqin H, Nugroho AW, et al editors. Jakarta: EGC; 2008. p. 325. Diakses pada tanggal 10 Januari 2021.
- Gibney, Michael. J. (2009). *Gizi Kesehatan Masyarakat*. Jakarta: EGC.
- Haq, A.B., Murbawani, E. Status Gizi, Asupan Makan Remaja Akhir yang Berprofesi Sebagai Model. *Journal of Nutrition College* 2014;Vol.3(4).
- Herze ARF. (2014). *Hubungan tingkat aktivitas dan perilaku makan dengan kejadian obesitas pada siswa – siswi Madrasah Ibtidaiyah Pembangunan Jakarta* [skripsi]. Jakarta: FKIK UIN Syarif Hidayatullah Jakarta..
- Hill JO. *Obesity: Etiology in Modern Nutrition in Health and Disease*. Lippincot Wilkins. USA [internet]. [cited 2013 December 12]. Available from <http://www.itd.unair.ac.id/files/ebook/html>
- Hoyt, Creig. (2011). *Makanan Sehat Untuk Atlet*, Bandung: Nuansa.
- Kantachuvessiri A, Sirivichayakul C, KaewKungwal J, Tungtrongchitr R, Lotrakul M. *Factors associated with obesity among workers in a metropolitan waterworks authority*. *Southeast Asian J Trop Med Public Health*. 2005; 36:1057-65.

- Konttinen, Hanna. (2012). *Diatery Habits and Obesity: The Role of Emotional and Cognitive Factors*. Academic Dissertation, The Faculty of Social Sciences of the University of Helsinki.
- Kowalski, K. C., Crocker, P. R. E., & Faulkner, R. A. (1997). Convergent Validity of the Physical Activity Questionnaire for Adolescent. *Pediatric Exercise Science*, 9, 342-352.
- Lofton, Krsti L. (2007). *Examining the Relationships Among Food Insecurity, Obesity, Stress And Emotional Eating Among Low Income Women*. Dissertation, The University of Southern Mississippi.
- McLaughlin, A & Media, D. (2014). *Short Term Effect of Bad Eating Habits*. Diakses pada tanggal 15 Juli 2020.
- Morris, Stevan N. (2012). *Eating To Ease: Emotional Eating In A Male College Population*. Bachelor of Arts in Psychology, St. Mary's College of Maryland.
- Masnun, H. Dadang. (1999). *Biomekanika Dasar*. Jakarta.
- Patcheep, Kamonporn. (2011). *Factors Influencing Thai Adolescents' Eating Behaviour*. Thesis, School of Nursing Science, Faculty of Medicine and Health Science, University of East Anglia.
- Putri, Tri Oktariani. (2009). *Pentingnya Prosentase Lemak Tubuh*. Jakarta: Gramedia.
- Rosati P, Triunfo S, dan Scambia G. *Child Nutritional Status: A Representative Survey in a Metropolitan School*. Hindawi Publishing Corporation: Journal of Obesity 2013; Volume 2013, 4 pages.
- Sadoso Sumosardjono. (1986). *Olahraga dan Kesehatan*. Jakarta: PT. Gramedia.
- Sari DM. 2014. *Gambaran praktek pedoman gizi seimbang (PGS) pada remaja di MTS Pembangunan UIN Syarif Hidayatullah Jakarta tahun 2013* [skripsi]. Jakarta: FKIK UIN Syarif Hidayatullah Jakarta.
- Sholeha, Lia. (2014). *Hubungan Perilaku Makan Terhadap Indeks Massa Tubuh Pada Remaja di SMP YMJ Ciputat*. Skripsi, Program Studi Ilmu Keperawatan, Fakultas Kedokteran dan Ilmu Kesehatan, Universitas Islam Negeri Syarif Hidayatullah Jakarta.
- Snoek, M. Harriette et al. (2007). *Emotional, external, restraint eating and overweight in Dutch Adolescents*. *Scandinavian Journal of Psychology*, Vol. 42, 23-32.
- Sofyan, Hermanto. (2007). *Teori Motivasi*. Jakarta: Nurul Jannah.

- Streint, Tatjana .V & Bazelier, F. G. (2007). *Perceived Parental Control of Food Intake is Related to External, Restrained and Emotional Eating in 7-12 Years Old Boys and Girls*. *Appetite*, Vol. 49, Issue 3, Pages 618-625.
- Streint, Tatjana., Cebolla, A., & Barrada, Juan R. (2013). *Internal Structure and Measurement Invariance of The DEBQ*. Facultad de Ciencias Sociales y Humans, Universidad de Zaragoza.
- Subardja D. (2004). *Obesitas primer pada anak*. Bandung: Kiblat Buku Utama.
- Sucipto. (2000). *Sepakbola*. Jakarta: Jakarta Departemen Pendidikan Nasional.
- Sugiyono. (2007). *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Suryana, (2010). *Metodologi Penelitian : Model Praktis Penelitian Kuantitatif dan Kualitatif Buku Ajar Perkuliahan*. Universitas Pendidikan Indonesia, Bandung.
- Sutopo, A., & Alma P.L. (2001). *Buku Penuntun Praktikum Ilmu Faal Dasar Edisi 2*. Jakarta: Universitas Negeri Jakarta.
- Toruan, Phaidon L. (2007). *Fat Loss Not Weight- Loss*. Jakarta: Transmedia.
- Wardle, Jane et al. (1992). *Eating Style and Eating Behavior in Adolescents*. *Appetite*, 18(3), 167-183.
- Wilmore, Jack H, & Costill, David L. (1994). *Physiology of Sport and Exercise*. USA : Human Kinetics.
- World Health Organization (WHO). (2014). *Adolescent Development*. http://www.who.int/maternal_child_adolescent/topics/adolescence. Diunduh pada tanggal 15 Juni 2020.
- World Health Organization. *Overweight and Obesity*. <http://www.who.int/mediacentre/factsheets/fs311/en/>. Published 2015. Diakses pada tanggal 20 Juli 2020.
- World Helath Organization. (2016). *Physical Activity*. http://www.who.int/topics/physical_activity/en/, Diakses pada tanggal 15 Juni 2020.
- Wough, Esther J et al. (2007). *A Prospective Investigaton of the Relation Among Cognitive Diatery Restarint, Subclinical Ovulatory Disturbance, Physical Activity, and Bone Mass in Healthy Young Women*. *Am J Clin Nutr*, Vol. 86:1 Hal. 791-801.
- Zellner DA, et al. (2006). *Food Selection Changes Under Stress*. *Physiol Behav*, Vol. 87(4), 789–93.