

## DAFTAR PUSTAKA

- Adliyani, Z. O. N. (2015). Pengaruh Perilaku Individu terhadap Hidup Sehat The Effect of Human Behavior for Healthy Life. *Majority*, 4(7).
- Agustina, W., Lestari, R. M., & Prasida, D. W. (2023). Hubungan Aktivitas Fisik dengan Kejadian Obesitas pada Usia Produktif di Wilayah Kerja Puskesmas Marina Permai Kota Palangka Raya. *Jurnal Surya Medika*, 9(1), 1–8. <https://doi.org/10.33084/jsm.v9i1.5125>
- Akhbar, M. T., Ramadhani, E., & Hidayat, F. (2022). Pemahaman pentingnya olahraga dan kesehatan sekolah. *Jurnal PKM Ilmu Kependidikan*, 5(2).
- Amin, B. F. (2022). Status Gizi Siswa AMK Al Washliyah Jakarta Timur. *Jurnal Segar*, 11(1). <https://doi.org/10.21009/segar/1101.03>
- Andriyani, F., & Budiono, I. (2021). Beberapa Faktor yang Berhubungan dengan Status Gizi Atlet Taekwondo. *Indonesian Journal of Public Health and Nutrition*, 1(3).
- Aubert, S., Barnes, J., & Tremblay, M. (2017). New Sedentary Behaviour Definitions: A Terminology Consensus Project by The Sedentary Behaviour Research Network. *WellSpring*, 28(10).
- Bouchard, C., Blair, S. N., & Haskell, W. L. (2020). Why Study Physical Activity and Health? In *Physical Activity and Health*. <https://doi.org/10.5040/9781492595717.ch-001>
- Bounova, A., Michalopoulou, M., Agelousis, N., Kourtessis, T., & Gourgoulis, V. (2018). The parental role in adolescent screen related sedentary behavior. *International Journal of Adolescent Medicine and Health*, 30(2). <https://doi.org/10.1515/ijamh-2016-0031>
- Bull, F. C., Al-Ansari, S. S., Biddle, S., Borodulin, K., Buman, M. P., Cardon, G., Carty, C., Chaput, J. P., Chastin, S., Chou, R., Dempsey, P. C., Dipietro, L., Ekelund, U., Firth, J., Friedenreich, C. M., Garcia, L., Gichu, M., Jago, R., Katzmarzyk, P. T., ... Willumsen, J. F. (2020). World Health Organization 2020 guidelines on physical activity and sedentary behaviour. In *British Journal of Sports Medicine* (Vol. 54, Issue 24, pp. 1451–1462). <https://doi.org/10.1136/bjsports-2020-102955>
- Burnet, K., Kelsch, E., Zieff, G., Moore, J. B., & Stoner, L. (2019). How fitting is F.I.T.T.? A perspective on a transition from the sole use of frequency, intensity, time, and type in exercise prescription. In *Physiology and Behavior* (Vol. 199). <https://doi.org/10.1016/j.physbeh.2018.11.007>

- Dartini, N. P. D. ., Suwiwa, I. G., & Sphyawati, L. P. (2017). Tingkat Kebugaran Jasmani Siswa Kelas V Sekolah Dasar Gugus VI Kecamatan Sukasada. *Journal of Chemical Information and Modeling*, 4(1).
- Dorn, J. M., Fulton, J. E., Janz, K. F., Lee, S. M., McKinnon, R. a, Pate, R. R., Pfeiffer, K. a, Young, D. R., & Troiano, R. P. (2012). Physical activity guidelines for americans midcourse report: Strategies to increase physical activity among youth. *U.S. Department of Health and Human Services*.
- Doya, K., Ema, A., Kitano, H., Sakagami, M., & Russell, S. (2022). Social impact and governance of AI and neurotechnologies. *Neural Networks*, 152. <https://doi.org/10.1016/j.neunet.2022.05.012>
- Firmansyah, A. R., & Nurhayati, F. (2021). HUBUNGAN AKTIVITAS SEDENTARI DENGAN STATUS GIZI PADA SISWA SMP DI MASA PANDEMI COVID-19 Achmad Reza Firmansyah \*, Faridha Nurhayati. *Ejournal Unesa*, 09(01).
- Frasca, D., Blomberg, B. B., & Paganelli, R. (2017). Aging, obesity, and inflammatory age-related diseases. *Frontiers in Immunology*, 8(DEC). <https://doi.org/10.3389/fimmu.2017.01745>
- Furtuna, I. S. B. (2022). Hubungan Aktifitas Fisik Dengan Indeks Massa Tubuh Pada Peserta didik Usia Sekolah 7-12 Di Masa Pandemi Covid-19 (SDN GROGOL 2). *Jurnal Pendidikan Kesehatan*, 11(1).
- Gunnarsdottir, T., Rogers, R. J., Jakicic, J. M., & Hill, J. O. (2014). Leisure-time physical activity and obesity. In *Handbook of Obesity: Epidemiology, Etiology, and Physiopathology, Third Edition*. <https://doi.org/10.1201/b16473-40>
- Guo, Y., Shi, H., Yu, D., & Qiu, P. (2016). Health benefits of traditional Chinese sports and physical activity for older adults: A systematic review of evidence. In *Journal of Sport and Health Science* (Vol. 5, Issue 3). <https://doi.org/10.1016/j.jshs.2016.07.002>
- Harding, S. K., Page, A. S., Falconer, C., & Cooper, A. R. (2015). Longitudinal changes in sedentary time and physical activity during adolescence. *International Journal of Behavioral Nutrition and Physical Activity*, 12(1). <https://doi.org/10.1186/s12966-015-0204-6>
- Haryanti, D. Y. P. (2020). Insomnia Selama Pandemi COVID-19. *Jurnal Ilmiah Kesehatan Sandi Husada*, 12(2). <https://doi.org/10.35816/jiskh.v12i2.483>
- Im, H. H., Doo, H., Chun, H., Suh, E., Han, K., Wang, C., & Doo, M. (2020). The Association Between Sleep Quality and Eating Habits among International Students in South Korea. *Current Developments in Nutrition*, 4.

[https://doi.org/10.1093/cdn/nzaa043\\_060](https://doi.org/10.1093/cdn/nzaa043_060)

Jauhari, M., Sutrisna, T., & Setiakarnawijaya, Y. (2017). Perbandingan Efek Kerja Senam Aerobik Mix Impact selama 60 Menit terhadap Penurunan Kadar Trigliserida dalam Darah pada Kelompok Body Mass Index (BMI) Overweight dan Normal Siswa SMAN 3 Depok. *Jurnal Segar*, 4(1), 13–20. <https://doi.org/10.21009/segar.0401.03>

Kemendes RI. (2022). Profil Kesehatan Indonesia 2021. In *Pusdatin.Kemendes.Go.Id.*

Kipp, L. E., & Weiss, M. R. (2013). Physical activity and self-perceptions among children and adolescents. In *Routledge Handbook of Physical Activity and Mental Health*. <https://doi.org/10.4324/9780203132678-23>

Kompaniyets, L., Goodman, A. B., Belay, B., Freedman, D. S., Sucusky, M. S., Lange, S. J., Gundlapalli, A. V., Boehmer, T. K., & Blanck, H. M. (2021). Body Mass Index and Risk for COVID-19–Related Hospitalization, Intensive Care Unit Admission, Invasive Mechanical Ventilation, and Death — United States, March–December 2020. *MMWR Surveillance Summaries*, 70(10). <https://doi.org/10.15585/mmwr.mm7010e4>

Kwan, Y. Q., Lee, S. S., & Cheng, S.-H. (2021). Night Eating Syndrome and Its Association with Sleep Quality and Body Mass Index Among University Students During the Covid-19. *Malaysian Journal of Social Sciences and Humanities (MJSSH)*, 6(8). <https://doi.org/10.47405/mjssh.v6i8.944>

Ladyani, F., Febriyani, A., Prasetya, T., & Berliana, I. (2021). Hubungan antara Olahraga dan Stres dengan Tingkat Hipertensi Pada Lansia. *Jurnal Ilmiah Kesehatan Sandi Husada*, 10(1). <https://doi.org/10.35816/jiskh.v10i1.514>

Matias, T. S., Silva, K. S., Silva, J. A. Da, Mello, G. T. De, & Salmon, J. (2018). Clustering of diet, physical activity and sedentary behavior among Brazilian adolescents in the national school - Based health survey (PeNSE 2015). In *BMC Public Health* (Vol. 18, Issue 1). <https://doi.org/10.1186/s12889-018-6203-1>

Merita, M., Hamzah, N., & Djayusmantoko, D. (2020). PERSEPSI CITRA TUBUH, KECENDERUNGAN GANGGUAN MAKAN DAN STATUS GIZI PADA REMAJA PUTRI DI KOTA JAMBI. *Journal of Nutrition College*, 9(2). <https://doi.org/10.14710/jnc.v9i2.24603>

Morin, C. M., & Carrier, J. (2021). The acute effects of the COVID-19 pandemic on insomnia and psychological symptoms. In *Sleep Medicine* (Vol. 77). <https://doi.org/10.1016/j.sleep.2020.06.005>

Muflihah, N., & Wardhani, R. R. (2021). Identifikasi Sedentary Behaviour di Masa

- Pandemic Covid-19; Narrative Review. *Journal Physical Therapy UNISA*, 1(1). <https://doi.org/10.31101/jitu.2017>
- Nurmidin, M. F., Fatimawali, & Posangi, J. (2020). Pengaruh Pandemi Covid-19 Terhadap Aktivitas Fisik dan Penerapan Prinsip Gizi Seimbang Pada Mahasiswa Pascasarjana. *Journal of Public Health and Community Medicine*, 1(4).
- Pratiwi, H., Rochma, M., & Nurahmi, A. (2022). Pemantauan Indeks Massa Tubuh dan Persen Lemak Tubuh dalam Pencegahan Obesitas. *Sociality: Journal of Public Health Service*, 1(1).
- Puspitorini, W., & Tangkudung, J. (2022). Pelatihan Model Pembelajaran Aktivitas Fisik Untuk Siswa Sekolah Dasar Kepada Guru Pendidikan Jasmani Di Wilayah Jakarta Timur. *Prosiding Seminar Nasional ...*, 2022, 91–98. <https://journal.unj.ac.id/unj/index.php/snppm/article/view/33373%0Ahttps://journal.unj.ac.id/unj/index.php/snppm/article/download/33373/14522>
- Puspitorini, W., Tangkudung, J., Haqiyah, A., Tangkudung, A. W. A., & Riyadi, D. N. (2020). The effect of body mass index and haemoglobin on cardiorespiratory endurance. *International Journal of Innovation, Creativity and Change*, 11(8).
- Risikesdas. (2018). Hasil Utama Riset Kesehatan Dasar. *Kementrian Kesehatan Republik Indonesia*, 1–100. <https://doi.org/10.31101/jitu.2017> Desember 2013
- Rukmana, E., Permatasari, T., & Emilia, E. (2021). The Association Between Physical Activity with Nutritional Status of Adolescents During the COVID-19 Pandemic in Medan City. *Jurnal Dunia Gizi*, 3(2). <https://doi.org/10.33085/jdg.v3i2.4745>
- Rusu, A., Bala, C., Graur, M., Creteanu, G., Morosanu, M., Radulian, G., Popa, A. R., Timar, R., Pircalaboiu, L., & Roman, G. (2019). Sleep duration and body mass index: moderating effect of self-perceived stress and age. Results of a cross-sectional population-based study. *Eating and Weight Disorders*, 24(6). <https://doi.org/10.1007/s40519-019-00665-0>
- Saunders, J., & Lutan, R. (2020). Sport, science and politics in indonesia: Challenges in epistemology within an evolving global context. *International Sports Studies*, 42(e). <https://doi.org/10.30819/iss.42-e.02>
- Setiawan, I., Fikriansyah, S. N., & Julianti, E. (2020). MODEL LATIHAN BEBAN BERBASIS DUMBBELL UNTUK MAHASISWA. *Jurnal Pendidikan Jasmani Dan Adaptif (JPJA)*, 02(03), 98–103. <https://doi.org/10.21009/jpja.v3i02.16046>
- Syahrul, S., Kimura, R., Tsuda, A., Susanto, T., Saito, R., & Ahmad, F. (2016).

Prevalence of underweight and overweight among school-aged children and it's association with children's sociodemographic and lifestyle in Indonesia. *International Journal of Nursing Sciences*, 3(2). <https://doi.org/10.1016/j.ijnss.2016.04.004>

Tandean, N., Mewo, Y., & Wowor, P. M. (2015). GAMBARAN INDEKS MASSA TUBUH PADA ANGGOTA SENAT MAHASISWA FAKULTAS KEDOKTERAN MANADO. *Jurnal E-Biomedik*, 3(3). <https://doi.org/10.35790/ebm.3.3.2015.9628>

Tiara, I. C. N., & Supriyono. (2021). Tingkat Aktivitas Fisik dan Komposisi Tubuh Atlet Cabor Renang pada Masa New Normal di Club AAC (Abdul Aquatic Course) Semarang Tahun 2021. *Indonesian Journal for Physical Education and Sport*, 2(1).

Voitsidis, P., Gliatas, I., Bairachtari, V., Papadopoulou, K., Papageorgiou, G., Parlapani, E., Syngelakis, M., Holeva, V., & Diakogiannis, I. (2020). Insomnia during the COVID-19 pandemic in a Greek population. In *Psychiatry Research* (Vol. 289). <https://doi.org/10.1016/j.psychres.2020.113076>

Wang, Y., & Lim, H. (2012). The global childhood obesity epidemic and the association between socio-economic status and childhood obesity. In *International Review of Psychiatry* (Vol. 24, Issue 3). <https://doi.org/10.3109/09540261.2012.688195>

Wansyaputri, R. R., Ekawaty, F., & Nurlinawati, N. (2021). Hubungan Pola Makan Dan Aktivitas Fisik Terhadap Kejadian Obesitas Pada Peserta didik Usia Sekolah Dasar di SDN 49/IV Kota Jambi. *Jurnal Ilmiah Ners Indonesia*, 1(2). <https://doi.org/10.22437/jini.v1i2.15442>

WHO. (2020). *World Health Organization. Improving early childhood development: WHO guideline.*

Wibowo, Y. A. &, & Andriyani, F. D. (2015). Pengembangan Ekstrakurikuler Olahraga Sekolah. *Yogyakarta: UNY Press.*

Wicaksono, A. (2020). Aktivitas Fisik Yang Aman Pada Masa Pandemi Covid-19. *Jurnal Ilmu Keolahragaan Undiksha*, 8(1).

Zerón-Ruggerio, M. F., Hernáez, Á., Cambras, T., & Izquierdo-Pulido, M. (2022). Emotional eating and cognitive restraint mediate the association between sleep quality and BMI in young adults. *Appetite*, 170. <https://doi.org/10.1016/j.appet.2021.105899>

Zickgraf, H. F. (2019). Treatment of pathologic healthy eating (orthorexia nervosa). In *Advanced Casebook of Obsessive-Compulsive and Related Disorders:*



*Mencerdaskan dan  
Memartabatkan Bangsa*