

DAFTAR PUSTAKA

- Amalia, Z., Fauziah, M., Ernyasih, & Andriyani. (2023). Faktor-Faktor yang Berhubungan dengan Kualitas Tidur pada Remaja Tahun 2022. *ARKESMAS (Arsip Kesehatan Masyarakat)*, 7(2), 29–38.
<https://doi.org/10.22236/arkesmas.v7i2.9866>
- Anjum, A., Mousum, S., Ratan, Z. A., Salwa, M., Khan, M. M. H., Islam, M. T., Arafat, S. M. Y., & Haque, M. A. (2024). Health-related quality of life (HRQoL) and associated factors in Bangladeshi adolescents during COVID-19. *Health Science Reports*, 7(2). <https://doi.org/10.1002/hsr2.1927>
- Branje, S., de Moor, E. L., Spitzer, J., & Becht, A. I. (2021). Dynamics of Identity Development in Adolescence: A Decade in Review. Dalam *Journal of Research on Adolescence* (Vol. 31, Nomor 4, hlm. 908–927). John Wiley and Sons Inc.
<https://doi.org/10.1111/jora.12678>
- Branquinho, C., Moraes, B., Noronha, C., Ferreira, T., Neto Rodrigues, N., & Gaspar de Matos, M. (2023). Perceived Quality of Life and Life Satisfaction: Does the Role of Gender, Age, Skills, and Psychological Factors Remain Relevant after the COVID-19 Pandemic? *Children*, 10(9), 1460.
<https://doi.org/10.3390/children10091460>
- Chen, C., Liu, G. G., Shi, Q. L., Sun, Y., Zhang, H., Wang, M. J., Jia, H. P., Zhao, Y. L., & Yao, Y. (2020). Health-Related Quality of Life and Associated Factors Among Oldest-Old in China. *The Journal of nutrition, health and aging*, 24(3), 330–338.
<https://doi.org/10.1007/s12603-020-1327-2>
- Choi, N. G., Choi, B. Y., & Marti, C. N. (2023). Physical Health Problems as a Suicide Precipitant: Associations with Other Risk Factors and Suicide Methods in Three Age Groups of Older Decedents. *Innovation in Aging*, 7(6).
<https://doi.org/10.1093/geroni/igad073>
- Ciampo, L. A. Del, & Ciampo, I. R. L. Del. (2024). The Changing Body: Importance of Adequate Adolescent Development. *Journal of Advances in Medicine and Medical Research*, 36(5), 332–336.
<https://doi.org/10.9734/jammr/2024/v36i55441>
- Dubey, V. P., Kievišienė, J., Rauckiene-Michealsson, A., Norkiene, S., Razbadauskas, A., & Agostinis-Sobrinho, C. (2022). Bullying and Health Related Quality of Life among Adolescents—A Systematic Review. *Children*, 9(6), 766.
<https://doi.org/10.3390/children9060766>
- Dumont, R., Richard, V., Baysson, H., Lorthe, E., Piumatti, G., Schrempf, S., Wisniak, A., Barbe, R. P., Posfay-Barbe, K. M., Guessous, I., & Stringhini, S. (2021). *Health-Related Quality of Life and psychological distress of adolescents during the COVID-19 pandemic in Geneva*. <https://doi.org/10.1101/2021.09.20.21263812>

- Dumont, R., Richard, V., Baysson, H., Lorthe, E., Piumatti, G., Schrempf, S., Wisniak, A., Barbe, R. P., Posfay-Barbe, K. M., Guessous, I., & Stringhini, S. (2022). Determinants of adolescents' Health-Related Quality of Life and psychological distress during the COVID-19 pandemic. *PLOS ONE*, 17(8), e0272925. <https://doi.org/10.1371/journal.pone.0272925>
- Dwi Rahmawati, B., Arruum Listiyandini, R., & Rahmatika, R. (2019). Resiliensi Psikologis dan Pengaruhnya terhadap Kualitas Hidup terkait Kesehatan pada Remaja di Panti Asuhan Psychological Resilience and Its Impact on Quality of Life related to Adolescent Health in Social Institution. *Jurnal Magister Psikologi UMA*, 11(1), 2502–4590. <https://doi.org/10.31289/analitika.v11i1.2314>
- Ellert, U., Brettschneider, A.-K., & Ravens-Sieberer, U. (2014). Gesundheitsbezogene Lebensqualität bei Kindern und Jugendlichen in Deutschland. *Bundesgesundheitsblatt - Gesundheitsforschung - Gesundheitsschutz*, 57(7), 798–806. <https://doi.org/10.1007/s00103-014-1978-4>
- Felce, D., Perry, J., Landesman-Ramey, S., Cummins, R., Brown, R., Jacobson, J., & Mansell, J. (1995). Quality of Life: Its Definition and Measurement. Dalam *Pergamon Research in Developmental Disabilities* (Vol. 16, Nomor 1).
- Ferrans, C. E., Zerwic, J. J., Wilbur, J. E., Larson, J. L., & Lambda, A. (2005). *Clinical Scholarship Conceptual Model of Health-Related Quality of Life*.
- Golzar, J., Noor, S., & Tajik, O. (2002). Convenience Sampling. *International Journal of Education & Language Studies*, 1(2), 72–77.
- Gonçalves, T. R., Mediano, M. F. F., Sichieri, R., & Cunha, D. B. (2018). Is Health-related Quality of Life Decreased in Adolescents With Back Pain? *Spine*, 43(14), E822–E829. <https://doi.org/10.1097/BRS.0000000000002520>
- Guedes, F. B., Cerqueira, A., Gaspar, S., Gaspar, T., Moreno, C., & de Matos, M. G. (2023). Quality of Life and Well-Being of Adolescents in Portuguese Schools. *Child Indicators Research*, 16(4), 1381–1394. <https://doi.org/10.1007/s12187-023-10021-5>
- Hanifah, L., Nasrulloh, N., & Sufyan, D. L. (2023). Sedentary Behavior and Lack of Physical Activity among Children in Indonesia. *Children*, 10(8), 1283. <https://doi.org/10.3390/children10081283>
- Hantoro, I. F., Syam, A. F., Mudjaddid, E., Setiati, S., & Abdullah, M. (2018). Factors associated with health-related quality of life in patients with functional dyspepsia. *Health and Quality of Life Outcomes*, 16(1), 83. <https://doi.org/10.1186/s12955-018-0913-z>
- Hays, R. D., & Reeve, B. B. (2024). Measurement and modeling of health-related quality of life. Dalam *Reference Module in Biomedical Sciences*. Elsevier. <https://doi.org/10.1016/B978-0-323-99967-0.00217-9>

- Herlyssa, H., Primasari, N., & Rizka Alhaq, Q. (2022). PERILAKU TEMAN SEBAYA MENINGKATKAN KEJADIAN BULLYING PADA REMAJA. *Jurnal Fisioterapi dan Kesehatan Indonesia*, 2(1), 111–117.
<https://doi.org/10.59946/jfki.2022.74>
- Hettler Bill. (1976). *The Six Dimensions of Wellness Model*.
- Hosker, D. K., Elkins, R. M., & Potter, M. P. (2019). Promoting Mental Health and Wellness in Youth Through Physical Activity, Nutrition, and Sleep. *Child and Adolescent Psychiatric Clinics of North America*, 28(2), 171–193.
<https://doi.org/10.1016/j.chc.2018.11.010>
- Huang, X., Pei, X., Jian, W., & Xu, M. (2023). Socioeconomic Disparities in Individual-Level Quality-Adjusted Life Years throughout Remaining Lifetimes: A National Representative Longitudinal Survey in China. *International Journal of Environmental Research and Public Health*, 20(5), 4612.
<https://doi.org/10.3390/ijerph20054612>
- Jalali-Farahani, S., Amiri, P., Bakht, S., Shayeghian, Z., Cheraghi, L., & Azizi, F. (2017). “Socio-Demographic Determinants of Health-Related Quality of Life in Tehran Lipid and Glucose Study (TLGS).” *International Journal of Endocrinology and Metabolism*, In Press(In Press).
<https://doi.org/10.5812/ijem.14548>
- Kabaikan, A. S., Ratag, G. A. E., Kepel, B. J., Manampiring, A., & Umboh, J. (2024). Analyzing the Relationship Between Smoking Habit, Age, Gender, and Alcohol Consumption Regarding to the Health-Related Quality of Life in Junior and High School Students in the East of Bolaang Mongondow Regency. *Scholars Journal of Applied Medical Sciences*, 12(01), 15–22.
<https://doi.org/10.36347/sjams.2024.v12i01.003>
- Kallio, M., Tornivuori, A., Miettinen, P. J., Kolho, K.-L., Relas, H., Culnane, E., Loftus, H., Sawyer, S. M., & Kosola, S. (2024). Health-related quality of life and self-reported health status in adolescents with chronic health conditions before transfer of care to adult health care: an international cohort study. *BMC Pediatrics*, 24(1), 163. <https://doi.org/10.1186/s12887-024-04629-x>
- Kang, X., Meng, Q., & Su, C.-H. (2024). School-Based Team Sports as Catalysts for Holistic Student Wellness: A Narrative Review. *Behavioral Sciences*, 14(7), 528.
<https://doi.org/10.3390/bs14070528>
- Karimi, M., & Brazier, J. (2016). Health, Health-Related Quality of Life, and Quality of Life: What is the Difference? *PharmacoEconomics*, 34(7), 645–649.
<https://doi.org/10.1007/s40273-016-0389-9>
- Katherine V. Bruss, P., Puja Seth, P., & Guixiang Zhao, M. P. (2024). Loneliness, Lack of Social and Emotional Support, and Mental Health Issues — United States, 2022. *U.S. Centers for Disease Control and Prevention MMWR*, 73(24), 540–545.
https://www.cdc.gov/mmwr/mmwr_continuingEducation.html

- Kawitri, A. Z., Listiyandini, R. A., & Rahmatika, R. (2020). Peran Self-Compassion terhadap Dimensi-dimensi Kualitas Hidup Kesehatan pada Remaja Panti Asuhan. *Psympathic : Jurnal Ilmiah Psikologi*, 7(1), 01–18. <https://doi.org/10.15575/psy.v7i1.4406>
- Kelishadi, R., Safiri, S., Djalalinia, S., Miranzadeh, S., Motlagh, M. E., Asayesh, H., Beshtari, S., Mansourian, M., Gorabi, A. M., Safari, O., & Qorbani, M. (2019). Health-Related Quality of Life according to the Socioeconomic Status of Living Areas in Iranian Children and Adolescents: Weight Disorders Survey. *Iranian Journal of Medical Sciences*, 44(1), 18–27.
- Kontou, M. G., Katartzzi, E. S., Pappas, I. A., Argiriadou, E., Monastiridi, S. G., & Lourenço, C. C. V. (2024). Health-Related Quality of Life in Adolescents during Quarantines Due to COVID-19 Pandemic: The Effect of Physical Activity and Gender. *Journal of Advances in Education and Philosophy*, 8(01), 1–12. <https://doi.org/10.36348/jaep.2024.v08i01.001>
- Krawczyk-Suszek, M., & Kleinrok, A. (2022). Health-Related Quality of Life (HRQoL) of People over 65 Years of Age. *International Journal of Environmental Research and Public Health*, 19(2), 625. <https://doi.org/10.3390/ijerph19020625>
- Kumar, S., Kumar, K., Avti, P., & Anand, A. (2024). Mental Health Issues Among Adolescents: Challenges and Management. *Current Psychiatry Research and Reviews*, 20. <https://doi.org/10.2174/0126660822308733240820065218>
- Kumar, V. (2024). Problems, Issues and Concerns in Mental Health. *Studies in Psychological Science*, 2(1), 1–10. <https://doi.org/10.56397/sps.2024.03.01>
- Kusabe, Y., Hirano, T., Kikuchi, R., Ohashi, M., Tashi, H., Shibuya, Y., Makino, T., Hasegawa, K., Tanabe, N., & Watanabe, K. (2024). Characteristics of back pain in patients with adolescent idiopathic scoliosis: Considerations in candidates for corrective surgery. *Journal of Orthopaedic Science*, 29(6), 1364–1369. <https://doi.org/10.1016/j.jos.2023.11.014>
- Kusumaningrum, D., Samara, D., Widyatama, H. G., Parwanto, M. E., Rahmayanti, D., & Widyasyifa, S. A. (2021). Hubungan antara Postur Tubuh dan Waktu Duduk dengan Keluhan Nyeri Punggung Bawah (LBP). *Jurnal Ilmiah Kesehatan Sandi Husada*, 10(1), 74–81.
- Lijoed, M. D., Manampiring, A., Kes, M., Posangi, J., Ratag, G., & Rombot, D. (2024). Relationship Between Smoking Behavior, Alcohol Consumption, Sexual and Reproductive Health with Adolescent Health Quality of Life in East Bolaang Mongondow Regency. *Scholars Journal of Applied Medical Sciences*, 12(01), 6–14. <https://doi.org/10.36347/sjams.2024.v12i01.002>
- Marquez, J., Casas, F., Taylor, L., & De Neve, J. E. (2023). *Economic development and adolescent wellbeing in 139 countries*. <https://doi.org/10.31235/osf.io/7cqn>

- Martinez, A. G., Gietzen, L., & McDaniel, V. F. (2024). Exploring the Role of Physical Activity Influencing Emotional Regulation and Mental Health in Adolescents. *Pacific Journal of Health*, 7(1). <https://doi.org/10.56031/2576-215X.1046>
- Mattos, A. F. de, Lima, N. F. de, Wajchenberg, M., & Martins, D. E. (2023). Lombalgia em estudantes e professores de medicina durante a pandemia: Estudo de coorte retrospectivo. *Revista Brasileira de Ortopedia*, 58(04), e592–e598. <https://doi.org/10.1055/s-0043-1771482>
- Mikkelsen, H. T., Haraldstad, K., Helseth, S., Skarstein, S., Småstuen, M. C., & Rohde, G. (2020). Health-related quality of life is strongly associated with self-efficacy, self-esteem, loneliness, and stress in 14–15-year-old adolescents: a cross-sectional study. *Health and Quality of Life Outcomes*, 18(1), 352. <https://doi.org/10.1186/s12955-020-01585-9>
- Mikkelsen, H. T., Småstuen, M. C., Haraldstad, K., Helseth, S., Skarstein, S., & Rohde, G. (2022). Changes in health-related quality of life in adolescents and the impact of gender and selected variables: a two-year longitudinal study. *Health and Quality of Life Outcomes*, 20(1), 123. <https://doi.org/10.1186/s12955-022-02035-4>
- Muros, J. J., Salvador Pérez, F., Zurita Ortega, F., Gámez Sánchez, V. M., & Knox, E. (2017). The association between healthy lifestyle behaviors and health-related quality of life among adolescents. *Jornal de Pediatria*, 93(4), 406–412. <https://doi.org/10.1016/j.jped.2016.10.005>
- Ocrico Isa, R., Victoria Rombot, D., & Ellen Manampiring, A. (2024). Correlation between Alcohol Consumption Habits, Age, and Gender with Health Quality of Life among Middle and High School Students in Bolaang Mongondow Regency. *Indonesian Health Journal*, 3(2), 209–218. <https://doi.org/10.58344/ihj.v3i2.459>
- Pathavee, W., Summon, C., & Piangchan, R. (2013). Health-Related Quality of Life, Secondary School Students in Amphoe Mueang, Rayong Province, Thailand. *Journal of Health Science*, 22(1), 16–30.
- Permana, S. A. (2020). Peran Guru BK dalam Meningkatkan Keterampilan Belajar dan Motivasi Belajar Siswa. *Syifaul Qulub: Jurnal Bimbingan dan Konseling Islam*, 1(2), 61–69. <https://doi.org/10.32505/syifaulqulub.v1i2.2425>
- Ravens-Sieberer, U., Erhart, M., Rajmil, L., Herdman, M., Auquier, P., Bruil, J., Power, M., Duer, W., Abel, T., Czemy, L., Mazur, J., Czimbalmos, A., Tountas, Y., Hagquist, C., & Kilroe, J. (2010). Reliability, construct and criterion validity of the KIDSCREEN-10 score: A short measure for children and adolescents' well-being and health-related quality of life. *Quality of Life Research*, 19(10), 1487–1500. <https://doi.org/10.1007/s11136-010-9706-5>
- Ravens-Sieberer, U., Gosch, A., Erhart, M., Von Rueden, U., Nickel, J., Kurth, B.-M., Duer, W., Fuerth, K., Power, M., Atherton, C., Phillips, K., Abel, T., Cloetta, B., Bisegger, C., Farley, C., Bjorner, J., Van Buuren, S., Rigby, M., Tennant, A., ... Waters, E. (2006). *The KIDSCREEN questionnaires Quality of life questionnaires*

for children and adolescents-Handbook-THE KIDSCREEN GROUP EUROPE.
PABST SCIENCE PUBLISHERS.

- Ravens-Sieberer, U., Herdman, M., Devine, J., Otto, C., Bullinger, M., Rose, M., & Klasen, F. (2014). The European KIDSCREEN approach to measure quality of life and well-being in children: Development, current application, and future advances. *Quality of Life Research*, 23(3), 791–803.
<https://doi.org/10.1007/s11136-013-0428-3>
- Rezaie, G., Moezzi, M., Lotfizadeh, M., & Fathollahi Dehkordi, F. (2022). A Study on the Relationship Between Happiness and Health Behaviors in Adolescents: Shahrekord 2019. *Epidemiology and Health System Journal*, 9(4), 171–177.
<https://doi.org/10.34172/EHSJ.2022.31>
- Rissanen, A., Lindberg, N., Marttunen, M., Sintonen, H., & Roine, R. (2019). CAPMH health-related quality of life among adolescent psychiatric outpatients: a 12-month follow-up study among 12–14-year-old Finnish boys and girls. *Child and Adolescent Psychiatry and Mental Health*, 13(1), 17.
<https://doi.org/10.1186/s13034-019-0278-z>
- Sartika, I., Insani, W., & Abdulah, R. (2019). Assessment of health-related quality of life among tuberculosis patients in a public primary care facility in Indonesia. *Journal of Global Infectious Diseases*, 11(3), 102.
https://doi.org/10.4103/jgid.jgid_136_18
- Satar, S., Şahin, M. E., & Ergün, P. (2023). Health related quality of life and its determinants in COVID-19 patients. *Tuberkuloz ve Toraks*, 71(3), 250–260.
<https://doi.org/10.5578/TT.20239706>
- Setiawan, D., Dusafitri, A., Galistiani, G. F., van Asselt, A. D. I., & Postma, M. J. (2018). Health-Related Quality of Life of Patients with HPV-Related Cancers in Indonesia. *Value in Health Regional Issues*, 15, 63–69.
<https://doi.org/10.1016/j.vhri.2017.07.010>
- Singh, P., & Rasania, S. (2022). Health-related quality of life: The neglected facet of women's health in India. *Indian Journal of Community and Family Medicine*, 8(2), 88. https://doi.org/10.4103/ijcfm.ijcfm_86_21
- Sitaresmi, M. N., Indraswari, B. W., Rozanti, N. M., Sabilituttaqiyya, Z., & Wahab, A. (2022). Health-related quality of life profile of Indonesian children and its determinants: a community-based study. *BMC Pediatrics*, 22(1), 103.
<https://doi.org/10.1186/s12887-022-03161-0>
- Skarbek, A., Endsley, P., Chrisman, M. S., Hastert, M., & Stellwagen, C. (2024). Exploring Wellness Through Concept Analysis. *The Journal of School Nursing*, 40(1), 86–96. <https://doi.org/10.1177/10598405231165510>
- Solera-Sanchez, A., Adelantado-Renau, M., Moliner-Urdiales, D., & Beltran-Valls, M. R. (2021). Health-related quality of life in adolescents: individual and combined

- impact of health-related behaviors (DADOS study). *Quality of Life Research*, 30(4), 1093–1101. <https://doi.org/10.1007/s11136-020-02699-9>
- Sowjanya K. (2016). A review on Health. *Research and Reviews: Journal of Pharmaceutical Analysis*, 5(2), 69–72.
- Štefan, L., Paradžik, P., & Sporiš, G. (2019). Sex and age correlations of reported and estimated physical fitness in adolescents. *PLOS ONE*, 14(7), e0219217. <https://doi.org/10.1371/journal.pone.0219217>
- Suvitha, S., Kamali, S., Kanimozhi, S., Kathiyayani, M., & Madhuri, K. (2024). Mental Health among Adolescent - A Literature Review. *International Journal of Nursing Education and Research*, 138–141. <https://doi.org/10.52711/2454-2660.2024.00030>
- Via, C. Y. W., & Dewi, S. (2023). School Well-Being Siswa yang Tinggal di Asrama Sekolah. *Jurnal Humanipreneur*, 2(1), 47–51. <https://doi.org/10.53091/hum.v2i1.19>
- Von Rueden, U., Gosch, A., Rajmil, L., Bisegger, C., & Ravens-Sieberer, U. (2006). Socioeconomic determinants of health related quality of life in childhood and adolescence: Results from a European study. *Journal of Epidemiology and Community Health*, 60(2), 130–135. <https://doi.org/10.1136/jech.2005.039792>
- Weemer, M., Eberline, A., Lee, J., Kybartas, T., & Jones, E. (2023). A Framework for Implementing a District-Wide School Wellness Needs Assessment: Using the WSCC Model. *The Physical Educator*, 80(4). <https://doi.org/10.18666/TPE-2023-V80-I4-11375>
- Wijayanti, S., Rahmatika, R., & Listiyandini, R. A. (2020). Kontribusi Kebersyukuran dalam Peningkatan Kualitas Hidup Kesehatan pada Remaja di Panti Asuhan. *Psycho Idea*, 18(1), 33. <https://doi.org/10.30595/psychoidea.v18i1.4123>
- Winters, K. C., & Ingvalson, A. (2022a). Physical and Psychosocial Development. Dalam K. C. Winters & A. Ingvalson (Ed.), *Adolescent Co-Occurring Substance Use and Mental Health Disorders* (hlm. 11-C2.P147). Oxford University PressNew York. <https://doi.org/10.1093/med-psych/9780190678487.003.0002>
- Winters, K. C., & Ingvalson, A. (2022b). Physical and Psychosocial Development. Dalam K. C. Winters & A. Ingvalson (Ed.), *Adolescent Co-Occurring Substance Use and Mental Health Disorders* (hlm. 11-C2.P147). Oxford University PressNew York. <https://doi.org/10.1093/med-psych/9780190678487.003.0002>
- Wong, C. K. H., Wong, R. S., Cheung, J. P. Y., Tung, K. T. S., Yam, J. C. S., Rich, M., Fu, K.-W., Cheung, P. W. H., Luo, N., Au, C. H., Zhang, A., Wong, W. H. S., Fan, J., Lam, C. L. K., & Ip, P. (2021). Impact of sleep duration, physical activity, and screen time on health-related quality of life in children and adolescents. *Health and Quality of Life Outcomes*, 19(1), 145. <https://doi.org/10.1186/s12955-021-01776-y>

Yulianti, Y., Zubaidah, Z., Amalianita, B., & Sarman, F. (2024). The Role of Guidance and Counseling in Students' Learning Problems at School. *International Journal of Education, Management, and Technology*, 2(3), 372–386.
<https://doi.org/10.58578/ijemt.v2i3.4173>

Zakaria, N., Faisal, M., Malini, H., Sobirin, S., & Marzuki, M. (2024). GUIDANCE AND COUNSELING MANAGEMENT: A SCIENTIFIC APPROACH TO IMPROVING STUDENTS' MENTAL HEALTH. *Jurnal Konseling Pendidikan Islam*, 5(1), 84–95. <https://doi.org/10.32806/jkpi.v5i1.130>



Intelligentia - Dignitas