

## DAFTAR PUSTAKA

- Abrantes, M. M., Lamounier, J. A., & Colosimo, E. A. (2018). Recommendations for the use of body mass index for the classification of overweight and obese children and adolescents. *Food and Nutrition Bulletin*, *23*(3), 262–266.  
<https://doi.org/10.1177/156482650202300305>
- Alfianto, C., Wahyuni, T. D., & Sutriningsih, A. (2016). Hubungan Antara Aktivitas Fisik dan Pola Makan dengan Kejadian Obesitas Pada Remaja Di SMA Laboratorium Malang. *Nursing News: Jurnal Ilmiah Mahasiswa Keperawatan*, *1*(1), 1–6. [jurnalpsik.unitri@gmail.com](mailto:jurnalpsik.unitri@gmail.com)
- Aulianida, D., Liestyasari, S. I., & Ch, S. R. (2019). Hubungan Aktivitas Fisik dan Asupan Energi terhadap Massa Lemak Tubuh dan Lingkar Pinggang pada Mahasiswa fakultas Fakultas Kedokteran Universitas Diponegoro. *Journal of Chemical Information and Modeling*, *53*(9), 1689–1699.
- Bangun, S. Y. (2016). Peran Pendidikan Jasmani Dan Olahraga Pada Lembaga Pendidikandi Indonesia. *Publikasi Pendidikan*, *6*(3).  
<https://doi.org/10.26858/publikan.v6i3.2270>
- Batubara, J. R. (2016). Adolescent Development (Perkembangan Remaja). *Sari Pediatri*, *12*(1), 21.  
<https://doi.org/10.14238/sp12.1.2010.21-9>
- Benotti, P., Wood, G. C., Argyropoulos, G., Pack, A., Keenan, B. T., Gao, X., Gerhard, G., & Still, C. (2016). The impact of obstructive sleep apnea on nonalcoholic fatty liver disease in patients with severe obesity. *Obesity*, *24*(4), 871–877. <https://doi.org/10.1002/oby.21409>
- Bertalina, B., & Mulyani, R. (2020). Pengaruh Pemberdayaan Keluarga terhadap Pengendalian Obesitas. *Jurnal Kesehatan*, *11*(1), 68.  
<https://doi.org/10.26630/jk.v11i1.1824>
- Cardel, M. I., Atkinson, M. A., Taveras, E. M., Holm, J. C., & Kelly, A. S. (2020). Obesity Treatment among Adolescents: A Review of Current Evidence and Future Directions. *JAMA Pediatrics*, *174*(6), 609–617.

<https://doi.org/10.1001/jamapediatrics.2020.0085>

Evenson, K. R., Williamson, S., Han, B., McKenzie, T. L., & Cohen, D. A. (2019). United States' neighborhood park use and physical activity over two years: The National Study of Neighborhood Parks. *Preventive Medicine*, 123(March), 117–122.

<https://doi.org/10.1016/j.ypmed.2019.03.027>

Fatmawaty, R. (2017). Memahami Psikologi Remaja. *Jurnal Reforma*, 2(1), 55–65. <https://doi.org/10.30736/rfma.v6i2.33>

Fauziyah, D. R., & Wirjatmadi, R. B. (2019). Perbedaan Tingkat Kecukupan Energi dan Aktivitas Fisik pada Remaja Down Syndrome Overweight dan Non- Overweight. *Meidia Gizi Indonesia*, 14(2), 164–169.

Guthold, R., Stevens, G. A., Riley, L. M., & Bull, F. C. (2020). Articles Global trends in insufficient physical activity among adolescents : a pooled analysis of 298 population-based surveys with 1 · 6 million participants. *The Lancet Child and Adolescent Health*, 4(1), 23–35. [https://doi.org/10.1016/S2352-4642\(19\)30323-2](https://doi.org/10.1016/S2352-4642(19)30323-2)

Institute, F. and N. R., & Technology, D. of S. and. (2019). *Overwright and obesity is top nutrition concern in 8 Metro Manila cities - FNRI survey*. <https://www.fnri.dost.gov.ph/index.php/programs-and-projects/news-and-announcement/769-overweight-and-obesity-is-top-nutrition-concern-in-8-metro-manila-cities-fnri-survey>

Istiqamah, N., Sirajuddin, S., & Indriasari, R. (2013). Hubungan Pola Hidup Sedentarian dengan Kejadian Obesitas Sentral pada Pegawai Pemerintahan di Kantor Bupati Kabupaten Jeneponto. *Fkm Unhas*, 1–13.

[http://repository.unhas.ac.id/bitstream/handle/123456789/5671/Jurnal Istiqamah MKMI.pdf?sequence=1](http://repository.unhas.ac.id/bitstream/handle/123456789/5671/Jurnal_Istiqamah_MKMI.pdf?sequence=1)

Kesehatan, P. E., Kesehatan, B. L., & Kohor, P. (2012). Keunggulan dan Keterbatasan Beberapa Metode Penelitian Kesehatan. *Media of Health Research and Development*, 3(1), 22–24.

<https://doi.org/10.22435/mpk.v3i1.931>.

- Kristiana, T., Hermawan, D., Febriani, U., & Farich, A. (2020). Hubungan Antara Pola Tidur Dan Kebiasaan Makan Junk Food Dengan Kejadian Obesitas Pada Mahasiswa Universitas Malahayati Tahun 2019. *Human Care Journal*, 5(3), 750. <https://doi.org/10.32883/hcj.v5i3.758>
- Lumoindong, A., Umboh, A., & Masloman, N. (2013). Hubungan Obesitas Dengan Profil Tekanan Darah Pada Anak Usia 10-12 Tahun Di Kota Manado. *Jurnal E-Biomedik*, 1(1), 147–153. <https://doi.org/10.35790/ebm.1.1.2013.1607>
- Lutfah, H. (2018). Gambaran Faktor-Faktor yang Menyebabkan Kejadian Obesitas pada Remaja. *PROSIDING HEFA (Health Events for All)*, 73–82.
- Marques, A., Henriques-Neto, D., Peralta, M., Martins, J., Demetriou, Y., Schönbach, D. M. I., & de Matos, M. G. (2020). Prevalence of physical activity among adolescents from 105 low, middle, and high-income countries. *International Journal of Environmental Research and Public Health*, 17(9), 1–11. <https://doi.org/10.3390/ijerph17093145>
- Masdar, H., Saputri, P. A., Rosdiana, D., Chandra, F., & Darmawi, D. (2016). Depresi, ansietas dan stres serta hubungannya dengan obesitas pada remaja. *Jurnal Gizi Klinik Indonesia*, 12(4), 138. <https://doi.org/10.22146/ijcn.23021>
- Masnurrima Heriansyah, S. M. R. (2017). *obesitas, teknik*. 1(2), 1–8.
- Masrul, M. (2018). Epidemi obesitas dan dampaknya terhadap status kesehatan masyarakat serta sosial ekonomi bangsa. *Majalah Kedokteran Andalas*, 41(3), 152. <https://doi.org/10.25077/mka.v41.i3.p152-162.2018>
- Menschik, D., Ahmed, S., Alexander, M. H., & Blum, R. W. (2008). Adolescent physical activities as predictors of young adult weight. *Archives of Pediatrics and Adolescent Medicine*, 162(1), 29–33. <https://doi.org/10.1001/archpediatrics.2007.14>

- Mustikasari, P., & Indriani. (2019). *Obesitas Pada Siswa 13-15 Tahun Di Smp Obesitas Pada Siswa 13-15 Tahun Di Smp.*
- Pengpid, S., & Peltzer, K. (2014). Prevalence of overweight/obesity and central obesity and its associated factors among a sample of university students in India. *Obesity Research and Clinical Practice*, 8(6), e558–e570. <https://doi.org/10.1016/j.orcp.2013.12.003>
- Praditasari, J. A., & Sumarmik, S. (2018). Asupan Lemak, Aktivitas Fisik Dan Kegemukan Pada Remaja Putri Di Smp Bina Insani Surabaya. *Media Gizi Indonesia*, 13(2), 117. <https://doi.org/10.20473/mgi.v13i2.117-122>
- Salam, A. (2010). Faktor Risiko Kejadian Obesitas pada Remaja. *Jurnal MKMI*, 6(3), 185–190.
- Saputro, Z. khamim. (2017). Aplikasi: Jurnal aplikasi ilmu-ilmu agama ( memahami ciri dan tugas perkembangan masa remaja). *Jurnal Aplikasi Ilmu Ilmu Agama*, Volume 17(No 1), 25–32.
- SUMARA, D. S., HUMAEDI, S., & SANTOSO, M. B. (2017). Kenakalan Remaja Dan Penanganannya. *Prosiding Penelitian Dan Pengabdian Kepada Masyarakat*, 4(2). <https://doi.org/10.24198/jppm.v4i2.14393>
- Thompson, D., Karpe, F., Lafontan, M., & Frayn, K. (2012). Physical activity and exercise in the regulation of human adipose tissue physiology. *Physiological Reviews*, 92(1), 157–191. <https://doi.org/10.1152/physrev.00012.2011>
- United Nations. (2019). *World Population Prospects 2019: Data Booklet [PDF]*. Date of access: 12 December 2019, retrieved from: [https://population.un.org/wpp/Publications/Files/WPP2019\\_DataBooklet.pdf](https://population.un.org/wpp/Publications/Files/WPP2019_DataBooklet.pdf). [https://population.un.org/wpp/Publications/Files/WPP2019\\_DataBooklet.pdf](https://population.un.org/wpp/Publications/Files/WPP2019_DataBooklet.pdf)
- Vancampfort, D., Van Damme, T., Firth, J., Smith, L., Stubbs, B., Rosenbaum, S., Hallgren, M., Hagemann, N., & Koyanagi, A. (2019). Correlates of physical activity among 142,118 adolescents aged 12–

- 15 years from 48 low- and middle-income countries. *Preventive Medicine*, 127(June), 105819.  
<https://doi.org/10.1016/j.ypmed.2019.105819>
- Wandansari, D. (2015). Hubungan Antara Konsumsi Fast Food, Kebiasaan Olahraga, Faktor Genetik Dan Durasi Tidur Dengan Status Gizi Lebih Pada Remaja. In *Repository.Unej.Ac.Id*.  
<http://repository.unej.ac.id/handle/123456789/68371>
- WHO. (2020). *NCDs \_ Global school-based student health survey (GSHS)*.
- Winaktu, G. J. (2016). Kegemukan dan Obesitas pada Anak-anak Gracia JMT Winaktu Fakultas kedokteran Universitas Kristen Krida Wacana. *Jurnal Kedokteran Meditek*, 22.
- World Health Organization. (2016). Obesity and Overweight. *Obesity and Overweight*. <https://www.who.int/mediacentre/factsheets/fs311/en/>
- Wulandari, S., Lestari, H., & Fachlevy, A. (2016). Faktor Yang Berhubungan Dengan Kejadian Obesitas Pada Remaja Di Sma Negeri 4 Kendari Tahun 2016. *Jurnal Ilmiah Mahasiswa Kesehatan Masyarakat Unsyiah*, 1(3), 186655.  
<https://doi.org/10.37887/jimkesmas.v1i3.1239>
- Zamzani, M., Hadi, H., & Astiti, D. (2016). *Children's physical activity was related with obesity in elementary children. 009*.  
[https://doi.org/10.21927/ijnd.2016.4\(3\).123-128](https://doi.org/10.21927/ijnd.2016.4(3).123-128)
- Zhan, X., Clark, C. C. T., Bao, R., Duncan, M., Hong, J. T., & Chen, S. T. (2021). Association between physical education classes and physical activity among 187,386 adolescents aged 13–17 years from 50 low- and middle-income countries. *Jornal de Pediatria*, xxxx.  
<https://doi.org/10.1016/j.jpmed.2020.11.009>