

## DAFTAR PUSTAKA

- Amana, Dwi Resqy, Wilson Wilson, and Ery Hermawati. 2021. "Hubungan Tingkat Aktivitas Fisik Dengan Tingkat Depresi Pada Mahasiswa Tahun Kedua Program Studi Kedokteran Fakultas Kedokteran Universitas Tanjungpura." *Jurnal Cerebellum* 6(4):94. doi: 10.26418/jc.v6i4.47800.
- Bangsbo, Jens, Peter Krstrup, Joan Duda, Charles Hillman, Lars Bo Andersen, Maureen Weiss, Craig A. Williams, Taru Lintunen, Ken Green, Peter Riis Hansen, Patti Jean Naylor, Ingegerd Ericsson, Glen Nielsen, Karsten Froberg, Anna Bugge, Jesper Lundbye-Jensen, Jasper Schipperijn, Symeon Dagkas, Sine Agergaard, Jesper von Seelen, Charlotte Østergaard, Thomas Skovgaard, Henrik Busch, and Anne Marie Elbe. 2016. "The Copenhagen Consensus Conference 2016: Children, Youth, and Physical Activity in Schools and during Leisure Time." *British Journal of Sports Medicine* 50(19):1177–78. doi: 10.1136/bjsports-2016-096325.
- Bates, Lauren C., Gabriel Zie, Kathleen Stanford, Justin B. Moore, Zachary Y. Kerr, Erik D. Hanson, Bethany Barone Gibbs, Christopher E. Kline, and Lee Stoner. 2020. "COVID-19 Impact on Behaviors across the 24-Hour Sedentary Behavior, and Sleep." *Children* 7(138):138.
- Berg, Lisa. 2019. "Pengaruh Bentuk Keluarga Dan Tingkat Pendidikan Orang Tua Terhadap Tingkat Depresi Remaja Di Era Pandemi Covid-

19.” *Journal of Child Psychology and Psychiatry and Allied Disciplines* 57(9):1092–98.

Damaiyanti, M., and S. Rungreangkulkij. 2016. “Prevalence and Predictors of Depression among High School Students in Indonesia.” *Journal of Nursing Science & Health* 39(1):132–46.

Dharma, K. K. 2011. *Metodologi Penelitian Keperawatan*. Jakarta: Trans Info Media.

Donsu, J. D. T. 2017. *Metodologi Penelitian Keperawatan*. Yogyakarta: Pustakabarupress.

Gao, Yan, Liming Yan, Yucen Huang, Fengjiang Liu, Yao Zhao, Lin Cao, Tao Wang, Qianqian Sun, Zhenhua Ming, Lianqi Zhang, Ji Ge, Litao Zheng, Ying Zhang, Haofeng Wang, Yan Zhu, Chen Zhu, Tianyu Hu, Tian Hua, Bing Zhang, Xiuna Yang, Jun Li, Haitao Yang, Zhijie Liu, Wenqing Xu, Luke W. Guddat, Quan Wang, Zhiyong Lou, and Zihe Rao. 2020. “Structure of the RNA-Dependent RNA Polymerase from COVID-19 Virus.” *Science* 368(6492):779–82. doi: 10.1126/science.abb7498.

Ginting, Henndy, Gérard Näring, William M. Van Der Veld, Wilis Srisayekti, and Eni S. Becker. 2013. “Validating the Beck Depression Inventory-II in Indonesia’s General Population and Coronary Heart Disease Patients.” *International Journal of Clinical and Health Psychology* 13(3):235–42. doi: 10.1016/S1697-2600(13)70028-0.

Grasdalsmoen, Michael, Hege Randi Eriksen, Kari Jussie Lønning, and

- Børge Sivertsen. 2020. "Physical Exercise, Mental Health Problems, and Suicide Attempts in University Students." *BMC Psychiatry* 20(1):1–11. doi: 10.1186/s12888-020-02583-3.
- Groffik, Dorota, Karel Fromel, and Petr Badura. 2020. "Composition of Weekly Physical Activity in Adolescents by Level of Physical Activity." *BMC Public Health* 20(1):1–9. doi: 10.1186/s12889-020-08711-8.
- Halla G, Laddu DR, Phillips SA, Lavie CJ, Arena R. 2021. "Since January 2020 Elsevier Has Created a COVID-19 Resource Centre with Free Information in English and Mandarin on the Novel Coronavirus COVID-19 . The COVID-19 Resource Centre Is Hosted on Elsevier Connect , the Company ' s Public News and Information." *Progress in Cardiovascular Diseases* 64(January):108–10.
- Hasanah, Uswatun, Nuri Luthfiatil Fitri, Supardi Supardi, and Livana PH. 2020. "Depression Among College Students Due to the COVID-19 Pandemic." *Jurnal Keperawatan Jiwa* 8(4):421. doi: 10.26714/jkj.8.4.2020.421-424.
- Hastuti, Janatin. 2013. "Anthropometry and Body Composition of Indonesia Adults."
- Hermanto, Restu Amalia, BJ Istiti Kandarina, and Leny Latifah. 2020. "Hubungan Antara Status Anemia, Tingkat Aktivitas Fisik, Kebiasaan Sarapan Dan Depresi Pada Remaja Putri Di Kota Yogyakarta." *Media Gizi Mikro Indonesia* 11(2):141–52. doi: 10.22435/mgmi.v11i2.597.
- Hidayat. A. Alimul Aziz. 2017. *Metodologi Penelitian Keperawatan Dan*

*Kesehatan*. Jakarta: Salemba Medika.

Hobson-Powel, Anita. 2020. "Exercise for Kids." *Anita Hobson-Powell Is the Chief Executive Officer of Exercise & Sports Science Australia (ESSA)*. 0–42.

Ibrahim, Dewi Isra, Irwan Cahyadi, Rini Anggriani, and Abdurrahim Abdurrahim. 2020. "Pengaruh Motivasi Dan Dukungan Keluarga Terhadap Prestasi Belajar Mahasiswa Selama Penggunaan." *Target: Jurnal Manajemen Dan Bisnis* 2(2):265–78.

Ilmi, A. F., & Utari, D. M. (2018). Faktor Dominan Premenstrual Syndrome Pada Mahasiswi (Studi Pada Mahasiswi Fakultas Kesehatan Masyarakat Dan Departemen Arsitektur Fakultas Teknik, Universitas Indonesia). *Media Gizi Mikro Indonesia*, 10(1), 39–50. <https://doi.org/10.22435/mgmi.v10i1.1062>.

Iqbal, Muhammad, and Lutfiyah Rizqulloh. 2020. "Deteksi Dini Kesehatan Mental Akibat Pandemi Covid-19 Pada Unnes Sex Care Community Melalui Metode Self Reporting Questionnaire." *Praxis* 3(1):20. doi: 10.24167/praxis.v3i1.2730.

Kannan, S., P. Shaik Syed Ali, A. Sheeza, and K. Hemalatha. 2020. "COVID-19 (Novel Coronavirus 2019) - Recent Trends." *European Review for Medical and Pharmacological Sciences* 24(4):2006–11. doi: 10.26355/eurrev\_202002\_20378.

Kurnia, Anggraini Dwi, and Nikmatus Sholikhah. 2020. "Hubungan Antara Tingkat Aktivitas Fisik Dengan Tingkat Depresi Pada Penderita

- Penyakit Jantung.” *Jurnal Kesehatan Mesencephalon* 6(1). doi: 10.36053/mesencephalon.v6i1.188.
- Lubuklinggau, Negeri Model. 2019. “Abstrak Article History.” XIII(02).
- Mansbridge, J. 1998. “Skin Substitutes to Enhance Wound Healing.” *Expert Opinion on Investigational Drugs* 7(5):803–9. doi: 10.1517/13543784.7.5.803.
- Mattioli, Anna Vittoria, Matteo Ballerini Puviani, Milena Nasi, and Alberto Farinetti. 2020. “COVID-19 Pandemic: The Effects of Quarantine on Cardiovascular Risk.” *European Journal of Clinical Nutrition* 74(6):852–55. doi: 10.1038/s41430-020-0646-z.
- Muhamad, Simela Victor. 2021. “Di Dunia.”
- Nainggolan, Olwin, Lely Indrawati, and Julianty Pradono. 2019. “Kebugaran Jasmani Menurut Instrument GPAQ Dibandingkan Dengan VO2max Pada Wanita Umur 25 Sampai 54 Tahun.” *Buletin Penelitian Sistem Kesehatan* 21(4):271–80. doi: 10.22435/hsr.v21i4.752.
- Ningtyas, R. A., M. I. Puspitasari, and K. A. Sinuraya. 2017. “Review Artikel : Farmakoterapi Depresi Dan Pengaruh Jenis Kelamin Terhadap Efikasi Antidepresan.” *Farmaka* 16(2):186–201.
- Notoadmojo. 2010. *Ilmu Perilaku Kesehatan*. Jakarta: Rineka Cipta.
- Notoatmodjo, S. 2014. *Metodologi Penelitian Kesehatan (Rev Xix Ed.)*. Jakarta.
- Nursalam. 2013. *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis*. Jakarta: Salemba Medika.

- Nursalam. 2017. *Metodologi Penelitian Ilmu Kesehatan. Edisi: Cetakan Kedua*. Jakarta: Salemba Medika.
- O'Malley, Grace, Susanne Ring-Dimitriou, Paulina Nowicka, Andrea Vania, Marie-Laure Frelut, Nathalie Farpour-Lambert, Daniel Weghuber, and David Thivel. 2017. "Physical Activity and Physical Fitness in Pediatric Obesity: What Are the First Steps for Clinicians? Expert Conclusion from the 2016 ECOG Workshop." *International Journal of Exercise Science* 10(4):487–96.
- Pertiwi, Swastika Tiara, Marisa Fransiska Moeliono, and Lenny Kendhawati. 2021. "Depresi, Kecemasan, Dan Stres Remaja Selama Pandemi Covid-19." *JURNAL AI-AZHAR INDONESIA SERI HUMANIORA* 6(2):72. doi: 10.36722/sh.v6i2.497.
- Pramana, EF, M. Damayanti-Borneo Student Research (BSR), and undefined 2020. 2020. "Hubungan Kehangatan Orangtua Dan Pemantauan Orangtua Dengan Depresi Pada Siswa Sekolah Menengah Atas Dan Kejuruan." *Journals.Umkt.Ac.Id* 1(3):1335–40.
- Praptikaningtyas, A. A. I., A. A. S. Wahyuni, and L. N. A. Aryani. 2019. "Hubungan Tingkat Depresi Pada Remaja Dengan Prestasi Akademis Siswa SMA Negeri 4 Denpasar." *Jurnal Medika Udayana* 8(7):1–5.
- Rahmayanti, Yunita Eka, and Teti Rahmawati. 2018. "Hubungan Dukungan Keluarga Dengan Kejadian Depresi Remaja Awal." *Jurnal Asuhan Ibu&Anak* (6):47–54.
- Renata, Dian, and Hengki Satrianta. 2020. "I Untuk Mereduksi Kecemasan

Menghadapi Covid-19.” *TERAPUTIK: Jurnal Bimbingan Dan Konseling* 4(1):65–73. doi: 10.26539/terapeutik.41293.

Rodriguez-Ayllon, María, Cristina Cadenas-Sánchez, Fernando Estévez-López, Nicolas E. Muñoz, Jose Mora-Gonzalez, Jairo H. Migueles, Pablo Molina-García, Hanna Henriksson, Alejandra Mena-Molina, Vicente Martínez-Vizcaíno, Andrés Catena, Marie Löf, Kirk I. Erickson, David R. Lubans, Francisco B. Ortega, and Irene Esteban-Cornejo. 2019. “Role of Physical Activity and Sedentary Behavior in the Mental Health of Preschoolers, Children and Adolescents: A Systematic Review and Meta-Analysis.” *Sports Medicine* 49(9):1383–1410. doi: 10.1007/s40279-019-01099-5.

Rosa, Nadya Nela. 2020. “Hubungan Dukungan Sosial Terhadap Motivasi Belajar Daring Mahasiswa Pada Masa Pandemi Covid-19.” *TANJAK: Journal of Education and Teaching* 1(2):147–53. doi: 10.35961/tanjak.v1i2.146.

Sabri, L., & Hastono, S. P. 2014. *Statistik Kesehatan*. Jakarta: Rajawali Pers.

Sibarani, Inayah Husna. 2020. “Pengaruh Pandemi COVID-19 Terhadap Penurunan Aktivitas Fisik Pada Remaja Selama Lockdown.” 2.

Sudarsani, Luh, Ni Luh Putu Shinta Devi, and I. Gusti Ngurah Juniarta. 2021. “Hubungan Stres Akademik Dengan Depresi Pada Siswa Mipa Di Sman 4 Denpasar.” *Coping: Community of Publishing in Nursing* 9(2):151. doi: 10.24843/coping.2021.v09.i02.p04.

- Sugiyono. 2010. *Metodologi Penelitian Kuantitatif, Kualitatif Dan R&D*. Bandung: Alfabeta.
- Sugiyono. 2016. *Metodologi Penelitian Kuantitatif, Kualitatif Dan R&D (23 Ed.)*. Bandung: Alfabeta.
- Susilo, Adityo, Cleopas Martin Rumende, Ceva Wicaksono Pitoyo, Widayat Djoko Santoso, Mira Yulianti, Herikurniawan Herikurniawan, Robert Sinto, Gurmeet Singh, Leonard Nainggolan, Erni Juwita Nelwan, Lie Khie Chen, Alvina Widhani, Edwin Wijaya, Bramantya Wicaksana, Maradewi Maksum, Firda Annisa, Cynthia Olivia Maurine Jasirwan, and Evy Yuniastuti. 2020. "Coronavirus Disease 2019: Tinjauan Literatur Terkini." *Jurnal Penyakit Dalam Indonesia* 7(1):45. doi: 10.7454/jpdi.v7i1.415.
- Tiara Dewi, Muhammad Amir Masruhim, Riski Sulistiarini. 2016. "Hubungan Aktivitas Fisik Dengan Gangguan Kecemasan Pada Orang Dewasa Di Masa Pandemi Covid-19." *Laboratorium Penelitian Dan Pengembangan FARMAKA TROPIS Fakultas Farmasi Universitas Mulawarman, Samarinda, Kalimantan Timur* (April):5–24.
- Tujuwale, A., J. Rottie, F. Wowiling, and R. Kairupan. 2016. "Hubungan Pola Asuh Orang Tua Dengan Tingkat Depresi Pada Siswa Kelas X Di Sma Negeri 1 Amurang." *Jurnal Keperawatan UNSRAT* 4(1):112413.
- Vanhelst, Jérémy, Laurent Béghin, Alain Duhamel, Yannis Manios, Denes Molnar, Sefaan De Henauw, Luis A. Moreno, Francisco B. Ortega, Michael Sjöström, Kurt Widhalm, Frédéric Gottrand, Stefaan De



Henauw, Marcela González-Gross, Chantal Gilbert, Anthony Kafatos, Jackie Sánchez, Gunnar Hall, Lea Maes, Pilar Meléndez, Jesús Fleta, José A. Casajús, Gerardo Rodríguez, Concepción Tomás, María I. Mesana, Germán Vicente-Rodríguez, Adoración Villarroya, Carlos M. Gil, Ignacio Ara, Juan Revenga, Carmen Lachen, Juan Fernández Alvira, Gloria Bueno, Aurora Lázaro, Olga Bueno, Juan F. León, Jesús Ma Garagorri, Manuel Bueno, Juan Pablo Rey López, Iris Iglesia, Paula Velasco, Silvia Bel, Ascensión Marcos, Julia Wärnberg, Esther Nova, Sonia Gómez, Esperanza Ligia Díaz, Javier Romeo, Ana Veses, Mari Angeles Puertollano, Belén Zapatera, Tamara Pozo, David Martínez, Christian Libersa, Catalina Iliescu, Juliana Von Berlepsch, Mathilde Kersting, Wolfgang Sichert-Hellert, Ellen Koeppen, Eva Erhardt, Katalin Csernus, Katalin Török, Szilvia Bokor, Miklós Angster, Enikő Nagy, Orsolya Kovács, Judit Repásy, Caroline Codrington, María Plada, Angeliki Papadaki, Katerina Sarri, Anna Viskadourou, Christos Hatzis, Michael Kiriakakis, George Tsibinos, Constantine Vardavas, Manolis Sbokos, Eva Protoyeraki, Maria Fasoulaki, Peter Stehle, Klaus Pietrzik, Christina Breidenassel, Andre Spinneker, Jasmin Al-Tahan, Miriam Segoviano, Anke Berchtold, Christine Bierschbach, Erika Blatzheim, Adelheid Schuch, Petra Pickert, Manuel J. Castillo, Ángel Gutiérrez, Jonatan R. Ruiz, Enrique G. Artero, Vanesa España-Romero, David Jiménez-Pavón, Palma Chillón, Magdalena Cuenca-García, Davide Arcella, Elena Azzini, Emma Barrison, Noemi

Bevilacqua, Pasquale Buonocore, Giovina Catasta, Laura Censi, Donatella Ciarapica, Paola D'Acapito, Marika Ferrari, Myriam Galfo, Cinzia Le Donne, Catherine Leclercq, Giuseppe Maiani, Beatrice Mauro, Lorenza Mistura, Antonella Pasquali, Raffaella Piccinelli, Angela Polito, Raffaella Spada, Stefania Sette, Maria Zaccaria, Luca Scaffi, Paola Vitaglione, Concetta Montagnese, Ilse De Bourdeaudhuij, Tineke De Vriendt, Christophe Matthys, Carine Vereecken, Mieke De Maeyer, Charlene Ottevaere, Inge Huybrechts, Katharina Phillip, Sabine Dietrich, Birgit Kubelka, Marion Boriss-Riedl, Eva Grammatikaki, Zoi Bouloubasi, Tina Louisa Cook, Sofia Eleutheriou, Orsalia Consta, George Moschonis, Ioanna Katsaroli, George Kraniou, Stalo Papoutsou, Despoina Keke, Ioanna Petraki, Elena Bellou, Sofia Tanagra, Kostalena Kallianoti, Dionysia Argyropoulou, Katerina Kondaki, Stamatoula Tsikrika, Christos Karaiskos, Jean Dallongeville, Aline Meirhaeghe, Patrick Bergman, María Hagströmer, Lena Hallström, Mårten Hallberg, Eric Poortvliet, Nico Rizzo, Linda Beckman, Anita Hurtig Wennlöf, Emma Patterson, Lydia Kwak, Lars Cernerud, Per Tillgren, Stefaan Sörensen, Jackie Sánchez-Molero, Elena Picó, Maite Navarro, Blanca Viadel, José Enrique Carreres, Gema Merino, Rosa Sanjuán, María Lorente, María José Sánchez, Sara Castelló, Sarah Thomas, Elaine Allchurch, Peter Burgess, Annika Astrom, Anna Sverkén, Agneta Broberg, Annick Masson, Claire Lehoux, Pascal Brabant, Philippe Pate, Laurence Fontaine, Andras

Sebok, Tunde Kuti, Adrienn Hegyi, Cristina Maldonado, Ana Llorente, Emilio García, Holger Von Fircks, Marianne Lilja Hallberg, Maria Messerer, Mats Larsson, Helena Fredriksson, Viola Adamsson, Ingmar Börjesson, Laura Fernández, Laura Smillie, Josephine Wills, Agustín Meléndez, Pedro J. Benito, Javier Calderón, Jara Valtueña, Paloma Navarro, Alejandro Urzanqui, Ulrike Albers, Raquel Pedrero, and Juan José Gómez Lorente. 2016. "Physical Activity Is Associated with Attention Capacity in Adolescents." *Journal of Pediatrics* 168:126-131.e2. doi: 10.1016/j.jpeds.2015.09.029.

Widiyatmoko, Fajar, and Husnul Hadi. 2018. "Tingkat Aktivitas Fisik Siswa Di Kota Semarang." *Journal Sport Area* 3(2):140. doi: 10.25299/sportarea.2018.vol3(2).2245.

Xiang, Yu Tao, Yuan Yang, Wen Li, Ling Zhang, Qinge Zhang, Teris Cheung, and Chee H. Ng. 2020. "Timely Mental Health Care for the 2019 Novel Coronavirus Outbreak Is Urgently Needed." *The Lancet Psychiatry* 7(3):228–29. doi: 10.1016/S2215-0366(20)30046-8.

Zenic, Natasa, Redha Taiar, Barbara Gilic, Mateo Blazevic, Dora Maric, Haris Pojskic, and Damir Sekulic. 2020. "Levels and Changes of Physical Activity in Adolescents during the COVID-19 Pandemic: Contextualizing Urban vs. Rural Living Environment." *Applied Sciences* 10(11):1–14. doi: 10.3390/APP10113997.