

DAFTAR PUSTAKA

- Akhtarul Islam, M., Barna, S. D., Raihan, H., Nafiul Alam Khan, M., & Tanvir Hossain, M. (2020). Depression and anxiety among university students during the COVID-19 pandemic in Bangladesh: A web-based cross-sectional survey. *PLoS ONE*, *15*(8 August), 1–12. <https://doi.org/10.1371/journal.pone.0238162>
- Amana, D. R., Wilson, W., & Hermawati, E. (2021). Hubungan tingkat aktivitas fisik dengan tingkat depresi pada mahasiswa tahun kedua Program Studi Kedokteran Fakultas Kedokteran Universitas Tanjungpura. *Jurnal Cerebellum*, *6*(4), 94. <https://doi.org/10.26418/jc.v6i4.47800>
- Ansharudin, M. F. (2020). *Hubungan Aktivitas Fisik Dan Kualitas Tidur Dengan Tingkat Depresi Pada Mahasiswa Universitas Pendidikan Indonesia Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu.*
- Arat, G., & Wong, P. W. C. (2017). The relationship between physical activity and mental health among adolescents in six middle-income countries: A cross-sectional study. *Child and Youth Services*, *38*(3), 180–195. <https://doi.org/10.1080/0145935X.2017.1297202>
- Asida, A. (2019). Hubungan Antara Literasi Dengan Kualitas Hidup Ibu Hamil dengan Diabetes Mellitus di Kabupaten Lumajang. *Jurnal Keperawatan*, *5*(6), 1–109.
- Bangsbo, J., Krstrup, P., Duda, J., Hillman, C., Andersen, L. B., Weiss, M., Williams, C. A., Lintunen, T., Green, K., Hansen, P. R., Naylor, P. J., Ericsson, I., Nielsen, G., Froberg, K., Bugge, A., Lundbye-Jensen, J., Schipperijn, J., Dagkas, S., Agergaard, S., ... Elbe, A. M. (2016). The Copenhagen Consensus Conference 2016: children, youth, and physical activity in schools and during leisure time. *British Journal of Sports Medicine*, *50*(19), 1177–1178. <https://doi.org/10.1136/bjsports-2016-096325>

- Baso, M. C. (2019). Hubungan Antara Aktivitas Fisik Dengan Kualitas Tidur Pada Remaja Di Sma Negeri 9 Manado. *Kesmas*, 7(5), 5–10.
- Bates, L. C., Zie, G., Stanford, K., Moore, J. B., Kerr, Z. Y., Hanson, E. D., Gibbs, B. B., Kline, C. E., & Stoner, L. (2020). COVID-19 Impact on Behaviors across the 24-Hour Sedentary Behavior, and Sleep. *Children*, 7(138), 138.
- Booth, M. (2002). *International Physical Activity Questionnaire*. 71(August), 2000–2002. <https://doi.org/10.1109/SOPO.2011.5780601>
- Budiastuti, A. (2021). Pembelajaran Daring: Depresi dan Kecemasan Pada Mahasiswa Selama Pandemi COVID-19. *Kampurui Jurnal Kesehatan Masyarakat (The Journal of Public Health)*, 3(1), 1–5. <https://doi.org/10.55340/kjkm.v3i1.356>
- Cairney, J., Dudley, D., Kwan, M., Bulten, R., & Kriellaars, D. (2019). Physical Literacy, Physical Activity and Health: Toward an Evidence-Informed Conceptual Model. *Sports Medicine*, 49(3), 371–383. <https://doi.org/10.1007/s40279-019-01063-3>
- Chi, X., Liang, K., Chen, S. T., Huang, Q., Huang, L., Yu, Q., Jiao, C., Guo, T., Stubbs, B., Hossain, M. M., Yeung, A., Kong, Z., & Zou, L. (2021). Mental health problems among Chinese adolescents during the COVID-19: The importance of nutrition and physical activity. *International Journal of Clinical and Health Psychology*, 21(3), 100218. <https://doi.org/10.1016/j.ijchp.2020.100218>
- Chloranyta, S., Yulia, Y., & Sodikin, M. (2019). Kepuasan Self Monitoring Blood Glucose dengan Kualitas Hidup pada Pasien Diabetes Tipe 2. *Jurnal Keperawatan Rafflesia*, 1(2), 87–98. <https://doi.org/10.33088/jkr.v1i2.419>
- Dinanginsit, D. (2017). Pengaruh Self-Control Diet, Motivasi Berlatih Waktu Luang, Pengetahuan Kebugaran Terkait Kesehatan Terhadap Aktivitas Jasmani Serta Hubungannya dengan Kebugaran Kardiovaskuar dan Indeks Massa Tubuh Mahasiswi PGSD-Universitas Pendidikan Indonesia Sumedang. *Angewandte Chemie International Edition*,

6(11), 951–952., 20–21.

- Fitri, R., Sri, R., Henny, C., & Haris, S. (2020). *Gambaran Perilaku Personal Hygiene Gigi Dan Mulut Pada Siswa SD Kelas 1 Di SDN 154 Citepus Kecamatan Cicendo Kota Bandung*. Politeknik Kesehatan Kemenkes Bandung.
- Hasanah, U., Fitri, N. L., Supardi, S., & PH, L. (2020). Depression Among College Students Due to the COVID-19 Pandemic. *Jurnal Keperawatan Jiwa*, 8(4), 421. <https://doi.org/10.26714/jkj.8.4.2020.421-424>
- IPAQ. (2005). Assessment of Physical Activity: An International Perspective. *Research Quarterly for Exercise and Sport*, 71(sup2), 114–120. <https://doi.org/10.1080/02701367.2000.11082794>
- Jannah, R., & Santoso, H. (2021). Tingkat Stres Mahasiswa Mengikuti Pembelajaran Daring pada Masa Pandemi Covid-19. *Jurnal Riset Dan Pengabdian Masyarakat*, 1(1), 130–146. <https://doi.org/10.22373/jrpm.v1i1.638>
- Kang, S., Sun, Y., Zhang, X., Sun, F., Wang, B., & Zhu, W. (2021). Is physical activity associated with mental health among chinese adolescents during isolation in COVID-19 pandemic? *Journal of Epidemiology and Global Health*, 11(1), 26–33. <https://doi.org/10.2991/JEGH.K.200908.001>
- Kasmira, V., Dewi, A. P., & Fayasari, A. (2021). Gambaran Aktivitas Fisik Pada Mahasiswa Sebelum Dab Saat SFH (Study From Home) Di Masa Pandemi COVID-19. *Jurnal Gizi Dan Kuliner*, 2(2), 1–15.
- Keliat, B. A., Triana, R., & Sulistiowati, N. M. D. (2019). The relationship between self-esteem, family relationships and social support as the protective factors and adolescent mental health. *Humanities and Social Sciences Reviews*, 7(1), 41–47. <https://doi.org/10.18510/hssr.2019.715>
- Kemenkes RI. (2017). Ayo Bergerak Lawan Obesitas. In *Kementrian Kesehatan Republik Indonesia* (p. 37). <http://p2ptm.kemkes.go.id>
- Kemenkes RI. (2021). Petunjuk Teknis Layanan Depresi. *Buku*, 67.

- Kennedy, J. E., Reid, M. W., Lu, L. H., & Cooper, D. B. (2019). Validity of the CES-D for depression screening in military service members with a history of mild traumatic brain injury. *Brain Injury*, 33(7), 932–940. <https://doi.org/10.1080/02699052.2019.1610191>
- Keyes, C. L. M. (2002). The mental health continuum: From languishing to flourishing in life. *Journal of Health and Social Behavior*, 43(2), 207–222. <https://doi.org/10.2307/3090197>
- Koo, K.M & Kim, C. . (2018). The effect of the type of physical activity on the perceived stress level in people with activity limitation. *Journal of Exercise Rehabilitation*, 14(3), 361–366.
- Koo, K. M., & Kim, C. J. (2018). The effect of the type of physical activity on the perceived stress level in people with activity limitations. *Journal of Exercise Rehabilitation*, 14(3), 361–366. <https://doi.org/10.12965/jer.1836164.082>
- Kusumo, M. P. (2021). *Buku pemantauan aktivitas fisik*.
- Lamblin, M., Murawski, C., Whittle, S., & Fornito, A. (2017). Social connectedness, mental health and the adolescent brain. *Neuroscience and Biobehavioral Reviews*, 80(May), 57–68. <https://doi.org/10.1016/j.neubiorev.2017.05.010>
- Lin, J., Guo, T., Becker, B., Yu, Q., Chen, S. T., Brendon, S., Hossain, M. M., Cunha, P. M., Soares, F. C., Veronese, N., Yu, J. J., Grabovac, I., Smith, L., Yeung, A., Zou, L., & Li, H. (2020). Depression is associated with moderate-intensity physical activity among college students during the covid-19 pandemic: Differs by activity level, gender and gender role. *Psychology Research and Behavior Management*, 13, 1123–1134. <https://doi.org/10.2147/PRBM.S277435>
- Made Dian Shanti Kusuma, Kadek Nuryanto, I. P. G. S. (2021). Tingkat Gejala Depresi Pada Mahasiswa Program Studi Sarjana Keperawatan Di Institut Teknologi Dan Kesehatan (ITEKES) Bali. *Jurnal Riset Kesehatan Nasional*, 5.
- Maslita, V. (2021). *Pengaruh regulasi emosi Koginitif terhadap Depresi*

- pada Mahasiswa Tingkat Akhir dimasa Pandemi COVID-19. Universitas Muhammadiyah Malang.
- Masturoh,Imas,.Anggita, N. (2018). *Metodologi Penelitian Kesehatan Bahan Ajar rekam medis dan informasi kesehatan*. Kementrian Kesehatan Republik Indonesia.
- Matondang, I. M. N. (2021). *Hubungan Aktivitas Fisik dengan Kesehatan Mental Pada Remaja di Lingkungan I, Kelurahan Panyabungan II*. 1–45.
- Murphy, M. H., Carlin, A., Woods, C., Nevill, A., MacDonncha, C., Ferguson, K., & Murphy, N. (2018). Active students are healthier and happier than their inactive peers: The results of a large representative cross-sectional study of university students in Ireland. *Journal of Physical Activity and Health*, 15(10), 737–746. <https://doi.org/10.1123/jpah.2017-0432>
- Notoatmodjo, S. (2012). *Metode Penelitian Kesehatan*. Rineka Cipta.
- Notoatmodjo, S. (2014). *Metodologi Penelitian Kesehatan*. PT. Rineka Cipta.
- Notoatmodjo, S. (2018). *Metodologi Penelitian Kesehatan (Ketiga)*. Jakarta: Rineka Cipta.
- NurCita, B., & Susantiningsih, T. (2020). Dampak Pembelajaran Jarak Jauh Dan Physical Distancing Pada Tingkat Kecemasan Mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional “Veteran” Jakarta. *Journal of Borneo Holistic Health*, 3(1), 58–68.
- Nursalam. (2020). *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis Edisi 5*. Salemba Medika.
- Nuryati, & Kresnowati, L. (2018). *Klasifikasi dan kodefikasi penyakit dan masalah terkait III*.
- Park, J. H., Moon, J. H., Kim, H. J., Kong, M. H., & Oh, Y. H. (2020). Sedentary Lifestyle: Overview of Updated Evidence of Potential Health Risks. *Korean Journal of Family Medicine*, 41(6), 365–373. <https://doi.org/10.4082/KJFM.20.0165>

- Pengpid, S., & Peltzer, K. (2019). Sedentary behaviour, physical activity and life satisfaction, happiness and perceived health status in university students from 24 countries. *International Journal of Environmental Research and Public Health*, 16(12). <https://doi.org/10.3390/ijerph16122084>
- Pusat Data dan Informasi Kementerian Kesehatan RI. (2019). Situasi Kesehatan Jiwa Di Indonesia. In *Infodatin* (p. 12).
- Radloff, L. . (1977). The CES-D Scale: a self report depression scale for research in the general population. *Applied Psychological Measurements*, 1, 385–401.
- Ramírez, M. de la C. G., Rodríguez, R. F. P., & Bécquer, R. G. M. (2020). Mental health in children and adolescents during covid-19 pandemic. *Revista Cubana de Pediatría*, 92, 1–19. <https://doi.org/10.1620/tjem.253.203>.Correspondence
- Reyes-Molina, D., Alonso-Cabrera, J., Nazar, G., Parra-Rizo, M. A., Zapata-Lamana, R., Sanhueza-Campos, C., & Cigarroa, I. (2022). Association between the Physical Activity Behavioral Profile and Sedentary Time with Subjective Well-Being and Mental Health in Chilean University Students during the COVID-19 Pandemic. *International Journal of Environmental Research and Public Health*, 19(4). <https://doi.org/10.3390/ijerph19042107>
- Riskesdas. (2018). Laporan Provinsi Kalimantan Timur. *Lembaga Penerbit Badan Litbang Kesehatan*, 1–39.
- Riyani, A., & Pratama, B. (2021). Pengaruh Fee Audit, Audit Tenure, Dan Rotasi Audit Terhadap Kualitas Audit Pada Perusahaan Manufaktur Sektor Industri Barang Konsumsi Yang Terdaftar Di BEI Tahun 2015–2018. *Pengaruh Fee Audit, Audit Tenure, Dan Rotasi Audit Terhadap Kualitas Audit Pada Perusahaan Manufaktur Sektor Industri Barang Konsumsi Yang Terdaftar Di BEI Tahun 2015–2018*.
- Rodriguez-Ayllon, M., Cadenas-Sánchez, C., Estévez-López, F., Muñoz, N. E., Mora-Gonzalez, J., Migueles, J. H., Molina-García, P., Henriksson,

- H., Mena-Molina, A., Martínez-Vizcaíno, V., Catena, A., Löf, M., Erickson, K. I., Lubans, D. R., Ortega, F. B., & Esteban-Cornejo, I. (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. <https://doi.org/10.1007/s40279-019-01099-5>
- Romadhona, D. S. (2021). *Hubungan Aktivitas Fisik Terhadap Tingkat Stres Mahasiswa Di Masa Pandemi Covid-19*. <https://eprints.umm.ac.id/75373/>
- Rosyanti, L., Indriono, H., & Fitriwijayati. (2018). *Memahami Gangguan Depresi Mayor (Major Depression Disorder)*. 10–15.
- S, Lemeshow & W.H, D. (1997). *Besar sampel dalam penelitian Kesehatan (terjemahan)*. Gadjahmada University Press.
- Sainsiana, A., Andhika, A., Azzahra, A., Asmar, A., Hilmi, H. F., Nisa, Y. F., Noor, I. M., & Hendarmin, L. A. (2021). *Hubungan Durasi Olahraga dengan Durasi Penggunaan Internet dan Tingkat Keparahan Depresi pada Mahasiswa UIN Syarif Hidayatullah Jakarta The Association between Duration of Exercise with Duration of Internet Usage and the Severity of Depression among Syari*. *5*(2), 96–105.
- Sanders, R. A. (2013). Adolescent psychosocial, social, and cognitive development. *Pediatrics in Review*, *34*(8), 354–359. <https://doi.org/10.1542/pir.34-8-354>
- Savitri, K. (2018). *Hubungan Self-Efficiency (SE) Dan Sense of Coherence (SOC) Dengan Tingkat Aktivitas Fisik Mahasiswa Program Studi Tugas Akhir Untuk Memenuhi Persyaratan Memperoleh Gelar Sarjana Kedokteran Oleh : Kania Aviandi Savitri Program Studi Kedokteran*.
- Sejati, Y. R., & Ghozali, G. (2021). Literatur Review Dampak Pandemi COVID-19 Terhadap Depresi pada Remaja. *Borneo Student Research (BSR)*, *3*(1), 626–635.
- Setyawan, I. A., Setiawati, O. R., Dharmawan, A. K., & Pramesti, W. (2021). Pengaruh Stres dengan Perilaku Olahraga Pada Mahasiswa Fakultas

- Kedokteran Selama Pandemi Covid-19. *Jurnal Ilmiah Kesehatan Sandi Husada*, 10(1), 241–247. <https://doi.org/10.35816/jiskh.v10i1.593>
- Setyawati, M. (2019). *Hubungan Antara Depresi Dengan Kualitas Hidup Pasien Yang Menjalani Hemodialisis Di Rumah Sakit Tk.II Dr. Soepraoen*.
- Shahidi, S. H., Stewart Williams, J., & Hassani, F. (2020). Physical activity during COVID-19 quarantine. *Acta Paediatrica, International Journal of Paediatrics*, 109(10), 2147–2148. <https://doi.org/10.1111/apa.15420>
- Shania. (2021). *Hubungan gaya hidup sedentari pada masa pembelajaran daring terhadap kejadian depresi berdasarkan self report dengan instrumen skrining depresi mahasiswa praklinik fakultas kedokteran Universitas Pelita Harapan*.
- Sofiani, R. I. (2020). *Modul ajar Statistik II. PSTI*. 1–94. <https://repository.unikom.ac.id/66666/1/2-5-Pengujian-Hipotesis.pdf>
- Steve, D., Amiri, M., & Punduh, M. (2021). Gambaran Aktivitas Fisik Mahasiswa Semester I Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi Saat Pembatasan Sosial Masa Pandemi Covid-19. *Kesmas*, 10(1), 95–104.
- Sugiyono. (2014). *Metode Penelitian Pendidikan pendekatan kuantitatif, Kualitatif dan R&D*. Alfabeta.
- Swarjana, I. K. (2016). *Metodologi Penelitian Kesehatan [Edisi Revisi](M. Bendatu*. Andi.
- Thurai, S. R. T., & Westa, W. (2017). Tingkat depresi dalam kalangan mahasiswa kedokteran semester VII Universitas Udayana dan keterlibatan mereka dalam kegiatan fisik. *Intisari Sains Medis*, 8(2), 147–150. <https://doi.org/10.1556/ism.v8i2.131>
- Tim Riskesdas 2018. (2019). Laporan Provinsi Kalimantan Timur Riskesdas 2018. *Lembaga Penerbit Badan Litbang Kesehatan*, 472.
- UNICEF. (2021). Promoting, protecting and caring for children's mental health. In *Forbes*.
- Vanhelst, J., Béghin, L., Duhamel, A., Manios, Y., Molnar, D., De Henauw,

- S., Moreno, L. A., Ortega, F. B., Sjöström, M., Widhalm, K., Gottrand, F., De Henauw, S., González-Gross, M., Gilbert, C., Kafatos, A., Sánchez, J., Hall, G., Maes, L., Meléndez, P., ... Gómez Lorente, J. J. (2016). Physical Activity Is Associated with Attention Capacity in Adolescents. *Journal of Pediatrics*, *168*, 126-131.e2. <https://doi.org/10.1016/j.jpeds.2015.09.029>
- Wheatley, C., Wassenaar, T., Salvan, P., Beale, N., Nichols, T., Dawes, H., & Johansen-Berg, H. (2020). Associations between fitness, physical activity and mental health in a community sample of young British adolescents: Baseline data from the Fit to Study trial. *BMJ Open Sport and Exercise Medicine*, *6*(1), 1–9. <https://doi.org/10.1136/bmjsem-2020-000819>
- WHO. (2021). *Depression and other common Mental Disorders global health estimate*. World Health Organization.
- Wicaksono, A. (2020). <https://www.ejurnal.biges.ac.id/index.php/kesehatan/article/download/161/111>Aktivitas Fisik Yang Aman Pada Masa Pandemi Covid-19. *Jurnal Ilmu Keolahragaan Undiksha*, *8*(1), 10–15.
- Wright, L. J., Williams, S. E., & Veldhuijzen van Zanten, J. J. C. S. (2021). Physical Activity Protects Against the Negative Impact of Coronavirus Fear on Adolescent Mental Health and Well-Being During the COVID-19 Pandemic. *Frontiers in Psychology*, *12*(March). <https://doi.org/10.3389/fpsyg.2021.580511>
- Zenic, N., Taiar, R., Gilic, B., Blazevic, M., Maric, D., Pojskic, H., & Sekulic, D. (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. <https://doi.org/10.3390/APP10113997>

Zulfia, I., Meilinda, M., Ilma, N., Muskhafiyah, S., Studi Bimbingan dan Konseling Islam, P., Dakwah dan Komunikasi, F., Sunan Ampel Surabaya, U., & Koresponden, P. (2021). Kesehatan Mental Remaja Pada Masa Pandemi. *Counseling As Syamil*, 1(01), 11–19.