

## DAFTAR PUSTAKA

- Abadini, D., & Wuryaningsih, C. E. (2019). Determinan Aktivitas Fisik Orang Dewasa Pekerja Kantoran di Jakarta Tahun 2018. *Jurnal Promosi Kesehatan Indonesia*, 14(1), 15. <https://doi.org/10.14710/jpki.14.1.15-28>
- Al-Asadi, J. N. (2020). Handgrip strength in medical students: Correlation with body mass index and hand dimensions. *Asian Journal of Medical Sciences*, 9(1), 21–26. <https://doi.org/10.3126/ajms.v9i1.18577>
- Amaral, C. A., Amaral, T. L. M., Monteiro, G. T. R., Vasconcellos, M. T. L., & Portela, M. C. (2019). Hand grip strength: Reference values for adults and elderly people of Rio Branco, Acre, Brazil. *PLOS ONE*, 14(1), e0211452. <https://doi.org/10.1371/journal.pone.0211452>
- Apovian, C. M. (2019). Obesity: definition, comorbidities, causes, and burden. *The American Journal of Managed Care*, 22(7 Suppl), s176–s185. <https://pubmed.ncbi.nlm.nih.gov/27356115/>
- Aurelly, A., Sarosa, H., & Fasitasari, M. (2021). *Hubungan Antara Tingkat Aktivitas Fisik dan Asupan Protein dengan Hand Grip Strength*.
- Bilajac, L., Juraga, D., & Zuljevic, H. (2019). The influence of physical Activity on handgrip strength of elderly. *Archive of Gerontology and Geriatrics Research*, 4(1), 020–024. <https://doi.org/10.17352/aggr.000011>
- CDC. (2022, March 21). *Causes of Obesity | Overweight & Obesity | CDC*. U.S. Department of Health & Human Services. <https://www.cdc.gov/obesity/basics/causes.html>
- Chattalia, V. N., Vidiari Juhanna, I., Hendra, M., Nugraha, S., & Wahyuni, N. (2020). Hubungan Aktivitas Fisik Terhadap Kekuatan Genggaman dan Kecepatan Berjalan Pada Lansia di Kelurahan Panjer. *Sport and Fitness Journal*, 8(3), 205–211.
- Clegg, A., Young, J., Iliffe, S., Rikkert, M. O., & Rockwood, K. (2019). Frailty in elderly people. *The Lancet*, 381(9868), 752–762. [https://doi.org/10.1016/S0140-6736\(12\)62167-9](https://doi.org/10.1016/S0140-6736(12)62167-9)
- Diani, N., Maulana, I., Isnarawati, Z., Farany Khanza, A., Keperawatan Medikal Bedah, D., Studi Keperawatan, P., & Kedokteran, F. (2023). Aktivitas Fisik Penderita Diabetes Mellitus Terhadap Nilai Handgrip Strength Test. In *Prosiding Forum Ilmiah Tahunan IAKMI (Ikatan Ahli Kesehatan Masyarakat Indonesia)*.

- Edwards, C. H., Bjørngaard, J. H., & Minet Kinge, J. (2021). The relationship between body mass index and income: Using genetic variants from HUNT as instrumental variables. *Health Economics (United Kingdom)*, 30(8), 1933–1949. <https://doi.org/10.1002/hec.4285>
- Fitriani, A., & Purwaningtyas, D. R. (2020). Indeks Massa Tubuh, Asupan Protein dan Kekuatan Otot Pada Perempuan Remaja Akhir di Perkotaan. *Jurnal Kesehatan Masyarakat Khatulistiwa*, 7(No.4), 166–177.
- Hamrik, Z., Sigmundová, D., Kalman, M., Pavelka, J., & Sigmund, E. (2019). Physical activity and sedentary behaviour in Czech adults: Results from the GPAQ study. *European Journal of Sport Science*, 14(2), 193–198. <https://doi.org/10.1080/17461391.2013.822565>
- Harith, S., Nik Mohd Zaib, N. N. S., & Meramat, A. (2020). Relationship of Body Mass Index and Physical Activity with Hand Grip Status Among University Students: A Cross Sectional Analysis. *Asian Journal of Medicine and Biomedicine*, 4(2), 30–38. <https://doi.org/10.37231/ajmb.2020.4.2.360>
- Herdiani, N. (2019). Hubungan IMT dengan Hipertensi pada Lansia di Kelurahan Gayungan Surabaya. *Medical Technology and Public Health Journal (MTPH Journal)* |, 3(2).
- Huang, L., Liu, Y., Lin, T., Hou, L., Song, Q., Ge, N., & Yue, J. (2022). Reliability and validity of two hand dynamometers when used by community-dwelling adults aged over 50 years. *BMC Geriatrics*, 22(1). <https://doi.org/10.1186/s12877-022-03270-6>
- Irawan, I. R., Sudikno, Julianti, E. D., Nurhidayati, N., Rachmawati, R., Sari, Y. D., & Herianti. (2022). Faktor Risiko Underweight Pada Balita di Perkotaan dan Perdesaan Indonesia [Analisis Data Studi Status Gizi Balita Indonesia 2019]. *Penelitian Gizi Dan Makanan*, 45(1), 47–58.
- Jura, M., & Kozak, Leslie. P. (2019). Obesity and related consequences to ageing. *AGE*, 38(1), 23. <https://doi.org/10.1007/s11357-016-9884-3>
- Kemkes. (2017). *Buku Saku Pemantauan Status Gizi Tahun 2017* (Direktorat Jenderal Kesehatan Masyarakat).
- Kemkes. (2017). *Panduan Pelaksanaan Gerakan Nusantara Tekan Angka Obesitas. Direktorat Pencegahan Dan Pengendalian Penyakit Tidak Menular.*

- Kemenkes RI. (2018). Laporan Hasil Riset Kesehatan Dasar (RISKESDAS). *Epidemi Obesitas*.
- Kementerian Kesehatan RI. (2018). Laporan Hasil Riset Kesehatan Dasar (RISKESDAS). *Badan Peneliti Dan Pengembangan Kesehatan*.
- Kurt, C., Sagioglu, İ., Kurt Ömurlu, İ., & Çatikkas, F. (2019). Associations among handgrip strength, dietary pattern, and physical activity level in Physical Education students. *International Journal of Sports, Exercise & Training Science*, 3(2), 33–33. <https://doi.org/10.18826/useeabd.291965>
- Lee, M.-R., Jung, S. M., Bang, H., Kim, H. S., & Kim, Y. B. (2018). Association between muscle strength and type 2 diabetes mellitus in adults in Korea. *Medicine*, 97(23), e10984. <https://doi.org/10.1097/MD.00000000000010984>
- Lu, H.-K., Chen, Y.-Y., Yeh, C., Chuang, C.-L., Chiang, L.-M., Lai, C.-L., Casebolt, K. M., Huang, A.-C., Lin, W.-L., & Hsieh, K.-C. (2017). Discrepancies between leg-to-leg bioelectrical Impedance analysis and computerized tomography in abdominal visceral fat measurement. *Scientific Reports*, 7(1), 9102. <https://doi.org/10.1038/s41598-017-08991-y>
- Lupiana, M., Sutrio, S., & Indriyani, R. (2022). Hubungan Pola Makan Remaja dengan Indeks Massa Tubuh di Sekolah Menengan Pertama Advent Bandar Lampung. *Prepotif : Jurnal Kesehatan Masyarakat*, 6(2), 1135–1144. <https://doi.org/10.31004/prepotif.v6i2.4376>
- Madina, U. U., Setiati, S., Laksmi, P. W., & Mansjoer, A. (2021). Prediktor Perubahan Kekuatan Genggam Tangan pada Pasien Usia Lanjut. *Jurnal Penyakit Dalam Indonesia*, 8(3), 112. <https://doi.org/10.7454/jpdi.v8i3.529>
- Miranda, G. I. (2018). Perbedaan Perilaku Mahasiswa Fakultas Kedokteran dan Non Fakultas Kedokteran Universtias Brawijaya dalam Konsumsi Camilan. 33–33.
- Pratiwi, N. W. R. (2019). Hubungan Antara Kebiasaan Konsumsi Fast Food, Aktivitas Fisik dan Kejadian Obesitas di Desa Nyitdah Kabupaten Tabanan. *In Paper Knowledge. Poltekkes Denpasar*.
- Purnamasari, N. D. P., Widnyana, M., Antari, N. K. A. J., & Andayani, N. L. N. (2021). Hubungan Antara Kualitas Tidur dengan Indeks Massa Tubuh Pada Mahasiswa di Fakultas Kedokteran Universitas Udayana. *Majalah Ilmiah Fisioterapi Indonesia*, 9(1), 18. <https://doi.org/10.24843/MIFI.2021.v09.i01.p04>

- Riskawati, Y. K., Prabowo, E. D., & Al Rasyid, H. (2018). Tingkat Aktivitas Fisik Mahasiswa Program Studi Pendidikan Dokter Tahun Kedua, Ketiga, Keempat. *Majalah Kesehatan*, 5(1), 27–32. <https://doi.org/10.21776/ub.majalahkesehatan.005.01.4>
- Riviati, N., Setiati, S., Laksmi, P. W., & Abdullah, M. (2017). Factors Related with Handgrip Strength in Elderly Patients. *Acta Med Indones-Indones J Intern Med*, 49.
- Savitri, I. G. A. A. N., Winaya, I. M. N., Muliarta, I. M., & Griadhi, I. P. A. (2020). Hubungan Persentase Lemak Tubuh dan IMT dengan Kekuatan Otot Genggam pada Remaja Putri Usia 15-17 Tahun di SMK Kesehatan Bali Medika Denpasar. *Majalah Ilmiah Fisioterapi Indonesia (MIFI)*, 6(N0 3). <https://ojs.unud.ac.id/index.php/mifi/index>
- Sherwood, L. (2016). *Human physiology : from cells to system, ninth edition* (9<sup>th</sup>). USA : Cengage Learning.
- Shozi, S., Monyeke, M. A., Moss, S. J., & Pienaar, C. (2022). Relationships between physical activity, body mass index, waist circumference and handgrip strength amongst adults from the North West province, South Africa: The Pure study. *African Journal of Primary Health Care and Family Medicine*, 14(1). <https://doi.org/10.4102/phcfm.v14i1.3206>
- Sulistriarini, & Hargono, R. (2018). Hubungan Perilaku Hidup Sehat dengan Status Kesehatan Masyarakat Kelurahan Ujung. *Promkes*, 6(No. 1), 12–22.
- Vasold, K. L., Parks, A. C., Phelan, D. M. L., Pontifex, M. B., & Pivarnik, J. M. (2019). Reliability and Validity of Commercially Available Low-Cost Bioelectrical Impedance Analysis. *International Journal of Sport Nutrition and Exercise Metabolism*, 29(4), 406–410. <https://doi.org/10.1123/ijsnem.2018-0283>
- WHO. (2021, July 9). *Obesity and overweight*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
- WHO. (2022, October 5). *Physical activity*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- Wiwien, K., Dewi, P., Gede, I., Darma Suyasa, P., Dwina Mastryagung, G. A., Studi, P., Keperawatan, S., Kesehatan, F., Teknologi, I., & Bali, K. (2022). Tingkat Aktivitas Fisik Pada Mahasiswa Sarjana Kesehatan di Masa Pandemi COVID-19. *Jurnal Medika Usada*, 5(2), 27.

- World Health Organization. (2021). Global Physical Activity Questionnaire Analysis Guide GPAQ Analysis Guide Global Physical Activity Questionnaire (GPAQ) Analysis Guide. In WHO (Ed.), *Surveillance and Population-Based Prevention* . <http://www.who.int/chp/steps/GPAQ/en/index.html>
- Xu, Z., Liu, Y., Yan, C., Yang, R., Xu, L., Guo, Z., Yu, A., Cheng, X., Ma, L., Hu, C., Guglielmi, G., & Hind, K. (2021). Measurement of visceral fat and abdominal obesity by single-frequency bioelectrical impedance and CT: a cross-sectional study. *BMJ Open*, *11*(10), e048221. <https://doi.org/10.1136/bmjopen-2020-048221>
- Yoo, E. G. (2020). Waist-to-height ratio as a screening tool for obesity and cardiometabolic risk. *Korean Journal of Pediatrics*, *59*(11), 425–431. <https://doi.org/10.3345/kjp.2016.59.11.425>
- Zaccagni, L., Toselli, S., Bramanti, B., Gualdi-Russo, E., Mongillo, J., & Rinaldo, N. (2020). Handgrip Strength in Young Adults: Association with Anthropometric Variables and Laterality. *International Journal of Environmental Research and Public Health*, *17*(12), 4273. <https://doi.org/10.3390/ijerph17124273>