

DAFTAR PUSTAKA

- Adhi Jaya, Putu Dedy Arjita, I., & Kedokteran, F. (2023). The Relationship of Body Mass Index (BMI) and Waist Circumference with Arm Muscle Strength in Students of the Faculty Of Medicine, Al-Azhar Islamic University Mataram. *Nusantara Hasana Journal*, 2(10), Page.
- Aldobali, M., & Pal, K. (2021). Bioelectrical Impedance Analysis for Evaluation of Body Composition: A Review. *2021 International Congress of Advanced Technology and Engineering (ICOTEN)*, 1–10. <https://doi.org/10.1109/ICOTEN52080.2021.9493494>
- Alshamiri, M. Q., Mohd A Habbab, F., Al-Qahtani, S. S., Alghalayini, K. A., Al-Qattan, O. M., & El-Shaer, F. (2020). Waist-to-Height Ratio (WHR) in Predicting Coronary Artery Disease Compared to Body Mass Index and Waist Circumference in a Single Center from Saudi Arabia. *Cardiology Research and Practice*, 2020. <https://doi.org/10.1155/2020/4250793>
- Amin, N., Setiyawan, J., Priyadi, D., & Mulyo, H. (2021). The Relationship of Nutritional Status on Muscle Strength (Arm, Leg, and Abdomen) of Wrestling Athletes. In *Nutrition Research and Development Journal*. <https://journal.unnes.ac.id/sju/index.php/nutrizione/>
- Asif, M., Aslam, M., Altaf, S., Majid, A., & Atif, S. (2020). Evaluation of Anthropometric Parameters of Central Obesity among Professional Drivers: A Receiver Operating Characteristic Analysis. *Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal)*, 15(3), 106–112. <https://doi.org/10.21109/KESMAS.V15I3.3218>
- Choi, S., Nah, S., Jang, H., Moon, J., & Han, S. (2021). Association between relative handgrip strength and chronic lower back pain: A nationwide cross-sectional analysis of the Korea national health and nutrition examination survey. *International Journal of Environmental Research and Public Health*, 18(20), 10770. <https://doi.org/10.3390/IJERPH182010770/S1>
- Corvos, C. A., Corvos, A., & Salazar, A. (2021). Índices antropométricos y salud en estudiantes de ingeniería de la Universidad de Carabobo. *Nutricion Clinica y Dietetica Hospitalaria*, 34(2), 45–51. <https://doi.org/10.12873/342carabobocorvos>
- De Araújo Amaral, C., Amaral, T. L. M. I., Monteiro, G. T. R., De Vasconcellos, M. T. L., & Portela, M. C. (2020). Factors associated with low handgrip strength in older people: data of the Study of Chronic Diseases (Edoc-I). *BMC Public Health*, 20(1). <https://doi.org/10.1186/S12889-020-08504-Z>
- Dhananjaya, J. R., Veena, H. C., Mamatha, B. S., & Sudarshan, C. R. (2019). Comparative study of body mass index, hand grip strength, and handgrip endurance in healthy individuals. *National Journal of Physiology, Pharmacy and Pharmacology*, 7(6), 594–598. <https://doi.org/10.5455/njppp.2017.7.1030007022017>
- Dv, M., & See, C. P. (2019). *Research Article Integrative Obesity and Diabetes Integr Obesity Diabetes*. 1(1), 7–10. <https://doi.org/10.15761/IOD.1000103>

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>

Ibegbu, A. O., Baita, M. B., Hamman, W. O., Emmanuel, U. U., & Musa, S. A. (2019). Evaluation of the Relationship between Handgrip Strength with Some Anthropometries among Nigerian Secondary School Students. *The Anthropologist*, 17(3), 921–927. <https://doi.org/10.1080/09720073.2014.11891508>

International Diabetes Federation. (2006).

Jedrzejuk Diana, Bolanowski Marek, & Gonera-Furman Aleksandra. (2022). *Osteosarcopenia—The Role of Dual-Energy X-ray Absorptiometry (DXA) in Diagnostics*.

Jones Oliver. (2020, December 9). *Muscles of the Upper Arm*.

Kaparang, D. R., Padaunan, E., & Kaparang, G. F. (2022). Indeks Massa Tubuh dan Lemak Viseral Mahasiswa. *Aksara: Jurnal Ilmu Pendidikan Nonformal*, 8(3), 1579. <https://doi.org/10.37905/aksara.8.3.1579-1586.2022>

Kis, O. S., Buch, A., Eldor, R., & Moran, D. S. (2023). Hand Grip Strength Relative to Waist Circumference as a Means to Identify Men and Women Possessing Intact Mobility in a Cohort of Older Adults with Type 2 Diabetes. *Biomedicines*, 11(2), 352. <https://doi.org/10.3390/biomedicines11020352>

KM, S., Oliver Raj, J., Prakash, N., & Shetty, K. (2019). Correlation of Forearm Circumference and Hand Length with Grip Strength in Healthy Young Adults. *Acta Scientific Orthopaedics*, 2(10), 10–15. <https://doi.org/10.31080/asor.2019.02.0100>

Konishi, M., Akiyama, E., Matsuzawa, Y., Sato, R., Kikuchi, S., Nakahashi, H., Maejima, N., Iwahashi, N., Kosuge, M., Ebina, T., Hibi, K., Misumi, T., Haehling, S., Anker, S. D., Tamura, K., & Kimura, K. (2021). Prognostic impact of muscle and fat mass in patients with heart failure. *Journal of Cachexia, Sarcopenia and Muscle*, 12(3), 568–576. <https://doi.org/10.1002/jcsm.12702>

Krath, J., Nagel, S., Schürmann, L., Sohny-Knops, A., Sommerfeld, A., Theisen, N., & von Gladiß, A. (2021). *Junges Forschen der Universität in Koblenz, Volume 3*.

Kwak, Y., Kim, Y., & Chung, H. (2019). Sex-Associated Differences in the Handgrip Strength of Elderly Individuals. <https://doi.org/10.1177/0193945919856304>, 42(4), 262–268. <https://doi.org/10.1177/0193945919856304>

Lee. (2021). Handgrip Strength: An Irreplaceable Indicator of Muscle Function. In *Annals of Rehabilitation Medicine* (Vol. 45, Issue 3, pp. 167–169). Korean Academy of Rehabilitation Medicine. <https://doi.org/10.5535/ARM.21106>

- Lee, G., Choi, S., & Park, S. M. (2021). Association of waist circumference with muscle and fat mass in adults with a normal body mass index. *Nutrition Research and Practice*, 15(5), 604–612. <https://doi.org/10.4162/NRP.2021.15.5.604>
- Lee, & Gong. (2020). Measurement and Interpretation of Handgrip Strength for Research on Sarcopenia and Osteoporosis. *Journal of Bone Metabolism*, 27(2), 85–96. <https://doi.org/10.11005/JBM.2020.27.2.85>
- Lee, M.-R., Jung, S. M., Bang, H., Kim, H. S., & Kim, Y. B. (2019). Association between muscle strength and type 2 diabetes mellitus in adults in Korea. *Medicine*, 97(23), e10984. <https://doi.org/10.1097/MD.00000000000010984>
- Lopez-Lopez, J. P., Cohen, D. D., Ney-Salazar, D., Martinez, D., Otero, J., Gomez-Arbelaez, D., Camacho, P. A., Sanchez-Vallejo, G., Arcos, E., Narvaez, C., Garcia, H., Perez, M., Molina, D. I., Cure, C., Sotomayor, A., Rico, Á., Hernandez-Triana, E., Duran, M., Cotes, F., ... Lopez-Jaramillo, P. (2021). The prediction of Metabolic Syndrome alterations is improved by combining waist circumference and handgrip strength measurements compared to either alone. *Cardiovascular Diabetology* 2021 20:1, 20(1), 1–11. <https://doi.org/10.1186/S12933-021-01256-Z>
- Łuszczki, E., Bartosiewicz, A., Kuchciak, M., Dereń, K., Oleksy, Ł., Adamska, O., & Mazur, A. (2022). Longitudinal analysis of resting energy expenditure and body mass composition in physically active children and adolescents. *BMC Pediatrics*, 22(1), 1–12. <https://doi.org/10.1186/S12887-022-03326-X/TABLES/5>
- Nawangasasi, P. (n.d.). (2021) *Correlation of Hand Grip Strenght and Body Height amongst young adults in Indonesia*.
- Oliver Raj, J., Prakash, N., Shetty, K., & Author, C. (n.d.). (2019) *Acta Scientific Orthopaedics (ISSN: 2581-8635) Correlation of Forearm Circumference and Hand Length with Grip Strength in Healthy Young Adults*. <https://doi.org/10.31080/ASOR.2019.02.0100>
- Palacio, A. C., Díaz-Torrente, X., & Quintiliano-Scarpelli, D. (2022). Higher Abdominal Adiposity Is Associated With Lower Muscle Strength in Chilean Adults. *Frontiers in Nutrition*, 9. <https://doi.org/10.3389/fnut.2022.812928>
- Pangaribuan Danty. (2020). *Hubungan Antara Kekuatan Genggaman Tangan dengan Indeks Massa Tubuh Pasa Mahasiswa Fakultas Kedokteran Universitas Muhamaadiyah Sumatera Utara Angkatan 2016*.
- Physiology Guyton and Hall 14th Ed.* (2021).
- Physiology Sherwood.* (2016).

- Pramaningtyas, M., Firdaus, & Salsabilla Lidya. (2021). *Hubungan Total Lemak Tubuh Dengan Indeks Kebugaran Jasmani Mahasiswa Fakultas Kedokteran Universitas Islam Indonesia*.
- Pratiwi, A. G., Ardiaria, M., Candra, A., & Rahadiyanti, A. (n.d.). (2023) *Correlation Between Nutritional Status With Hand Grip Strength (HGS)*.
- Pratiwi, H., Rochma, M., Nurahmi, A., Gizi, P., & Megarezky, U. (2022). *Pemantauan Indeks Massa Tubuh dan Persen Lemak Tubuh dalam Pencegahan Obesitas. Volume 1*, 53–60.
- Priantoro, H. (2018). Hubungan Beban Kerja Dan Lingkungan Kerja Dengan Kejadian Burnout Perawat Dalam Menangani Pasien Bpjs. *Jurnal Ilmiah Kesehatan*, 16(3), 9–16. <https://doi.org/10.33221/JIKES.V16I3.33>
- Purnamasari, D. M., Safitri, Y., Fitriani, E., Hidana, R., Athallah, A. A., Utama, R. E., Januarta, C. W., Pangemanan, A. M., Purawijaya, H. R., Corlesa, G. J., & Krista, A. J. (2021). Status Gizi Mahasiswa Universitas Pertahanan Republik Indonesia Program S1 Angkatan 1. *Jurnal Sains Dan Kesehatan*, 3(6), 864–869. <https://doi.org/10.25026/jsk.v3i6.1007>
- Putu I Griadhi Adiartha, Savitri I G A A N, Muliarta I Made, & Winaya I Made Niko. (2020). *Hubungan Persentase Lemak Tubuh dan IMT dengan Kekuatan Otot Genggam Pada Remaja Putri Usia 15-17 Tahun di SMK Kesehatan Bali Medika Denpasar I Gusti Agung Ayu Narita Savitri 1 , I Made Niko Winaya 2 , I Made Muliarta*. <https://ojs.unud.ac.id/index.php/mifi/index>
- Ratini, M. (2021). *Body Composition: Health, Body Fat, and More*. <https://www.webmd.com/fitness-exercise/what-is-body-composition>
- Ross, R., Neeland, I. J., Yamashita, S., Shai, I., Seidell, J., Magni, P., Santos, R. D., Arsenault, B., Cuevas, A., Hu, F. B., Griffin, B. A., Zambon, A., Barter, P., Fruchart, J. C., Eckel, R. H., Matsuzawa, Y., & Després, J. P. (2020). Waist circumference as a vital sign in clinical practice: a Consensus Statement from the IAS and ICCR Working Group on Visceral Obesity. *Nature Reviews Endocrinology* 2020 16:3, 16(3), 177–189. <https://doi.org/10.1038/s41574-019-0310-7>
- Setiowati Anies. (2018). *Hubungan Indeks Massa Tubuh, Persen Lemak Tubuh, Asupan Zat Gizi dengan Kekuatan Otot*.
- Shah, S. A., Safian, N., Mohammad, Z., Nurumal, S. R., Ibadullah, W. A. H. W., Mansor, J., Ahmad, S., Hassan, M. R., & Shobugawa, Y. (2022). Factors Associated with Handgrip Strength Among Older Adults in Malaysia. *Journal of Multidisciplinary Healthcare*, 15, 1023–1034. <https://doi.org/10.2147/JMDH.S363421>
- Sholeh, I., Indraswari, D. A., & Laksono, B. (2018). Media Medika Muda Hubungan Lingkar Pinggang dengan Puncak Ekspirasi pada Populasi Sindrom Metabolik. In *Budi Laksono MMM* (Vol. 4, Issue 4).
- Shozi, S., Monyeki, 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>

Singh Rajpurohit, V., Ram Sharma, M., Kumar Jadiya, M., & Choudhary, A. (2021). Evaluation of Maximal Isometric Hand Grip Strength in Different Sports. *Indian Journal of Physiotherapy & Occupational Therapy* Print- (ISSN 0973-5666) and Electronic –(ISSN 0973-5674), 15(1), 25–29. <https://doi.org/10.37506/IJPOT.V15I1.13342>

Sri, D. A., Suandewi, A., Purnawati, S., & Saraswati, R. (n.d.). *Hubungan Indeks Massa Tubuh (IMT) dan Aktivitas Fisik Dengan Kekuatan Otot Genggam Pada Pasien Diabetes Melitus Tipe 2 di Rumah Sakit Umum Pusat Sanglah Denpasar*. Retrieved May 7, 2023, from <http://ojs.unud.ac.id/index.php/eum>

Sriasih, K., Sena, I. G. A., & Parwata, I. M. Y. (2022). Ukuran Lingkar Lengan Atas Menentukan Daya Tahan Otot Lengan pada Pemain Tenis Meja Putri di Nagaraja TTC Sukawati Gianyar. *Jurnal Kesehatan, Sains, dan Teknologi (Jakasakti)*, 1(1). <https://jurnal.undhirabali.ac.id/index.php/jakasakti/article/view/1961>

Sulistyarini, T. (Tri), Yoshimura, A. (Aya), Anam, M. S. (Moh), Mexitalia, M. (Maria), & Yamauchi, T. (Taro). (2017). Hubungan antara Status Gizi dengan Kekuatan Genggaman Tangan pada Anak-anak di Pedesaan. *Medica Hospitalia*, 4(3), 353017. <https://doi.org/10.36408/MHJCM.V4I3.337>

Wibaya Nyoman, Rini Setio, Sabariah, & Setyowati Ety. (2022). *Hubungan Indeks Massa Tubuh (IMT), Lingkar Lengan Atas (LiLA) dan Lingkar Pinggang dengan Kadar Kolesterol Total Pada Mahasiswa Fakultas Kedokteran Universitas Islam Al - Azhar*.

World Health Statistics. (2021).

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), 1–12. <https://doi.org/10.3390/ijerph17124273>

Zielinska, N., Tubbs, R. S., Podgórski, M., Kenschake, M., Aragonés, P., Grzelecki, D., & Olewnik, Ł. (2022). Relationships among Coracobrachialis, Biceps Brachii, and Pectoralis Minor Muscles and Their Correlation with Bifurcated Coracoid Process. *BioMed Research International*, 2022, 1–9. <https://doi.org/10.1155/2022/8939359>