

## DAFTAR PUSTAKA

- Adiputra, I. M. S., Trisnadewi, N. W., Oktaviani, N. P. W., & Munthe, S. A. (2021). *Metodologi Penelitian Kesehatan*. Yayasan Kita Menulis.
- Ailshul, M. D. (2018). Energi Balance And Obesity. *Nutrition Today*.
- Almatsier, S. (2010). *Prinsip Dasar Ilmu Gizi*. PT. Gramedia Pustaka Utama.
- Alnanda, C. D., & Wirjatmadi, B. (2023). Hubungan Body image, Tingkat Konsumsi Energi, dan Tingkat Konsumsi Lemak dengan Kejadian Gizi Lebih pada Remaja Putri di SMAN 1 Krian Sidoarjo. *Jurnal Ilmiah Universitas Batanghari Jambi*, 23(3), 3163. <https://doi.org/10.33087/jiubj.v23i3.4138>
- Antono, S. D. (1970). Perbedaan Prestasi Belajar Antara Siswa Obesitas Dan Tidak Obesitas Pada Siswa Sekolah Dasar Di Kota Kediri. *Jurnal Ilmu Kesehatan*, 5(2), 84. <https://doi.org/10.32831/jik.v5i2.138>
- Ariani, N. K. N., Swedarma, K. E., & Saputra, I. K. (2021). *Hubungan Citra Tubuh Dengan Gangguan Perilaku Makan Pada Remaja Putri Pengguna Instagram*. 9, 563–571.
- Arikunto, S. (2006). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Rineka Cipta.
- Arundell, L., Salmon, J., Koorts, H., Ayala, A. M. C., & Timpero, A. (2019). Exploring when and how do adolescents sit? ActivPAL measured patterns of daily sitting time, bouts and breaks. *BMC Public Health*, 1–9.
- Aziz, S., Pramana, Y., & Sukarni. (2023). *Hubungan Aktivitas Fisik dengan Kejadian Obesitas pada Remaja*. 3, 53–54.
- Balasundaram, P., & Krishna, S. (2023). Obesity Effects on Child Health. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK570613/>
- Brakenridge, C. J., Koster, A., de Galan, B. E., Carver, A., Dumuid, D., Dzakpasu, F. Q. S., Eussen, S. J. P. M., Savelberg, H. H. C. M., Bosma, H., Owen, N., Schaper, N. C., Healy, G. N., & Dunstan, D. W. (2024). Associations of 24 h time-use compositions of sitting, standing, physical activity and sleeping with optimal cardiometabolic risk and glycaemic control: The Maastricht Study. *Diabetologia*, 67(7), 1356–1367. <https://doi.org/10.1007/s00125-024-06145-0>
- Brown, J. E., Lechtenberg, E., Murtaugh, M. A., Splett, P. L., Stang, J., Wong, R., Kaiser, L. D., Bowser, E. K., Leonberg, B. L., Sahyoun, N. R., Brazil, A. •, Mexico, •, & Singapore, •. (2017). *6th Ed Nutrition Through the Life Cycle*. [www.cengage.com/highered](http://www.cengage.com/highered)

- Budiman, I. (2008). Validitas Pengukuran Lemak Tubuh Yang Menggunakan Skinfold Caliper Di 2, 3, 4, 7 Tempat Terhadap Cara Bod Pod. *Maranatha Journal of Medicine and Health*, 7(2), 1–12.
- Cahyaningrum, A. (2015). Leptin sebagai indikator obesitas, Sandubaya Mataram. *Jurnal Kesehatan Prima*, 1(1), 1364–1371.
- Cash, T. (2012). *Encyclopedia of Body Image and Human Appearance*. <https://doi.org/10.1016/B978-0-12-384925-0.09001-5>
- Cash, T. F. (2000). the Multidimensional Body-Self Relations Questionnaire. *Mbsrq Users' Manual*, 2, 1–12.
- Cash, T. F., Santos, M. T., & Williams, E. F. (2005). Coping with body-image threats and challenges: validation of the Body Image Coping Strategies Inventory. *J Psychosom Res*. <https://pubmed.ncbi.nlm.nih.gov/15820848/>
- Clea McNeely, M. A., & Blanchard, J. (2009). *The Teen Years Explained*. Center for Adolescent Health at the Johns Hopkins Bloomberg School of Public Health.
- Craig, C. L., Marshall, A. L., Sjöström, M., Bauman, A. E., Booth, M. L., Ainsworth, B. E., Pratt, M., Ekelund, U., Yngve, A., Sallis, J. F., & Oja, P. (2003). International physical activity questionnaire: 12-Country reliability and validity. *Medicine and Science in Sports and Exercise*, 35(8), 1381–1395. <https://doi.org/10.1249/01.MSS.0000078924.61453.FB>
- Dağ, Z. Ö., & Dilbaz, B. (2015). Impact of obesity on infertility in women. *Journal of the Turkish German Gynecology Association*, 16(2), 111–117. <https://doi.org/10.5152/jtgga.2015.15232>
- Damayanti, A. (2016). *Hubungan Citra Tubuh, Aktivitas Fisik dan Pengetahuan Gizi Seimbang dengan Status Gizi Remaja Putri* [Universitas Airlangga]. <https://repository.unair.ac.id/46573/>
- Eker, H. H., Taşdemir, M., Mercan, S., Mucaz, M., Bektemur, G., Sahinoz, S., & Ozkaya, E. (2018). Obesity in adolescents and the risk factors. *Turkish Journal of Physical Medicine and Rehabilitation*, 64(1), 37–45. <https://doi.org/10.5606/tftrd.2018.1402>
- Elizondo-Montemayor, L., Hernández-Escobar, C., Lara-Torre, E., Nieblas, B., & Gómez-Carmona, M. (2017). Gynecologic and Obstetric Consequences of Obesity in Adolescent Girls. *Journal of Pediatric and Adolescent Gynecology*, 30(2), 156–168. <https://doi.org/10.1016/j.jpag.2016.02.007>
- Elmquist, J. K., Elias, C. F., & Saper, C. B. (1999). From lesions to leptin: Hypothalamic control of food intake and body weight. *Neuron*, 22(2), 221–232. [https://doi.org/10.1016/S0896-6273\(00\)81084-3](https://doi.org/10.1016/S0896-6273(00)81084-3)

- Endratno, S. U. (2018). *Hubungan Aktivitas Fisik Dan Konsumsi Fast Food Terhadap Obesitas Pada Remaja Di Sma 1 Cawang Baru Jakarta Timur Tahun 2018*. Universitas Binawan.
- Ermona, N. D. N., & Wirjatmadi, B. (2018). Hubungan Aktivitas Fisik Dan Asupan Gizi Dengan Status Gizi Lebih Pada Anak Usia Sekolah Dasar Di Sdn Ketabang 1 Kota Surabaya Tahun 2017. *Amerta Nutrition*, 2(1), 97. <https://doi.org/10.20473/amnt.v2i1.2018.97-105>
- Escrivá, D., Moreno-Latorre, E., Caplliure-Llopis, J., Benet, I., & Barrios, C. (2021). Relationship of overweight and obesity with body self-image dissatisfaction in urban mediterranean adolescents. *International Journal of Environmental Research and Public Health*, 18(15). <https://doi.org/10.3390/ijerph18157770>
- Ferhi, M., Dalhoumi, A., Ghammam, R., & Mannai, J. (2023). Body Image Misperceptions Among Tunisian Adolescents. *Cureus*, 15(11), 1–14. <https://doi.org/10.7759/cureus.48981>
- Gde, M. I. B. (1999). Memahami kesehatan reproduksi wanita. In *Jakarta: Arcan*. EGC.
- Gibson, R. S. (2023). Principles of Nutritional Assessment: Body Composition. In *Principles of Nutritional Assessment: 3rd Edition*. <https://nutritionalassessment.org/bodycomposition/>
- Gifari, N., Nuzrina, R., Sitoayu, L., Ronitawati, P., & Kuswari, M. (2020). *Analisis Faktor Determinan Kejadian Obesitas Remaja di DKI Jakarta*. PT. Nasya Expanding Management. [www.penerbitnem.online](http://www.penerbitnem.online)
- Goenawan, H., Tarwan, V. M., Sylviana, N., Nurhayati, T., Fatimah, S. N., Lesmana, R., Pratiwi, Y. S., Setiawan, Purba, A., & Akbar, L. B. (2020). *Gambaran Pengetahuan Tentang Pentingnya Aktivitas Fisik Sebagai Pencegah Sindrom Metabolik Pada Staf Perguruan Tinggi Di Jawa Barat*. July, 1–23.
- Gruszka, W., Owczarek, A. J., Glinianowicz, M., Bąk-Sosnowska, M., Chudek, J., & Olszanecka-Glinianowicz, M. (2022). Perception of body size and body dissatisfaction in adults. *Scientific Reports*, 12(1), 1–10. <https://doi.org/10.1038/s41598-021-04706-6>
- Guthold, R., Stevens, G. A., Riley, L. M., & Bull, F. C. (2020). Global trends in insufficient physical activity among adolescents: a pooled analysis of 298 population-based surveys with 1·6 million participants. *Lancet Child Adolesc Health*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6919336/>
- Hadi, H. (2004). Gizi Lebih Sebagai Tantangan Baru Dan Implikasinya Terhadap Kebijakan Pembangunan Kesehatan Nasional. *Jurnal Gizi Klinik Indonesia*, 1(2), 47–53.

- Harlim, A., Bontong, S. I., & Rahfiludin, M. Z. (2022). Relationship between Carbohydrate, Protein, and Fat Consumption with Obesity Incidence in 2014 UKI Faculty of Medicine Students. *Amerta Nutrition*, 6(4), 385–391. <https://doi.org/10.20473/amnt.v7i4.2022.385-391>
- Harriger, J. A., & Thompson, J. K. (2012). Psychological consequences of obesity: Weight bias and body image in overweight and obese youth. *International Review of Psychiatry*, 24(3), 247–253. <https://doi.org/10.3109/09540261.2012.678817>
- Hassan, N. E., Wahba, S., El-Alameey, I. R., El-Masry, S. A., Abushady, M. M., Abdel Hameed, E. R., Ibrahim, T. S., & Boseila, S. (2016). Dietary behaviour pattern and physical activity in overweight and obese Egyptian mothers: Relationships with their children's body mass index. *Open Access Macedonian Journal of Medical Sciences*, 4(3), 353–358. <https://doi.org/10.3889/oamjms.2016.095>
- Herliana, M. N., Indrawan, B., & Rubiana, I. (2019). Sosialisasi Bahaya Hipokinetik Terhadap Pertumbuhan Dan Perkembangan Anak Pada Guru Pjok Sd Dan Smp Se- Kecamatan Cibereum Kota Tasikmalaya. *Abdimas Siliwangi*, 2(2), 82. <https://doi.org/10.22460/as.v2i2p82-89.3060>
- Hong, I., Coker-Bolt, P., Anderson, K. R., Lee, D., & Velozo, C. A. (2016). Relationship between physical activity and overweight and obesity in children: Findings from the 2012 National Health and Nutrition Examination Survey National Youth Fitness Survey. *American Journal of Occupational Therapy*, 70(5), 1–8. <https://doi.org/10.5014/ajot.2016.021212>
- Hosseini, S. A., & Padhy, R. K. (2023). Body Image Distortion. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK546582/>
- Hruby, A., & Hu, F. B. (2015). The Epidemiology of Obesity: A Big Picture. *Pharmacoeconomics*, 33(7), 673–689. <https://doi.org/10.1007/s40273-014-0243-x>.The
- Imierska, M., Kurianiuk, A., & Błachnio-Zabielska, A. (2020). The influence of physical activity on the bioactive lipids metabolism in obesity-induced muscle insulin resistance. *Biomolecules*, 10(12), 1–20. <https://doi.org/10.3390/biom10121665>
- Intantiyana, M., Widajanti, L., & Rahfiludin, M. Z. (2018). Hubungan Citra Tubuh, Aktivitas Fisik Dan Pengetahuan Gizi Seimbang Dengan Kejadian Obesitas Pada Remaja Putri Gizi Lebih Di SMA Negeri 9 Kota Semarang. *Jurnal Kesehatan Masyarakat*, 6(5), 404–412.
- Jukaku, S. A., & Williams, S. R. P. (2021). The cause of obesity is multifactorial but GPs can do more. *BMJ*. <https://doi.org/10.1136/bmj.n956>

- Kadir, A. (2015). Penentuan Kriteria Obesitas. *Jurnal Ilmu Keolahragaan ARENA*, 7(1).
- Kalra, G., Sousa, A. De, Sonavane, S., & Shah, N. (2012). Psychological issues in pediatric obesity. *National Library of Medicine*. <https://pubmed.ncbi.nlm.nih.gov/23766572/>
- Kelly, A. S., Barlow, S. E., Rao, G., Inge, T. H., Hayman, L. L., Steinberger, J., Urbina, E. M., Ewing, L. J., & Danielson, S. R. (2013). Severe Obesity in Children and Adolescents: Identification, Associated Health Risks, and Treatment Approaches. *Circulation*. <https://doi.org/https://doi.org/10.1161/CIR.0b013e3182a5cfb3>
- Kemenkes RI. (2013). Laporan Riskesdas 2013 Nasional. In *Kemenkes RI. Lembaga Penerbit Balitbangkes*. <https://doi.org/10.1126/science.127.3309.1275>
- Kemenkes RI. (2014). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 41 Tahun 2014*. 3, 1–26.
- Kemenkes RI. (2015). Pedoman Umum Pengendalian Obesitas. In *Kemenkes RI*.
- Kemenkes RI. (2018). Laporan Riskesdas 2018 Nasional. In *Lembaga Penerbit Balitbangkes*.
- Kemenkes RI. (2019). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi Yang Dianjurkan Untuk Masyarakat Indonesia*. 1(1).
- Kemenkes RI. (2020). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 2 Tahun 2020*. <https://www.e-ir.info/2018/01/14/securitisation-theory-an-introduction/>
- Kemenkes RI. (2023). Survei Kesehatan Indonesia (SKI) 2023 Dalam Angka. In *Kemenkes RI*.
- Khairani, A. P., Hannan, & Amalia, L. (2019). Pengembangan Alat Ukur Skala Citra Tubuh. *Portal Jurnal Universitas Islam Sultan Agung (UNISSULA)*. <https://core.ac.uk/reader/328165290>
- Lakshman, R., Elks, C. E., & Ong, K. K. (2012). Childhood obesity. *Circulation*, 126(14), 1770–1779. <https://doi.org/10.1161/CIRCULATIONAHA.111.047738>
- Larasati, L. V. (2018). Hubungan Obesitas dengan Gangguan Citra Tubuh Pada Remaja Putri di Pondok Pesantren Al Munawwir Krpyak Yogyakarta. *Jurnal Kesehatan Masyarakat*, 1–12. [http://digilib.unisayogya.ac.id/4370/1/LUCKI\\_VINDI\\_LARASATI%28NASPUB%29-min.pdf](http://digilib.unisayogya.ac.id/4370/1/LUCKI_VINDI_LARASATI%28NASPUB%29-min.pdf)

- Leone, J. E., Mullin, E. M., Maurer-Starks, S. S., & Rovito, M. J. (2014). The adolescent body image satisfaction scale for males: exploratory factor analysis and implications for strength and conditioning professionals. *J Strength Cond Res*.
- Lestari, P. Y., Tambunan, L. N., & Lestari, R. M. (2022). Hubungan Pengetahuan tentang Gizi terhadap Status Gizi Remaja. *Jurnal Surya Medika*, 8(1), 65–69. <https://doi.org/10.33084/jsm.v8i1.3439>
- Lister, N. B., Baur, L. A., Felix, J. F., Hill, A. J., Marcus, C., Reinehr, T., Summerbell, C., & Wabitsch, M. (2023). Child and adolescent obesity. *Nature Reviews Disease Primers*, 9(1). <https://doi.org/10.1038/s41572-023-00435-4>
- Livingstone, K. M., Sexton-Dhamu, M. J., Pendergast, F. J., Worsley, A., Brayner, B., & McNaughton, S. A. (2022). Energy-dense dietary patterns high in free sugars and saturated fat and associations with obesity in young adults. *European Journal of Nutrition*, 61(3), 1595–1607. <https://doi.org/10.1007/s00394-021-02758-y>
- Mardiana, M., Yusuf, M., & Sriwiyanti, S. (2022). Hubungan Beberapa Faktor Dengan Kejadian Obesitas Remaja Di Palembang. *JPP (Jurnal Kesehatan Poltekkes Palembang)*, 17(1), 63–70. <https://doi.org/10.36086/jpp.v17i1.1169>
- Masyitoh, M., & Budiono, I. (2023). Faktor yang Berhubungan dengan Kejadian Gizi Lebih dan Obesitas pada Remaja. *Indonesian Journal of Public Health and Nutrition*, 3(1), 59–68. <https://doi.org/10.15294/ijphn.v3i1.57360>
- Mawaddah, N., & Muniroh, L. (2019). Hubungan Body Image dan Tingkat Kecukupan Zat Gizi Makro dengan Status Gizi pada Remaja Putri SMA Negeri 3 Surabaya. *Jurnal Keperawatan Muhammadiyah*, 4(2), 208–215. <http://journal.um-surabaya.ac.id/index.php/JKM>
- McCreary, D. R., & Sasse, D. K. (2000). An Exploration of The Drive for Muscularity in Adolescent Boys and Girls. *J Am Coll Health*. <https://doi.org/10.1080/07448480009596271>
- Mengeste, A. M., Rustan, A. C., & Lund, J. (2021). Skeletal muscle energy metabolism in obesity. *Obesity*, 29(10), 1582–1595. <https://doi.org/10.1002/oby.23227>
- Moeen, T., Muazzam, A., & Zubair, B. (2013). Development and Validation of Body Image Scale (BIS) For Young Adult Females. *Journal Of Social and Clinical Psychology*, 11 Nomor 1(1), 52–58.
- Mokolensang, O. G., Manampiring, A. E., & Fatimawali. (2016). Hubungan Pola Makan Dan Obesitas Pada Remaja Di Kota Bitung. *Jurnal E-Biomedik*, 4(1). <https://doi.org/10.35790/ebm.4.1.2016.10848>

- Moulinda, A. A., Imrar, I. F., Puspita, I. D., & Amar, I. (2023). Relationship of Nutritional Status, Sleep Quality and Physical Activity with The Menstrual Cycle in Adolescent Girls at SMAN 98 Jakarta. *Jurnal Gizi Dan Kesehatan*, 15(1), 1–12.
- Nasution, A. S., Jayanti, R., & Ramadani, F. N. (2024). Persepsi Citra Tubuh Remaja di Kota Bogor. *Majalah Kesehatan*, 11(1).
- Nisa, N. C., & Rakhma, L. R. (2019). The Correlation Of Body Image Perception With Fat Intake And Body Fat Composition In Adolescent Female Man 2 Surakarta. *J. Gizi Masyarakat Indonesia*, 8(1), 1–13.
- Notoatmodjo, S. (2018). *Metodologi Penelitian Kesehatan*. PT Rineka Cipta.
- Nugroho, P. S. (2020). Jenis Kelamin Dan Umur Berisiko Terhadap Obesitas Pada Remaja Di Indonesia. *An-Nadaa: Jurnal Kesehatan Masyarakat*, 7(2), 110. <https://doi.org/10.31602/ann.v7i2.3581>
- Nurbaiti, K., Marjan, A. Q., Maryusman, T., & Octaria, Y. C. (2023). *Relationship between Energy Intake, Food Preferences, Peer Influence, and Parental Education with the Incidence of Overnutrition among Teenagers in Depok*. 7(2), 31–38. <https://doi.org/10.20473/amnt.v7i2SP.2023.31>
- P2PTM Kemenkes RI. (2019). *Apa Defenisi Aktivitas Fisik?* <https://p2ptm.kemkes.go.id/infographicp2ptm/obesitas/apa-definisi-aktivitas-fisik>
- Pantaleon, M. G. (2019). Hubungan Pengetahuan Gizi dan Kebiasaan Makan Dengan Status Gizi Remaja Putri di SMA Negeri II Kota Kupang. *CHMK Health Journal*, 3(3), 69–76.
- Paramita, K. A. T., Indonesiani, S. H., & Pradnyawati, L. G. (2023). Hubungan Aktivitas Fisik dengan Kejadian Obesitas pada Remaja SMAN 4 Denpasar Selama Masa Pandemi Covid-19. *Aesculapius Medical Journal* |, 3(1), 117–123. <https://www.ejournal.warmadewa.ac.id/index.php/amj/article/view/5686/4308>
- Parengkuan, R., Maluyu, N., & Ponidjan, T. (2013). Hubungan Pendapatan Keluarga Dengan Kejadian Obesitas Pada Anak Sekolah Dasar Dikota Manado. *Jurnal Keperawatan UNSRAT*.
- Permatasari, P. D., & Pertiwi, K. R. (2022). Asupan Makronutrien Dan Hubungannya Dengan Obesitas Remaja Putri Di Yogyakarta Dan Sekitarnya. *KINGDOM The Journal of Biological Studies*, 8(1), 18–33.
- Pourghazi, F., Eslami, M., Mohammadi, S., Ghoreshi, R., Ejtahed, H. S., & Qorbani, M. (2023). Association between childhood obesity and infertility in later life: a systematic review of cohort studies. *BMC Endocrine Disorders*, 23(1). <https://doi.org/10.1186/s12902-023-01490-4>

- 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>
- Pratiwi, E. A. Di., & Madanijah, S. (2015). *Analisis Konsumsi Lemak pada Remaja di Wilayah Jakarta Selatan* [IPB University]. <http://repository.ipb.ac.id/handle/123456789/134725>
- Putri, R. N., Nugraheni, S. A., & Pradigdo, S. F. (2022). Faktor-Faktor yang Berhubungan dengan Kejadian Obesitas Sentral pada Remaja Usia 15-18 Tahun di Provinsi DKI Jakarta (Analisis Riskesdas 2018). *Media Kesehatan Masyarakat Indonesia*, 21(3), 169–177. <https://doi.org/10.14710/mkmi.21.3.169-177>
- Rachma, R. A., & Mahmudiono, T. (2023). Hubungan Faktor Genetik dan Asupan Energi dengan Kejadian Obesitas. *Media Gizi Kesmas*, 12, 1002–1006.
- Rathnayake, K. M., Roopasingam, T., & Wickramasighe, V. P. (2014). Nutritional and behavioral determinants of adolescent obesity: A case-control study in Sri Lanka. *BMC Public Health*, 14(1), 1–6. <https://doi.org/10.1186/1471-2458-14-1291>
- Ratri, R. K., Budiman, & Hasan, A. H. (2021). Scoping Review : Hubungan Aktivitas Fisik dengan Obesitas pada Pekerja. *Prosiding Kedokteran*, 7(1), 221–237.
- Ratumanan, S. P., Achadiyani, & Khairani, A. F. (2023). Metode Antropometri Untuk Menilai Status Gizi : Sebuah Studi Literatur. *Health Information Jurnal Penelitian*, 15, 1–10. <https://myjurnal.poltekkes-kdi.ac.id/index.php/hijp>
- Raymond, J. L., & Mahan, L. K. (2017). Krause’s Food & The Nutrition Care Process. In *Elsevier* (14th ed., Issue Dc). Elsevier.
- Romieu, I., Dossus, L., Barquera, S., Blotière, H. M., Franks, P. W., Gunter, M., Hwalla, N., Hursting, S. D., Leitzmann, M., Margetts, B., Nishida, C., Potischman, N., Seidell, J., Stepien, M., Wang, Y., Westterterp, K., Winichagoon, P., Wiseman, M., & Willett, W. C. (2017). Energy balance and obesity: what are the main drivers? *Cancer Causes and Control*, 28(3), 247–258. <https://doi.org/10.1007/s10552-017-0869-z>
- Rosiana Putri. (2018). *Hubungan Obesitas Dengan Gambaran Citra Tubuh Pada Mahasiswa Fakultas Ilmu Pengetahuan Budaya Universitas Indonesia*. Universitas Indonesia.
- Rosidawati, R., Pudjiati, P., & Prayetni, P. (2019). Hubungan Indeks Masa Tubuh (IMT) Dengan Body Image Pada Siswa SMA PGRI Jakarta Timur. *Jkep*, 4(2), 114–124. <https://doi.org/10.32668/jkep.v4i2.283>



- Rotua, S. (2015). *Hubungan Antara Harga Diri Dan Citra Tubuh Pada Remaja Yang Mengalami Obesitas Di Sman 106 Jakarta Timur*. Sekolah Tinggi Ilmu Kesehatan Sint Carolus.
- Rukadikar, C., Shah, C. J., Raju, A., Popat, S., & Josekutty, R. (2023). The Influence of Obesity on Cognitive Functioning Among Healthcare Professionals: A Comprehensive Analysis. *Cureus*, *15*(2015). <https://doi.org/10.7759/cureus.42926>
- Rusyani, N. L. M. (2019). Hubungan Tingkat Konsumsi Lemak Dan Aktivitas Fisik Dengan Obesitas Pada Remaja Di Smp Santo Yoseph Denpasar [Politeknik Kesehatan Kemenkes Denpasar]. In *NBER Working Papers*. <http://www.nber.org/papers/w16019>
- Rutten, G. M., Savelberg, H. H., Biddle, S. J. H., & Kremers, S. P. J. (2013). Interrupting long periods of sitting: Good STUFF. *International Journal of Behavioral Nutrition and Physical Activity*, *10*, 2–4. <https://doi.org/10.1186/1479-5868-10-1>
- Sallis, J. F. (2010). Measuring physical activity: Practical approaches for program evaluation in native American communities. *Journal of Public Health Management and Practice*, *16*(5), 404–410. <https://doi.org/10.1097/PHH.0b013e3181d52804>
- Sarwono, S. (2006). *Psikologi Remaja*. Jakarta Raja Grafindo Persada.
- Sharma, V., Coleman, S., Nixon, J., Sharples, L., Hamilton-Shield, J., Rutter, H., & Bryant, M. (2019). A systematic review and meta-analysis estimating the population prevalence of comorbidities in children and adolescents aged 5 to 18 years. *Obesity Reviews*, *20*(10), 1341–1349. <https://doi.org/10.1111/obr.12904>
- Sirajuddin, Sumirta, & Astuti, T. (2018). *Survey Konsumsi Pangan*. Kemenkes RI.
- Sitepu, F. H., Effendy, E., & Amin, M. M. (2020). Validity and Reliability of Instruments Body Shape Questionnaire-34 (BSQ-34) Based on Indonesia Version. *Journal Of Archaeology Of Egypt/Egyptology*, *17*(6), 1–14.
- Slovin, R. (1960). *Slovin's Formula for Sampling Technique*. <https://prudencexd.weebly.com/>
- Spiegelman, B. M., & Flier, J. S. (2001). Obesity and the regulation of energy balance. *Cell*, *104*(4), 531–543. [https://doi.org/10.1016/S0092-8674\(01\)00240-9](https://doi.org/10.1016/S0092-8674(01)00240-9)
- Suryoadji, K., & Nugraha, D. (2021). Aktivitas Fisik pada Anak dan Remaja selama Pandemi COVID-19: Sebuah Tinjauan Sistematis. *Khazanah: Jurnal Mahasiswa*, *13*(1), 24–29. <https://doi.org/10.20885/khazanah.vol13.iss1.art3>

- Suza, D. E., Miristia, V., & Hariati, H. (2020). Physical activities and incidence of obesity among adolescent in Medan, Indonesia. *Open Access Macedonian Journal of Medical Sciences*, 8(4), 198–203. <https://doi.org/10.3889/oamjms.2020.4225>
- Sylvia, L. G., Bernstein, E. E., Hubbard, J. L., Keating, L., & Anderson, E. J. (2014). Practical guide to measuring physical activity. *Journal of the Academy of Nutrition and Dietetics*, 114(2), 199–208. <https://doi.org/10.1016/j.jand.2013.09.018>
- Telisa, I., Hartati, Y., & Haripamulu, A. D. (2020). Faktor Risiko Terjadinya Obesitas Pada Remaja SMA. *Faletehan Health Journal*, 7(03), 124–131. <https://doi.org/10.33746/fhj.v7i03.160>
- Thivel, D., Tremblay, A., Genin, P. M., Panahi, S., Rivière, D., & Duclos, M. (2018). Physical Activity, Inactivity, and Sedentary Behaviors: Definitions and Implications in Occupational Health. *Frontiers in Public Health*, 6(October), 1–5. <https://doi.org/10.3389/fpubh.2018.00288>
- Tiwari, A., Daley, S. F., & Balasundaram, P. (2023). Obesity in Pediatric Patients. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK570626/>
- Wang, L., Wang, H., Zhang, B., Popkin, B. M., & Du, S. (2020). Elevated fat intake increases body weight and the risk of overweight and obesity among chinese adults: 1991–2015 trends. In *Nutrients* (Vol. 12, Issue 11, pp. 1–13). <https://doi.org/10.3390/nu12113272>
- Wei, W., Zhang, X., Zhou, B., Ge, B., Tian, J., & Chen, J. (2022). Effects of female obesity on conception, pregnancy and the health of offspring. *Frontiers in Endocrinology*, 13(August), 1–5. <https://doi.org/10.3389/fendo.2022.949228>
- Weinberger, N.-A., Kersting, A., Riedel-Heller, S. G., & Luck-Sikorski, C. (2017). Body Dissatisfaction in Individuals with Obesity Compared to Normal-Weight Individuals: A Systematic Review and Meta-Analysis. *Obes Facts*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5644896/>
- WHO. (2012). Global Physical Activity Questionnaire (GPAQ) Analysis Guide. Geneva: World Health Organization, 1–22. [http://scholar.google.com/scholar?hl=en&btnG=Search&q=intitle:Global+Physical+Activity+Questionnaire+\(GPAQ\)+Analysis+Guide#1](http://scholar.google.com/scholar?hl=en&btnG=Search&q=intitle:Global+Physical+Activity+Questionnaire+(GPAQ)+Analysis+Guide#1)
- WHO. (2018). *Fact Sheet - Obesity and overweight*. <https://www.who.int/en/news-room/fact-sheets/detail/obesity-and-overweight#cms>
- Widyastuti, R. A., & Rosidi, A. (2018). Indeks Massa Tubuh Menurut Umur sebagai Indikator Persen Lemak Tubuh pada Remaja. *Jurnal Unimus*, 2(1), 32–39. <http://jurnal.unimus.ac.id>
- William, B., & Fawcett, D. W. (2002). *Buku Ajar Histologi (Edisi 12) Terjemahan Jan Tambayong*. EGC.

- World Health Organization. (2020). WHO guidelines on physical activity and sedentary behaviour: at a glance. *World Health Organization*, 535. <https://apps.who.int/iris/bitstream/handle/10665/337001/9789240014886-eng.pdf>
- World Obesity Federation. (2019). Atlas of Childhood Obesity. October 2019. *Atlas of Childhood Obesity, October*, 95. <https://data.worldobesity.org/publications/?cat=3#MY>
- Yulyani, W. S., & Safitri, D. E. (2024). Youth Nutritional Status With Energy Intake and Calorie Drink in Indonesia: a Cross-Sectional Study. *Journal of Public Health Research and Community Health Development*, 7(2), 121–128. <https://doi.org/10.20473/jphrecode.v7i2.25590>
- Zaki, I., Wati, T. W., Kurniawati, T. F., Putri, W. P., & Khansa, I. (2022). Diet Tinggi Serat Menurunkan Berat Badan pada Obesitas. *Jurnal Gizi Dan Kuliner (Journal of Nutrition and Culinary)*, 2(2), 1. <https://doi.org/10.24114/jnc.v2i2.36756>