

DAFTAR PUSTAKA

- Akbari, M., & Dlis, F. (2018). The Effect At Muscle Power Arm, Hand-Eye Coordination, Flexibility And Self Confidence Upon Badminton Smash Skill. In *JIPES Journal of Indonesian Physical Education and Sport* (Vol. 4, Issue 1). <http://journal.unj.ac.id/unj/index.php/jipes>
- Aniśko, B., Bernatowicz, K., & Wójcik, M. (2025). Effects of body mass index and extracurricular sports activities on physical fitness in school-aged children. *Frontiers in Public Health*, 13. <https://doi.org/10.3389/fpubh.2025.1578304>
- Ben Mansour, G., Kacem, A., Ishak, M., Grélot, L., & Ftaiti, F. (2021). The effect of body composition on strength and power in male and female students. *BMC Sports Science, Medicine and Rehabilitation*, 13(1). <https://doi.org/10.1186/s13102-021-00376-z>
- Brittain, E. L., Han, L., Annis, J., Master, H., Hughes, A., Roden, D. M., Harris, P. A., & Ruderfer, D. M. (2024). Physical Activity and Incident Obesity Across the Spectrum of Genetic Risk for Obesity. *JAMA Network Open*, 7(3), E243821. <https://doi.org/10.1001/jamanetworkopen.2024.3821>
- Caseiro-Filho, L. C., Girasol, C. E., Rinaldi, M. L., Lemos, T. W., & Guirro, R. R. J. (2023). Analysis of the accuracy and reliability of vertical jump evaluation using a low-cost acquisition system. *BMC Sports Science, Medicine and Rehabilitation*, 15(1). <https://doi.org/10.1186/s13102-023-00718-z>
- Dani, I., Sukasno, S., & Fikri, A. (2021). Hubungan Daya Ledak Otot Tungkai Terhadap Kemampuan Lompat Jauh Mahasiswa PENJASKESREK STKIP-PGRI Lubuklinggau. *Jurnal Perspektif Pendidikan*, 15(2), 138–148. <https://doi.org/10.31540/jpp.v15i2.1332>
- Daniati, L. (2020). Hubungan Aktivitas Fisik Dengan Indeks Massa Tubuh (IMT) Pada Siswa SMP Negeri 1 Padang. *Jurnal Ilmu Kesehatan Indonesia*, 1(2). <https://doi.org/10.25077/jikesi.v1i2.100>
- Edel, A., Vuong, J. L., Kaufmann, S., Hoos, O., Wiewelhove, T., & Ferrauti, A. (2024). Metabolic profile in elite badminton match play and training drills. *European Journal of Sport Science*. <https://doi.org/10.1002/ejsc.12196>
- Fandy. (2022). *Sejarah Bulu Tangkis: Tujuan, Manfaat, dan Teknik yang Digunakan*.

- Gunawan, E. (2023). Hubungan Daya Ledak Otot Tungkai Dengan Kemampuan Lompat Jauh Gaya Jongkok Pada Siswa SMP Negeri 02 Rumbia. *JURNALILMIAHPENJAS*, 9(2).
- Handariati, A., & Aji Gandika, G. (2021). Hubungan Antara Umur, Jenis Kelamin, Indeks Massa Tubuh, Lama Latihan Dengan Daya Ledak Otot Tungkai Pada Atlet Taekwondo. *Jurnal Syntax Fusion*, 1(12), 845–854. <https://doi.org/10.54543/fusion.v1i12.95>
- Haththotuwa, R. N., Wijeyaratne, C. N., & Senarath, U. (2020). Worldwide epidemic of obesity. In *Obesity and Obstetrics* (pp. 3–8). Elsevier. <https://doi.org/10.1016/B978-0-12-817921-5.00001-1>
- Imam, K., Sugathot, A. I., Sari, O. K., & Hermawan, A. (2022). Hubungan Daya Ledak Otot Tungkai Terhadap Agility pada Atlet Bulutangkis di Ngemplak, Sleman, Yogyakarta. *Prosiding Seminar Nasional Universitas Respati Yogyakarta*, 4(1), 9–15.
- Kahar, I., Hidayat, R., & Ahmad, A. (2022). Contribution of arm explosive power hand reaction speed to badminton smash ability. *Altius: Jurnal Ilmu Olahraga Dan Kesehatan*, 11(2), 167–176. <https://doi.org/10.36706/altius.v11i2.18393>
- Kemenkes. (2024). *Cara Mengukur Indeks Massa Tubuh (IMT)*. <https://ayosehat.kemkes.go.id/list-perangkat-ajar/cara-mengukur-indeks-massa-tubuh-imt>
- Kemenkes RI. (2020). Profil Kesehatan Indonesia Tahun 2019. *Jakarta : Kementerian Kesehatan RI*.
- Keul, J. , et al. (2022). Explosive Power in Badminton: Training for Elite Performance. *Sports Medicine*.
- Kons, R. L., Orssatto, L. B. R., Ache-Dias, J., De Pauw, K., Meeusen, R., Trajano, G. S., Dal Pupo, J., & Detanico, D. (2023). Effects of Plyometric Training on Physical Performance: An Umbrella Review. In *Sports Medicine - Open* (Vol. 9, Issue 1). Springer Science and Business Media Deutschland GmbH. <https://doi.org/10.1186/s40798-022-00550-8>
- Kung, Y. T., Chang, C. M., Hwang, F. M., & Chi, S. C. (2020). The association between body mass index and physical fitness of normal weight/overweight/obese university students. *International Journal of Environmental Research and Public Health*, 17(15), 1–18. <https://doi.org/10.3390/ijerph17155391>
- Lam, W. K., Wong, D. W. C., & Lee, W. C. C. (2020). Biomechanics of lower limb in badminton lunge: a systematic scoping review. In *PeerJ* (Vol. 8). PeerJ Inc. <https://doi.org/10.7717/peerj.10300>

- Mahfud, I., Gumantan, A., & Fahrriezqi, E. B. (2020). Analisis IMT (Indeks Massa Tubuh) Atlet UKM Sepakbola Universitas Teknokrat Indonesia. *Journal Of "Sports Athleticism in Teaching and Recreation on Interdisciplinary Analysis*, 3(1), 9–13.
- Majid, W. (2020). Perilaku Aktivitas Olahraga Terhadap Peningkatan Kebugaran Jasmani Pada Masyarakat. *Seminar & Conference Nasional Keolahragaan, 1*, 74–80.
- Mocanu, G. D., Murariu, G., & Potop, V. (2023). Differences in explosive strength values for students of the faculty of physical education and sports (male) according to body mass index levels. *Pedagogy of Physical Culture and Sports*, 27(1), 71–83. <https://doi.org/10.15561/26649837.2023.0109>
- Montalvo, S., Gonzalez, M. P., Dietze-Hermosa, M. S., Eggleston, J. D., & Dorgo, S. (2021). Common Vertical Jump and Reactive Strength Index Measuring Devices: A Validity and Reliability Analysis. *Journal of Strength and Conditioning Research*, 35(5), 1234–1243. <https://doi.org/10.1519/JSC.0000000000003988>
- Panda, M., Rizvi, M. R., Sharma, A., Sethi, P., Ahmad, I., & Kumari, S. (2022). Effect of electromyostimulation and plyometrics training on sports-specific parameters in badminton players. *Sports Medicine and Health Science*, 4(4), 280–286. <https://doi.org/10.1016/j.smhs.2022.08.002>
- Park, M., Byun, Y., & Kim, S. (2025). Comparative analysis of isokinetic muscle function, anaerobic power, and physical fitness in male Taekwondo players based on body mass index standards. *Journal of Men's Health*, 21(6), 62. <https://doi.org/10.22514/jomh.2025.081>
- Pranata, D., & Kumaat, N. (2022). Pengaruh Olahraga dan Model Latihan Fisik Terhadap Kebugaran Jasmani Remaja : Literature Review. *Jurnal Kesehatan Olahraga*, 10(2), 107–116.
- Prvulović, N., Martinović, D., Kostić, L., & Katanić, B. (2021). Differences In Explosive Strength In Athletics And Various Sports: A Systematic Review. In *Fis Communications*.
- Rahman, F., Budi, I. S., & Kuncoro, A. D. (2021). Efek Kombinasi Latihan Eccentric dan Neuromuscular Electrical Stimulation (NMES) pada Daya Tahan Otot Tungkai Pemain Badminton Amatir: Case Report. *Jurnal Kesehatan Vokasional*, 6(2), 70. <https://doi.org/10.22146/jkesvo.62383>
- Ramírez-delaCruz, M., Bravo-Sánchez, A., Esteban-García, P., Jiménez, F., & Abián-Vicén, J. (2022). Effects of Plyometric Training on Lower Body

- Muscle Architecture, Tendon Structure, Stiffness and Physical Performance: A Systematic Review and Meta-analysis. In *Sports Medicine - Open* (Vol. 8, Issue 1). Springer Science and Business Media Deutschland GmbH. <https://doi.org/10.1186/s40798-022-00431-0>
- Rizki Cahya, A., Boyke Mulyana, R., & Tafaqur, M. (2024). The Effect of Plyo-metric Jump to Box Training on Increasing Limb Muscle Power in Badminton Ath-letes. *Journal of Physical Education*, 11(2), 50–53. <https://journal.unnes.ac.id/journals/jpehs>
- Saputro, K. Z. (2018). Memahami Ciri dan Tugas Perkembangan Masa Remaja. *Aplikasia: Jurnal Aplikasi Ilmu-Ilmu Agama*, 17(1), 25. <https://doi.org/10.14421/aplikasia.v17i1.1362>
- Schröder, H., Juton, C., Goran, M. I., Wärnberg, J., Osés, M., Gonzalez-Gross, M., Gusi, N., Aznar, S., Marín-Cascales, E., González-Valeiro, M., Herrera-Ramos, E., Terrados, N., Tur, J. A., Segú, M., Fitó, M., Ribas-Barba, L., Bautista-Castaño, I., Peña-Quintana, L., Berruezo, P., ... Gómez, S. F. (2024). Twenty-year trend in the prevalence of increased cardiometabolic risk, measured by abdominal obesity, among Spanish children and adolescents across body mass index categories. *BMC Medicine*, 22(1), 509. <https://doi.org/10.1186/s12916-024-03719-y>
- Sitiasih, V. S., & Pratama, A. B. (2021). Hubungan Kekuatan Otot Perut dan Daya Ledak Otot Tungkai Terhadap Kemampuan Smash Bola Voli. *Jurnal Ilmiah SPIRIT*, 21(2).
- Thomas, S. G. , et al. (2021). Physiological characteristics of world-class badminton players. *Journal of Applied Physiology*.
- Wang, D., Wang, L., Liu, X., & Fan, H. (2024). A comparative study of lower limb strength during vertical jump of male college students in table tennis, badminton and tennis. *Journal of Men's Health*. <https://doi.org/10.22514/jomh.2024.063>
- Wang, X., Lv, C., Qin, X., Ji, S., & Dong, D. (2023). Effectiveness of plyometric training vs. complex training on the explosive power of lower limbs: A Systematic review. In *Frontiers in Physiology* (Vol. 13). Frontiers Media S.A. <https://doi.org/10.3389/fphys.2022.1061110>
- Wiranata, Y., & Inayah, I. (2020). Perbandingan Penghitungan Massa Tubuh Dengan Menggunakan Metode Indeks Massa Tubuh (IMT) dan Bioelectrical Impedance Analysis (BIA). *Jurnal Manajemen Kesehatan Yayasan RS.Dr. Soetomo*, 6(1), 43. <https://doi.org/10.29241/jmk.v6i1.280>