

DAFTAR PUSTAKA

- American College of Sports Medicine 2014, '*ACSM's Guidelines for Exercise Testing and Prescription*', ed. 9, Lippincott Williams & Wilkins Health, Philadelphia.
- American Psychopathological Association 2004, '*Fear and Anxiety: The Benefits of Translational Research*', American Psychiatric Publishing, Inc., Washington DC.
- Andersen, SL, Teicher MH 2008, 'Stress, sensitive periods and maturational events in adolescent depression', *Trends in Neurosciences*, vol. 31, diakses 28 Oktober 2018. <https://www.ncbi.nlm.nih.gov/pubmed/18329735>
- Anderson, E, Shivakumar G 2013, 'Effects of exercise and physical activity on anxiety', *Frontiers in Psychiatry*, vol. 4, diakses 24 Juni 2018. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3632802/>
- Arem, H, Moore, SC, Patel, A, Hartge, P, Gonzalez, AB, Visvanathan, K, Campbell, PT, Freedman, M, Weiderpass, E, Adami, HO, Linet, MS, Lee, I, Matthews, CE 2015, 'Leisure Time Physical Activity and Mortality A Detailed Pooled Analysis of the Dose-Response Relationship', *Physical Activity and Mortality*, vol. 20892, diakses 24 Juni 2018. <https://www.ncbi.nlm.nih.gov/pubmed/25844730>
- Arthur, J 2017, '*Adaptive Sports Medicine: A Clinical Guide*', Springer, Washington DC.
- Baars, BJ, Gage, NM 2010, '*Cognition, Brain, and Consciousness, Second Edition: Introduction to Cognitive Neuroscience*', ed. 2, Academic Press, Burlington.
- Badan Penelitian dan Pengembangan Kesehatan 2013a, 'Riset Kesehatan Dasar 2013', *Riset Kesehatan Dasar 2013*, diakses 24 September 2018. http://www.depkes.go.id/resources/download/general/Hasil_Riskesdas_2013.pdf
- Badan Penelitian dan Pengembangan Kesehatan 2013b, '*Riskesdas dalam Angka Provinsi DKI Jakarta Tahun 2013*', Lembaga Penerbitan Badan Litbangkes Jakarta, Jakarta.
- Bailey, R, Howells, K, Glibo, I 2018, '*Physical activity and mental health of school-aged children and adolescents: A rapid review*', diakses 30 September 2018. <http://create.canterbury.ac.uk/17267/>
- Banasik, JL, Copstead L-EC 2018, '*Pathophysiology*', Elsevier, Missouri.
- Barrett, KE, Barman, SM, Boitano, S, Brooks, HL 2016, '*Ganong's Review of Medical Physiology*', ed. 25, McGraw-Hill Education, New York.
- Basha, E, Kaya, M 2016, 'Depression , Anxiety and Stress Scale (DASS): The Study of Validity and Reliability' Educational Sciences: Theory and Practice, vol. 7, diakses 5 Mei 2018.

<http://www.hrpub.org/download/20161130/UJER2-19506798.pdf>

Bear, MF 2016, ‘*Neuroscience: Exploring the Brain*’, ed. 4, Lippincott Williams & Wilkins, Philadelphia.

Beiter, R, Nash, R, Mccrady, M, Rhoades, D, Linscomb, M, Clarahan, M, Sammut, S 2015, ‘The prevalence and correlates of depression , anxiety , and stress in a sample of college students’, *Journal of Affective Disorders*, vol. 173, diakses 5 Mei 2018. <http://dx.doi.org/10.1016/j.jad.2014.10.054>

Bennie, JA, Chau, JY, Ploeg, HP, Stamatakis, E, Bauman, A 2013, ‘*The prevalence and correlates of sitting in European adults - a comparison of 32 Eurobarometer-participating countries*’, International Journal of Behavioral Nutrition and Physical Activity, vol. 10, diakses 20 September 2018. <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-10-107>

Blair, HT, Schafe, GE, Bauer, EP, Blair, HT, Schafe, GE, Bauer, EP, Rodrigues, SM, Ledoux JE 2001, ‘Synaptic Plasticity in the Lateral Amygdala : A Cellular Hypothesis of Fear Conditioning Synaptic Plasticity in the Lateral Amygdala : A Cellular Hypothesis of Fear Conditioning’, *Learning & Memory*, vol. 8, diakses 12 Januari 2019. <https://www.ncbi.nlm.nih.gov/pubmed/11584069>

Bland, HW, Melton, BF, Bigham, LE, Welle, PD 2014, ‘*Quantifying the Impact of Physical Activity on Stress Tolerance in College Students*’, College Student Journal, vol. 48, diakses 24 Juni 2018. <https://www.ingentaconnect.com/content/prin/csj/2014/00000048/00000004/art00002>

Bockaert, J, Claeysen, S, Bécamel, C, Dumuis, A, Marin, P 2006, ‘Neuronal 5-HT metabotropic receptors : fine-tuning of their structure , signaling , and roles in synaptic modulation’, *Cell and Tissue Research*, vol. 326, diakses 20 Januari 2019. <https://link.springer.com/article/10.1007/s00441-006-0286-1>

Borley, NR, Collins, P, Alan, R, Gatzoulis, MA, Healy, JC, Johnson, D 2008, ‘*Gray’s Anatomy The Anatomical Basis of Clinical Practice*’, ed. 40, Elsevier, Philadelphia.

Bull, FC, Maslin, TS, Armstrong, T 2014, ‘Global Physical Activity Questionnaire (GPAQ) : Nine Country Reliability and Validity Study’ *Joural of Physical Activity & Health* Vol 6, diakses 2 Maret 2019. <https://www.ncbi.nlm.nih.gov/pubmed/20101923>

Calestine, J, Bopp, M, Bopp, CM, Papalia, Z 2017, ‘College Student Work Habits are Related to Physical Activity and Fitness’, *International Journal of Exercise Science* Vol. 10, diakses 24 September 2018. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5685070/pdf/ijes_10_7_10_09.pdf

Campbell, S, Macqueen, G 2004, ‘The Role of the hippocampus in the pathophysiology of major depression’, *Journal of Psychiatry & Neuroscience*, diakses 30 September 2018.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC524959/pdf/20041100s00002p417.pdf>
- Carlson, NR, Birkett, MA 2017, 'Physiology of Behavior', ed. 12, Pearson Education Limited, Harlow.
- Catani, M, Dell, F, Thiebaut, M, Schotten, D 2013, 'Neuroscience and Biobehavioral Reviews A revised limbic system model for memory , emotion and behaviour', *Neuroscience and Biobehavioral Reviews*, vol. 37, diakses 28 September 2018. <http://dx.doi.org/10.1016/j.neubiorev.2013.07.001>
- Copstead, L-EC, Banasik, JL 2013, 'Pathophysiology', ed. 5, Elsevier Saunders, Missouri.
- Dahlan, M 2015, 'Statistik untuk kedokteran dan kesehatan', ed. 6, Epidemiologi Indonesia, Jakarta.
- Damanik, ED 2011, 'The measurement of reliability, validity, items analysis and normative data of Depression Anxiety Stress Scale (DASS)', *DASS Manual Psychology Foundation of Australia*, diakses 25 Juni 2018. <http://www2.psy.unsw.edu.au/DASS/Indonesian/Damanik%20Indonesian%20translation%20-%20Reliability.doc>
- Deforche, B, Dyck, DV, Deliens, T, Bourdeaudhuij, ID 2015, 'Changes in weight , physical activity , sedentary behaviour and dietary intake during the transition to higher education : a prospective study', *International Journal of Behavioral Nutrition and Physical Activity*, vol. 12, diakses 30 September 2018. <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-015-0173-9>
- Dranovsky, A 2006, 'Hippocampal Neurogenesis: Regulation by Stress and Antidepressants', *Biological Psychiatry*, vol. 59, diakses 12 Januari 2019. <https://www.ncbi.nlm.nih.gov/pubmed/16797263>
- Eisenberg, D, Hunt, J, Speer, N 2013, 'Mental Health in American Colleges and Universities Variation Across Student Subgroups and Across Campuses', *The Journal of Nervous and Mental Disease*, vol. 201, diakses 3 Februari 2019. <https://www.semanticscholar.org/paper/Mental-health-in-American-colleges-and-variation-Eisenberg-Hunt/a29f8601c4c4a52edda9f278937e05ed455ab566>
- Fakultas Kedokteran Universitas Pembangunan Nasional "Veteran" Jakarta 2018, 'Sejarah Singkat Fakultas Kedokteran UPN Veteran Jakarta', diakses 28 Mei 2019 <http://fk.upnvj.ac.id/id/profil/sejarah.html>.
- Frystyk, JAN 2010, 'Exercise and the Growth Hormone – Insulin-Like Growth Factor Axis', *Medicine & Science in Sports & Exercise*, vol. 42 diakses 25 Juni 2018. <https://insights.ovid.com/pubmed?pmid=20010129>
- Gardner, B, Smith, L, Lorencatto, F, Hamer, M, Jh S 2015, 'How to reduce sitting time ? A review of behaviour change strategies used in sedentary behaviour reduction interventions among adults', *Health Psychology Review*, vol. 7199, diakses 24 Juni 2018. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4743603/>

- Gellman, MD, Turner, JR 2013, ‘*Encyclopedia of Behavioral Medicine*’, Springer, New York.
- Gligoroska, JP, Manchevska, S 2012, ‘*The effect of physical activity on cognition*’, Mater Sociomed, vol. 24, diakses 12 Januari 2019. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3633396/>
- Goh, C, Agius, M 2010, ‘The Stress-Vulnerability Model How Does Stress Impact on Mental Illness At the Level of the Brain and What Are the Consequences?’, *Psychiatria Danubina*, vol. 22, diakses 5 Mei 2018. http://www.psychiatria-danubina.com/UserDocsImages/pdf/dnb_vol22_no2/dnb_vol22_no2_198.pdf
- Hakamata, Y, Komi, S, Moriguchi, Y, Izawa, S, Motomura, Y 2017, ‘Amygdala-centred functional connectivity affects daily cortisol concentrations : a putative link with anxiety’, *Scientific Report*, vol. 7, diakses 12 Januari 2019. https://www.researchgate.net/publication/319348360_Amygdala-centred_functional_connectivity_affects_daily_cortisol_concentrations_A_putative_link_with_anxiety
- Hall, JE, Guyton, AC 2011, ‘*Guyton and Hall Textbook of Medical Physiology*’, ed. 12, Elsevier Inc., Philadelphia.
- Hansen, AM, Blangsted, AK, Hansen, EA, Søgaard, K, Sjøgaard, G 2010, ‘Physical activity, job demand-control, perceived stress-energy, and salivary Cortisol in white-collar workers’, International Archives of Occupational and Environmental Health, vol. 83, diakses 17 Oktober 2018. <https://link.springer.com/article/10.1007/s00420-009-0440-7>
- Hardman, AE, Stensel, DJ, Morris, JN 2009, ‘*Physical Activity and Health: The evidence explained*’, Routledge, ed. 2, Routledge Taylor & Francis Group, New York.
- Haugland, S, Wold, B, Torsheim, T 2003, ‘Relieving the Pressure ? The Role of Physical Activity’, *Research Quarterly for Exercise and Sport*, vol. 74, diakses 4 Maret 2019. <https://www.questia.com/library/journal/1G1-104733210/relieving-the-pressure-the-role-of-physical-activity>
- Heisler, LK, Chu, H-M, Brennan, TJ, Danao, JA, Bajwa, P, Parsons, LH, Tecott, LH 1998, ‘Elevated anxiety and antidepressant-like responses in serotonin 5-HT1A receptor mutant mice’, *Proceedings of the National Academy of Sciences*, vol. 95, diakses 20 Januari 2019. <http://www.pnas.org/content/95/25/15049.abstract>
- Hrafnkelsdottir, SM, Brychta, RJ, Rognvaldsdottir, V, Gestsdottir, S, Chen, KY, Johannsson, E, Gu, SL, Arngrimsson, SA 2018, ‘Less screen time and more frequent vigorous physical activity is associated with lower risk of reporting negative mental health symptoms among Icelandic adolescents’, *PLOS ONE*, vol. 13, diakses 27 Februari 2019. https://www.researchgate.net/publication/324785425_Less_screen_time_and_more_frequent_vigorous_physical_activity_is_associated_with_lower_ris

k of reporting negative mental health symptoms among Icelandic adolescents

- Iqbal, MD 2017, ‘*Hubungan Aktivitas Fisik dengan Kualitas Tidur Mahasiswa Perantau di Yogyakarta*’, Skripsi Program Studi Pendidikan Jasmani Kesehatan dan Rekreasi, Universitas Negeri Yogyakarta, diakses 28 September 2018. <https://eprints.uny.ac.id/53626/>
- Jameson, JL 2017, ‘*Harrison’s Endocrinology*’, ed. 4, McGraw-Hill, Philadelphia.
- Kanosue, K, Oshima, S, Cao, Z, Oka, K 2015, ‘*Physical Activity , Exercise , Sedentary Behavior and Health*’, Springer Japan, Tokyo.
- Kessler, RC, Bromet, EJ 2013, ‘The Epidemiology of Depression Across Cultures’, *Annual Review Public Health*, vol. 34, diakses 3 Maret 2019. <https://www.ncbi.nlm.nih.gov/pubmed/23514317>
- Kuang, W, Dong, Z, Tian, L, Li, J 2018, ‘IGF-1 defends against chronic-stress induced depression in rat models of chronic unpredictable mild stress through the PI3K/Akt/FoxO3a pathway’, *Kaohsiung Journal of Medical Sciences*, vol. 34, diakses 29 Januari 2019. <https://doi.org/10.1016/j.kjms.2018.02.004>
- Kwan, MY, Cairney, J, Faulkner, GE, Pullenayegum, EE 2012, ‘Physical Activity and Other Health-Risk Behaviors During the Transition Into Early Adulthood’, *American Journal of Preventive Medicine*, vol. 42, diakses 5 September 2018. <http://dx.doi.org/10.1016/j.amepre.2011.08.026>.
- LeDoux, JE 2008, ‘*Amygdala*’, diakses 31 Januari 2019. <http://www.scholarpedia.org/article/Amygdala>.
- Mahar, I, Bambico, FR, Mechawar, N, Nobrega, JN 2013, ‘Stress, serotonin, and hippocampal neurogenesis in relation to depression and antidepressant effects’, *Neuroscience and Biobehavioral Reviews*, vol. 38, diakses 14 Januari 2019. <http://dx.doi.org/10.1016/j.neubiorev.2013.11.009>
- Mallimo, EM, Kusnecov, AW 2013, ‘The role of orphanin FQ/nociceptin in neuroplasticity: relationship to stress , anxiety and neuroinflammation’, *Front Cell Neuroscience*, vol. 7, diakses 5 Februari 2019. <https://www.ncbi.nlm.nih.gov/pubmed/24155687>
- Mammen, G, Faulkner, G 2013, ‘Physical activity and the prevention of depression: A systematic review of prospective studies’, *American Journal of Preventive Medicine*, vol. 45, diakses 9 Februari 2019. <http://dx.doi.org/10.1016/j.amepre.2013.08.001>
- Martin, P 2011, ‘The impact of perceived stress, social support, and home-based physical activity on mental health among older adults’, *International Journal of Aging & Human Development*, vol. 72, diakses 9 Juli 2018. <https://www.ncbi.nlm.nih.gov/pubmed/21639014>
- McEwen, BS 2009, ‘*Stress : Homeostasis , Rheostasis , Allostasis and Allostatic Load*’, Encyclopedia of Neuroscience, diakses 18 September 2018. https://www.researchgate.net/publication/288433651_Stress_Homeostasis

Rheostasis Allostasis and Allostatic Load

- McEwen, BS 2012, ‘Brain on stress: How the social environment gets under the skin’, *Proceedings of the National Academy of Sciences*, vol. 109, diakses 3 Maret 2019. <http://www.pnas.org/cgi/doi/10.1073/pnas.1121254109>
- McEwen, BS, Nasca, C, Gray, JD 2015, ‘Stress Effects on Neuronal Structure : Hippocampus , Amygdala , and Prefrontal Cortex’, *Neuropsychopharmacology* vol. 41, diakses 24 Juni 2018. <http://dx.doi.org/10.1038/npp.2015.171>
- McKlveen, JM, Myers, B, Flak, JN, Bundzikova, J, Solomon, MB, Seroogy, KB, Herman, JP 2013, ‘Role of Prefrontal Cortex Glucocorticoid Receptors in Stress and Emotion’, *Biological Psychiatry*, vol. 74, diakses 28 Januari 2019. <http://dx.doi.org/10.1016/j.biopsych.2013.03.024>
- Melmed, S, Williams, RH, Larsen, PR, Kronenberg, HM 2011, ‘*Williams Textbook of Endocrinology*’, ed. 11, Elsevier, Philadelphia.
- Merenlender-wagner, A, Dikshtein, Y, Yadid, G 2009, ‘The β-Endorphin Role in Stress-Related Psychiatric Disorders’, *Current Drug Targets*, vol. 10 diakses 20 Juni 2018. <https://www.ncbi.nlm.nih.gov/pubmed/19702553>
- Moor, ELL, Denollet, J, Odilia, M 2017, ‘Social inhibition, sense of belonging and vulnerability to internalizing problems’, *Journal of Affective Disorders*, vol. 225, diakses 28 Juni 2018. <http://dx.doi.org/10.1016/j.jad.2017.08.034>.
- Muthuri, SK, Wachira, LJM, Leblanc, AG, Francis, CE, Sampson, M, Onywera, VO, Tremblay, MS 2014, ‘Temporal trends and correlates of physical activity, sedentary behaviour, and physical fitness among school-aged children in Sub-Saharan Africa: A systematic review’, *International Journal of Environmental Research and Public Health*, vol. 11, diakses 5 Mei 2018. <https://www.ncbi.nlm.nih.gov/pubmed/24658411>
- Nanney, MS, Lytle, LA, Farbakhsh, K, Moe, SG, Linde, JA, Gardner, JK, Laska, MN 2015, ‘Weight and Weight-Related Behaviors Among 2-Year College Students’, vol. 63, diakses 7 Juni 2018. <https://www.semanticscholar.org/paper/Weight-and-weight-related-behaviors-among-2-year-Nanney-Lytle/955e552da0abe7c5d4a22ed582656069d7656efa>
- Ng, M, Fleming, T, Robinson, M, Thomson, B, Graetz, N, Margono, C, Mullany, EC, Biryukov, S 2014, ‘Global, regional, and national prevalence of overweight and obesity in children and adults during 1980–2013: a systematic analysis for the Global Burden of Disease Study 2013’, *The Lancet*, vol. 384, diakses 7 Juni 2018. <https://www.ncbi.nlm.nih.gov/pubmed/24880830>
- Norton, PJ 2007, ‘Depression Anxiety and Stress Scales (DASS-21): Psychometric analysis across four racial groups’, *Anxiety, Stress and Coping*, vol. 20, diakses 25 Juni 2018. <https://www.researchgate.net/publication/5848163 Depression Anxiety and Stress Scales DASS 21 Psychometric analysis across four racial groups>

- Notoatmodjo, S 2012, 'Metodologi Penelitian Kesehatan', Rineka Cipta, Jakarta.
- Osman, A, Wong, JL, Bagge, CL, Freedenthal, S, Gutierrez, PM, Lozano, G 2012, 'The Depression Anxiety Stress Scales-21 (DASS-21): Further Examination of Dimensions, Scale Reliability, and Correlates', *Journal of Clinical Psychology*, vol. 68, diakses 20 Juni 2018. <https://www.ncbi.nlm.nih.gov/pubmed/22930477>
- Penedo, FJ, Dahn, JR 2005, 'Exercise and well-being a review of mental and physical health benefits as sociated with physical activity', *Current Opinion in Psychiatry*, vol. 18, diakses 20 Juni 2018. <https://www.ncbi.nlm.nih.gov/pubmed/16639173>
- Polter, AM, Li, X 2010, '5-HT1A receptor-regulated signal transduction pathways in brain', *Cellular Signalling*, vol. 22, diakses 12 Januari 2019. <http://dx.doi.org/10.1016/j.cellsig.2010.03.019>
- Rajalaxmi, V, Vijayalakshmi, B, Shalini, V, Motcharakkini, L, Tharani, G 2017, 'To Analyse the Physical Fitness of Female Physiotherapy Students and its Correlation with Depression and Anxiety', *International Journal of Current Research and Review*, vol. 9, diakses 5 Mei 2018. http://www.ijcrr.com/uploads/2347_pdf.pdf
- Ramli, M, Rosnani, S, Aidil-Fasrzul, A 2012, 'Psychometric Profile of Malaysian version of the Depressive , Anxiety and Stress Scale 42-item (DASS-42)', The Malaysian Journal of Psychiatry, diakses <http://www.mjpsychiatry.org/index.php/mjp/article/view/164>.
- Ressler, K, Davis, M 2003, 'Genetics of Childhood Disorders : L . Learning and Memory , Part 3 : Fear Conditioning', Journal of the American Academy of Child & Adolescent Psychiatry, vol. 42, diakses <http://dx.doi.org/10.1097/01.CHI.0000046835.90931.32>.
- Rizvi, F, Qureshi, A, Rajput, AM, Afzal, M 2015, 'Prevalence of Depression , Anxiety and Stress (by DASS Scoring System) among Prevalence of Depression , Anxiety and Stress (by DASS Scoring System) among Medical Students in Islamabad , Pakistan', *British Journal of Medicine & Medical Research*, vol. 8, diakses 25 Juni 2018. https://www.researchgate.net/profile/Ayisha_Qureshi2/publication/276154938_Prevalence_of_Depression_Anxiety_and_Stress_by_DASS_Scoring_System_among_Medical_Students_in_Islamabad_Pakistan/links/56efd40a08ae01ae3e70dcf3.pdf
- Sadock, BJ, Sadock, VA, Ruiz, P 2017, 'Kaplan & Sadock's Comperhensive Textbook of Psychiatry', ed. 10, Wolters Kluwer, Philadelphia.
- Sanchez, AMJ, Candau, RB 2013, 'FoxO transcription factors : their roles in the maintenance of skeletal muscle homeostasis', *Celular and Molecular Life Sciences*, vol. 71, diakses 12 Januari 2019. <http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.606.4505&rep=rep1&type=pdf>

- Sher, L 2004, 'Daily hassles, cortisol, and the pathogenesis of depression', *Medical Hypotheses*, vol. 62, diakses 9 September 2018. <https://www.sciencedirect.com/science/article/pii/S0306987703003207>
- Sherwood, L 2016, '*Human Physiology: From Cells to Systems*', ed. 9, Cengage Learning, Boston.
- Sigmundova, D, Chmelík, F, Sigmund, E, Frömel, K, Feltlová, D 2013, 'Physical activity in the lifestyle of Czech university students: Meeting health recommendations', *European Journal of Sport Science*, vol. 13, diakses 12 Juni 2018. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3869079/>
- Sluiter, JK, Frings-dresen, MHW, Meij, TF, Heisterkamp, SH 2000, '*Neuroendocrine reactivity and recovery from work with different physical and mental demands*', Scandinavian Journal Work Environment Health.
- Szczêsný, E, Gólsarczyk, J, Gombik, K, Kubera, M, Lasoñ, W, Basta-kaim, A 2013, 'Possible contribution of IGF-1 to depressive disorder', *Pharmacological Report*, vol. 65, diakses pada 20 Juni 2018. http://www.if-pan.krakow.pl/pjp/pdf/2013/6_1622.pdf
- Tortora, GJ, Derrickson, B 2017, '*Principles of Anatomy & Physiology*', ed. 15, John Wiley & Sons Inc., Danvers.
- Tsigos, C, Kyrou, I, Kassi, E, Chrousos, GP 2016, 'Stress, Endocrine Physiology and Pathophysiology', Endotext, diakses 20 Juni 2018. <https://www.ncbi.nlm.nih.gov/books/NBK278995/>
- Vermetten, E, Risbrough, VB, Baker, DG 2018, '*Behavioral Neurobiology of PTSD*', Springer International Publishing, Cham.
- Wattanapisit, A, Fungthongcharoen, K, Saengow, U, Vijitpongjinda, S 2016, 'Physical activity among medical students in Southern Thailand: a mixed methods study', *BMJ Open*, vol. 6, diakses 12 Juni 2018. <http://bmjopen.bmjjournals.org/content/6/9/e013479.abstract>
- Wisniewska, MB 2013, 'Physiological Role of β-Catenin/TCF Signaling in Neurons of the Adult Brain', *Neurochemical Research*, Vol. 38, diakses 3 Maret 2019. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3653035/>
- World Health Organization 2009, '*Global Health Risks WHO Mortality and Burden of Disease Attributable to Selected Major Risks*', Global Health Risks WHO Mortality and Burden of Disease Attributable to Selected Major Risks, diakses 5 Mei 2018. https://apps.who.int/iris/bitstream/handle/10665/44203/9789241563871_eng.pdf?sequence=1&isAllowed=y
- World Health Organization 2010, '*Global Recommendations on Physical Activity for Health*', WHO Press, Geneva.
- World Health Organization 2018a, '*Global action plan on physical activity 2018–2030: more active people for a healthier world*', World Health Organization, Geneva.

World Health Organization 2018b, ‘*Global Physical Activity Questionnaire Analysis Guide*’, diakses 5 Mei 2018. https://www.who.int/ncds/surveillance/steps/resources/GPAQ_Analysis_Guide.pdf

Xu, F, Liu, W, Chepyator-Thomson, JR, Schmidlein, R 2018, ‘*Relations of Physical Activity and Stress Vulnerability in University Students.*’, College Student Journal, vol. 52, diakses 5 Mei 2018. <https://ezproxy.southern.edu/login?url=http%3A%2Fsearch.ebscohost.com%2Flogin.aspx%3Fdirect%3Dtrue%26db%3Da9h%26AN%3D128618285%26site%3Dhost-live%26scope%3Dsitem>

Young, WF 2011, ‘*The Netter Collection of Medical Illustrations: Endocrine System*’, ed. 2, Elsevier, Philadelphia.

Zwan, JE, Vente, W, Huizink, AC, Bo, SM 2015, ‘Physical Activity , Mindfulness Meditation , or Heart Rate Variability Biofeedback for Stress Reduction : A Randomized Controlled Trial’, *Application of Biopsychophysiology Biofeedback*, Vol. 40, diakses 4 Maret 2019. <https://www.ncbi.nlm.nih.gov/pubmed/26111942>

