

DAFTAR PUSTAKA

- Alim, Abdul dkk. 2011. *Pengaruh Aktivitas Aerobik terhadap Perubahan Penurunan Lemak pada Sanggar Segar*. Ilmu Keolahragaan Fakultas Ilmu Olahraga Universitas Negeri Yogyakarta. Diakses tanggal 12 Oktober 2019.
- Arini. 2013. *Zumba: Ramah untuk Semua Usia*. Diakses tanggal 1 November 2019, dari www.femina.co.id/isu.wanita/kesehatan/zumba.ramah.untuk.semua.usia/05/005/216.
- Atkinson, RI. 2005. *Etiologies of Obesity dalam The Management of Eating Disorders and Obesity*. Totowa: Humana Press, Inc
- Awaliyah, H. 2014. *Pengaruh Senam Zumba terhadap Perubahan Berat Badan pada Mahasiswa Keperawatan yang Melakukan Senam Zumba di Fakultas Ilmu Kesehatan UIN Alauddin Makassar*. Diakses tanggal 15 Oktober 2019, dari http://repository.uin-alauddin.ac.id/6825/1/Husnul%20Awaliyan_opt.pdf.
- Biswas SK and Bandopadhyay K. 2018. *Effect of Aerobics and Zumba on Selected Body Composition Variables on Young Working Women*. International Journal of Physical Education and Sports; 3(4): 34-47.
- Cameron, AJ., Shaw, JE., and Zimmet. 2004. *The Metabolic Syndrome Prevalence in Worldwide Populations*. Journal of Endocrinol Metabolic.
- Centers for Disease Control and Prevention. 2011. *About BMI for Adult*. Diakses tanggal 14 Oktober 2019, dari http://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/index.html.
- Coyle, B. 2006. *Exercise for The Older Adult*. The University of Missouri, St. Louis
- Demerath EW, Sun SS, Rogers N, Lee M, Reed D, Choh AC, Couch W, Czerwinski SA, Chumlea WC, Siervogel RM and Towne B. 2007. *Anatomical Patterning of Visceral Adipose Tissue: Race, Sex, and Age Variation*. *Obesity* (Silver Spring); 15:2984-2993.
- Departemen Kesehatan Republik Indonesia. 2014. *Indeks Massa Tubuh*. Republik Indonesia. Diakses tanggal 16 Oktober 2019, dari <http://gizi.depkes.go.id/2014/10/ped-praktis-stat-gizi-dewasa.doc>.
- Dinata, M. 2007. *Langsing dengan Aerobik Cara Cerdas untuk Langsing*. Jakarta: Cerdas Jaya.
- Flegal KM, Shepherd JA, Looker AC, Graubard BI, Borrud LG, Ogden CL, Harris TB, Everhart JE and Schenker N. 2009. *Comparison of Percentage Body Fat, Body Mass Index, Waist Circumference, and Waist-stature Ration in Adults*. *Am J Clin Nutr*; 89: 500-508.

- Frank Q, Nuttall, MD, PhD. 2015. *Body Mass Index Obesity, BMI, and Health. A Critical Review*: Nutrition Research Vol. 50., No. 3
- Gibson, RS. 2005. *Principles of Nutritional Assessment Second Edition*. New York: Oxford University Press.
- Glüçüöver, Aziz. 2020. *The effect of 8-week Zumba® fitness on body composition of Turkish womens*. Journal of Nutrition and Internal Medicine; 22(1): 316-322.
- Guthrie, HE., Picciano, MF. 1995. *Human Nutrition*. St. Louis: Mosby-Year Book, Inc.
- Haghjoo M, Zar A and Hoseini SA. 2016. *Effect of 8-week Zumba training on overweight women's body composition*. Pars Journal of Medicine Sciences; 14(2): 21-29.
- Hartini. 2012. *Perbedaan Pengaruh Latihan Senam Aerobic High Impact dan Low Impact terhadap Penurunan Persentase Lemak Tubuh Ditinjau dari Body Mass Index*. Diakses tanggal 2 November 2019, dari ejurnal.utp.ac.id/index.php/JIS/article/view/159/145
- Irianto, DP. 1999. *Panduan Latihan Kebugaran*. Yogyakarta: Lukman Offset.
- Irianto, DP. 2004. *Bugar & Sehat dengan Berolahraga (edisi 2)*. Yogyakarta: Andi Offset.
- Irianto, DP. 2007. *Pedoman Praktis Berolahraga untuk Kebugaran & Kesehatan*. Yogyakarta: Andi Offset.
- Jain PK and Nigudkar MR. 2016. *Effect of 12-week Zumba program and healthy diet on anthropometry, body composition and fitness parameters in working women*. Journal of Nutrition Health & Food Engineering; 5(4): 672-677.
- Jiwasraya Magazine edisi XI. 2013. *Sehat dan Seksi Berkat Zumba Dance*.
- Kantachuvessiri A, Sirivichayakul C, KaewKungwal J, Tungtrongchitr R and Lotrakul M. 2005. *Factors Associated with Obesity among Workers in A Metropolitan Waterworks Authority*. South-east Asian Journal of Tropical Medicine and Public Health; 36(4): 1057-1065.
- Kisner, C., and Colby L.A., 2016. *Terapi Latihan: Dasar dan Teknik (edisi 6)*. Jakarta: EGC.
- Kurniawati, N. 2000. *Pelatihan Interval Meningkatkan Attention Span daripada Pelatihan Aerobik pada Remaja Putri usia 18-21 tahun*. Thesis. Denpasar: Universitas Udayana.
- Kusumadewi F, Sumekar TA dan Hardian. 2015. *Pengaruh Latihan Zumba terhadap Persentase Lemak Tubuh pada Wanita Usia Muda*. Diponegoro Medical Journal; 4(4): 723-731.

- Kusumaningtyas, DN. 2011. *Pengaruh Senam Aerobik Intensitas Ringan dan Sedang terhadap Penurunan Persentase Lemak Badan*. Fisioterapi Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta. Diakses tanggal 2 November 2019.
- Liza dan Sepdanius E. 2018. *Pengaruh Senam Zumba terhadap Fat Thickness pada Wanita Obesitas di G-Sport Centre Padang*. Jurnal Stamina; 1(1): 391-400.
- Ljubojević A, Jakovljević, V and Popržen, M. 2014. *Effect Of Zumba Fitness Program On Body Composition of Women*. SportLogia, 10(1), 29-33
- Ljubojević A, Jovanović S, Zrnić R and Šebić L. 2016. *Zumba Fitness Cardio Exercise: The Effects on Body Fat Mass Reduction of Woman*. Homo Sporticus, Scientific Journal Of Sport and Education; 18(1): 32-35.
- Lynne, Brick. 2002. *Bugar dengan Senam Aerobik*. Jakarta: PT Rajagrafindo Persada
- Maurovich-Horvat P, Massaro J, Fox CS, Moselewski F, Donnel CJO and Hoffmann U. 2007. *Comparison of Anthropometric, Area and Volume based Assessment of Abdominal Subcutaneous and Visceral Adipose Tissue volumes using Multi-detector computed tomography*. International Journal of Obesity; 31: 500-506.
- Michallef, C., 2014. *The Effectiveness of an 8-Week Zumba Programme for Weight Reduction in a Group of Maltese Overweight and Obese Women*. Sport Sci Health, 10:211-217.
- Misnadiarly. 2007. *Obesitas*. Jakarta: Pustaka Obor Populer.
- Mumpuni Y dan Wulandari A. 2010. *Cara Mengatasi Kegemukan*. Yogyakarta: Andi
- Nadeak T dan Sudaryati E. 2013. *Hubungan Status Stress Psikososial dengan Konsumsi Makanan dan Status Siswa SMU Methodist-8 Medan*. Medan: FKM USU.
- Nelms M, Sucher KP, Lacey K and Roth SL. 2010. *Nutrition Therapy and Pathophysiology, 2e International Edition*. Stamford: Cengage Learning.
- Perez, Beto & Robinson, MG. 2009. *Zumba: Ditch the Workout, Join the Party! The Zumba Weight Loss Program*. Diakses tanggal 3 November 2019, dari http://www.amazon.com/gp/product/b002msdrrg?refrid=br072rwnngjcgm7jxvd&ref_=pd_ybh_a_3#reader_b002msdrrg.
- Porcari JP, Luettgen M, Foster C, Doberstein S and Mikat R. 2012. *ZUMBA: Is the “fitness-party” a good workout?*. Diakses tanggal 3 November 2019, dari <http://www.jssm.org>.
- Richmond. 2012. *Exercise and Cholesterol*. Health Diagnostic LaboratoryInc.
- Riset Kesehatan Dasar (RISKESDAS). 2018. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI.

- Roy B and Mandal S. 2017. *Effect of strong by Zumba on waist hip ratio of middle aged sedentary females.* International Journal of Physical Education, Sports and Health; 4(3): 379-381.
- Sanders, M., and Prouty, J., 2012; Zumba® Fitness is Gold for All Ages. ACSM's Health& Fitness Journal, Vol. 16, No. 2.
- Sientia, F. 2012. *Pengaruh Latihan Senam Aerobic terhadap Perubahan Berat Badan pada Peserta Klub Kebugaran, Studi Kasus di Klub Kebugaran Susan Semarang.* Diakses tanggal 4 November 2019, dari ejournal.s1.undip.ac.id/index.php/medico/article/download/1707/1698.
- Stocker, R., and Keaney, JF., 2004. *Role of Oxidative Modifications in Atherosclerosis.* Physiological Reviews; 84(4): 1381-1478.
- Sukma, AT. 2016. *Efek Zumba terhadap Penurunan Tebal Lemak Bawah Kulit dan Berat Badan Member DF Fitness dan Aerobic.* Skripsi. Universitas Negeri Yogyakarta.
- Susanti, E. 2017. *Pengaruh Senam Zumba terhadap Waist Circumference pada Wanita Obesitas di Sanggar Senam RM7.* Diakses tanggal 15 Oktober 2019, dari eprints.ums.ac.id/49565/i/naskah%20publikasi.pdf.
- Theore-Haglow J, Berglund L, Janson C and Lindberg E. 2012. *Sleep duration and Central Obesity in Women-Differences between Short Sleepers and Long Sleepers.* Sleep Medicine; 13: 1079-1085.
- Theresia, L. 2012. *Hubungan Overweight dengan Peningkatan Kadar Gula Darah pada Pedagang Pusat Pasar Medan.* Universitas Sumatera Utara. Diakses tanggal 5 November 2019, dari <http://repository.usu.ac.id/handle/123456789/31305>.
- Toruan, PL. 2007. *Fat Loss-NOT weight loss Gemuk tapi Ramping.* Jakarta: TransMedia Pustaka.
- Trieha, U. 2014. *Zumba Dance; Jenis Olahraga Kombinasi antara Tarian dan Fitness.* Diakses tanggal 3 November 2019, dari <http://ensiklo.com/2014/11/zumba-dance-jenis-olahragamenyenangkan-yang-merupakan-kombinasi-tarian-dan-fitness/>.
- Vassilopoulou E, Piperari G and Chistoforou C. 2016. *Is Zumba® Fitness Effective to Manage Overweight without Dietary Intervention?.* Arab Journal of Nutrition and Exercise; 1(3): 113-121.
- Wankhade, VR. 2019. *The effects of Zumba dance on body composition of obese college student.* International Journal of Physiology, Nutrition and Physical Education; 4(1): 1736-1738.
- Wardlaw, GM., Kessel M. 2002. *Perspective in Nutrition, Fifth Edition.* New York: McGraw-Hill Companies.
- Widiyanto. 2005. *Metode Pengaturan Berat Badan.* Jurnal Ilmiah Kesehatan Olahraga, MEDIKORA, Vol. I, No. 2. Yogyakarta: FIK UNY.

- Wirawan, M. 2011. *Sehat Ada di Lingkar Pinggang*. Yogyakarta: Bursa Ilmu (Djavadiva Group).
- World Health Organization. 2000. *Obesity: Preventing and Managing the Global Epidemic*. Geneva: WHO.
- Wulandari AR, Widari D dan Muniroh L. 2019. *Hubungan Asupan Energi, Stress Kerja, Aktifitas Fisik, dan Durasi Waktu Tidur dengan IMT pada Manajer Madya Dinas Pemerintah Kota Surabaya*. Diakses tanggal 13 Oktober 2019, dari e-journal.unair.ac.id/AMNT/article/download/10977/3962.
- Zumba Class. 2014. *Guide to Basic Zumba Fitness Steps*. Diakses tanggal 25 Desember 2019, dari <http://youtu.be/tU7FBnNp1fE>.
- Zumba Fitness LCC. 2014. *Instructor Training Manual Basic Level 1*. Florida: Zumba Fitness LCC.