

DAFTAR PUSTAKA

- Adriani, M., Wirjatmadi, B., 2012. *Pengantar Gizi Masyarakat*. Jakarta: Kencana Prenada Media Group.
- Almatsier., 2006. *Prinsip Dasar Ilmu Gizi*. Jakarta: PT. Gramedia Pustaka Utama.
- Almatsier, dkk. 2011. *Gizi Seimbang Dalam Daur Kehidupan*. Jakarta: PT. Gramedia Pustaka Utama.
- Anspaugh, D.J., 2010. *Wellness Concept and Applications Eight Edition*. New Gray Hill, New York, USA.
- Ashley, C. D., Smith, J. F. and Reneau, P. D., 1997. A modified step test based on a function of subjects' stature. *Perceptual and Motor Skills*. 85(3 PART I), pp. 987–993. doi: 10.2466/pms.1997.85.3.987.
- Åstrand, Per-Olof. 1992. Physical Activity and Fitness. *American Journal of Clinical Nutrition* 55 (1992): 1231S – 6S.
- Baliwati, 2004. *Pengantar Pangan dan Gizi*. Jakarta: Penerbit Swadaya.
- Blair, S. N., Cheng, Y., & Scott Holder, J. 2001. Is physical activity or physical fitness more important in defining health benefits? *Medicine and Science in Sports and Exercise*, 33(Supplement), S379–S399.
<https://doi.org/10.1097/00005768-200106001-00007>
- Brown, J.E., 2005. *Nutrition Through The Life Cycle*. USA; Cengage Learning.
- Burke, L. And Grex, C., 2010. *The Complete Guide to Food for Sport Performance: Peak Nutrition for Your Sport*. Australia: Allen and Unwin.
- Burke, L. M., Hawley, J. A., Wong, S. H. S., Jeukendrup, A. E. 2011. Carbohydrate for Training and Competition. *Journal of Sport Sciences*, [e-journal] 29(S1): pp S17-S27. Tersedia di:
<<https://www.tandfonline.com/doi/full/10.1080/02640414.2011.585473>> [diakses pada tanggal 16 januari 20].
- Canan, F., Ataoglu, A., Ozcetin, A., Icmeli, C., 2012. The association between Internet addiction and dissociation among Turkish college students. *Comprehensive Psychiatry* 53, [e-journal] 422–426. Tersedia di
:<https://doi.org/10.1016/j.comppsy.2011.08.006>
- Canan, F., Yildirim, O., Ustunel, T. Y., Sinani, G., Kaleli, A. H., Gunes, C., & Ataoglu, A. (2014). The Relationship Between Internet Addiction and Body Mass Index in Turkish Adolescents. *Cyberpsychology, Behavior, and Social Networking*, 17(1), 40–45. <https://doi.org/10.1089/cyber.2012.0733>

- Clement, J., 2020. Effect of COVID-19 on online fitness video usage in the U.S 2020. Unites State: Statista [e-letter] tersedia di <https://www.statista.com/statistics/1108538/online-fitness-video-usage-during-coronavirus-usa/> [Diakses 20 Oktober 2020]
- Cui, L.J., Zhao, X., Wi, Z.M., Xu,A.H. 2006. A research on the effect of internet addiction on adolescents social development. *Psychological Science*, 1,34-36.
- Dinas Kesehatan Jawa Timur, 2019., *Profil Kesehatan Jawa Timur Tahun 2018*. Surabaya: Dinas Kesehatan Jawa Timur. Tersedia di: <https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwimnbnAkdftAhUSheYKHfesDSgQFjABegQIAhAC&url=https%3A%2F%2Fdinkes.jatimprov.go.id%2Fuserfile%2Fdokumen%2FBUKU%2520PROFIL%2520KESEHATAN%2520JATIM%25202018.pdf&usg=AOvVaw2kD09miSaUuEqtQ9TvFzFP> [Diakses pada 20 oktober 2020]
- Duran, Maria Garcia., 2003. Internet Addiction Disorder. Available from <http://allpsych.com/journal/internetaddiction.html>. [diakses pada tanggal 16 februari 20].
- Erliana, E., Hartoto, S., 2019. Hubungan Aktivitas Fisik Terhadap Tingkat Kebugaran Jasmani Siswa. *Jurnal Pendidikan Olahraga dan Kesehatan. Jurnal Pendidikan Jasmani* [e-journal] 7(2): pp 225-228. Tersedia di <<https://jurnalmahasiswa.unesa.ac.id/index.php/jurnal-pendidikan-jasmani/article/view/27444/25109>>
- Fatmah., 2011. *Gizi Kebugaran dan Olahraga*. Bandung:Lubuk Agung
- Febriyanti, N.K., Adiputra, I.N. and Sutadarma, I.W.G., 2015. *Hubungan indeks massa tubuh dan aktivitas fisik terhadap daya tahan kardiovaskular pada mahasiswa Fakultas Kedokteran Universitas Udayana*. Skripsi. Erepo Unud, 831, pp.1-14. Tersedia di: https://simdos.unud.ac.id/uploads/file_penelitian_1_dir/1ad4fe358c5e80456f86cc5b8c1fe910.pdf [Diakses pada tanggal 20 Februari 2020]
- Giriwijoyo, 2012. *Ilmu Faal Olahraga. Remaja*. Rosdakarya:Bandung.
- Gisolfi, C. v, Lamb, D.R., 2001. *Perspective In Excercise Science and Sports Medicine : Youth, Excercise and Sport*. Cooper Pub Group: United Kingdom.
- Grandner, M. A., Schopfer, E. A., Sands-Lincoln, M., Jackson, N., & Malhotra, A. (2015). Relationship between sleep duration and body mass index depends on age. *Obesity*, 23(12), 2491–2498. <https://doi.org/10.1002/oby.21247>

- Gutin, Bernard., 2002. Effects of Exercise Intensity on Cardiovascular Fitness, Total Body Composition, and Visceral Adiposity of Obese Adolescents. *American Journal of Clinical Nutrition* 75 :818 – 26.
<https://doi.org/10.1093/ajcn/75.5.818>
- Haskell, W.L., Kiernan, M., 2000. Methodologic issues in measuring physical activity and physical fitness when evaluating the role of dietary supplements for physically active people. *The American Journal of Clinical Nutrition* 72, 541S-550S. <https://doi.org/10.1093/ajcn/72.2.541S>
- Health Santé Canada. 2002.Par-Q and You (A questionnaire for people aged 15 to 69). Tersedia di: <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>. [Diakses pada 23 Januari 2020]
- Hermawan, S., 2016. *Hubungan Internet Addiction (Game Online) Dengan Perilaku Anak Usia Sekolah 6 – 12 Tahun Di Kelurahan Kedungdoro Surabaya*. Skripsi. Universitas Airlangga.
- Hoeger, W., Hoeger, S., Fawson, A. and Hoeger, C., 2017. *Fitness & wellness*. 13th ed. Boston,USA: Cengage.
- Hoeger, W.K.W., Hoeger, A.S., 2017. *Fitness and Wellness, 11th ed*. Cengage Learning, Stamford,USA.
- Hootsuite, We Are Social, 2020. Digital 2020 Global Digital Overview. New York: United States. Tersedia di <https://wearesocial.com/digital-2020> [Diakses 18 Januari 2020]
- Hurlock, Elizabeth B, 2001, *Developmental Psychology. 3rd Ed*, New Delhi: McGraw Hill, Inc.
- Iftikhar, I. H., Donley, M. A., Mindel, J., Pleister, A., Soriano, S., & Magalang, U. J., 2015. Sleep Duration and Metabolic Syndrome. An Updated Dose–Risk Metaanalysis. *Annals of the American Thoracic Society*, 12(9), 1364–1372. <https://doi.org/10.1513/AnnalsATS.201504-190OC>
- Indragita, R., 2009. *Hubungan Tingkat Kebugaran Jasmani dan Kapasitas Vital Paru pada Kelompok Remaja dengan Faal paru Normal*, Skripsi. ed. Fakultas Kesehatan Masyarakat, Universitas Airlangga.
- Indriawati, Ratna. 2005. Hubungan Tingkat Kebugaran Jasmani dan Kapasitas Vital Paru pada Kelompok Remaja dengan Faal Paru Normal. *Majalah Ilmu Faal Indonesia*, 4 Maret, 135 – 42.
- Irawan, A., 2007. Nutrisi, Energi & Performa Olahraga. *Polton Sports Science and Performance labs Journal*, [e-journal] 1(4): pp. 1-12. Tersedia di: <https://civitas.uns.ac.id/Fandriarto/wp->

content/uploads/sites/49/2016/01/mp_15815-49-Nutrisi-Energi-Performa-Olahraga1207621602.pdf> [diakses pada tanggal 30 Januari 2020].

- Jago, R., Baranowski, T., Baranowski, J.C., Cullen, K.W., Thompson, D., 2007. Distance to food stores and adolescent male fruit and vegetable consumption: meditation effects. *International Journal of Behavioral Nutrition and Physical Activity*, [e-journal] 4(35). Tersedia di: <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2014759/>> [diakses pada tanggal 16 januari 20].
- Kasyifa, I.H., Rahfiludin, M.Z., Suroto. 2018. Hubungan Status Gizi dan Aktivitas Fisik dengan Kebugaran Jasmani Remaja. *Medical Technology and Public Health Journal*. [e-journal] 2(2) pp 133-142. Tersedia di <https://journal2.unusa.ac.id/index.php/MTPHJ/article/view/566/500>
- Kementerian Kesehatan RI, 2005. *Rencana Pembangunan Kesehatan menuju Indonesia Sehat 2010*. Jakarta: Direktorat Jendral Bina Kesehatan Masyarakat
- Kementerian Kesehatan RI, FKUI, PDSKO, PPKOR, 2002. *Panduan Kesehatan Olahraga bagi Petugas Kesehatan*. Jakarta:Indonesia.
- Kementerian Kesehatan RI. 2019. Apa Definisi Aktivitas Fisik?. <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/apa-definisi-aktivitas-fisik> diakses pada tanggal 20 februari 2020
- Khan, M.A., Shabbir, F., Rajput, T.A., 2017. Effect of Gender and Physical Activity on Internet Addiction in Medical Students. *Pakistan Journal of Medical Sciences* 33. <https://doi.org/10.12669/pjms.331.11222>
- Kim JS, Chun BC., 2005. Association of Internet addiction with health promotion lifestyle profile and perceived health status in adolescents. *J Prev Med Public Health*. 2005 Feb;38(1):53-60. Korean. PMID: 16312910.
- Kim, S.Y., Kim, M.S., Park, B., Kim, J.H., Choi, H.G., 2018. Lack of sleep is associated with internet use for leisure. *PLoS ONE* 13. <https://doi.org/10.1371/journal.pone.0191713>
- Kim, Y., Park, J.Y., Kim, S.B., Jung, I.K., Lim, Y.S., Kim, J.H., 2010. The effects of Internet addiction on the lifestyle and dietary behavior of Korean adolescents. *Nutrition Research and Practice* 4, 51–57. <https://doi.org/10.4162/nrp.2010.4.1.51>
- Kimberly S. Young, Pitsner, M., O'mara, J., Buchanan, J., 1999. Cyber Disorders: The Mental Health Concern for the New Millennium. *Cyber Psychology & Behavior* 2, 475–479. <https://doi.org/10.1089/cpb.1999.2.475>

- Kruger, J., Galuska, D.A., Serdula, M.K., Jones, D.A., 2004. Attempting to lose weight. *American Journal of Preventive Medicine* 26, 402–406.
<https://doi.org/10.1016/j.amepre.2004.02.001>
- Kurniawan, M., Widyaningsih, T.D., 2017. Hubungan Pola Konsumsi Pangan dan Besar Uang Saku Mahasiswa Manajemen Bisnis dengan Mahasiswa Jurusan Teknologi Hasil Pertanian Universitas Brawijaya terhadap Status Gizi. *Jurnal Pangan dan Agroindustri*. [e-journal] 5(1): pp 1-12. Tersedia di:
<https://jpa.ub.ac.id/index.php/jpa/article/view/493>
- Kuss, D.J., Griffiths, M.D., Binder, J.F., 2013. Internet addiction in students: Prevalence and risk factors. *Computers in Human Behavior* 29, 959–966.
<https://doi.org/10.1016/j.chb.2012.12.024>
- Lajunen, H.-R., Keski-Rahkonen, A., Pulkkinen, L., Rose, R. J., Rissanen, A., & Kaprio, J., 2007. Are computer and cell phone use associated with body mass index and overweight? A population study among twin adolescents. *BMC Public Health*, 7(1), 24. <https://doi.org/10.1186/1471-2458-7-24>
- Lapousis, George. 2016. The Relation between Physical Activity and the use of Internet in Schoolchildren Aged 13-15 Years Old. *Swedish Journal of Scientific Research*. 3. 1-7.
https://www.researchgate.net/publication/315830971_The_Relation_between_Physical_Activity_and_the_use_of_Internet_in_Schoolchildren_Aged_13-15_Years_Old diakses pada tanggal 7 Februari 2020
- Lemeshow, S, Hosmer Jr, D, Klar, J, and Lwanga, S. 1990. Adequacy of Sample Size in Health Studies. USA: World Health Organization
- Lesmana, K., 2014. Pentingnya Olahraga dan Kesehatan Gizi Bagi Keluarga dan Olahragawan. *Prosiding Seminar Nasional FMIPA UNDIKSHA 2014*, [e-journal] 4: pp. 373-388. Tersedia di:
<<https://ejournal.undiksha.ac.id/index.php/semnasmipa/article/view/10506/6717>> [diakses pada tanggal 28 Desember 2019].
- Li, W., O'Brien, J.E., Snyder, S.M., Howard, M.O., 2016. Diagnostic Criteria for Problematic Internet Use among U.S. University Students: A Mixed-Methods Evaluation. *PLOS ONE* 11, e0145981.
<https://doi.org/10.1371/journal.pone.0145981>
- Malina, R. M, Bouchard., 2004. *Growth, maturation, and physical activity second edition* . Champaign, Illinois: Human Kinetics.
- Mukodim, Ritandiyono, Sita., 2004. *Peranan Kesepian Dan Kecenderungan Internet Addiction Disorder Terhadap Prestasi Belajar Mahasiswa*. Skripsi. Universitas Gunadarma. Jakarta : Universitas Gunadarma.

- Murbawani, E.A., Firiana, L., 2017. Hubungan Persen Lemak Tubuh dan Aktifitas Fisik dengan Tingkat Kesehatan Jasmani Remaja Putri. *Journal of Nutrition and Health* 5, 69–84. <https://doi.org/10.14710/JNH.5.2.2017.69-84>
- Mutohir, T. & Maksum, Ali. 2007. Sport Development Index: Konsep, Metodologi, dan Aplikasi. https://www.researchgate.net/publication/303912368_Sport_Development_Index_Konsep_Metodologi_dan_Aplikasi
- Naseri, L., Mohamadi, J., Sayehmiri, K., Azizpoor, Y., 2015. Perceived social support, self-esteem, and internet addiction among students of Al-Zahra University, Tehran, Iran. *Iranian Journal of Psychiatry and Behavioral Sciences* 9. <https://doi.org/10.17795/ijpbs-421>
- Nieman, David C., 2007. *Exercise Testing and Prescription: A Health Related Approach*. New York, USA: McGraw-Hill Companies Inc.
- Notoatmodjo, 2007. *Prinsip-Prinsip Dasar Ilmu Kesehatan Masyarakat*. Jakarta: Rineka Cipta.
- WHO, 2002. Physical inactivity a leading cause of disease and disability, warns WHO. *Journal of advanced nursing* 39, 518.
- Pařízková, Jana.1989. Age-Dependent Changes in Dietary Intake Related to Work Output, Physical Fitness and Body Composition, *American Journal of Clinical Nutrition*.
- Poetry, M., 2018. *Perbedaan Food Preference, Konsumsi Energi, dan Aktivitas Fisik Berdasarkan Status Gizi Mahasiswa Fakultas Kesehatan Masyarakat Universitas Airlangga*. Skripsi. Universitas Airlangga.
- Prentice, E.W., 2004. *Get Fit, Stay Fit*. Mc Graw Hill, USA.
- Prentice, William E. 2003. *Arnheim's principles of athletic training : a competency-based approach*. New York, NY :McGraw-Hill
- Puspasari, D., 2018. *Faktor-Faktor yang Mempengaruhi Massa Lemak Tubuh Pada Mahasiswa Fakultas Kesehatan Universitas Airlangga*. Skripsi. Universitas Airlangga Surabaya
- Putri, N.P.A., Sundari, L,P,R., 2019. Hubungan Antara AKTivitas Bermain Game Online Dengan Kebugaran Fisik Pada Remaja SMP di Kota Denpasar. *Jurnal Medika Udayana*. [e-journal] 8(7) ISSN: 2597-8012.
- Regitasari, D.A., 2019. *Perbedaan Pola Konsumsi, Tingkat Konsumsi Zat Gizi Makro, Tingkat Aktivitas Fisik, Dan Food Choice Motives Pada Mahasiswa Obesitas Dan Tidak Obesitas*. Skripsi. Universitas Airlangga.

- Rejeki, P.S., 2016. *Buku Kerja Praktikum Ilmu Faal*. Modul. Universitas Airlangga
- Rokhmah, F., Muniroh, L., Nindya, T.S., 2018. Hubungan Tingkat Kecukupan Energi dan Zat Gizi Makro dengan Status Gizi Siswi SMA di Pondok Pesantren Al-Izzah Kota Batu. *Media Gizi Indonesia*, [e-journal] 11(1): pp. 94. Tersedia di: <
https://www.researchgate.net/publication/323998372_HUBUNGAN_TINGKAT_KECUKUPAN_ENERGI_DAN_ZAT_GIZI_MAKRO_DENGAN_STATUS_GIZI_WARGA_BINAAN_LAPAS_ANAK_WANITA_TANGERANG> [Diakses tanggal 17 Februari 2019]
- Rusmawati, Z., 2013. Internalisasi pendidikan keuangan ke dalam perilaku manajemen keuangan mahasiswa Fakultas Ekonomi Universitas Negeri Surabaya. *Jurnal Pendidikan Humaniora*, [e-journal] 1(4): pp 343-353. Tersedia di: <<http://journal.um.ac.id/index.php/jph/article/view/4144>> [Diakses tanggal 19 Januari 2020]
- Sadoso, S. 1992. *Pengetahuan Praktis Kesehatan Olahraga*. Jakarta: Pustaka Kartini.
- Sahin, M., Lok, S., 2018. Relationship between Physical Activity Levels and Internet Addiction of Adults. *Journal of Depression and Anxiety* 07. <https://doi.org/10.4172/2167-1044.1000310>
- Savage, G., MacFarlane, A., Ball, K., Worsley, A., & Crawford, D, 2007. Snacking behaviours of adolescents and their association with skipping meals. *International Journal of Behavioral Nutrition and Physical Activity*, 4(1), 36. <https://doi.org/10.1186/1479-5868-4-36>
- Scherer, K. 1997. College life online: Healthy and unhealthy internet use. *Journal Of College Development*, 28, 655-665.
- Sharkey, J.B., 2007. *Fitness and Health, 6th ed*. Human Kinetics, USA.
- Slattery, Martha L, et.al. 1992. Association of Body Fat and Its Distribution with Dietary Intake, Physical Activity, Alcohol and Smoking in Blacks and Whites. *American Journal of Clinical Nutrition* 55 : 943 – 9.
- Smart., 2010. *Cara cerdas mengatasi anak kecanduan permainan internet*. Yogyakarta: A Plus Books
- Su, W., Han, X., Jin, C., Yan, Y., & Potenza, M. N., 2019. Are males more likely to be addicted to the internet than females? A meta-analysis involving 34 global jurisdictions. *Computers in Human Behavior*, 99, 86–100. <https://doi.org/10.1016/j.chb.2019.04.021>

- Su, W., Han, X., Jin, C., Yan, Y., & Potenza, M. N., 2019. Are males more likely to be addicted to the internet than females? A meta-analysis involving 34 global jurisdictions. *Computers in Human Behavior*, 99, 86–100.
<https://doi.org/10.1016/j.chb.2019.04.021>
- Sumosardjuno, S., 1993. *Pengetahuan Praktis Kesehatan dalam Olahraga*. Gramedia Pustaka Utama, Jakarta.
- Sundet, J. M., Magnus, P., & Tambs, K. 1994. The heritability of maximal aerobic power: a study of Norwegian twins. *Scandinavian journal of medicine & science in sports*, 4(3), 181-185.
- Webb, E., Ashton, C.H., Kelly, P., Kamali, F., 2002. An update on British Medical students lifestyles. *Medical Education*, [e-journal]32(3). Tersedia di:
<https://onlinelibrary.wiley.com/doi/abc/10.1046/j.1365-2923.1998.00204.x?sid=nlm%3Apubmed>
- Whitney, E., Rolfes, S.R., 2013. *Understanding Nutrition Thirteenth Edition*. Belmont: Cengage Learning.
- Wiaro, G., 2015. *Panduan Berolahraga untuk Kesehatan dan Kebugaran*. Yogyakarta: Graha Ilmu
- Widodo, B.S., 2013. *Tingkat Kesegaran Jasmani Pada Siswa SMP Negeri 2 Krembung dan SMP Negeri 2 Sidoarjo*. Skripsi. Universitas Negeri Surabaya.
- Wijayanti, Kusuma. 2006. *Hubungan Indeks Massa Tubuh (IMT) dan VO2max Peserta Diklat Penjenjangan Struktural PNS SPAMA Depdikbud tahun 1996*. Depok: Skripsi Program Sarjana FKM UI.
- Williams, R.M., 2002. *Nutrition, Health and Fitness*. Mc Graw Hill, New York, USA.
- WHO, 2005. Guidelines for Data Processing and Analysis of the International Physical Activity Questioner (IPAQ).
- WHO, 2005. International Physical Activity Questioner (IPAQ).
- WHO, 2011. Global Recommendations on Physical Activity for Health 18–64 years old.
- WHO, 2012. Physical Inactivity a leading cause of disease and disability.
<https://www.who.int/mediacentre/news/releases/release23/en/> Diakses pada 20 Februari 2020
- WHO, 2013. Noncommunicable disease and mental health. Diakses pada www.who.int pada 14 Februari 2020.

- Worthington, B.S., 2000. *Nutrition Throughout the Life Cycle, Edisi ke 4*. United States: McGraw-Hill Book Companies, Inc.
- Wu, C.-Y., Lee, M.-B., Liao, S.-C., Chang, L.-R., 2015. Risk Factors of Internet Addiction among Internet Users: An Online Questionnaire Survey. *PLOS ONE* 10, e0137506. <https://doi.org/10.1371/journal.pone.0137506>
- Wyahg, L., Lee, I., Chang, G. 2003. Internet over-users psychological profiles: A behavior sampling analysis on internet addiction. *Cyber Psychology & Behavior*, 6(2), 143-150.
- Yang, S., 2001. Sociopsychiatric characteristics of adolescents who use computers to excess. *Acta Psychiatrica Scandinavica*, 104(3), 217-222.
- Young, K., 2007. *Internet Addiction*. John Wiley & Sons, Inc., Hoboken, NJ, USA. <https://doi.org/10.1002/9781118013991>
- Young, K., 2009. Understanding Online Gaming Addiction and Treatment Issues for Adolescents. *The American Journal of Family Therapy* 37, 355–372. <https://doi.org/10.1080/01926180902942191>