

DAFTAR PUSTAKA

- Agustina, L., T. Maas, L., & Zulfendri, Z. (2019). Analisis Faktor Perilaku Berisiko terhadap Kejadian Obesitas pada Anak Usia 9-12 Tahun di SD Harapan 1 Medan. *Jurnal Endurance*, 4(2), 371. <https://doi.org/10.22216/jen.v4i2.4051>
- Altinkök, M. (2016). The Effects of Coordination and Movement Education on Pre School Children's Basic Motor Skills Improvement. *Universal Journal of Educational Research*, 4(5), 1050–1058. <https://doi.org/10.13189/ujer.2016.040515>
- Andrade, A., Correia, C. K., & Coimbra, D. R. (2019). The Psychological Effects of Exergames for Children and Adolescents with Obesity: A Systematic Review and Meta-Analysis. *Cyberpsychology, Behavior and Social Networking*, 22(11), 724–735. <https://doi.org/10.1089/cyber.2019.0341>
- Anggraeni, S. (2019). Pengaruh Pengetahuan Tentang Dampak Gadget Bagi Kesehatan Terhadap Perilaku Penggunaan Gadget Pada Siswa SDN Kebun Bunga 6 Banjarmasin. *Faletehan Health Journal*, 6(2), 64–68.
- Aprilia, A. (2015). Obesitas pada Anak Sekolah Dasar. *Majority*, 4, 45–48.
- Aşkin, A., Atar, E., Koçyiğit, H., & Tosun, A. (2018). Effects of Kinect-based virtual reality game training on upper extremity motor recovery in chronic stroke. *Somatosensory & Motor Research*, 35(1), 25–32. <https://doi.org/10.1080/08990220.2018.1444599>
- Benzing, V., & Schmidt, M. (2018). Exergaming for Children and Adolescents: Strengths, Weaknesses, Opportunities and Threats. *Journal of Clinical Medicine*, 7(11), 422. <https://doi.org/10.3390/jcm7110422>
- Booth, V. M., Rowlands, A. V., & Dollman, J. (2015). Physical Activity Temporal Trends Among Children and Adolescents. *Journal of Science and Medicine in Sport*, 18(4), 418–425. <https://doi.org/10.1016/j.jsams.2014.06.002>
- Cacioppo, C. (2012). Evaluation of Preference for Exergames Among Elementary Students (University of South Florida). Retrieved from <https://search.proquest.com/docview/1009214237?accountid=31533>
- Carrasco, A. C., Kerppers, I. I., Teixeira, A. B., & Pires, J. A. W. (2013). Assessment of functional capacity and body composition of overweight children after an aerobic exercise program using the Nintendo Wii console: A pilot study. *Medical Science Technology*, 54(1), 93–98. Retrieved from <https://www.scopus.com/inward/record.uri?eid=2-s2.0-84979026001&partnerID=40&md5=adb94d0fada829b5aeef547837d7b0d>
- Carson, V., Rahman, A. A., & Wiebe, S. A. (2017). Associations of subjectively and objectively measured sedentary behavior and physical activity with cognitive development in the early years. *Mental Health and Physical*

- Activity, 13*, 1–8. <https://doi.org/https://doi.org/10.1016/j.mhpa.2017.05.003>
- Chaidirman, Indriastuti, D., & Narmi. (2019). Fenomena Kecanduan Penggunaan Gawai (Gadget) pada Kalangan Remaja Suku Bajo. *Journal of Holistic Nursing and Health Science*, 2(2), 33–41. <https://doi.org/https://doi.org/10.14710/hnhs.2.2.2019.33-41>
- Christison, A., & Khan, H. A. (2012). Exergaming for health: A community-based pediatric weight management program using active video gaming. *Clinical Pediatrics*, 51(4), 382–388. <https://doi.org/10.1177/0009922811429480>
- Christison, A. L., Evans, T. A., Bleess, B. B., Wang, H., Aldag, J. C., & Binns, H. J. (2016). Exergaming for Health: A Randomized Study of Community-Based Exergaming Curriculum in Pediatric Weight Management. *Games for Health Journal*, 5(6), 413–421. <https://doi.org/10.1089/g4h.2015.0097>
- Chuang, L. Y., Hung, H. Y., Huang, C. J., Chang, Y. K., & Hung, T. M. (2015). A 3-month intervention of Dance Dance Revolution improves interference control in elderly females: a preliminary investigation. *Experimental Brain Research*, 233(4), 1181–1188. <https://doi.org/10.1007/s00221-015-4196-x>
- Dayinta, N., Ermona, 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 Relationship between Physical Activity, Nutrition Intake and Overweight Status among Elementary School Student in SDN. *Amerta Nutrition*, 2(1), 97–105. <https://doi.org/10.20473/amnt.v2.i1.2018.97-105>
- Duman, F., Kokaçya, M. H., Doğru, E., Katayıcı, N., Canbay, Ö., & Aman, F. (2016). The Role of Active Video Accompanied Exercises in Improvement of the Obese State in children: A Prospective Study from Turkey. *JCRPE Journal of Clinical Research in Pediatric Endocrinology*, 8(3), 334–340. <https://doi.org/10.4274/jcrpe.2284>
- Eaton K., D., Kann, L., Kinchen, S., Shanklin, S., Flint H., K., Hawkins, J., ... Wechsler, H. (2018). Youth Risk Behavior Surveillance - United States, 2017. *MMWR Surveillance Summaries*, 67(8), 1–162. Retrieved from <http://ezproxy.cul.columbia.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=cin20&AN=2011717026&site=ehost-live&scope=site>
- Fajrina, H. N. (2015). Tingkat Kecanduan Gadget di Usia Dini Semakin Mengkhawatirkan. Retrieved June 30, 2020, from <https://www.cnnindonesia.com/teknologi/20151103093518-185-89078/tingkat-kecanduan-gadget-di-usia-dini-semakin-mengkhawatirkan>
- Febiola, S., & Hazizah, N. (2019). *Peran Keluarga Dalam Pembentukan Karakter Pada Anak Usia Dini*.
- Gao, Z. (2017). *Technology in Physical Activity and Health Promotion*. Retrieved from

- <https://books.google.co.id/books?id=3iklDwAAQBAJ&pg=PR10&dq=active+video+games&hl=id&sa=X&ved=2ahUKEwj235nj4rHrAhUjjuYKHcRaDmMQ6AEwAXoECAMQAg#v=onepage&q=nintendo&f=false>
- Gao, Z., Pope, Z., Lee, J. E., Stodden, D., Roncesvalles, N., Pasco, D., ... Feng, D. (2017). Impact of exergaming on young children's school day energy expenditure and moderate-to-vigorous physical activity levels. *Journal of Sport and Health Science*, 6(1), 11–16. <https://doi.org/10.1016/j.jshs.2016.11.008>
- Guillen-Peralta, A., Romo-Cardenas, G., Avilés-Rodríguez, G., & Rodríguez-Antonio, R. (2015). Evaluation of the impact in the physical condition of school age children exposed to an intervention of Exergaming in Montemorelos Mexico. *IFMBE Proceedings*, 51, 1427–1430. https://doi.org/10.1007/978-3-319-19387-8_348
- Halbrook, Y. J., O'Donnell, A. T., & Msetfi, R. M. (2019). When and How Video Games Can Be Good: A Review of the Positive Effects of Video Games on Well-Being. *Perspectives on Psychological Science*, 14(6), 1096–1104. <https://doi.org/10.1177/1745691619863807>
- Hidayat, R. (2018). Game-Based Learning: Academic Games sebagai Metode Penunjang Pembelajaran Kewirausahaan. *Buletin Psikologi*, 26(2), 71. <https://doi.org/10.22146/buletinpsikologi.30988>
- Höchsmann, C., Schüpbach, M., & Schmidt-Trucksäss, A. (2016, June 1). Effects of Exergaming on Physical Activity in Overweight Individuals. *Sports Medicine*, Vol. 46, pp. 845–860. <https://doi.org/10.1007/s40279-015-0455-z>
- Iswati, N., Desyarti, N., & Nurlaila, N. (2018). Pola Makan Dan Pola Aktifitas Pada Anak Obesitas Di Sd Islam Al-Hikmah Selokerto Kecamatan Sempor Kabupaten Kebumen. *Jurnal Ilmiah Kesehatan Keperawatan*, 14(2), 49–55. <https://doi.org/10.26753/jikk.v14i2.280>
- Kassee, C., Hunt, C., Holmes, M. W. R., & Lloyd, M. (2017). Home-based Nintendo Wii training to improve upper-limb function in children ages 7 to 12 with spastic hemiplegic cerebral palsy. *Journal of Pediatric Rehabilitation Medicine*, 10(2), 145–154. <https://doi.org/10.3233/PRM-170439>
- Kubala, A. G., Buysse, D. J., Brindle, R. C., Krafty, R. T., Thayer, J. F., Hall, M. H., & Kline, C. E. (2020). The association between physical activity and a composite measure of sleep health. *Sleep and Breathing*, 24(3), 1207–1214. <https://doi.org/10.1007/s11325-019-02007-x>
- Lau, P. W. C., Lau, E. Y., Wang, J. J., Choi, C. R., & Kim, C. G. (2017). A Pilot Study of the Attractive Features of Active Videogames among Chinese Primary School Children. *Games for Health Journal*, 6(2), 87–96. <https://doi.org/10.1089/g4h.2016.0021>
- Maddison, R., Foley, L., Ni Mhurchu, C., Jiang, Y., Jull, A., Prapavessis, H., ...

- Rodgers, A. (2011). Effects of active video games on body composition: a randomized controlled trial. *American Journal of Clinical Nutrition*, 94(1), 156–163. <https://doi.org/10.3945/ajcn.110.009142>
- Maloney, A. E., Threlkeld, K. A., & Cook, W. L. (2012). Comparative Effectiveness of a 12-Week Physical Activity Intervention for Overweight and Obese Youth: Exergaming with “Dance Dance Revolution.” *Games for Health Journal*, 1(2), 96–103. <https://doi.org/10.1089/g4h.2011.0009>
- Manggabarani, S., Hadi, A. J., & Ishak, S. (2020). Edukasi Aktivitas Fisik Dalam Pencegahan Obesitas di Madrasah Tsanawiyah Aisyiyah Kota Binjai. *Jurnal Pengabdian Masyarakat Ilmu Kesehatan*, 1(September 2019), 1–7.
- Nurcahyo, F. (2017). Kaitan antara Obesitas dan Aktivitas Fisik. *Medikora*, VII(April), 87–96.
- Nursalam. (2014). *Manajemen Keperawatan Aplikasi Keperawatan Profesional*. Jakarta: Salemba Medika.
- Nursalam. (2016). *Metodologi Penelitian Ilmu Keperawatan, Pendekatan Praktis* (4th ed.). Salemba Medika, Surabaya.
- O’Loughlin, E. K., Barnett, T. A., McGrath, J. J., Consalvo, M., & Kakinami, L. (2019). Factors Associated with Sustained Exergaming: Longitudinal Investigation. *Journal of Medical Internet Research*, 21(7). <https://doi.org/10.2196/13335>
- Osorio, G., Moffat, D. C., & Sykes, J. (2012). Exergaming, Exercise, and Gaming: Sharing Motivations. *Games for Health Journal*, 1(3), 205–210. <https://doi.org/10.1089/g4h.2011.0025>
- P2PTM Kemenkes RI. (n.d.). Apa Definisi Aktivitas Fisik? - Direktorat P2PTM. Retrieved June 8, 2020, from <http://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/apa-definisi-aktivitas-fisik>
- Putra, Y. W. (2018). Index Massa Tubuh (Imt) Mempengaruhi Aktivitas Remaja Putri Smp Negeri 1 Sumberlawang. *Gaster | Jurnal Ilmu Kesehatan*, 16(1), 105. <https://doi.org/10.30787/gaster.v16i1.233>
- Rangkuti, N. A., & Siregar, Y. F. (2019). Hubungan Aktifitas Fisik dengan Kejadian Obesitas Pada Anak di Kelurahan Kayujati Kecamatan Panyabungan Kabupaten Mandailing Natal. *Jurnal Edocation and Development*, 7(2), 159–162.
- Riskesdas. (2018). *Laporan Nasional Riskesdas* (p. 571). p. 571. Jakarta: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan (LPB).
- Saifah, A., Sahar, J., & Widyatuti, W. (2019). Peran Keluarga Perhadap Perilaku Gizi Anak Usia Sekolah. *Jkep*, 4(2), 83–92. <https://doi.org/10.32668/jkep.v4i2.282>
- Staiano, A. E., Beyl, R. A., Guan, W., Hendrick, C. A., Hsia, D. S., & Newton, R.

- L. (2018). Home-based Exergaming among Children with Overweight and Obesity: A Randomized Clinical Trial. *Pediatric Obesity*, 13(11), 724–733. <https://doi.org/10.1111/ijpo.12438>
- Staiano, A E, Beyl, R. A., Hsia, D. S., Katzmarzyk, P. T., & Newton, R. L. (2017). Twelve weeks of dance exergaming in overweight and obese adolescent girls: Transfer effects on physical activity, screen time, and self-efficacy. *Journal of Sport and Health Science*, 6(1), 4–10. <https://doi.org/10.1016/j.jshs.2016.11.005>
- Staiano, Amanda E., Beyl, R. A., Hsia, D. S., Katzmarzyk, P. T., & Newton, R. L. (2016). Twelve weeks of dance exergaming in overweight and obese adolescent girls: Transfer effects on physical activity, screen time, and self-efficacy. *Journal of Sport and Health Science*, 6(1), 4–10. <https://doi.org/10.1016/j.jshs.2016.11.005>
- Tanjung, F. S., Huriyati, E., & Ismail, D. (2017). Intensitas Penggunaan Gadget dan Obesitas Anak Pra Sekolah. *Medicine and Public Health*, 33(12), 799–804. Retrieved from journal.ugm.ac.id/bkm
- Trost, S. G., Sundal, D., Foster, G. D., Lent, M. R., & Vojta, D. (2014). Effects of a Pediatric Weight Management Program with and without Active Video Games a Randomized Trial. *JAMA Pediatrics*, 168(5), 407–413. <https://doi.org/10.1001/jamapediatrics.2013.3436>
- Wagener, T. L., Fedele, D. A., Mignogna, M. R., Hester, C. N., & Gillaspy, S. R. (2012). Psychological effects of dance-based group exergaming in obese adolescents. *Pediatric Obesity*, 7(5), e68-74. <https://doi.org/10.1111/j.2047-6310.2012.00065.x>
- WHO. (2017). WHO | Childhood overweight and obesity. *World Health Organization*. Retrieved from <https://www.who.int/dietphysicalactivity/childhood/en/>
- Widiyatmoko, F. A., & Hadi, H. (2018). Tingkat Aktivitas Fisik Siswa di Kota Semarang. 3(2), 140–147.
- Williams, W. M., & Ayres, C. G. (2020, January 2). Can Active Video Games Improve Physical Activity in Adolescents? A Review of RCT. *International Journal of Environmental Research and Public Health*, Vol. 17. <https://doi.org/10.3390/ijerph17020669>
- World Health Organization. (2018). *Global action plan on physical activity 2018–2030: more active people for a healthier world*. Retrieved from <https://www.who.int/ncds/prevention/physical-activity/global-action-plan-2018-2030/en/>
- Ye, S., Pope, Z. C., Lee, J. E., & Gao, Z. (2019). Effects of school-based exergaming on urban children's physical activity and cardiorespiratory fitness: A quasi-experimental study. *International Journal of Environmental Research and Public Health*, 16(21). <https://doi.org/10.3390/ijerph16214080>