

DAFTAR PUSTAKA

- Abdurrahman, F. (2014) 'Faktor-Faktor Pendorong Perilaku Diet Tidak Sehat pada Wanita Usia Dewasa Awal Studi Kasus pada Mahasiswi Universitas Mulawarman', *Psikoborneo*, 2(1), pp. 23–27.
- ADA (American Diabetes Association), (2010) Diagnosis and Classification of Diabetes Mellitus. *Diabetes Care*, 33, S62-9.
- Ahira, A. (2010) *Pengertian Pola Hidup Sehat*. Available at: <http://www.anneahera.com/pengertian-pola-hidup-sehat-8691.htm>. (Accessed: 5 November 2018)
- Amalia, W. C., Sutikno, E. dan Nugraheni, R. (2016) 'Hubungan antara Tingkat Pengetahuan Tentang Diabetes Mellitus dan Gaya Hidup dengan Tipe Diabetes Mellitus di Puskesmas Wonodadi Kabupaten Blitar', *Jurnal Preventia*, 1(1).
- American Heart Association (AHA). 2012. *Heart disease and stroke statistics – 2012 update*.
- ASH (Action on Smoking and Health) (2012) *Smoking and Diabetes, ASH Fact Sheet*. Available at: www.ash.org.uk (Accessed: 5 November 2018).
- Azwar, S. (2003) *Sikap Manusia ,Teori dan Pengukuran*. 1st edn. Yogyakarta: Pustaka Medika.
- Bandura, A. (1986) *Social Foundations of Thought and Action: A Social Cognitive Theory*. Englewood Cliffs, NJ: Prentice-Hall.
- Bandura, A. (1997) *Self-Efficacy: The Exercise of Control*. New York: Freeman.
- Barg, C. J., Latimer, A. E., Pomery, E. A., Rivers, S. E., Rench, T. A., Prapavessis, H., and Salovey, P. (2012). Examining predictors of physical activity among inactive middle-aged women : An application of the health action process approach. *Psychology and Health*, 27(7), pp. 829–845.
- Barz, M., Parschau, L., Warner, L. M., Lange, D., Fleig, L., Knoll, N., and Schwarzer, R. (2014). Planning and preparatory actions facilitate physical activity maintenance. *Psychology of Sport and Exercise*, 15(5), pp. 516–520.
- Beers, M. H., Fletcher, A. J., M.D. Jones, T. V, Porter, R., and Berkwits M.D., M. (2008). Diabetes Mellitus. In *The Merck Manual of Medical Information* (2nd ed., pp. 873–881).

Bloom, B. (1908) *Psikologi Pendidikan*

Bener, A., Zirie, M., Janahi, I. M., Al-hamaq, A. O. A. A., Musallam, M., and Wareham, N. J. (2009). Prevalence of diagnosed and undiagnosed diabetes mellitus and its risk factors in a population-based study of Qatar. *Diabetes Research and Clinical Practice*, 84, pp 99–106.

Conner, M. and Norman, P. (2005) *Predicting Health Behaviour: Research And Practice With Social Cognition Models*. Second. Maidenhead: Open University Press.

Damayanti, L. (2010) *Diabetes dan Hipertensi Wanita Lebih Berisiko*. Available at: <http://www.herbalitas.com/diabetes-hipertensiwanita-lebih-berisiko/>.

Dinas Kesehatan Kota Surabaya (2016) *Data PTM Diabetes Melitus 2016*. Surabaya.

Dinas Kesehatan Kota Surabaya (2017) *Data PTM Diabetes Melitus 2017*. Surabaya.

Dinas Kesehatan Kota Surabaya (2018) *Data PTM Diabetes Melitus 2018*. Surabaya.

Ehsa (2010) *Segala Sesuatu yang Harus Anda Ketahui Tentang Diabetes*. Jakarta: PT. Gramedia Pustaka Utama.

Ekowati, R. (2004) *Risiko Kebiasaan Minum Kopi pada Kasus Toleransi Glukosa Terganggu Terhadap Terjadinya Diabetes Melitus Tipe 2*. Universitas Indonesia.

Farrell, J. B., Deshmukh, A. and Baghaie, A. A. (2008) ‘Low Testosterone and the Association With Type 2 Diabetes’, *The Diabetes Educator*, 34(5), pp. 799–806.

Fathmi, A. (2012) *Hubungan Indeks Massa Tubuh Dengan Kadar Gula Darah Pada Penderita Diabetes Melitus Tipe 2 di Rumah Sakit Umum Daerah Karanganyar*. Universitas Muhammadiyah Surakarta.

Festinger, L. (1957) *A Theory of Cognitive Dissonance*. Evanston, IL: Row & Peterson.

Fishbein, M. and Ajzen, I. (1975) *Belief, attitude, intention, and behavior: An introduction to theory and research*, Reading, MA: Addison.Wesley.

Fitriani, D. (2011) *Pengaruh Edukasi Sebaya terhadap Perilaku Hidup Bersih dan Sehat (PHBS) pada Agregat Anak Usia Sekolah yang Berisiko Kecacingandi Desa Baru Kecamatan Manggar Belitung Timur*. Universitas Indonesia.

- Gibney, M. J., Margetts, B. M., Kearney, J. M., and Arab, L. (2009). *Gizi Kesehatan Masyarakat*. Jakarta: Buku Kedokteran EGC.
- Glanz, K., Rimer, B. K. and Viswanath, K. (2008) *Health Behavior and Health Education: Theory, Research, and Practice*. 4th edn. San Fransisco: Jossey-Bass.
- Goldenberg, R. and Punthakee, Z. (2013) 'Definition, Classification and Diagnosis of Diabetes, Prediabetes and Metabolic Syndrome', *Canadian Journal Diabetes*, 37, pp. 8–11.
- Gollwitzer, P. M. and Sheeran, P. (2006) 'Implementation Intentions and Goal Achievement : A Meta-Analysis of Effects and Processes Implementation Intentions and Goal Achievement: A Meta - Analysis of Effects and Processes', *Advances in Experimental Social Psychology*, 38.
- Gutiérrez-doña, B., Lippke, S., Renner, B., Kwon, S., and Schwarzer, R. (2009). Self-Efficacy and Planning Predict Dietary Behaviors in Costa Rican and South Korean Women : Two Moderated Mediation Analyses. *Applied Psychology: Health and Well-Being*, 1(1), pp. 91–104.
- Harding, A., Day, N. E., Khaw, K., Bingham, S., Luben, R., Welsh, A., and Wareham, N. J. (2004). Dietary Fat and the Risk of Clinical Type 2 Diabetes The European Prospective Investigation of Cancer-Norfolk Study. *American Journal of Epidemiology*, 159(1), pp. 73–82.
- Hulley, S. B., Cummings, S. R., Browner, W. S., Grady, D. G., and Newman, T. B. (2007). *Designing Clinical Research* (Third). Philadelphia: Lippincott Williams & Wilkins.
- International Diabetes Federation (IDF) (2015) *Diabetes Atlas*. Brussels.
- Irawan, D. (2010) *Prevalensi dan Faktor Risiko Kejadian Diabetes Melitus Tipe 2 di Daerah Urban Indonesia (Analisa Data Sekunder Riskesdas 2007)*. Universitas Indonesia.
- Jenkins, D. J. A., Kendall, C. W. C., Marchie, A., Jenkins, A. L., Augustin, L. S. A., Ludwig, D. S., Barnard, N. D., and Anderson, J. W. (2003). Type 2 diabetes and the vegetarian diet. *The American Journal of Clinical Nutrition*, 78(3), pp. 610–616.
- Katno, S. P. (2010) 'Tingkat Manfaat dan Keamanan Tanaman Obat dan Obat Tradisional'.
- Kementerian Kesehatan (2010) *Diabetes Mellitus Dapat Dicegah*. Available at: <http://www.depkes.go.id/index.php?vw=2&id=1314>.
- Kementerian Kesehatan RI (2008) *Laporan Riskesdas 2007*. Jakarta.

- Kementerian Kesehatan RI (2014) *Riskesmas 2013 : Pokok-pokok Hasil Riskesmas*. Jakarta. Kementerian Kesehatan RI (2018) *Laporan Nasional Riskesmas 2018*. Jakarta.
- Koring, M., Richert, J. and Parschau, L. (2012) 'A combined planning and self-efficacy intervention to promote physical activity : A multiple mediation analysis', *Psychology, Health & Medicine*, 17(4), pp. 488–498.
- Kreusikon, P., Gellert, P., Lippke, S., and Schwarzer, R. (2012). Planning and self-efficacy can increase fruit and vegetable consumption : a randomized controlled trial. *Journal of Behavioral Medicine*, 35, pp. 443–451.
- Kurniadi, T. K. (2008) *Kalau bisa sehat kenapa harus sakit?* Depok: Puspa Swara.
- Lely, M. A. and Indirawati, T. (2004) 'Pengaruh Kadar Glukosa Darah yang Terkontrol Terhadap Penurunan Derajat Kegoyahan Gigi Penderita Diabetes Mellitus di RS Persahabatan Jakarta', *Media Litbang Kesehatan*, 14(3), pp. 38–43.
- Lemeshow, S., Hosmer, D. W. and Klar, J. (1997) *Besar Sampel Dalam Penelitian Kesehatan*. Yogyakarta: Gadjah Mada University Press.
- Lippke, S., Ziegelmann, J. P. and Schwarzer, R. (2004) 'Initiation and Maintenance of Physical Exercise : Stage- Specific Effects of a Planning Intervention', *Research in Sports Medicine*, 12(3), pp. 221–240. doi: 10.1080/15438620490497567.
- Luszczynska, A. and Schwarzer, R. (2003) 'Planning and Self-Efficacy in the Adoption and Maintenance of Breast Self-Examination : A Longitudinal Study on Self-Regulatory Cognitions', *Psychology and Health*, 18(1), pp. 93–108.
- Mahdiana, R. (2010) *Mencegah Penyakit Kronis Sejak Dini*. Yogyakarta: Tora Book.
- Marlatt, G. A. (2002) *Harm Reduction: Pragmatic Strategies For Managing High-Risk Behaviors*. New York: Guilford. Maulana, H. D. J. (2009) *Promosi Kesehatan*. Jakarta: KGC.
- Maulana, H. D. J. (2009) *Promosi Kesehatan*. Jakarta: EGC
- Moore, S. M., Barling, N. R. and Hood, B. (1998) 'Predicting Testicular and Breast Self-Examination Behaviour: A Test of The Theory of Reasoned Action. Behaviour Change', 15, pp. 41–49.
- Mowen, J. C. (2002) *Perilaku Konsumen*. Jakarta: Erlangga.
- Mullan, B., Wong, C., Kothe, E., Maccann, C., Mullan, B., Wong, C., Kothe, E., and Maccann, C. (2013). Predicting breakfast consumption approach: A

- comparison of the theory of planned behaviour and the health action process approach. *British Food Journal*, 115(11), pp. 1638–1657.
- Namadian, M., Penseau, J., Watson, M. C., Bond, C. M., and Sniehotta, F. F. (2016). Motivational, Volitional and Multiple Goal Predictors of Walking in People with Type 2 Diabetes. *Psychology of Sport & Exercise*. Elsevier Ltd.
- Notoatmodjo, S. (2003) *Prinsip-prinsip Dasar Ilmu Kesehatan Masyarakat*. Jakarta: Rineka Cipta, 10
- Notoatmodjo, S. (2007) *Promosi Kesehatan dan Ilmu Perilaku*. Jakarta: Rineka Cipta.
- Notoatmodjo, S. (2010) *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Nur, A., Wilya, V. and Ramadhan, R. (2016) ‘Kebiasaan Aktivitas Fisik Pasien Diabetes Mellitus Terhadap Kadar Gula Darah di Rumah Sakit Umum Dr. Fauziah Bireuen’, *SEL*, 3(2), pp. 41–48.
- Parschau, L., Barz, M., Richert, J., Knoll, N., Lippke, S., and Schwarzer, R. (2014). Physical Activity Among Adults With Obesity : Testing the Health Action Process Approach. *Rehabilitation Psychology*, 59(1), pp. 42–49.
- PERKENI (2011) *Konsensus Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia*. Jakarta: Perkumpulan Endrokinologi Indonesia.
- Pramono, L. A. (2010) *Prevalensi dan Faktor-faktor Prediksi Diabetes Melitus Tidak Terdiagnosa pada Penduduk Usia Dewasa di Indonesia*. Universitas Indonesia.
- Puskesmas Kebonsari (2018) *Data PTM Diabetes Mellitus 2018*. Jambangan.
- Putri, N. H. K. and Isfandiari, M. A. (2013) ‘Hubungan Empat Pilar Pengendalian DM Tipe 2 dengan Rerata Kadar Gula Darah’, *Jurnal Berkala Epidemiologi*, 1(2), pp. 234–243.
- Radtke, T., Scholz, U., Keller, R., and Hornung, R. (2012). Smoking is ok as long as I eat healthily: Compensatory Health Beliefs and their role for intentions and smoking within the Health Action Process Approach. *Psychology and Health*, 27(SUPPL. 2), pp. 91–107.
- Rahajeng, E. (2010) ‘Pengaruh Konsumsi Kopi Terhadap Kejadian Diabetes Melitus Tipe 2 (Studi Follow up Gangguan Toleransi Glukosa di Depok Jawa Barat Tahun 2001-2008)’, *Gizi Indonesia*, 33(2), pp. 82–95.
- Ramaiah, S. (2003) *Kecemasan : Bagaimana Mengatasi Penyebabnya*. Jakarta: Pustaka Obor Populer.

- Renner, B. and Schupp, H. (2011) *The perception of health risks*. In H. S. F. New York: Oxford University Press.
- Renner, B. and Schupp, H. (2011) 'The Perception of Health Risks', in Friedman, H. S. (ed.) *The Oxford Handbook of Health Psychology*. Oxford University Press, pp. 637–665.
- Roger, V. L., Go, A. S., Lloyd-Jones, D. M., Benjamin, E. J., Berry, J. D., Borden, W. B., Bravata, D. M., Dai, S., Ford, E. S., Fox, C. S., Fullerton, H. J., Gillespie, C., Hailpern, S. M., Heit, J. A., Howard, V. J., Kissela, B. M., Kittner, S. J., Lackland, D. T., Lichtman, J. H., ... Turner, M. B. (2012). Heart disease and stroke statistics-2012 update: A report from the American heart association. *Circulation*, 125(1), pp. 2–220.
- Rogers, T. B. (1974) 'An analysis of two central stages underlying responding to personality items: The self-referent decision and response selection', *Journal of Research in Personality*, 8(2), 128-138
- Rohani, H., Eslami, A. A., Ghaderi, A., Bidkhori, M., and Raei, M. (2016). Development and Psychometric Evaluation of a Health Action Process Approach Inventory for Healthful Diet Among Type 2 Diabetes Patients. *International Journal of Preventive Medicine*, 7(69).
- Ruiter, R. A. C., Kok, G., Verplanken, B., and Brug, J. (2001). Evoked fear and effects of appeals on attitudes to performing breast self-examination : an information- processing perspective. *Health Education Research*, 16(3), pp. 307–319.
- Sari, M. A. (2016). *Faktor Risiko Kejadian Diabetes Melitus Tipe II pada Masyarakat Urban Kota Semarang (Studi Kasus di RSUD Tugurejo Semarang)*. Universitas Negeri Semarang.
- Scholz, U., Sniehotta, F. F., Burkert, S., and Schwarzer, R. (2007). Increasing Physical Exercise Levels: Age-Specific Benefits of Planning. *Journal of Aging and Health*, 19(5), pp. 851–866.
- Scholz, U., Sniehotta, F. F. and Schwarzer, R. (2005) 'Predicting Physical Exercise in Cardiac Rehabilitation: The Role of Phase-Specific Self-Efficacy Beliefs', *Journal of Sport & Exercise Psychology*, 27, pp. 135–151.
- Schwarzer, R. (1992) *Self-Efficacy in the Adoption and Maintenance of Health Behaviour: Theoretical Approaches and A New Model*. In R. Schwarzer (Ed), *Self-Efficacy: Thought Control of Action* (pp. 217-243). Washington, DC: Hemisphere

- Schwarzer, R., Renner, B., Kwon, S., Spivak, Y., and Panzer, M. (2005). *Risk and Health Behaviors: Documentation of The Scales of The Research Project: "Risk Appraisal Consequences in Korea" (RACK)*. <http://userpage.fu-berlin.de/~health/hapa.htm> (Accessed: 6 November 2018)
- Schwarzer, R., Sniehotta, F. F., Lipke, S., Luszczynska, A., Scholz, U., Schuz, B., & Wegner, M., Ziegelmann, J. P. (2003). *On the assessment and analysis of variables in the health action process approach: Conducting an investigation*. http://userpage.fu-berlin.de/gesund/hapa_web.pdf (Accessed: 6 November 2018)
- Schwarzer, R. (2014) *The Health Action Process Approach (HAPA)*. Available at: <http://www.hapa-model.de/> (Accessed: 8 July 2019).
- Schwarzer, R. (2016) 'Health Action Process Approach (HAPA) as a Theoretical Framework to Understand Behavior Change', *Actualidades en Psicología*, 30(121), pp. 119–130.
- Schwarzer, R. (2008) 'Modeling Health Behavior Change : How to Predict and Modify the Adoption and Maintenance of Health Behaviors', *Applied Psychology: An International Review*, 57(1), pp. 1–29.
- Schwarzer, R. and Renner, B. (2000) 'Social-Cognitive Predictors of Health Behavior : Action Self-Efficacy and Coping Self-Efficacy', *Health Psychology*, 19(5), pp. 487–495.
- Sheeran, P. (2002) 'Intention – Behavior Relations : A Conceptual and Empirical Review Intention-Behaviour Relations : A Conceptual and Empirical Review', *European Review of Social Psychology*, 12, pp. 1–36.
- Sudaryanto, A., Setiyadi, N. A. and Frankilawati, D. A. (2014) 'Hubungan Antara Pola Makan, Genetik Ddn Kebiasaan Olahraga Terhadap Kejadian Diabetes Melitus Tipe II di Wilayah Kerja Puskesmas Nusukan, Banjarsari', In *Seminar Nasional Sains Dan Teknologi 5 Universitas Wahid Hasyim Semarang 2014*, pp. 19–24.
- Sudoyo, A. W. *et al.* (2007) *Buku Ajar Ilmu Penyakit Dalam*. 4th edn. Jakarta: Bagian Ilmu Penyakit Dalam Fakultas Kedokteran Universitas Indonesia.
- Syamiah, N. (2014) *Faktor Risiko Kejadian Diabetes Mellitus Tipe 2 pada Wanita di Puskesmas Kecamatan Pesanggrahan Jakarta Selatan Tahun 2014*. Universitas Islam Negeri Syarif Hidayatullah Jakarta.
- Tandra, H. (2014) *Strategi Mengalahkan Komplikasi Diabetes Dari Kepala sampai Kaki*. Jakarta: Gramedia Pustaka Utama.
- Tandra, H. (2013) *Life Healthy With Diabetes*. Yogyakarta: Rapha Publishing.

- Trisnawati, S. K. and Setyorogo, S. (2013) ‘Faktor Risiko Kejadian Diabetes Melitus Tipe II Di Puskesmas Kecamatan Cengkareng Jakarta Barat Tahun 2012’, *Jurnal Ilmiah Kesehatan*, 5(1), pp. 6–11.
- Wahyuni, S. (2010) *Faktor-Faktor yang Berhubungan dengan Penyakit Diabetes Melitus (DM) Daerah Perkotaan di Indonesia Tahun 2007 (Analisis Data Sekunder Riskesdas 2007)*. Universitas Islam Negeri Syarif Hidayatullah.
- Wang, H., Qiu, Q., Tan L., Liu T., Deng, X. and Chen, Y. (2009) Prevalence and Determinants of Diabetes and Impaired Fasting Glucose among Urban Community-dwelling Adults in Guangzhou, China, *Diabetes and Metabolism*, 35, pp. 378-384
- Waspadji, S. (2009). *Buku Ajar Penyakit Dalam: Komplikasi Kronik Diabetes, Mekanisme Terjadinya, Diagnosis dan Strategi Pengelolaan* (4th ed.). FK UI.
- WHO (2018) *World Health Statistics: Monitoring Health For The SDGs. Sustainable Development Goals*.
- Wienert, J., Kuhlmann, T., Fink, S., Hambrecht, R., and Lippke, S. (2017). Motivational and Volitional Correlates of Physical Activity in Participants Reporting No, Past, and Current Hypertension: Findings from a Cross-Sectional Observation Study. *International Journal of Behavioral Medicine*, 24(6), pp. 908–914.
- Ziegelmann, J. P. and Lippke, S. (2007) ‘Planning and Strategy Use in Health Behavior Change : A Life Span View’, *International Journal of Behavioral Medicine*, 14(1), pp. 30–39.
- Ziegelmann, J. P., Lippke, S. and Schwarzer, R. (2006) ‘Adoption and maintenance of physical activity : Planning interventions in young , middle-aged , and older adults Adoption and maintenance of physical activity’:, *Psychology and Health*, 21(2), pp. 145–163.