

DAFTAR PUSTAKA

1. Rahma SI, Lukman M, Witdiawati. Studi deskriptif: sedentary lifestyle pada remaja di era digital. MANUJU: Malahayati Nursing Journal. 2025;7(5):1951–63. doi:10.33024/mnj.v7i5.19890
2. Herdman TH, Kamitsuru S, Lopes CT. NANDA International Nursing diagnoses definitions and classification 2021-2023 [Internet]. 12th ed. New York: Thieme Medical; 2021. 1–590 p. Available from: <https://drive.google.com/file/d/1H8lIPStVwkEmllklscSOj3io02lyl05/view> doi:10.1055/b0000000515
3. Tremblay MS, Aubert S, Barnes JD, Saunders TJ, Carson V, Latimer-Cheung AE, et al. Sedentary Behavior Research Network (SBRN) - Terminology Consensus Project process and outcome. International Journal of Behavioral Nutrition and Physical Activity. 2017;14(1):1–17. doi:10.1186/s12966-017-0525-8 PubMed PMID: 28599680.
4. Park JH, Moon JH, Kim HJ, Kong MH, Oh YH. Sedentary lifestyle: overview of updated evidence of potential health risks. Korean J Fam Med. 2020;41(6):365–73. doi:10.4082/kjfm.20.0165
5. Yu L, Zhao X, Long Q, Li S, Zhang H, Teng Z, et al. Association between a changeable lifestyle, sedentary behavior, and suicide risk: A systematic review and meta-analysis. J Affect Disord. 2024;350:974–82. doi:<https://doi.org/10.1016/j.jad.2024.01.193>
6. Qosim MN, Artanti KD. Gambaran sedentary lifestyle siswa SLTA sederajat di kabupaten Madiun tahun 2022. Media Gizi Kesmas (MKG). 2023;12(1):290–6. doi:10.20473/mgk.v12i1.2023.290-296
7. World Health Organization (WHO). Global status report on physical activity 2022. Geneva; 2022.
8. Kementrian Kesehatan RI. Laporan nasional RISKESDAS 2018. 2018.
9. Survei Kesehatan Indonesia. Survei kesehatan indonesia (SKI) tahun 2023. 2023.
10. Moreno MA, Binger K, Zhao Q, Eickhoff J, Minich M, Tehranian Y. Digital technology and media use by adolescents: latent class analysis. JMIR Pediatr Parent. 2022;5(2):1–21. doi:10.2196/35540
11. Badan Pusat Statistik. Proporsi individu yang menguasai/memiliki telepon genggam menurut kelompok umur (persen), 2023. 2023.
12. APJII. Survei penetrasi internet dan perilaku penggunaan internet 2025. 2025.

13. Hanifah L, Nasrulloh N, Sufyan DL. Sedentary behavior and lack of physical activity among children in Indonesia. *Children*. 2023;10(1283):1–11. doi:10.3390/children10081283
14. Nambirajan MK, Vidusha K, Kailasam JG, Kannan S, Govindan D, Ganesh K, et al. Association between smartphone addiction and sedentary behaviour amongst children, adolescents and young adults: A Systematic Review and meta-analysis. *J Psychiatr Res*. 2025;184:128–39. doi:10.1016/j.jpsychires.2025.02.049 PubMed PMID: 40049119.
15. Ajzen I. The theory of planned behavior. *Organ Behav Hum Decis Process*. 1991;50(2):179–211. doi:10.1016/0749-5978(91)90020-T
16. Ajzen I. Attitudes, personality, and behavior. 2nd ed. Manstead T, editor. New York: McGraw-Hill Education; 2005. 1–191 p.
17. Abonie US, Ackah M. Prevalence and disparities in adolescents' sedentary behavior from twenty-three African countries: evidence from World Health Organization Global School-based Student Health Survey. *Public Health*. 2024;231:124–32. doi:10.1016/j.puhe.2024.03.025
18. Felez-Nobrega M, Raine LB, Haro JM, Wijndaele K, Koyanagi A. Temporal trends in leisure-time sedentary behavior among adolescents aged 12-15 years from 26 countries in Asia, Africa, and the Americas. *International Journal of Behavioral Nutrition and Physical Activity*. 2020;17(102):1–11. doi:https://doi.org/10.1186/s12966-020-01010-w
19. Maidartati, Hayati S, Anggraeni DE, Irawan E, Damayanti A, Silviani DAR. Gambaran sedentary lifestyle pada remaja di SMA Kota Bandung. *Jurnal Keperawatan BSI*. 2022;10(2):250–65.
20. Pulungan PLS, Messakh ST, Triprasajo D. Sedentary profile of adolescents aged 12-15 years at Pangudi Luhur Junior High School in Salatiga. *Indonesian Journal of Sport Management (IJSM)*. 2022;4(1):35–40. doi:10.31949/ijsm.v4i1.8860
21. Chang Q, Zhu Y, Liu Z, Cheng J, Liang H, Lin F, et al. Replacement of sedentary behavior with various physical activities and the risk of all-cause and cause-specific mortality. *BMC Med*. 2024;22(385):1–14. doi:10.1186/s12916-024-03599-2
22. Goyal J, Rakhra G. Sedentarism and chronic health problems. *Korean J Fam Med*. 2024;45:239–57. doi:10.4082/kjfm.24.0099
23. Nabiilah H, Aini N, Tursinawati Y, Kurniati ID. Relationship between physical activity and sedentary lifestyle with the incidence of obesity in bri bank malang kawi employees. *Science Midwifery*. 2025;13(4):973–9. doi:10.35335/midwifery.v13i4.2062
24. Han Y, Sung H, Choi Y, Kim YS. Trends in obesity, leisure-time physical activity, and sedentary behavior in Korean adults: Korea national health and

- nutritional examinations survey from 2014 to 2021. *PLoS One*. 2024;19(1):1–15. doi:10.1371/journal.pone.0296042 PubMed PMID: 38170709.
25. Haghjoo P, Siri G, Soleimani E, Farhangi MA, Alesaeidi S. Screen time increases overweight and obesity risk among adolescents: a systematic review and dose-response meta-analysis. *BMC Primary Care*. 2022;23(1):1–24. doi:10.1186/s12875-022-01761-4 PubMed PMID: 35761176.
 26. IDF. IDF Diabetes Atlas. International Diabetes Federation [Internet]. Belgium; 2025. Available from: <https://www.idf.org/aboutdiabetes/type-2-diabetes.html>
 27. Ogle GD, Wang F, Haynes A, Gregory GA, King TW, Deng K, et al. Global type 1 diabetes prevalence, incidence, and mortality estimates 2025: Results from the International diabetes Federation Atlas, 11th Edition, and the T1D Index Version 3.0. *Diabetes Res Clin Pract*. 2025;225:1–12. doi:10.1016/j.diabres.2025.112277 PubMed PMID: 40412624.
 28. Putri A, Anggraini D, Husna M, Damaiyanti S, Suri SI. Gambaran perilaku pengendalian faktor risiko prediabetes pada siswa di sekolah menengah atas. *MAHESA: Malahayati Health Students Journal*. 2023;3(9):2597–604. doi:10.33024/mahesa.v3i9.10835 PubMed PMID: 38252772.
 29. Han C, Song Q, Ren Y, Chen X, Jiang X, Hu D. Global prevalence of prediabetes in children and adolescents: A systematic review and meta-analysis. *J Diabetes*. 2022;14(7):434–41. doi:10.1111/1753-0407.13291 PubMed PMID: 35790502.
 30. Dewanti NP, Sukendra DM. Lifestyle dengan diabetes melitus tipe II pada wanita usia produktif di puskesmas Kedungmundu. *HIGEIA: Journal of Public Health Research and Development*. 2024;8(3):371–83. doi:10.15294/higeia/v8i3/1177
 31. Dinas Kesehatan Kota Semarang. Profil kesehatan Kota Semarang 2024. Dinas Kesehatan Kota Semarang [Internet]. 2024. Available from: <https://pustakadata.semarangkota.go.id/upload/pdf/451-profil-kesehatan-2022.pdf>
 32. Casanova F, O’Loughlin J, Karageorgiou V, Beaumont RN, Bowden J, Wood AR, et al. Effects of physical activity and sedentary time on depression, anxiety and well-being: a bidirectional Mendelian randomisation study. *BMC Med*. 2023;21(1):1–13. doi:10.1186/s12916-023-03211-z PubMed PMID: 38110912.
 33. Ahmad A, Banda VA, Wati E, Dodja KPP, Patmawati TA. Gaya hidup remaja terhadap penyakit tidak menular: Literatur review. *Jurnal Kesehatan Masyarakat Indonesia (JKMI)*. 2023;1(2):66–73. doi:10.62017/jkmi.v1i2.646

34. Biswas T, Townsend N, Huda MM, Maravilla J, Begum T, Pervin S, et al. Prevalence of multiple non-communicable diseases risk factors among adolescents in 140 countries: A population-based study. *EClinicalMedicine*. 2022;52:1–9. doi:10.1016/j.eclinm.2022.101591 PubMed PMID: 36016694.
35. Muthoharoh NA, Mubarakah K, Ningrum RS. Skrining dan edukasi bahaya sedentary lifestyle pada remaja di Kota Semarang. *Jurnal SOLMA*. 2025;14(2):2666–77. doi:10.22236/solma.v14i2.18625
36. Etika AN, Agnes YLN, Yunalia EM, Prayogi IS. Dampak akun media sosial terhadap perilaku sedentary pada mahasiswa kesehatan. *Holistic Nursing and Health Science*. 2023;6(2):76–85. doi:10.14710/hnhs.6.2.2023.76-85
37. Stappers NEH, Bekker MPM, Jansen MWJ, Kremers SPJ, Vries NK De, Schipperijn J, et al. Effects of major urban redesign on sedentary behavior, physical activity, active transport and health-related quality of life in adults. *BMC Public Health*. 2023;23(1157):1–12. doi:10.1186/s12889-023-16035-6
38. Topothai T, Topothai C, Edney SM, Zheng S, Tay Z, Tangcharoensathien V, et al. Associations between the built environment and physical activity in urban asia: a systematic review. *J Phys Act Health*. 2025;1–13. doi:10.1123/jpah.2025-0359
39. Riopel-Meunier J, Poirier P, Després JP, Piché ME. Is the time right for preventive cardiology guidelines on sedentary behaviours and sitting time? *Canadian Journal of Cardiology*. 2025;41(3):412–26. doi:10.1016/j.cjca.2024.12.024 PubMed PMID: 39709014.
40. Arocha Rodulfo JI. Sedentarism, a disease from xxi century. *Clínica e Investigación en Arteriosclerosis (English Edition)*. 2019;31(5):233–40. doi:10.1016/j.artere.2019.04.001
41. Pradifa H, Fikri AM, Kurniasari R. Hubungan sedentary lifestyle dengan status gizi remaja pada masa pandemi COVID-19. *Jurnal Ilmu Kesehatan Masyarakat*. 2023;12(3):1–5. doi:10.33221/jikm.v12i03.2042
42. Putri AS, Nilasari K, Mariana RR, Kurniawan A. Hubungan screen time dan durasi tidur terhadap status gizi siswa dan siswi MAN 2 Kota Malang. *Sport Science and Health*. 2024;6(12):1325–42. doi:10.17977/um062v6i122024p1325-1342
43. Pinto ADA, Ribeiro GJS, Pelegrini A. Knowledge of physical activity guidelines and its association with meeting physical activity and sedentary behavior recommendations in adolescents. *Children*. 2025;12(1084):1–11. doi:10.3390/children12081084
44. Hollman H, Updegraff JA, Lipkus IM, Rhodes RE. Perceptions of physical activity and sedentary behaviour guidelines among end-users and stakeholders: a systematic review. *International Journal of Behavioral*

- Nutrition and Physical Activity. 2022;19(21):1–13. doi:10.1186/s12966-022-01245-9
45. Vancampfort D, Firth J, Smith L, Stubbs B, Rosenbaum S, Hallgren M, et al. Association between physical activity and leisure-time sedentary behavior among 140,808 adolescents aged 12 to 15 from 47 low- and middle-income countries. *Public Health*. 2021;199:1–9. doi:10.1016/j.puhe.2021.08.001
 46. Brazo-Sayavera J, Aubert S, Barnes JD, Gonza'lez SA, Tremblay MS. Gender differences in physical activity and sedentary behavior: Results from over 200,000 Latin-American children and adolescents. *PLoS One*. 2021;16(8):1–14. doi:10.1371/journal.pone.0255353
 47. Gisbert-Pérez J, Martí-vilar M, Merino-soto C, Chans GM, Badenes-ribera L. Gender differences in internet gaming among university students: a discriminant analysis. *Front Psychol*. 2024;15:1–10. doi:10.3389/fpsyg.2024.1412739
 48. Liu Y, Zhang H, Xu R. The impact of technology on promoting physical activities and mental health: a gender-based study. *BMC Psychol*. 2023;11(298):1–16. doi:10.1186/s40359-023-01348-3
 49. McCormack M, Pratt M, Conway TL, Cain KL, Frank LD, Saelens BE, et al. Availability of recreation facilities and parks in relation to adolescent participation in organized sports and activity programs. *Journal of Healthy Eating and Active Living*. 2023;3(1):19–35. PubMed PMID: 37794920.
 50. Aparicio-ugarriza R, Mielgo-ayuso J, Ruiz E, Ávila JM, Aranceta-Barttrina J, Gil Á, et al. Active commuting, physical activity, and sedentary behaviors in children and adolescents from Spain: findings from the ANIBES study. *Int J Environ Res Public Health*. 2020;17(668):1–12. doi:10.3390/ijerph17020668
 51. Pearson N, Griffiths P, Sluijs E Van, Atkin AJ, Khunti K, Sherar LB. Associations between socioeconomic position and young people's physical activity and sedentary behaviour in the UK: a scoping review. *BMJ Open*. 2022;12(e051736):1–18. doi:10.1136/bmjopen-2021-051736
 52. Etika AN, Agnes YLN, Yunalia EM, Prayogi IS. Dampak akun media sosial terhadap perilaku sedentary pada mahasiswa kesehatan. *Holistic Nursing and Health Science*. 2023;6(2):76–85. doi:10.14710/hnhs.6.2.2023.76-85
 53. Zainuddin, Ma'arif I, Prasetyo GB. Tingkat aktivitas fisik berdasarkan tempat tinggal perkotaan dan pedesaan. *Bravo's: Jurnal Program Studi Pendidikan Jasmani dan Kesehatan*. 2024;12(2):159–68. doi:10.32682/bravos.v12i2/25
 54. Anjana RM, Ranjani H, Cerin E, Akram M, Salmon J, Conway TL, et al. Associations of perceived neighbourhood and home environments with sedentary behaviour among adolescents in 14 countries: the IPEN adolescent

- cross sectional observational study. *International Journal of Behavioral Nutrition and Physical Activity*. 2024;21(136):1–17. doi:10.1186/s12966-024-01678-4
55. Popkin BM, Jensen ML, Dillman FR, Corval C, Evenson KR, Adair L, et al. Television viewing and using screens while eating: Associations with dietary intake in children and adolescents. *Appetite*. 2022;168(105670):1–9. doi:10.1016/j.appet.2021.105670
 56. Xian J, Ren T, Kuang M. Influence of eating while watching TV on food preference and overweight/obesity among adolescents in China: a longitudinal study. *Front Public Health*. 2024;12(1423383):1–9. doi:10.3389/fpubh.2024.1423383
 57. Martin-moraleda E, Mandic S, Queralt A, Romero-blanco C, Aznar S. Associations among active commuting to school and prevalence of obesity in adolescents: a systematic review. *Int J Environ Res Public Health*. 2022;19(10852):1–13. doi:10.3390/ijerph191710852
 58. Muharry A, Aisyah IS, Yogaswara D. Associations between digital lifestyle, social factors, and adolescent obesity: a case-control study in Tasikmalaya Regency, Indonesia. *Journal of Health and Nutrition Research*. 2025;4(2):653–65. doi:10.56303/jhnresearch.v4i2.447
 59. Shristi KC, Kaphle HP, Neupane N, Baral S. Internet use and its association with physical activity among adolescents in Beni Municipality, Myagdi, Nepal Shristi. *PLoS One*. 2024;19(5):1–14. doi:10.1371/journal.pone.0302456
 60. Iqrar H, Mohsin M, Ahmad V, Qayum M, Perveen W. Deliberating effects of sedentary lifestyle on young adults: a review of literature. *Pakistan Biomedical Journal*. 2025;8(2):2–7. doi:10.54393/pbmj.v8i2.1136
 61. Syafa TA, Misrah M. Pengaruh sedentary lifestyle terhadap kesehatan mental pada remaja. *SCHOULID: Indonesian Journal of School Counseling*. 2024;9(1):174–85. doi:10.23916/084521011
 62. Kim H, Kim S eun, Sung M kyung. Sex and gender differences in obesity: biological, sociocultural, and clinical perspectives. *World J Mens Health*. 2025;43(4):758–72. doi:10.5534/wjmh.250126
 63. Nurjanah A, Hasanah MK, Abdullah P, Kasih T, Ariyanto J. Perilaku sedentari dan obesitas remaja Indonesia: tinjauan sistematis pasca pandemi. *PREPOTIF: Jurnal Kesehatan Masyarakat*. 2025;9(2):5056–67. doi:10.31004/prepotif.v9i2.45691
 64. Sardi M, Mutiara E, Emilia E, Rosmiat R, Harahap NS. Hubungan perilaku makan dan aktivitas fisik dengan status gizi remaja. *JKKP (Jurnal Kesejahteraan Keluarga dan Pendidikan)*. 2025;12(1):39–48. doi:10.21009/JKKP.121.04

65. Badriyah L, Pijaryani I. Kebiasaan makan (eating habits) dan sedentary lifestyle dengan gizi lebih pada remaja pada saat pandemi covid-19. *Jurnal Ilmiah Kesehatan*. 2022;21(1):34–8. doi:10.33221/jikes.v21i1.1521
66. Westman EC. Type 2 diabetes mellitus: a pathophysiologic perspective. *Front Nutr*. 2021;8(707371):1–5. doi:10.3389/fnut.2021.707371
67. Jia H, Liu Y, Liu D. Role of leisure sedentary behavior on type 2 diabetes and glycemic homeostasis: a Mendelian randomization analysis. *Front Endocrinol (Lausanne)*. 2023;14(1221228):1–12. doi:10.3389/fendo.2023.1221228
68. Salim MN, Khasanah U, Sunaryo A. Hubungan gaya hidup sedentary dengan risiko diabetes melitus tipe 2 pada siswa SMA Negeri 8 Kota Cirebon. *JUKEJ: Jurnal Kesehatan Jompa*. 2025;4(4):1922–30. doi:10.57218/jkj.Vol4.Iss4.2112
69. Oematan G, Oematan G. Durasi tidur dan aktivitas sedentari sebagai faktor risiko hipertensi obesitik pada remaja. *Ilmu Gizi Indonesia*. 2021;04(02):147–56. doi:10.35842/ilgi.v4i2.208
70. Tian Z, Gao Y, Zhou B, Fang Z, Zheng G, Zhang H, et al. Replacement of leisure-time sedentary behavior with various physical activities and the risk of osteopenia and osteoporosis: evidence from the UK Biobank. *J Exerc Sci Fit*. 2025;23:442–50. doi:10.1016/j.jesf.2025.09.003
71. Jingjie W, Yang L, Jing Y, Ran L, Yiqing X, Zhou N. Sedentary time and its association with risk of cardiovascular diseases in adults: an updated systematic review and meta-analysis of observational studies. *BMC Public Health*. 2022;22(286):1–9. doi:10.1186/s12889-022-12728-6
72. Hardy LL, Booth ML, Okely AD. The reliability of the adolescent sedentary activity questionnaire (ASAQ). *Prev Med (Baltim)*. 2007;45(1):71–4. doi:10.1016/j.ypmed.2007.03.014
73. Hamidah FN. Faktor-faktor yang berhubungan dengan praktik sedentary lifestyle pada masa pandemi covid-19 (studi pada remaja usia 15-24 tahun di kabupaten Pati). Universitas Diponegoro; 2022.
74. Christiani C, Mulajaya RP. Remaja, masalah dan penanggulangannya. *Jurnal Suara Pengabdian*. 2024;3(1):8–16. doi:10.56444/pengabdian45.v3i1.1414
75. Pakpahan FH, Saragih M. Theory of cognitive development by Jean Piaget. *Journal of Applied Linguistics*. 2022;2(1):55–60. doi:10.52622/joal.v2i2.79
76. Alosaimi N, Sherar LB, Griffiths P, Pearson N. Clustering of diet, physical activity and sedentary behaviour and related physical and mental health outcomes: a systematic review. *BMC Public Health*. 2023;23(1):1–44. doi:10.1186/s12889-023-16372-6

77. Friedman MM, Bowden VR, Jones EG. Buku ajar keperawatan keluarga: riset, teori, & praktik. 5th ed. Tiar E, editor. Jakarta: EGC; 2010. 1–664 p.
78. Sugiyono. Metode penelitian kuantitatif, kualitatif, dan R&D. 2nd ed. Sutopo, editor. Bandung: ALFABETA; 2023. 1–444 p.
79. Widodo S, Ladyani F, Asrianto LO, Rusdi, Khairunnisa, Lestari SMP, et al. Buku ajar metode penelitian. Cv Science Techno Direct. Pangkalpinang: Science Techno Direct; 2023. 1–195 p.
80. Saudi L, Lameky VY. A systematic review of physical activity, sedentary behavior, and screen time in youth aged 7-18. *Journal of Pubnursing Sciences*. 2025;03(01):30–41. doi:10.69606/jps.v3i01.218
81. Zablotzky B, Arockiaraj B, Haile G, Ng AE. Daily screen time among teenagers: United States, July 2021-December 2023. *NCHS Data Brief*. 2024;(513):1–10. doi:10.15620/cdc/168509 PubMed PMID: 39729081.
82. Kim G, Jeong H, Yim HW. Associations between digital media use and lack of physical exercise among middle-school adolescents in Korea. *Epidemiol Health*. 2023;45:1–9. doi:10.4178/epih.e2023012 PubMed PMID: 36652903.
83. Agbaje AO. Associations of accelerometer-based sedentary time, light physical activity and moderate-to-vigorous physical activity with resting cardiac structure and function in adolescents according to sex, fat mass, lean mass, BMI, and hypertensive status. *Scand J Med Sci Sports*. 2023;33(8):1399–411. doi:10.1111/sms.14365 PubMed PMID: 37035905.
84. Fontes PADS de, Siqueira JH, Martins HX, Oliosia PR, Zaniqueli D, Mill JG, et al. Sedentary behavior, dietary habits, and cardiometabolic risk in physically active children and adolescents. *Arq Bras Cardiol*. 2023;120(2):1–9. doi:10.36660/abc.20220357 PubMed PMID: 36753072.
85. Hardy LL, Dobbins TA, Denney-Wilson EA, Okely AD, Booth ML. Sedentariness, small-screen recreation, and fitness in youth. *Am J Prev Med*. 2009;36(2):120–5. doi:10.1016/j.amepre.2008.09.034 PubMed PMID: 19135904.
86. Santos RMS, Ventura S de A, Nogueira YJ de A, Mendes CG, Paula JJ de, Miranda DM, et al. The associations between screen time and mental health in adolescents: a systematic review. *BMC Psychol*. 2023;11:1–21. doi:10.1186/s40359-023-01166-7
87. World Health Organization (WHO). World Health Organization [Internet]. 2020. p. 1–104. Physical activity and sedentary behaviour. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
88. Masini A, Cecilian A, Dallolio L, Gori D, Marini S. Evaluation of feasibility, effectiveness, and sustainability of school-based physical activity “active break” interventions in pre-adolescent and adolescent students: a systematic

- review. *Canadian Journal of Public Health*. 2022;113:713–25. doi:10.17269/s41997-022-00652-6 PubMed PMID: 35737219.
89. Sanz-Martín D, Melguizo-Ibáñez E, Ruiz-Tendero G, Ubago-Jiménez JL. An explanatory model of the relationships between physical activity, social support and screen time among adolescents. *Int J Environ Res Public Health*. 2022;19(12):1–12. doi:10.3390/ijerph19127463 PubMed PMID: 35742710.
 90. Huang C, Memon AR, Yan J, Lin Y, Chen ST. The associations of active travel to school with physical activity and screen time among adolescents: do individual and parental characteristics matter? *Front Public Health*. 2021;9:1–11. doi:10.3389/fpubh.2021.719742 PubMed PMID: 34976907.
 91. Vorlíček M, Stewart T, Dygrýn J, Rubín L, Mitáš J, Burian J, et al. Where are czech adolescents active? the patterns of movement and transport behavior in different active living domains. *J Phys Act Health*. 2024;21(6):586–94. doi:10.1123/jpah.2023-0212 PubMed PMID: 38531353.
 92. Silva MP da, Guimarães R de F, Bacil EDA, Piola TS, Fantinelli ER, Fontana FE, et al. Time spent in different sedentary activity domains across adolescence: a follow-up study. *J Pediatr (Rio J)*. 2022;98(1):60–8. doi:10.1016/j.jped.2021.03.007 PubMed PMID: 34147484.
 93. Wang Y, Li Y, Liu B, Zhao X, Geng X, Zhu W, et al. Adolescent internet gaming disorder and sensitivity to money and social rewards. *Acta Psychol (Amst)*. 2024;248:1–12. doi:10.1016/j.actpsy.2024.104431 PubMed PMID: 39059243.
 94. Wu H, Meng G, Wang L, Xiao J, Hu K, Li Q. Understanding the relationships among adolescents' internet dependence, reward, cognitive control processing, and learning burnout: a network perspective in China. *BMC Psychiatry*. 2024;24(1):1–13. doi:10.1186/s12888-024-06025-2 PubMed PMID: 39238001.
 95. de Victo ER, Figueiredo TKF, Solé D, Werneck AO, da Silva DR, Ferrari G. Systematic review of active transportation to school in youth - an update from Brazil's Report Card. *Revista Brasileira de Cineantropometria e Desempenho Humano*. 2021;23. doi:10.1590/1980-0037.2021v23e81169
 96. Klos L, Eberhardt T, Nigg C, Niessner C, Wäsche H, Woll A. Perceived physical environment and active transport in adolescents: A systematic review. *J Transp Health*. 2023;33:1–22. doi:10.1016/j.jth.2023.101689
 97. Contardo Ayala AM, Parker K, Mazzoli E, Lander N, Ridgers ND, Timperio A, et al. Effectiveness of intervention strategies to increase adolescents' physical activity and reduce sedentary time in secondary school settings, including factors related to implementation: a systematic review and meta-analysis. *Sports Med Open*. 2024;10(1):1–20. doi:10.1186/s40798-024-00688-7

98. Hardof-Jaffe S, Amzalag M. Beyond school: the role of technology in K-12 students' lives and informal learning. *Int J Child Comput Interact*. 2024;42:1–14. doi:10.1016/j.ijcci.2024.100692
99. Thornton E, Petersen K, Marquez J, Humphrey N. Do patterns of adolescent participation in arts, culture and entertainment activities predict later wellbeing? A latent class analysis. *J Youth Adolesc*. 2024;53(6):1396–414. doi:10.1007/s10964-024-01950-7 PubMed PMID: 38466529.
100. Mayen S, Reinhardt A, Wilhelm C. Revealing the interplay between digital media use and affective well-being across developmental stages: Results of an experience sampling study with Austrian adolescents. *J Child Media*. 2025;19(3):598–618. doi:10.1080/17482798.2024.2443662
101. Prochnow T, Patterson MS, Flores SA, Park JH, Curran L, Howell E, et al. Promoting physical activity and peer relationships in adolescent girls through a summer program. *Health Promot Pract*. 2025;27(2):247–58. doi:10.1177/15248399251347892
102. Prince SA, Roberts KC, Melvin A, Butler GP, Thompson W. Gender and education differences in sedentary behaviour in Canada: an analysis of national cross-sectional surveys. *BMC Public Health*. 2020;20(1):1–17. doi:10.1186/s12889-020-09234-y PubMed PMID: 32718356.
103. Page Jeffery C. 'Trust us! we know what we are doing!' parent-adolescent digital conflict in Australian families. *J Child Media*. 2024;18(4):472–88. doi:10.1080/17482798.2024.2358947
104. Kontostoli E, Jones AP, Pearson N, Foley L, Biddle SJH, Atkin AJ. Age-related change in sedentary behavior during childhood and adolescence: A systematic review and meta-analysis. *Obesity Reviews*. 2021;22(9):1–11. doi:10.1111/obr.13263 PubMed PMID: 34080284.
105. Pate RR, Saunders RP, Taverno Ross SE, Dowda M. Patterns of age-related change in physical activity during the transition from elementary to high school. *Prev Med Rep*. 2022;26:1–7. doi:10.1016/j.pmedr.2022.101712
106. Santiago-Rodríguez ME, Chen J, Pfeiffer KA, Marquez DX, Odoms-Young A, Bustamante EE. Developmental disparities in sedentary time by period of the day among US youth: a cross-sectional study. *BMC Public Health*. 2022;22:1–13. doi:10.1186/s12889-022-14447-4 PubMed PMID: 36348336.
107. Chen S, Clark CCT, Ren Z. Different types of screen-based sedentary time and anxiety in adolescents: Video games may be more important. *Front Public Health*. 2022;10. doi:10.3389/fpubh.2022.918234 PubMed PMID: 36148333.
108. Kontostoli E, Jones AP, Pearson N, Foley L, Biddle SJH, Atkin AJ. The association of contemporary screen behaviours with physical activity,

- sedentary behaviour and sleep in adolescents: a cross-sectional analysis of the millennium cohort study. *Int J Behav Med.* 2023;30:122–32. doi:10.1007/s12529-022-10077-7 PubMed PMID: 35275347.
109. Parker K, Cleland V, Dollman J, Gatta J Della, Hatt J, Timperio A. A latent transition analysis of physical activity and screen-based sedentary behavior from adolescence to young adulthood. *International Journal of Behavioral Nutrition and Physical Activity.* 2022;19:1–9. doi:10.1186/s12966-022-01339-4 PubMed PMID: 35907980.
 110. Pinto AJ, Bergouignan A, Dempsey PC, Roschel H, Owen N, Gualano B, et al. Physiology of sedentary behavior. *Physiol Rev.* 2023;103(4):2561–622. doi:10.1152/physrev.00022.2022 PubMed PMID: 37326297.