

DAFTAR PUSTAKA

1. Amryna SU, Prameswari GN. Hubungan pola makan, sedentary lifestyle, dan durasi tidur dengan kejadian gizi lebih pada remaja (studi kasus di SMA Negeri 1 Demak). *Indones J Public Heal Nutr.* 2022;2(1):112–21.
2. Desmawati. Gambaran gaya hidup kurang gerak (sedentary lifestyle) dan berat badan remaja zaman milenial di Tangerang, Banten. *J Ilm Kesehat Masy.* 2019;11(4):296–301.
3. Mandriyarini R, Sulchan M, Nissa C. Sedentary lifestyle sebagai risiko kejadian obesitas pada remaja SMA stunted di Kota Semarang. *J Nutr Coll.* 2017;6(2):149–55.
4. Kementerian Kesehatan RI. Riset Kesehatan Dasar. Jakarta: Badan Penelitian dan Pengembangan; 2013.
5. Kelishadi R, Ardalan G, Gheiratmand R. Thinnes, overweight, and obesity in a national sample of Irian children and adolescent: Caspian study child. *Care Heal Dev.* 2008;34(1):44–5.
6. Maidartati, Hayati S, Anggraeni D, Irawan E, Damayanti A, Silviani D. Gambaran sedentary lifestyle pada remaja di SMA Kota Bandung. *J Keperawatan BSI.* 2022;10(2):250–65.
7. Guo X, Zheng L, Yu S, Sun G, Yang H, Zhou X, et al. Differences in lifestyle behaviors, dietary habits, and familial factors among normal weight, overweight, and obese Chinese children and adolescents. *Int J Behav Nutr Phys Act.* 2012;9:1–9.
8. Fuadah DZ, Siswoaribowo A, Daniaty E. Sedentary lifetsyle with social

- interaction in adolescent. *J Appl Nurs Heal*. 2021;3(2):77–83.
9. Endarti A. Kualitas hidup kesehatan: Konsep, model, dan penggunaan. *J Ilm Kesehat*. 2015;7(2).
 10. WHOQOL. World Health Orgazation quality of life assessment (WHOQOL): Position paper from the World Health Organization. *Soc Sci Med*. 1995;41:1403–9.
 11. Kumayas M, Manampring AE, Mantjoro EM, Posangi J, Wariki W. Hubungan aktifitas fisik dengan kualitas hidup kesehatan remaja di Kabupaten Minahasa Selatan. *Jambura J Heal Sci Res*. 2022;4(3):880–5.
 12. World Health Organization. Health for the world’s adolescents: a second chance in the second decade: summary [Internet]. 2014. Available from: <https://apps.who.int/iris/handle/10665/112750>
 13. Gonipath B, Hardy L, Baur L, Burlutsky G, Mitchell P. Physical activity and sedentary behaviors and health-related quality of life in adolescents. *Pediatrics*. 2012;130(1):167–74.
 14. Porajowm Z, Manampring A, Wariki W, Palandeng H, Langi F. Hubungan kualitas hidup kesehatan dengan aktivitas fisik dan status gizi remaja di era pandemi Covid-19. *J Biomedik*. 2021;13(3):358–67.
 15. Oktaviani WD, Saraswati LD, Rahfiludin MZ. Hubungan kebiasaan konsumsi fast food, aktivitas fisik, pola konsumsi, karakteristik remaja dan orang tua dengan indeks massa tubuh (IMT) (studi kasus pada siswa SMA Negeri 9 Semarang tahun 2012). *J Kesehat Masy*. 2012;1(2):542–53.
 16. RI PK. Anjuran Menkes Nila soal Durasi Waktu Olahraga. Kementerian

Kesehatan RI. 2019.

17. Mare ACB, Prasetani AG. The relationship between sedentary lifestyle and blood glucose levels in nursing students. *J Keperawatan Suaka Insa*. 2022;7(2):128–32.
18. Rio F. Mengenal Sedentary Lifestyle, Bahaya, dan Cara Mengatasinya [Internet]. Kementerian Keuangan RI. 2022 [cited 2022 Nov 7]. p. 1. Available from: <https://www.djkn.kemenkeu.go.id/kpknl-bandung/baca-artikel/15160/Mengenal-Sedentary-Lifestyle-Bahaya-dan-Cara-Mengatasinya.html>
19. Rahmi SA. Analisis faktor sedentary lifestyle dan konsumsi jajanan terhadap kejadian stunted obesity pada anak sekolah dasar di Kabupaten Magelang. Universitas Negeri Semarang; 2020.
20. Inyang M, Stella O. Sedentary lifestyle: health implications. *IOSR J Nurs*. 2015;4(2):20–5.
21. Has EMM, Nurwitanti HA, Wahyuni SD, Ulfiana E. Determinants of a sedentary lifestyle among school-aged children based on a family ecological model. *Enferm Clin*. 2020;30:106–10.
22. Lu C, Huang G, Corpeleijn E. Environmental correlates of sedentary time and physical activity in preschool children living in a relatively rural setting in the Netherlands: A cross sectional analysis of the gecko drenthe cohort. *BMJ Open*. 2019;9:1–9.
23. 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.
24. Al Rahmad A. Sedentari sebagai faktor kelebihan berat badan remaja. *J Vokasi Kesehatan*. 2019;5(1):16–21.
 25. Mann K, Howe L, Batefield L, Parkinson K, Pearce M, Reilly J, et al. Longitudinal study of the associations between change in sedentary behavior and change in adiposity during childhood and adolescence: Gateshead Millennium Study. *Int J Obes*. 2017;41:1042–7.
 26. Healy G, Dunstan D, Salmon J, Cerin E, Shaw J, Zimmet P, et al. Breaks in sedentary time: Beneficial associations with metabolic risk. *Diabetes Care*. 2008;31:661–6.
 27. Cliff D, Hesketh K, Vella S, Hinkley T, Tsiros M, Ridgers N, et al. Objectively measured sedentary behaviour and health and development in children and adolescents: Systematic review and meta-analysis. *Obes Rev*. 2016;17(4):330–4.
 28. Akindutire I, Olanipekun J. Sedentary life-style as inhibition to good quality of life and longevity. *J Educ Pract*. 2017;8(13):39–43.
 29. Sholihah M, Soedirham O, Triharini M. Niat keluarga terhadap peningkatan peran mencegah sedentary lifestyle remaja. *J Penelit Kesehatan Suara Forikes*. 2019;10(4):257–60.
 30. Bounova A, Michalopoulou M, Agelousis N, Kourtessis T, Gourgoulis V. The parental role in adolescent screen related sedentary behavior. *Int J Adolesc Med Heal*. 2018;30(2).
 31. WHO. WHOQOL user manual. Switzerland; 1998. p. 1–106.

32. CDC. Measuring Healthy Days: Population Assessment of Health-Related Quality of Life. Atlanta: CDC; 2000. 4–6 p.
33. Agborsangaya C, Lau D, Lahtinen M, Cooke T, Johnson J. Health-related quality of life and healthcare utilization in multimorbidity: Results of a cross-sectional survey. *Qual Life Res.* 2013;22(4):791–9.
34. Rural Alberta Development Fund. Quality of Life and Community Capacity Population Survey: Baseline results [Internet]. Howard Research and Management Consulting Inc. 2009. Available from: www.radf.ca/uploads/qualityoflifesurvey%0275714.pdf.
35. Hunt S. Editorial: The problem of quality of life. *Qual Life Res.* 1997;6(3):205–12.
36. Kusumadewi M. Peran stresor harian, optimisme dan regulasi diri terhadap kualitas hidup individu dengan diabetes melitus tipe 2. *J Psikol Islam.* 2011;8(1):43–61.
37. Ningsih M, Hamdani. Profil kualitas hidup pada SMA Muhammadiyah 1 Taman Sidoarjo di era pandemi. *J Pendidik Olahraga dan Kesehat.* 2021;9(2):103–7.
38. Sun M, Man J, Wang X, Cheng Q, Fang H, Fu Z, et al. The correlation between quality of life and social support in female nurse. *J Clin Nurse.* 2017;26(8):1005–10.
39. Agostinho MR, Oliveira MC, Pinto MEB, Balardin GU, Harzheim E. Self-perceived health of adults users of Primary Health Care Services in Porto Alegre, RS, Brazil. *R bras Med Fam e Comun.* 2010;5(17):9–15.

40. IHE. IHE Report: The Importance of Measuring Health-related Quality of Life. Alberta: Institute of Health Economics; 2008.
41. Haraldstad K, Wahl A, Andenæs R, Andersen JR, Andersen MH, Beisland E, et al. A systematic review of quality of life research in medicine and health sciences. *Qual Life Res.* 2019;28(10):2641–50.
42. McDowell I. *Measuring Health: A Guide to Rating Scales and Questionnaires.* Third ed. Oxford: Oxford University Press; 2006.
43. Lam C. *Subjective Quality of Life Measures General Principles and Concepts.* New York: Springers; 2010.
44. Strauss M, Smith G. Construct validity: Advances in theory and methodology. *Annu Rev Clin Psychol.* 2009;5(1):103–7.
45. Jacob DE, Sandjaya. Faktor-faktor yang mempengaruhi kualitas hidup masyarakat Karubaga Disctriect Sub District Tolikara Propinsi Papua. *J Nas Ilmu Kesehat.* 2018;1:1–16.
46. Skevington S, Lotfy M, O’connel K. The World Health Organization’s WHOQOL-BREF quality of life assessment: Psychometric properties and results of the international field trial. A Report from the WHOQOL Group. *Qual Life Res.* 2004;13:299–310.
47. World Health Organization. *Maternal, Newborn, Child and Adolescent Health* [Internet]. 2021 [cited 2022 Nov 25]. Available from: https://www.who.int/maternal_child_a%0Adolescent/topics/adolescence/de
v
48. Haryono R, Kurniasari K. Stres akademis berhubungan dengan kualitas

- hidup pada remaja. *J Biomedika dan Kesehat.* 2018;1(1):75–84.
49. Dewi F, Idulfilastri R, Angela L, Sari M. Gambaran kualitas kehidupan remaja (studi pada remaja di daerah gempa bumi). *J Muara Ilmu Sos Humaniora, dan Seni.* 2021;5(1):170–9.
 50. World Health Organization. The world health organization's WHOQOL-BREF quality of life assesment: Psychometric properties and results of the international field trial a report from the WHOQOL group. *Khluwer Acad J.* 2009;3:299–310.
 51. Muhlisin A, Irdawati. Teori self care dari Orem dan pendekatan dalam praktek keperawatan. *Ber Ilmu Keperawatan.* 2010;2(2):97–100.
 52. Orem D. *Nursing Concept of Practice.* St Louis: The CV Mosby Company; 2001.
 53. Alligood M, Tomey A. *Nursing Theorists and Their Work.* 6th ed. Missouri: Mosby; 2006.
 54. Djollong A. Teknik pelaksanaan penelitian kuantitatif. *Istiqra'.* 2014;2(1):86–100.
 55. Hidayat A. *Riset Keperawatan dan Teknik Penulisan Imiah.* Jakarta: Salemba Medika; 2003.
 56. Nuryadi, Astuti TD, Utami ES, Budiantara M. *Dasar-dasar Statistik Penelitia.* Yogyakarta: Sibuku Media; 2017.
 57. Abubakar R. *Pengantar Metodologi Penelitian.* Yogyakarta: SUKA-Press UIN Sunan Kalijaga; 2021.
 58. Notoatmodjo. *Metode Penelitian Kesehatan.* Jakarta: Rineka Cipta; 2012.

59. Sumarmono J. *Variable Penelitian*. Purwokerto: Unsoed; 2014.
60. Nursalam. *Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan*. Jakarta: Salemba Medika; 2011.
61. Setyawan DA. *Modul Hipotesis dan Variabel Penelitian*. Jawa Tengah: CV. Tahta Media Group; 2021.
62. Elizabeth J, Tan ST, Firmansyah Y, Sylvana Y. Perubahan kualitas hidup lansia (WHOQOL-BREF) sebelum dan sesudah intervensi untuk meningkatkan kadar hidrasi kulit di STW Cibubur. *J Kedokt Meditek*. 2020;26(1):23–30.
63. Resmiya L, Misbach IH. Pengembangan alat ukur kualitas hidup. *J Psikol Insight*. 2019;3(1):30–1.
64. Hamidah FN. Faktor-faktor yang berhubungan dengan praktik sedentary lifestyle pada masa pandemi Covid-19 (studi pada remaja usia 12-24 tahun di Kabupaten Pati). Universitas Diponegoro; 2022.
65. Karuniawati H, Sari N, Hossain S, Ismail WI, Haq AHB, Yulianti T, et al. Assessment of mental health and quality of life status of undergraduate students in Indonesia during Covid-19 outbreak: A cross-sectional study. *Int J Environ Res Public Health*. 2022;19(12011):1–14.
66. Supriani A, Rosyidah NN. Analisis domain kualitas hidup lansia dalam kesehatan fisik dan psikologis. *Journals Ners Community*. 2021;12(1):59–67.
67. Hardy LL, Booth ML, Okely AD. The reliability of the adolescent sedentary activity questionnaire. *Prev Med (Baltim)*. 2007;45:71–4.

68. Sanaky MM, Saleh LM, Titaley HD. Analisis faktor-faktor penyebab keterlambatan pada proyek pembangunan gedung asrama MAN 1 Tulehu Maluku Tengah. *J Simetrik*. 2021;11(1):432–9.
69. Riyanto S, Hatmawan AA. Metode Riset Penelitian Kuantitatif Penelitian di Bidang Manajemen, Teknik, Pendidikan, dan Eksperimen. Madiun: Deepublish Publisher; 2020. 61–78 p.
70. Yusup F. Uji validitas dan reliabilitas instrumen penelitian kuantitatif. *J Tarb J Ilm Kependidikan*. 2018;7(1):17–23.
71. Vahedi S. World Health Organization Quality of Life scale (WHOQOL-BREF): Analyses of their item response theory properties based on the Graded Response Model. *Iran J Psychiatry*. 2010;5(140):153.
72. Mudey A. Assessment of quality of life among rural and urban elderly population of Wardha district, Maharashtra, India. *Ethno Med*. 2011;5(2):89–93.
73. Xia P, et al. Quality of life of Chinese urban community residents: a psychometric study of the mainland Chinese version of the WHOQOL-BREF. *BMC Med Res Methodol*. 2012;12(37).
74. Salim O, et al. Validitas dan reliabilitas World Health Organization Quality of Life-BREF untuk mengukur kualitas hidup lanjut usia. *Universa Med*. 2007;26(1).
75. Khasana TM, Kertia N, Probosuseno. Kualitas hidup lansia hipertensi dengan overweight dan tidak overweight. *Jurnal Gizi Klin Indones*. 2020;17(1):43–52.

76. Sugiyono. Metodologi Penelitian Kuantitatif, Kualitatif, dan R&D. Bandung: Alfabeta; 2017.
77. Sugiyono. Metode Penelitian Kuantitatif, Kualitatif, dan R&D. Bandung: Alfabeta; 2018.
78. Anshori M, Iswati S. Metode Penelitian Kuantitatif. Surabaya: Airlangga University Press; 2017. 120–123 p.
79. Indrawan R, Yaniawaty P. Metodologi Penelitian Kuantitatif, Kualitatif, dan Campuran untuk Manajemen, Pembangunan, dan Pendidikan. Atif NF, editor. Bandung: PT Refika Aditama; 2017. 151–160 p.
80. Sugiyono. Metode Penelitian Kombinasi (Mix Methods). Bandung: Alfabeta; 2015.
81. Priantoro H. Hubungan beban kerja dan lingkungan kerja dengan kejadian burnout perawat dalam menangani pasien BPJS. *J Ilm Kesehat.* 2017;16(3):9–16.
82. Kiyimba N, Lester J, O'Reilly M. Using Naturally Occurring Data in Qualitative Health Research: A Practical Guide. Springer International Publishing; 2019.
83. Goyal N, Wice M, JG M. Ethical Issues in Cultural Research on Human Development in Handbook of Research Methods in Health Social Sciences. Liamputtong P, editor. Springer International Publishing; 2019. 1892–1902 p.
84. James A, Winter A. Research Ethics in Public Health Research Methods for Partnership and Practice. Goodman S, Thompson V, editors. CRC Press;

2018. 239–257 p.
85. Trochim W, JP D, Aurora K. *Research Methods: The Essential Knowledge Base*. Cengage Learning; 2016.
 86. World Health Organization. *Coming of age: adolescent health*. 2018.
 87. Kementerian Kesehatan RI. *Peraturan Menteri Kesehatan No. 25 tahun 2014 tentang Upaya Kesehatan Anak* [Internet]. Jakarta; 2014. Available from: [http://kesga.kemkes.go.id/images/pedoman/PMK No. 25 ttg Upaya%0AKesehatan Anak.pdf](http://kesga.kemkes.go.id/images/pedoman/PMK_No_25_ttg_Upaya%0AKesehatan_Anak.pdf).
 88. Nasional BK dan KB (BKKBN). *Siapa itu remaja?* [Internet]. 2015. Available from: <https://flipbook.bkkbn.go.id/index.php/flipbook/show/TFL-4396-%0A182507-084156.%0D>
 89. Monks, et al. *Psikologi Perkembangan - Pengantar Dalam Berbagai Bagiannya*. Yogyakarta: Gadjah Mada University Press; 2002.
 90. Gunarsa S, YS G. *Psikologi Praktis: Anak, Remaja, dan Keluarga*. Jakarta: BPK Gunung Mulia; 2001.
 91. Roemling C, Quim M. Obesity trends and determinants in Indonesia. *J Appet*. 2012;58(3):1005–13.
 92. Sari TP, Mitsalia AA. Pengaruh penggunaan gadget terhadap prsonal anak usia pra sekolah di TKIT Al Mukmin. *Profesi*. 2016;13(2):72–8.
 93. Abivian M. Gambaran perilaku Phubbing dan pengaruhnya terhadap remaja pada era society 5.0. *Prophet Prof Empathy, Islam Couns J*. 2022;5(2):155–64.
 94. Syafei I, Kamayani M, Sinduningrum E. Perancangan aplikasi pengaduan

- masyarakat terhadap lingkungan di tingkat kelurahan. Pros Semin Nas Terbuka. 2020;4(2502):111–6.
95. Hadning I, Ainii N. An Analysis of Health Workers “Quality of Life in Indonesia During COVID-19 Pandemic.” In: Proceedings of the 4th International Conference on Sustainable Innovation 2020-Health Science and Nursing (ICoSIHSN 2020), 33(ICoSIHSN 2020). 2021. p. 425–30.
 96. Baihaqi. Psikologi Pertumbuhan: Kepribadian Sehat untuk Mengembangkan Optimisme. Bandung: PT. Remaja Rosdakarya; 2008.
 97. Yusuf S, Nurihsan J. Teori Kepribadian. Bandung: PT. Remaja Rosdakarya; 2007.
 98. Hidayat N, Na’imah T. Kebutuhan akan rasa nyaman dan happiness pada peserta didik. 4th Res Coloqium. 2016;83–9.
 99. Buleno I, Nelwan JE, Runtuwene J, Manampiring AE, Ratag G. Kualitas hidup remaja di Kota mob pada masa pandemi Corona Virus. Heal Care J Kesehat. 2021;10(2):262–7.
 100. Septiani M, Rahmi A. Analisis masalah hubungan sosial remaja berdasarkan aum umum di Jorong Puar Datar Kenagarian Kototinggi Kecamatan Gunuang Omeh Kabupaten 500 Kota. J Pendidik Tambusai. 2021;5(3):10814–30.
 101. Tarigan AHZ, Nugroho IP. Bagaimana rasa ingin tahu remaja ditinjau dari keinginan untuk mengaktualisasikan diri dalam ruang lingkup sekolah. J Bimbingan dan Konseling Ar-Rahman. 2019;5(1):24–8.
 102. Ngamaba KH, Webber M, Xanthopoulou P, Chevalier A, Giacco D.

- Participation in leisure activities and quality of life of people with psychosis in England: a multi-site cross-sectional study. *Ann Gen Psychiatry*. 2023;22(8):1–12.
103. Goodman W, Geiger A, Wolf J. Leisure activities are linked to mental health benefits by providing time structure: comparing employed, unemployed and homemakers. *J Epidemiol Community Heal*. 2017;1(4):4–11.
 104. OECD. *Special Focus: Measuring Leisure in OECD Countries in OECD Society at a glance*. France: OECD Social Indicators; 2009.
 105. Carr A, Higginson I, Robinson P. *Quality of Life*. London: BMJ Books; 2003.
 106. Vaarama M, Pieper R, Sixsmith A. *Care-Related Quality of Life in Old Age*. New York: Springer International Publishing; 2008.
 107. Aziz B, Drira C, Felfel H, Kooli A, Khrouf M. Impact of healthcare access on Health-Related Quality of Life in the Tunisian population. *Value Heal*. 2020;23(2):684.
 108. Todd L. Transportation and the Quality of Life. In: Michalos, A.C. (eds) *Encyclopedia of Quality of Life and Well-Being Research*. Dordrecht: Springer International Publishing; 2014. 6729–6733 p.
 109. Courtin E, Knapp M. Social isolation, loneliness, and health in old age: a scoping review. *Health Soc Care Community*. 2017;25(3):799–812.
 110. Wulandari A. Karakteristik pertumbuhan perkembangan remaja dan implikasinya terhadap masalah kesehatan dan keprawatan. *J Keperawatan Anak*. 2014;2(1):39–43.

111. Reeder S, Martin L, Koniak D. *Maternity Nursing: Family, Newborn and Woman Healthcare*. Philadelphia: JB Lippincott; 1997.
112. Oktavianto E, Kurniati FD, Badi'ah A, Bengu MA. Nyeri dan kecemasan berhubungan dengan kualitas hidup remaja dismenore. *Heal Sci Pharm J*. 2018;2(1):22–9.
113. Unsal A, Ayranci U, Tozun M, Arslan G, Calik E. Prevalence of dysmenorrhea and its effect on quality of life among a group of female university students. *Ups J Med Sci*. 2010;115(2):138–45.
114. Rusmil K. *Kualitas Hidup Remaja dengan Kondisi Penyakit Kronis* [Internet]. Ikatan Dokter Anak Indonesia. 2019 [cited 2023 Sep 12]. Available from: <https://www.idai.or.id/artikel/seputar-kesehatan-anak/kualitas-hidup-remaja-dengan-kondisi-penyakit-kronis>
115. Ali M, Asori M. *Psikologi remaja perkembangan peserta didik*. Jakarta: PT. Bumi Aksara; 2004.
116. Santrock J. *Remaja*. Edisi II j. Jakarta: Erlangga; 2007.
117. Sun W, Wu M, Qu P, Lu C, Wang L. Quality of life of people living with hiv/aids under the new epidemic characteristics in china and the associated factors. *PLoS One*. 2013;8(5):1–10.
118. Taylor S. *Health psychology*. 9th Ed. McGraw Hill; 2015.
119. Singstad MT, Wallander JL, Greger HK, Lydersen S, Kaye NS. Perceived social support and quality of life among adolescents in residential youth care a cross-sectional study. *Heal Qual Life Outcomes*. 2021;19(29):1–12.
120. Mendoca C, Simoes F. Disadvantaged youths' subjective well-being: the role

- of gender, age, and multiple social support attunement. *Child Inc.* 2019;12(3):769–89.
121. Anbarasan S. Gambaran kualitas hidup lansia dengan hipertensi di wilayah kerja puskesmas Rendang pada periode 27 Februari sampai 14 Maret 2015. *Intisari Sains Medis.* 2015;4(1):113–24.
122. Kwan Y. Life satisfaction and self-assessed health among adolescents in hong kong. *J Happiness Stud.* 2010;11(3):383–93.
123. Proctor C, Linley P, Maltby J. Youth life satisfaction: A review of the literature. *J Happiness Stud.* 2009;10(5):583–630.
124. Santrock J. *Life Span Development (Perkembangan Masa Hidup Jilid 1) (13th ed.).* 13th Ed. Erlangga; 2012.
125. Musta WP. Hubungan pengetahuan, kesehatan fisik, dan kesehatan mental dengan tingkat aktivitas sedentary mahasiswa pada masa pandemi Covid-19 di Kota Makassar. Universitas Islam Negeri Alauddin Makassar; 2022.
126. Moore SA, Faulkner G, Rhodes RE, Brussoni M, Chulak-Bozzer T, Ferguson LJ, et al. Impact of the COVID-19 virus outbreak on movement and play behaviours of Canadian children and youth: A national survey. *Int J Behav Nutr Phys Act.* 2020;17(1):1–11.
127. Kementerian Kesehatan RI. *Riset Kesehatan Dasar 2013.* 2013.
128. Han B. *The Society of Tiredness.* Stockholm: Ersatz; 2013.
129. Barlian S, Santosa D, Trusda SAD. Hubungan durasi sedentary behavior dengan tingkat depresi pada karyawan kantor. *Pros Pendidik Dr.* 2016;2(1):410–6.

130. Indarjo S. Kesehatan jiwa remaja. *J Kesehat Masy*. 2009;5(1):48–57.
131. Fauziah R, Rusli R. Pertumbuhan dan perkembangan peserta didik secara sosial. *J Sos Hum*. 2013;4(2):101–7.
132. Rahmawati A, Suharso. Faktor determinan konsep diri siswa kelas VIII di SMP negeri se-Kota Semarang. *Indones J Guid Couns Theory Appl*. 2015;4(1):30–6.
133. Hurlock E. *Perkembangan Anak Jilid I*. Jakarta: Erlangga; 1998.
134. Holle V, Deforche B, Cauwenberg J, Goubert L, Maes L, Weghe N, et al. Relationship between the physical environment and different domains of physical activity in European adults: a systematic review. *Public Health*. 2012;12(807):1–17.
135. Mubarak, Wahit I, Chayatin N. *Buku Ajar Kebutuhan Dasar Manusia*. Jakarta: EGC; 2008.
136. Potter P, Perry A. *Fundamental Keperawatan*. 7th ed. 2010.