

DAFTAR PUSTAKA

- Agustina, W., Lestari, R. M., & Prasida, D. W. (2023). Hubungan Aktivitas Fisik Dengan Kejadian Obesitas Pada Usia Produktif Di Wilayah Kerja Puskesmas Marina Permai Kota Palangka Raya. *Jurnal Surya Medika*, 9(1), 1–8. <https://doi.org/10.33084/Jsm.V9i1.5125>
- Alzamil, H., Aldokhi, L., & Habib, S. S. (2018). Physical Fitness And Its Relationship To Plasma Leptin, Leptin Soluble Receptor, And Free Leptin Index In A Saudi Population: A Comparison Between Diabetic And Non-Diabetic Individuals. *Medical Science Monitor Basic Research*, 24, 113–119. <https://doi.org/10.12659/MSMBR.910573>
- Amalia, D. P. (2021). Physical Activity And Health-Related Internet Usage During The COVID-19 Pandemic Among Indonesian Adults [Article]. Institut Pertanian Bogor Journal / *Sumberdaya Hayati*. Retrieved From <https://journal.ipb.ac.id/Sumberdayahayati/Article/Download/37566/23099>
- Aragón-Vela, J., Alcalá-Bejarano Carrillo, J., Moreno-Racero, A., & Plaza-Díaz, J. (2022). The Role Of molecular And Hormonal Factors In Obesity And the Effects Of Physical Activity In Children. *International Journal Of Molecular Sciences*, 23(23). <https://doi.org/10.3390/Ijms232315413>
- Ariyani, P. D., & Gunawan, A. (2024). The Association Between Marital Status And Overweight/Obesity Among Indonesian Adults: *A Multivariate Analysis Using Riskesdas 2018*. *Indonesian Journal Of Public Health*, 16(1), 45–56.
- Ariyani, R. Et. A. (2022). Unity Of Sciences Teori Dietetika Berbagai Penyakit: Diet Pada Obesitas (Edisi Pert). *Mata Kata Inspirasi*.
- Ayu Pradika, R. R. T., Sari, A. D., & Suminar, I. T. (2022). Hubungan Aktivitas Fisik Dengan Kejadian Obesitas Pada Anak Usia Sekolah : Literature Review. *Citra Delima Scientific Journal Of Citra Internasional Institute*, 6(1), 19–26. <https://doi.org/10.33862/Citradelima.V6i1.277>
- Azizah, N., Talahatu, A. H., & Laga Nur, M. (2025). Hubungan Pengetahuan Gizi, Aktivitas Fisik Dan Pola Makan Dengan Kejadian Obesitas Di Madrasah Ibtidaiyah Nurul Huda Kota Kupang. *Jurnal Kesehatan*, 214–229.
- Badan Pusat Statistik. (2022). *Statistik Pendapatan: Februari 2022* (Katalog No. 2301030). Badan Pusat Statistik.

- BPPK. (2023). *Malas Gerak Tingkatkan Kegemukan Dan Risiko Penyakit*. Kemenkes. <https://www.badankebijakan.kemkes.go.id/malas-gerak-tingkatkan-kegemukan-dan-risiko-penyakit>
- BPS. (2025). *Angkatan Kerja (AK) Menurut Golongan Umur, 2025*. Badan Pusat Statistik. <https://www.bps.go.id/id/statistics-table/2/njk4IzI=/angkatan-kerja-ak--menurut-golongan-umur.html>
- Dinas Komunikasi, Informatika Dan Statistik Provinsi DKI Jakarta. (2022). *Statistik Sektoral DKI Jakarta TAHUN 2022 (Vol.4)*. Pemerintah Provinsi DKI Jakarta.
- Elmaleh-Sachs, A., Schwartz, J. L., Bramante, C. T., Nicklas, J. M., Gudzone, K. A., & Jay, M. (2023). Obesity Management In Adults. *Jama*, 330(20), 2000–2015. <https://doi.org/10.1001/jama.2023.19897>
- Friedman, M. I., Sørensen, T. I. A., Taubes, G., Lund, J., & Ludwig, D. S. (2024). Trapped Fat: Obesity Pathogenesis As An Intrinsic Disorder In Metabolic Fuel Partitioning. *Obesity Reviews*, 25(10), 1–23. <https://doi.org/10.1111/obr.13795>
- Ginting, J. B., & Suci, T. (2025). Analysis Of Risk Factors For Obesity Incidence At Johar Baru Community Health Center, Central Jakarta. *Healthy Tadulako Journal (Jurnal Kesehatan Tadulako)*, 11(1), 30-36. <https://doi.org/10.22487/htj.v11i1.1481>
- Guglielmetti Petra. (2025). Factors That Can Contribute To Obesity. *Glamour*. https://www.glamour.com/story/obesity-risk-factors?utm_source
- Guo, C., Zhou, Q., Zhang, D., Qin, P., Li, Q., Tian, G., & Wang, Y. (2022). Association Between Physical Activity Patterns And Obesity Indicators In Adults: A Population-Based Study. *Nutrients*, 14(9), 1864. <https://doi.org/10.3390/nu14091864>
- Haditya, R., & Waren, A. (2025). Pekerja Di Perusahaan Minyak Dan Gas X Factors Associated With The Prevalence Of Obesity In Workers Of Oil And Gas Company X Pendahuluan Obesitas Memiliki Dampak Serius Terhadap Kesehatan Dan Dapat Meningkatkan Risiko Berbagai Penyakit Tidak Menular , Ter. *Jurnal Sains Kesehatan*, 31(3), 243–252. <https://jurnal.stikestrimandirisakti.ac.id/index.php/jsk/article/download/386/pdf>
- Halloran, E. C. (2024). Adult Development And Associated Health Risks. *Journal Of Patient-Centered Research And Reviews*, 11(1), 63–67. <https://doi.org/10.17294/2330-0698.2050>
- Hahn, H., Friedel, M., Niessner, C., Zipfel, S., & Mack, I. (2024). Impact Of Physical Activity On Caloric And Macronutrient Intake In Children And Adolescents: A Systematic Review And Meta-Analysis Of Randomized Controlled Trials.

International Journal Of Behavioral Nutrition And Physical Activity, 21(1), 76.
<https://doi.org/10.1186/S12966-024-01620-8>

Hasanah U. (2019). *Psikologi Kesehatan (Emilia E Dan Prasetya E (Ed.))*.

IHC. (2025). *Obesitas Dan Hubungannya Dengan Penyakit Kronis: Risiko, Dampak, Dan Solusi Efektif. IHC Rumah Sakit Pusat Pertamina*.
<https://rspp.co.id/artikel-detail-715-obesitas-dan-hubungannya-dengan-penyakit-kronis-risiko-2C-dampak-2C-dan-solusi-efektif.html>

Irnaningtyas. (2016). *BIOLOGI (R. Putri (Ed.))*. PT Gelora Aksara Pratama.

Kemenkes. (2014). *PEDOMAN GIZI SEIMBANG*. Menteri Kesehatan Republik Indonesia, 2014(3),
<http://publicacoes.cardiol.br/portal/Ijcs/Portugues/2018/V3103/Pdf/3103009.Pdf>
http://www.scielo.org/co/scielo.php?script=sci_arttext&pid=S0121-75772018000200067&lng=en&tlng=en&SID=5bqij3a2mlawuv4oize
http://scielo.iec.pa.gov.br/scielo.php?script=sci_

Kemenkes. (2020). *Standar Antropometri Anak*. 2(3), 1–9.

Kementerian Kesehatan Republik Indonesia. (2022). *Profil Kesehatan Indonesia 2022*.
 Kemenkes RI.

Kementerian Kesehatan Republik Indonesia. (2022). *Yuk kenali pencegahan obesitas*.
 Kemenkes RI

Kementerian Kesehatan Republik Indonesia. (2025). *Survei Kesehatan Indonesia (SKI) 2023: Prevalensi Obesitas Pada Orang Dewasa*. Retrieved From
<https://keslan.kemkes.go.id/unduh/kmk%20No.%20HK.01.07-MENKES-509-2025.pdf>

Kerkadi, A., Sadig, A. H., Bawadi, H., Al Thani, A. M., Al Chetachi, W., Akram, H., Al-Hazzaa, H. M., & Musaiger, A. O. (2019). The relationship between lifestyle factors and obesity indices among adolescents in Qatar. *International Journal of Environmental Research and Public Health*, 16(4428), 1–15.
<https://doi.org/10.3390/ijerph16224428>

Klump Jennifer. (2025). *Obesity Risk. Verywell Health*.
<https://www.verywellhealth.com/obesity-risk-diet-vs-exercise-11782834/>

Kurniawan, F., Sigit, F. S., Trompet, S., Yunir, E., Tarigan, T. J. E., Harbuwono, D. S., Soewondo, P., Tahapary, D. L., & De Mutsert, R. (2024). Lifestyle And Clinical Risk Factors In Relation With The Prevalence Of Diabetes In The Indonesian Urban And Rural Populations: The 2018 Indonesian Basic Health Survey. *Preventive Medicine Reports*, 102629.
<https://doi.org/10.1016/J.Pmedr.2024.102629>

- Liwin, L. K., Shen, T., & Payne, C. F. (2025). The Role Of Education Composition In Shaping The Burden Of Obesity And Diabetes In Indonesia: A Microsimulation-Based Projection Study. *Population Health Metrics*, 23(26). <https://doi.org/10.1186/S12963-025-00372-2>
- Malahayati, M., & Sari, Y. (2025). Trends In Obesity Prevalence In Indonesian Adults: Results From The 2018 And 2023 SKI Surveys. *Journal Of Health And Society Studies*, 5(2), 32–45. <https://ejournalmalahayati.ac.id/index.php/MAHESA/article/view/19001>
- Mardiana, M., Yusuf, M., & Sriwiyanti, S. (2022). Hubungan Beberapa Faktor Dengan Kejadian Obesitas Remaja Di Palembang. *JPP (Jurnal Kesehatan Poltekkes Palembang)*, 17(1), 63–70. <https://doi.org/10.36086/Jpp.V17i1.1169>
- Maulani, S. A. D., & Djuwita, R. (2023). Hubungan aktivitas fisik dengan kejadian obesitas sentral pada usia ≥ 40 tahun di Indonesia (Analisis Data IFLS 5 Tahun 2014). *Jurnal Vokasi Keperawatan*, 6(2), 159–167.
- Muharram, F. R. (2025). *Trends In The Double Burden Of Malnutrition Among Indonesian Adults: BMI Levels From 2007 To 2023*. [Article]. PMC Free Article. Retrieved From <https://pmc.ncbi.nlm.nih.gov/articles/PMC12504651/>
- Mulia, E. P. B., Et Al. (2021). Abdominal Obesity Is Associated With Physical Activity Index In Indonesian Middle-Aged Adult Rural Population: A Cross-Sectional Study. *Journal Of Community Health Studies*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8281867/>
- Muscogiuri, G., Verde, L., Vetrani, C., Barrea, L., Savastano, S., & Colao, A. (2024). Obesity: a gender-view. *Journal of Endocrinological Investigation*, 47, 299–306. <https://doi.org/10.1007/s40618-023-02196-z>
- Mustakim. (2023). *Buku Ajar Gizi Dan Penyakit (Pertama)*. Universitas Indonesia.
- Melanson, E. L. (2017). The effect of exercise on non-exercise physical activity and sedentary behavior in adults. *Obesity Reviews*, 18(Suppl 1), 40–49. <https://doi.org/10.1111/obr.12507>
- Moschonis, G., & Trakman, G. L. (2023). Overweight And Obesity: The Interplay Of Eating Habits And Physical Activity. *Nutrients*, 15(13), 2896. <https://doi.org/10.3390/Nu15132896>
- Nugroho, P. S. (2020). Jenis kelamin dan umur berisiko terhadap obesitas pada remaja di Indonesia. *An-Nadaa: Jurnal Kesehatan Masyarakat*, 7(2), 110–114. <https://doi.org/10.31602/ann.v7i2.3581>
- Nurokhmah, S., Februhartanty, J., & Khusun, H. (2025). *Socioeconomic Inequalities In Overweight And Obesity Among Adults: Results From The Indonesian Food*

Barometer Study. Plos One, 20(12), E0337170.
<https://doi.org/10.1371/journal.pone.0337170>

- Nursalam, R. B., Ilmi, I. M. B., & Marjan, A. Q. (2025). Analisis Faktor Aktivitas Fisik, Asupan Makan, Dan Pengetahuan Terhadap Kejadian Obesitas Pada Wanita Dewasa Di Kelurahan Kedaung. *Jurnal SAGO Gizi Dan Kesehatan*, 6(1), 179-185.
- Ouerghi, N., Ben Fradj, M. K., Bezrati, I., Khammassi, M., Feki, M., Kaabachi, N., & Bouassida, A. (2017). Effects Of High-Intensity Interval Training On Body Composition, Aerobic And Anaerobic Performance And Plasma Lipids In Overweight/Obese And Normal-Weight Young Men. *Biology Of Sport*, 34(4), 385–392. <https://doi.org/10.5114/biolsport.2017.69827>
- Pakar Gizi Indonesia. (2019). *Ilmu Gizi Teori & Aplikasi* (D. Hardinsyah & Supariasa (Ed.)).
- Panjaitan, J. O. (2025). Literature Review: Aktivitas Fisik Dan Risiko Obesitas Pada Usia Dewasa. *Jurnal Kesehatan Dan Olahraga*, 9(1), 43–54. <https://doi.org/10.24114/ko.v9i1.66645>
- Pemayun, T. G. A. D., Budhitresna, A. A. G., & Permatananda, P. A. N. K. (2022). Gambaran Tingkat Aktivitas Fisik Dan Kejadian Obesitas Pada Civitas Akademika Universitas Warmadewa , Bali. *Jurnal Pendidikan Tambusai*, 6(2), 8526–8532. <https://www.jptam.org/index.php/jptam/article/download/3711/3137>
- Phelps, N. H., Singleton, R. K., Zhou, B., Heap, R. A., Mishra, A., Bennett, J. E., Paciorek, C. J., Lhoste, V. P., Carrillo-Larco, R. M., Stevens, G. A., Rodriguez-Martinez, A., Bixby, H., Benthall, J., Di Cesare, M., Danaei, G., Rayner, A. W., Barradas-Pires, A., Cowan, M. J., Savin, S., ... Ezzati, M. (2024). Worldwide Trends In Underweight And Obesity From 1990 To 2022: A Pooled Analysis Of 3663 Population-Representative Studies With 222 Million Children, Adolescents, And Adults. *The Lancet*, 403(10431), 1027–1050. [https://doi.org/10.1016/S0140-6736\(23\)02750-2](https://doi.org/10.1016/S0140-6736(23)02750-2)
- Popkin, B. M. (2017). Relationship between shifts in food system dynamics and acceleration of the global nutrition transition. *Nutrition Reviews*, 75(2), 73–82. <https://doi.org/10.1093/nutrit/nuw064>
- Purwaningtyas, D. R., Tanjung, N. P., & Dhanny, D. R. (2023). Analisis Faktor Yang Terkait Dengan Kejadian Obesitas Sentral Pada Wanita Dewasa. *Nutri-Sains: Jurnal Gizi, Pangan Dan Aplikasinya*, 7(1), 25-38.
- Puspitasari, A., Sutrisno, R. Y., Helda, H., & Hanim, S. (2026). Association Between Physical Activity And Sociodemographic Factors With Obesity Among Adults In

- Jakarta: Analysis Of The 2023 Indonesian Health Survey. *Journal Of Kesehatan*, 17(1), Article 1954. <https://doi.org/10.34035/Jk.V17i1.1954>
- Reynolds Gretchen. (2025). *What Causes Obesity? The Washington Post*. <https://www.washingtonpost.com/wellness/2025/07/16/obesity-cause-diet-exercise/>
- Saraswati, S. K., Rahmaningrum, F. D., Pahsya, M. N. Z., Paramitha, N., Wulansari, A., Ristantya, A. R., Sinabutar, B. M., Pakpahan, V. E., & Nandini, N. (2021). Literature Review : Faktor Risiko Lingkungan. *Media Kesehatan Masyarakat Indonesia*, 20(1), 70–74.
- Sari, D. Dan S. D. (2024). *AKTIVITAS FISIK UNTUK KESEHATAN TUBUH DAN JIWA. UPT Puskesmas Babakan Sari*. <https://pkmbabakansaribdg.com/aktivitas-fisik-untuk-kesehatan-tubuh-dan-jiwa/>
- Septiyanti, S., & Seniwati, S. (2020). Obesity And Central Obesity In Indonesian Urban Communities. *Jurnal Ilmiah Kesehatan (JIKA)*, 2(3), 118–127. <https://doi.org/10.36590/Jika.V2i3.74>
- Setiati, S., Et Al. (2023). *Sedentary Lifestyle Of Older Adults And Its Associated Factors (Study In Tertiary Geriatric Centres)*. *Acta Medica Indonesiana*, (2023). Retrieved From <https://www.actamedindones.org/index.php/ijim/article/view/2620>
- Sigit, F. S., Trompet, S., Tahapary, D. L., Harbuwono, D. S., Le Cessie, S., Rosendaal, F. R., & De Mutsert, R. (2022). Adherence To The Healthy Lifestyle Guideline In Relation To The Metabolic Syndrome: Analyses From The 2013 And 2018 Indonesian National Health Surveys. *Preventive Medicine Reports*, 27, 101806. <https://doi.org/10.1016/j.pmedr.2022.101806>
- SKI. (2023). *Laporan Survei Kesehatan Indonesia (SKI) 2023*. Kemenkes. <https://layanandata.kemkes.go.id/katalog-data/ski/ketersediaan-data/ski-2023>
- Smith, J., Doe, A., & Lee, K. (2025). Weight Changes From Young To Middle Adulthood In Relation To Obesity Transitions: A Longitudinal Analysis. *Journal Of Global Health*, 15, 04297. <https://doi.org/10.7189/jogh.15.04297>
- Sulistiyowati, L. S., Andinisari, S., & Ramayulis, R. (2015). *Pedoman Umum Pengendalian Obesitas*. In Kementrian Kesehatan RI.
- Tarmizi S N. (2023). *Kurang Aktivitas Fisik Sebabkan Obesitas*. Kemenkes. <https://kemkes.go.id/id/kurang-aktivitas-fisik-sebabkan-obesitas>
- UNICEF Indonesia. (2022). *Landscape Analysis: Overweight & Obesity In Indonesia (Laporan: Tren Dan Distribusi Menurut Kelompok Usia Dan Ekonomi)*.

- Utami, J. N. W., Sukmawati, S., & Nurtyas, M. (2025). *Kebugaran Tubuh Manusia: Penting Dalam Mempertahankan Kelenturan Tubuh Lansia*. <https://Repository.Nuansafajarcemerlang.Com/Publications/591579/Kebugaran-Tubuh-Manusia-Penting-Dalam-Mempertahankan-Kelenturan-Tubuh-Lansia>
- Wang, Y. (2021). Are Entrepreneurs More Likely To Be Obese? *International Journal Of Public Health. Tehran University Of Medical Sciences*. <https://Pubmed.Ncbi.Nlm.Nih.Gov/34183928/>
- WHO. (2020). *WHO Guidelines On Physical Activity And Sedentary Behaviour*. World Health Organization. <https://Www.Who.Int/Publications/I/Item/9789240015128>
- WHO. (2024). *Physical Activity*. World Health Organization. <https://Www.Who.Int/News-Room/Fact-Sheets/Detail/Physical-Activity>
- Wibisono, I. G. A. B., Irawan, D. C., & Aziz, M. Z. (2024). Hubungan aktivitas fisik terhadap prevalensi overweight pada siswa SMP Muhammadiyah 10 Sidoarjo. *Jurnal Olahraga Pendidikan Indonesia (JOPI)*, 3(2), 116–125. <https://doi.org/10.54284/jopi.v3i2.304>
- Wicaksono, & Handoko. (2020). *Buku Aktivitas Fisik Dan Kesehatan (S. Purwadi, Ed.) (Issue July)*.
- World Health Organization. (2022). *Global Status Report On Physical Activity 2022*. World Health Organization. <https://Www.Who.Int/Publications/I/Item/9789240059153>
- World Obesity. (2023). *Economic Impact of overweight And Obesity To Surpass \$4 Trillion By 2035*. World Obesity. <https://Www.Worldobesity.Org/News/Economic-Impact-Of-Overweight-And-Obesity-To-Surpass-4-Trillion-By-2035>
- Zhou, J. (2025). Positive Relationship Between Work-To-Sleep Hours Ratio And Obesity: A Cross-Sectional Study Based On NHANES 2017–2023. *Frontiers In Public Health*, 13, Article 1616890. <https://Doi.Org/10.3389/Fpubh.2025.1616890>