

DAFTAR PUSTAKA

- Aghniya, R., & Prasetyowati. (2024). Deteksi Dini dan Pencegahan Penyakit Tidak Menular Melalui Aktivitas Fisik, Edukasi dan Promosi Kesehatan Di UPTD Yosomulyo Kota Metro. *Jurnal Pengabdian Sosial*, 1(6), 408–413.
- 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>
- Anggraeni, Z. E. Y., Zulka, A. N., Rahmawati, L. E., & Febrianti, R. D. (2025). Analisis Kejadian Gangguan Kelebihan Gizi (Overweight) pada Anak di Kecamatan Panti Kabupaten Jember. *The Indonesian Journal of Health Science*, 17(1), 71–78. <https://doi.org/10.32528/tijhs.v16i2.3276>
- Arum, R. S., & Sumarmi, S. (2024). Literature Review: Hubungan Melewatkan Sarapan dengan Overweight/Obesitas. *Media Gizi Kesmas*, 13(1), 495–503. <https://doi.org/10.20473/mgk.v13i1.2024.495-503>
- Avriald, M., & Elon, Y. (2023). Hubungan Aktivitas Fisik Mahasiswa Overweight Dan Obesitas Menurut Indeks Massa Tubuh. *Nutrix Journal*, 7(1), 50–58.
- Cadenas-Sanchez, C., Migueles, J. H., Verdejo-Román, J., Erickson, K. I., Esteban-Cornejo, I., Catena, A., & Ortega, F. B. (2023). Physical activity, sedentary time, and fitness in relation to brain shapes in children with overweight/obesity: Links to intelligence. *Scandinavian Journal of Medicine and Science in Sports*, 33(3), 319–330. <https://doi.org/10.1111/sms.14263>
- Chyan, P., Marsisno, W., Arniyati Athar, G., Wasito, N., Minggani, F., Awal Nur, M., Gati Ningsih, A., Arina, F., Zulaeha, O., Sarman, F., Yulianto, A., & S I Asbanu, D. E. (2023). *Statistika Pendidikan (Panduan Praktis Statistika untuk Pendidikan)* (B. Qur'ani, Ed.; 1st ed.). PT. Mifandi Mandiri Digital.
- Dwyer, G. M., Hardy, L. L., Peat, J. K., & Baur, L. A. (2011). The validity and reliability of a home environment preschool-age physical activity questionnaire (Pre-PAQ). *International Journal of Behavioral Nutrition and Physical Activity*, 8(1), 1–13. <https://doi.org/10.1186/1479-5868-8-86>
- Edayani, S., Muhazir, R., & Mauliana, R. (2024). Perilaku Pencegahan Stunting Menggunakan *Health Promotion Model*. *Journal of Language and Health*, 5(3), 1271–1278. <http://jurnal.globalhealthsciencegroup.com/index.php/JLH>
- Eli, A. P. N., Nurhikmawati, Irmayanti, Safei, I., & Syamsu, R. F. (2022). Hubungan Aktivitas Fisik dengan Kejadian Overweight pada Tenaga Kependidikan di Universitas Muslim Indonesia. *Fakumi Medical Journal: Jurnal Mahasiswa Kedokteran*, 2(12), 914–922.

- Fäldt, A., Nejat, S., Edvinsson Sollander, S., Durbeej, N., & Holmgren, A. (2023). Increased incidence of overweight and obesity among preschool Swedish children during the COVID-19 pandemic. *European Journal of Public Health*, 33(1), 127–131. <https://doi.org/10.1093/eurpub/ckac181>
- Jalali, A., Ziapour, A., Ezzati, E., Kazemi, S., & Kazeminia, M. (2024). The Impact of Training Based on the Pender *Health Promotion Model* on Self-Efficacy: A Systematic Review and Meta-Analysis. *American Journal of Health Promotion*, 38(7), 918–929. <https://doi.org/10.1177/08901171231224101>
- Jovanovi', G. K., Jankovi', S., & Žeželj, S. P. (2023). The effect of nutritional and lifestyle education intervention program on nutrition knowledge, diet quality, lifestyle, and nutritional status of Croatian school children. *Frontiers in Sustainable Food Systems*, 7(1019849). <https://doi.org/DOI10.3389/fsufs.2023.1019849>
- Jurić, P., Jurak, G., Morrison, S. A., Starc, G., & Sorić, M. (2023). Effectiveness of a population-scaled, school-based physical activity intervention for the prevention of childhood obesity. *Obesity*, 31(3), 811–822. <https://doi.org/10.1002/oby.23695>
- Karimah, A. S., Niarto, Z. R. A., Lesmana, D. A. P., Faris, A., & Herbawani, C. K. (2025). Analisis Faktor Risiko yang Mempengaruhi Kejadian Obesitas pada Remaja: Studi Literatur. *Jurnal Keperawatan Florence Nightingale*, 8(1), 1–9. <https://doi.org/10.52774/jkfn.v8i1.207>
- Kementerian Kesehatan Indonesia. (2024). *Survei Status Gizi Indonesia 2024*.
- Kementerian Kesehatan Republik Indonesia. (2024). *Profil Kesehatan Indonesia 2024*.
- Ma, F. F., & Luo, D. M. (2023a). Relationships between physical activity, fundamental motor skills, and body mass index in preschool children. *Frontiers in Public Health*, 11(1094168), 1–7. <https://doi.org/10.3389/fpubh.2023.1094168>
- Ma, F. F., & Luo, D. M. (2023b). Relationships between physical activity, fundamental motor skills, and body mass index in preschool children. *Frontiers in Public Health*, 11(1094168), 1–7. <https://doi.org/10.3389/fpubh.2023.1094168>
- Maskhuliah, P., Ayu Vidiyanti, V., Dwi Jayanti Putri, A. M., Wailusu, M., & Supraman, S. (2025). Hipotesis Penelitian Dalam Statistik Manajemen Pendidikan: Konsep, Jenis, dan Prosedur Pengujian. *Jurnal Penelitian Nusantara*, 1(8), 425–433. <https://doi.org/https://doi.org/10.59435/menulis.v1i8.600>
- Miguel-Berges, M. L., Mouratidou, T., Santaliestra-Pasias, A., Androutsos, O., Iotova, V., Galcheva, S., De Craemer, M., Cardon, G., Koletzko, B., Kulaga,

- Z., Manios, Y., & Moreno, L. A. (2023). Longitudinal associations between diet quality, sedentary behaviours and physical activity and risk of overweight and obesity in preschool children: The ToyBox-study. *Pediatric Obesity*, *18*(10), 1–7. <https://doi.org/10.1111/ijpo.13068>
- Muñoz, E. G., Mendez-Rebolledo, G., Núñez-Espinosa, C., Valdés-Badilla, P., Monsalves-Álvarez, M., Delgado-Floody, P., & Herrera-Valenzuela, T. (2023). Anthropometric Profile and Physical Activity Level as Predictors of Postural Balance in Overweight and Obese Children. *Behavioral Sciences*, *13*(1), 1–10. <https://doi.org/10.3390/bs13010073>
- Musyaffa, N. A., Hendrawati, S., & Maulana, I. (2025). Faktor Penggunaan Screen Time Anak Usia Prasekolah di Wilayah Urban dan Rural: A Systematic Review. *Jurnal Kesehatan Saelmakers PERDANA*, *8*(1), 314–315. <https://doi.org/10.32524/jksp.v8i1.1463>
- Nabela, H., Wisudariani, E., Fitri, A., Mawarti Perdana, S., & Kesehatan Masyarakat, I. (2025). Determinan Obesitas Pada Anak Balita Usia 24-59 Bulan Di Wilayah Kerja Puskesmas Tanjung Pinang Kota Jambi. *Edukreatif: Jurnal Kreativitas Dalam Pendidikan*, *6*(2), 83–99. <https://ijurnal.com/1/index.php/jkp>
- Nabila, S. A., Sunarsih, E., Novrikasari, & Rahmiwati, A. (2024). Dietary Behavior and Physical Activity on the Problem of Obesity: Systematic Review. *Media Publikasi Promosi Kesehatan Indonesia*, *7*(3), 498–505. <https://doi.org/10.56338/mppki.v7i3.4533>
- Nagata, J. M., Smith, N., Alsamman, S., Lee, C. M., Dooley, E. E., Kiss, O., Ganson, K. T., Wing, D., Baker, F. C., & Gabriel, K. P. (2023). Association of Physical Activity and Screen Time With Body Mass Index Among US Adolescents. *JAMA Network Open*, *6*(2), 1–12. <https://doi.org/10.1001/jamanetworkopen.2022.55466>
- Obita, G., & Alkhatib, A. (2023). Effectiveness of Lifestyle Nutrition and Physical Activity Interventions for Childhood Obesity and Associated Comorbidities among Children from Minority Ethnic Groups: A Systematic Review and Meta-Analysis. *Nutrients*, *15*(11), 1–36. <https://doi.org/10.3390/nu15112524>
- Panggabean, T. R. M., Bakti, A., Nasution, E., & Bukit, D. S. (2025). Hubungan Sikap dan Gaya Hidup Konsumsi Junk Food dengan Kejadian Overweight di SMA Kristen Immanuel Medan. *Jurnal Pengabdian Masyarakat Dan Riset Pendidikan*, *4*(1), 980–989. <https://doi.org/10.31004/jerkin.v4i1.1688>
- Putri, R. A., Hasina, S. N., Rohmawati, R., Faizah, I., & Sari, R. Y. (2025). Relationship Between Diet Patterns and Physical Activity with Overweight Incidents in Children and Adolescents. *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*, *11*(2), 348–356.

- Ramadani, U. P., Muthmainnah, R., Ulhilma, N., Wazabirah, A., Hidayatullah, R., & Harmonedi. (2025). Strategi Penentuan Populasi dan Sampel dalam Penelitian Pendidikan: Antara Validitas dan Representativitas. *Jurnal QOSIM Jurnal Pendidikan Sosial & Humaniora*, 3(2), 574–585. <https://doi.org/10.61104/jq.v3i2.1021>
- Rotunda, W., Rains, C., Jacobs, S. R., Ng, V., Lee, R., Rutledge, S., Jackson, M. C., & Myers, K. (2024). Weight Loss in Short-Term Interventions for Physical Activity and Nutrition Among Adults With Overweight or Obesity: A Systematic Review and Meta-Analysis. *Preventing Chronic Disease*, 21(21), 2–18. <https://doi.org/10.5888/pcd21.230347>
- Rudatiningtyas, U. F., Khotimah, K., & Satwanto, G. B. (2024). Hubungan Antara Berat Badan Lahir Dengan Status Gizi Pada Balita Di Puskesmas I Kembaran Tahun 2023. *Jurnal Bina Cipta Husada*, 20(1), 53–65.
- Saba, I. S., & Nursanti, I. (2024). Analysis of Nola J. Pender's Promotion Health Model Theory Chart. *Journal of Nursing AACENDIKIA: Journal of Nursing*, 3(1), 20–27. <https://doi.org/10.59183/aacendikiajon.v3i1.28>
- Shi, J., Liang, Z., Zhang, X., Ren, S., Cheng, Y., Liu, Y., & Zhang, M. (2023). Association of physical activity and dietary inflammatory index with overweight/obesity in US adults: NHANES 2007–2018. *Environmental Health and Preventive Medicine*, 28(40), 1–9. <https://doi.org/10.1265/ehpm.23-00016>
- Sholahuddin, A., Damayanti, I., Sultoni, K., Suherman, A., Indri Rahayu, N., Ruhayati, Y., & Zaky, M. (2024). Klasifikasi Aktivitas Fisik Berbasis Data Accelerometer ActivPal dan ActiGraph: Metode Analisis dengan Machine Learning. *Jurnal Dunia Pendidikan*, 4(2), 857–869.
- Sibarani, N. H., & Albina, M. (2025). Etika dalam Penelitian Pendidikan. *Jurnal Riset Ilmu Pendidikan Islam*, 2(3), 10–21. <https://doi.org/10.61132/karakter.v2i3.1099>
- Suarjana, I. W. G., Sudirham, Manopo, J. E., Pongoh, L. L., & Supit, A. S. A. (2023). Perbedaan aktivitas fisik berdasarkan karakteristik individu pada masyarakat minahasa selatan *Differences in physical activity based on individual characteristics in south minahasa society*. 12(2), 414–426. <https://doi.org/10.36706/altius.v12i2.22855>
- Sundari, U. Y., Panudju, A. A. T., Nugraha, A. W., Purba, F., Erlina, Y., Nurbaiti, N., Kalalinggi, S. Y., Afifah, A., Suheria, Elsandika, G., Setiawan, R. Y., Alfiani, L., & Pereiz, Z. (2024). *Metodologi Penelitian* (Suhardi, Ed.; 1st ed., Vol. 1). CV. Gita Lentera. <https://www.researchgate.net/publication/377847335>
- Wahyu, D. S. R., Nur, A. M., & Setyo, H. (2025). Studi Literasi (Literature Review): Efektivitas Latihan Jalan Cepat untuk Meningkatkan Kebugaran Jasmani. *Seminar Nasional Sains, Kesehatan, Dan Pembelajaran*, 5(5), 582–589.

- Weihrauch-Blüher, S., Huizinga, O., Joisten, C., Pflanz, J., Torbahn, G., Wiegand, S., Holzapfel, C., & Hauner, H. (2023). Changes in Lifestyle and Body Weight in Children and Adolescents during the COVID-19 Pandemic: A Representative Survey of Parents in Germany. *Obesity Facts*, 16(3), 301–312. <https://doi.org/10.1159/000529116>
- Wibisono, Ig. A. B., Irawan, D. C., & Aziz, M. Z. (2024). The relationship between physical activity and the prevalence of overweight in Muhammadiyah 10 Sidoarjo junior high school students. *Jurnal Olahraga Pendidikan Indonesia (JOPI)*, 3(2), 116–125. <http://jopi.kemenpora.go.id/index.php/jopi>
- World Health Organization. (2025a). *Food, nutrition, and physical activity initiatives in schools in the Americas*. <https://doi.org/10.37774/9789275128220>
- World Health Organization. (2025b). *Obesity and overweight*. World Health Organization. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
- World Health Organization. (2025c). *Weight-for-age GIRLS Birth to 5 years (z-scores)*.
- Wulandari, P., Marniati, M., & Silvia, M. P. (2025). Analisis Dampak Obesitas pada Anak Usia Sekolah dan Kebijakan Pengurangan Angka Kasus Obesitas melalui Edukasi Gizi: Literature Review. *Antigen : Jurnal Kesehatan Masyarakat Dan Ilmu Gizi*, 3(3), 90–106. <https://doi.org/10.57213/antigen.v3i3.729>
- Yugan, E., Amir, Y., & Fitri, A. (2023). Gambaran aktivitas fisik dengan Indeks Massa Tubuh (IMT) pada anak usia sekolah. *Jurnal Ilmiah Kesehatan*, 2(2), 2829–3983. <https://jurnal.arkainstitute.co.id/index.php/florona/index>
- Zahrany, A., Ratnawati, A. S., Haris, Y. F., Apriyanti, D., Kurniawan, N., Ardyanti, D., Manyullei, S., & Rachmat, M. (2024). Senam Sehat dan Edukasi Manfaat Aktivitas Fisik Pada Murid Sekolah Dasar. *SWARNA: Jurnal Pengabdian Kepada Masyarakat*, 3(2), 240–247. <https://doi.org/10.55681/swarna.v3i2.1190>
- Zhang, Y., & Liu, X. (2024). Effects of physical activity and sedentary behaviors on cardiovascular disease and the risk of all-cause mortality in overweight or obese middle-aged and older adults. *Frontiers in Public Health*, 12(1302783), 1–11. <https://doi.org/10.3389/fpubh.2024.1302783>