

DAFTAR PUSTAKA

Abdulloh, I., N. (2020) Kesalahan Olahraga Saat Pandemi COVID-19. Available from: <<https://www.uny.ac.id/>> [Accessed 28 September 2021].

Aldana, S. G., Suttaon, L. D., Jacobson, B. H., & Quirk, M. G. (1996) Relationships between leisure time physical activity and perceived stress. *Perceptual and Motor skills*, 82(1), pp. 315-321.

Aliman, I. I. (2021) *Hubungan Tingkat Aktivitas Fisik Dengan Kesehatan Jiwa Pada Remaja Indonesia Berusia 10–24 Tahun Selama Masa Pandemi COVID-19= The relationship between the level of physical activity and the mental health of Indonesian teenagers from 10–24 years of age during the Covid-19 pandemic*. Disertasi. Universitas Pelita Harapan.

Andiarna, F., & Kusumawati, E. (2020) Pengaruh pembelajaran daring terhadap stres akademik mahasiswa selama pandemi Covid-19. *Jurnal Psikologi*, 16(2), pp. 139-149.

Baja, F. A. (2019) *Hubungan Pengetahuan Diet dan Aktivitas Fisik Terhadap Status Gizi Pada Siswa Sekolah Menengah Atas Negeri 1 Yogyakarta*. Skripsi. Universitas Negeri Yogyakarta.

Beck, A. T., & Alford, B. A. (2009) *Depression: Causes and treatment*. University of Pennsylvania Press.

Chen, H., Sun, H., & Dai, J. (2017). Peer support and adolescents' physical activity: The mediating roles of self-efficacy and enjoyment. *Journal of Pediatric Psychology*, 42(5), 569-577.

Cho, S. H., Choi, M., Lee, J., & Cho, H. (2015) Relationship between expectations regarding aging and physical activity among middle aged

adults in urban areas: Based on the Pender's health promotion model. *Journal of Korean Academy of Nursing*, 45(1), pp. 14-24.

Colley, R. C., Bushnik, T., & Langlois, K. (2020). Exercise and screen time during the COVID-19 pandemic. *Health Rep*, 31(6), 3-11.

Cowley, J., Kiely, J., & Collins, D. (2019) Is there a link between self-perceived stress and physical activity levels in Scottish adolescents?. *International journal of adolescent medicine and health*, 31(1).

Davison, G. C., & Best, J. L. (2004) Think-aloud techniques. *Cognitive Behavior Therapy*, 423.

Delphiasti, N., & Wijianto, S. (2020) *Hubungan Antara Tingkat Stres Mahasiswa Semester Akhir Akan Skripsi Dengan Aktivitas Fisik Pada Mahasiswa/ Fisioterapi Regular Universitas Muhammadiyah Surakarta Di Masa Covid-19*. Disertasi. Universitas Muhammadiyah Surakarta.

de Wit, L. M., Fokkema, M., van Straten, A., Lamers, F., Cuijpers, P., & Penninx, B. W. (2010). Depressive and anxiety disorders and the association with obesity, physical, and social activities. *Depression and anxiety*, 27(11), 1057-1065.

Dirgayunita, A. (2016) Depresi: Ciri, penyebab dan penanganannya. *Journal An-Nafs: Kajian Penelitian Psikologi*, 1(1), pp. 1-14.

Diana, R. N., & Satriyandari, Y. (2021) Dampak Pandemi Covid-19 Terhadap Kecemasan Yang Dialami Oleh Remaja. *Jurnal Kesehatan*, 12(3), pp. 416-426.

Fitria, L., & Ildil, I. (2020) Kecemasan remaja pada masa pandemi Covid-19. *Jurnal EDUCATIO: Jurnal Pendidikan Indonesia*, 6(1), pp. 1-4.

- Gaol, N. T. L. (2016) Teori stres: stimulus, respons, dan transaksional. *Buletin psikologi*, 24(1), pp. 1-11.
- Gillan, W., Naquin, M., Zannis, M., Bowers, A., Brewer, J., & Russell, S. (2013) Correlations among Stress, Physical Activity and Nutrition: School Employee Health Behavior. *ICHPER-SD Journal Of Research*, 8(1), pp. 55-60.
- Guessoum, S. B., Lachal, J., Radjack, R., Carretier, E., Minassian, S., Benoit, L., & Moro, M. R. (2020) Adolescent psychiatric disorders during the COVID-19 pandemic and lockdown. *Psychiatry research*, 113264.
- Hayat, A. (2017) Kecemasan dan metode pengendaliannya. *Khazanah: Jurnal Studi Islam Dan Humaniora*, 12(1).
- Hermanto, R. A., Kandarina, B. I., & Latifah, L. (2020). Hubungan antara status anemia, tingkat aktivitas fisik, kebiasaan sarapan dan depresi pada remaja putri di Kota Yogyakarta. *Media Gizi Mikro Indonesia*, 11(2), 141-152.
- Huang, C., Wang, Y., Li, X., Ren, L., Zhao, J., Hu, Y., ... & Cao, B. (2020) Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China. *The lancet*, 395(10223), pp. 497-506.
- Kang, S., Sun, Y., Zhang, X., Sun, F., Wang, B., & Zhu, W. (2021). Is physical activity associated with mental health among Chinese adolescents during isolation in COVID-19 pandemic?. *Journal of epidemiology and global health*, 11(1), 26.
- Kaplan, H, Sadock, B., & Grebb, J. (1997) *Sinopsis psikiatri jilid 1 (7th ed.)*. Binarupa Akasara.

Karim, N.A., Onibala, F. and Kallo, V. (2018) Hubungan aktivitas fisik dengan derajat hipertensi pada pasien rawat jalan di wilayah kerja Puskesmas Tagulandang Kabupaten Sitaro. *Jurnal Keperawatan*, 6(1).

Kompas. (2021) *10 SMA Negeri Terbaik di Yogyakarta*. Available from: <https://www.kompas.com/> [Accessed 16 September 2021].

Labarthe, D. (2011) *Epidemiology and prevention of cardiovascular diseases: a global challenge*. Jones & Barlett Learning.

Lesser, I. A., & Nienhuis, C. P. (2020). The impact of COVID-19 on physical activity behavior and well-being of Canadians. *International journal of environmental research and public health*, 17(11), 3899.

Lovibond, S.H. & Lovibond, P.F. (1995) *Manual for the Depression Anxiety & Stress Scales*. (2nd Ed.) Sydney: Psychology Foundation.

Lubis, H., Ramadhani, A., & Rasyid, M. (2021) Stres Akademik Mahasiswa dalam Melaksanakan Kuliah Daring Selama Masa Pandemi Covid 19. *Jurnal Psikologi*, 10(1), pp. 31-39.

Lumongga, D. N. (2016). *Depresi: tinjauan psikologis*. Kencana.

Lupia, T., Scabini, S., Pinna, S. M., Di Perri, G., De Rosa, F. G., & Corcione, S. (2020) 2019 novel coronavirus (2019-nCoV) outbreak: A new challenge. *Journal of global antimicrobial resistance*, 21, pp. 22-27.

Marashi, M. Y., Nicholson, E., Ogrodnik, M., Fenesi, B., & Heisz, J. J. (2021). A mental health paradox: Mental health was both a motivator and barrier to physical activity during the COVID-19 pandemic. *PLoS One*, 16(4), e0239244.

Masyah, Barto. (2020) Pandemi Covid 19 Terhadap Kesehatan Mental dan Psikososial. *Mahkam Nursing Journal*. 2(8), pp. 353-362.

Maugeri, G., Castrogiovanni, P., Battaglia, G., Pippi, R., D'Agata, V., Palma, A.,
... & Musumeci, G. (2020). The impact of physical activity on
psychological health during Covid-19 pandemic in Italy. *Heliyon*, 6(6),
e04315.

McDowell, C. P., MacDonncha, C., & Herring, M. P. (2017). Brief report:
associations of physical activity with anxiety and depression symptoms and
status among adolescents. *Journal of adolescence*, 55, 1-4.

Miles, L. (2007) Physical activity and health. *Nutrition bulletin*, 32(4), pp. 314-363.

Nocentini, A., Palladino, B. E., & Menesini, E. (2021) Adolescents' stres reactions
in response to COVID-19 pandemic at the peak of the outbreak in
Italy. *Clinical Psychological Science*, 9(3), pp. 507-514.

Nugroho, W. D., Cahyani, W. I., Tobing, A. S., Istiqomah, N., Cahyasari, I.,
Indrastuti, M., ... & Isworo, A. (2020) Literature Review: Transmisi Covid-
19 dari Manusia ke Manusia di Asia. *Journal of Bionursing*, 2(2), pp.
101-112.

Nurhadi, J. (2020). Pengaruh Pandemi Covid-19 terhadap Tingkat Aktivitas Fisik
pada Masyarakat Komplek Pratama, Kelurahan Medan Tembung. *Jurnal
Health Sains*, 1(5), 294-298.

Okazaki, S. (1997) Sources of ethnic differences between Asian American and
White American college students on measures of depression and social
anxiety. *Journal of Abnormal Psychology*, 106(1), pp. 52.

Patrika, F., & Villaruel, R. B. (2021) Depression, Anxiety, and Stress Among
Students in Surabaya During Covid-19 Pandemic. *Insight: Jurnal Ilmiah
Psikologi*, 23(2).

Potter, P.A., & Perry, A.G. (2005) *Buku ajar fundamental keperawatan: Konsep, proses dan praktik*. Volume 1. Ed. 4. Jakarta: EGC.

Qi, M., Li, P., Moyle, W., Weeks, B., & Jones, C. (2020) Physical activity, health-related quality of life, and stress among the Chinese adult population during the COVID-19 pandemic. *International journal of environmental research and public health*, 17(18), pp. 6494.

Ramaiah, S. (2003) *Kecemasan, bagaimana mengatasi penyebabnya*. Yayasan Obor Indonesia.

Sadler, K., Vizard, T., Ford, T., Marcheselli, F., Pearce, N., Mandalia, D., ... & McManus, S. (2018). Mental health of children and young people in England, 2017.

Safaria, T., dan Saputra, N.E. (2009) *Manajemen emosi*. Jakarta: Bumi Aksara.

Sambo, M., Riskyanti, N. W., & Bamba, N. S. (2021) Sosial Distancing dan Tingkat Stres pada Remaja Usia Sekolah di Smp Frater Mamasa. *Jurnal Keperawatan Florence Nightingale*, 4(1), pp. 41-45.

Sepdwina, F. (2021). *Hubungan Antara Citra Tubuh Dengan Tingkat Stres Pada Remaja Putri* (Doctoral dissertation, Universitas Mercu Buana Yogyakarta).

Setiawan, Bayu. (2017) *Tingkat Aktivitas Jasmani Siswa SMA/SMK Berdasarkan Sekolah di Wilayah Kecamatan Wirobrajan Daerah Istimewa Yogyakarta*. Skripsi. Universitas Negeri Yogyakarta.

Stubbs, B., Koyanagi, A., Hallgren, M., Firth, J., Richards, J., Schuch, F., ... & Vancampfort, D. (2017). Physical activity and anxiety: A perspective from the World Health Survey. *Journal of affective disorders*, 208, pp. 545-552.

- Stults-Kolehmainen, M. A., & Sinha, R. (2014) The effects of stress on physical activity and exercise. *Sports medicine*, 44(1), pp. 81-121.
- Sugiyono. (2008) *Metode Penelitian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta.
- Talapko, J., Perić, I., Vulić, P., Pustijanac, E., Jukić, M., Bekić, S., ... & Škrlec, I. (2021). Mental health and physical activity in health-related university students during the COVID-19 pandemic. In *Healthcare*, 9(7), pp. 801. MDPI.
- Torales, J., O'Higgins, M., Castaldelli-Maia, J. M., & Ventriglio, A. (2020). The outbreak of COVID-19 coronavirus and its impact on global mental health. *International journal of social psychiatry*, 66(4), 317-320.
- Toseeb, U., Brage, S., Corder, K., Dunn, V. J., Jones, P. B., Owens, M., ... & Goodyer, I. M. (2014). Exercise and depressive symptoms in adolescents: a longitudinal cohort study. *JAMA pediatrics*, 168(12), 1093-1100.
- Uddin, R., Lee, E. Y., Khan, S. R., Tremblay, M. S., & Khan, A. (2020). Clustering of lifestyle risk factors for non-communicable diseases in 304,779 adolescents from 89 countries: A global perspective. *Preventive medicine*, 131, 105955.
- Welis, Wilda & Sazeli, Rifki Muhamad. (2013). *Gizi untuk Aktifitas Fisik dan Kebugaran*. Sukabina Press, Padang. ISBN 978-602-1650-02-8
- Wheatley, C., Wassenaar, T., Salvan, P., Beale, N., Nichols, T., Dawes, H., & Johansen-Berg, H. (2020). Associations between fitness, physical activity and mental health in a community sample of young British adolescents:

Baseline data from the Fit to Study trial. *BMJ Open Sport and Exercise Medicine*, 6(1), 1–9.

WHO (2020) *Mental Health and Psychosocial Considerations During the COVID-19 Outbreak*. Available from: <<https://www.who.int/>> [Accessed 16 September 2021].

WHO (2020) *Physical Activity*. Available from: <<https://www.who.int/>> [Accessed 19 September 2021].

Yusuf, A.M. (2016) *Metode penelitian kuantitatif, kualitatif & penelitian gabungan*. Prenada Media.