

## Daftar Pustaka

- American Psychiatric Association, & American Psychiatric Association (Eds.). (2013). *Diagnostic and statistical manual of mental disorders: DSM-5* (5th ed). American Psychiatric Association.
- Ball, K., Burton, N.W., & Brown, W.J. (2009). A prospective study of overweight, physical activity, and depressive symptoms in young women. *Obesity*, 17, p:66–71.
- Baron, E. C., Davies, T., & Lund, C. (2017). Validation of the 10-item Centre for Epidemiological Studies Depression Scale (CES-D-10) in Zulu, Xhosa and Afrikaans populations in South Africa. *BMC Psychiatry*, 17(1), 6. <https://doi.org/10.1186/s12888-016-1178-x>
- Basso, J. C., & Suzuki, W. A. (2017). The Effects of Acute Exercise on Mood, Cognition, Neurophysiology, and Neurochemical Pathways: A Review. *Brain Plasticity*, 2(2), 127–152. <https://doi.org/10.3233/BPL-160040>
- Beck, A.T., Rush, A.J., Shaw, B.F., & Emery, G. (1979). *Cognitive Therapy of Depression*. New York: Guilford Press.
- Beck, A. T., & Alford, B. A. (2009). *Depression: Causes and treatment* (2nd ed). University of Pennsylvania Press.
- Biddle, S. J. H., Ciacconni, S., Thomas, G., & Vergeer, I. (2019). Physical activity and mental health in children and adolescents: An updated review of reviews and an analysis of causality. *Psychology of Sport and Exercise*, 42, 146–155. <https://doi.org/10.1016/j.psychsport.2018.08.011>
- Boey, K. W. (1999). Cross-validation of a short form of the CES-D in Chinese elderly. *International Journal of Geriatric Psychiatry*, 14(8), 608–617. [https://doi.org/10.1002/\(sici\)1099-1166\(199908\)14:8<608::aid-gps991>3.0.co;2-z](https://doi.org/10.1002/(sici)1099-1166(199908)14:8<608::aid-gps991>3.0.co;2-z)
- Boima, V., Tetteh, J., Yorke, E., Archampong, T., Mensah, G., Biritwum, R., & Yawson, A. E. (2020). Older adults with hypertension have increased risk of depression compared to their younger counterparts: Evidence from the World Health Organization study of Global Ageing and Adult Health Wave 2 in Ghana. *Journal of Affective Disorders*, 277, 329–336. <https://doi.org/10.1016/j.jad.2020.08.033>
- Caspersen, C. J., Powell, K. E., & Christenson, G. M. (1985). Physical activity, exercise, and physical fitness: Definitions and distinctions for health-related research. *Public Health Reports*, 100(2), 126.
- Çay, M. (2017). The Effect of Cortisol Level Increasing Due to Stress in Healthy Young Individuals on Dynamic and Static Balance Scores. *Northern Clinics of Istanbul*. <https://doi.org/10.14744/nci.2017.42103>
- Chung, Y., Hsiao, Y.-T., & Huang, W.-C. (2021). Physiological and Psychological Effects of Treadmill Overtraining Implementation. *Biology*, 10(6), 515. <https://doi.org/10.3390/biology10060515>
- Cillekens, B., Lang, M., van Mechelen, W., Verhagen, E., Huysmans, M. A., Holtermann, A., van der Beek, A. J., & Coenen, P. (2020). How does occupational physical activity influence health? An umbrella review of 23 health outcomes across 158 observational studies. *British Journal of Sports Medicine*, 54(24), 1474–1481. <https://doi.org/10.1136/bjsports-2020-102587>

- Clarke, D. M., & Currie, K. C. (2009). Depression, anxiety and their relationship with chronic diseases: A review of the epidemiology, risk and treatment evidence. *Medical Journal of Australia*, 190(S7). <https://doi.org/10.5694/j.1326-5377.2009.tb02471.x>
- Clays, E., De Bacquer, D., Van Herck, K., De Backer, G., Kittel, F., & Holtermann, A. (2012). Occupational and leisure time physical activity in contrasting relation to ambulatory blood pressure. *BMC Public Health*, 12(1), 1002. <https://doi.org/10.1186/1471-2458-12-1002>
- Coenen, P., Huysmans, M. A., Holtermann, A., Krause, N., van Mechelen, W., Straker, L. M., & van der Beek, A. J. (2018). Do highly physically active workers die early? A systematic review with meta-analysis of data from 193 696 participants. *British Journal of Sports Medicine*, 52(20), 1320–1326. <https://doi.org/10.1136/bjsports-2017-098540>
- Cox, R. H. (2012). *Sport psychology: Concepts and applications* (7th ed). McGraw-Hill.
- Dharmansyah, D., & Budiana, D (2021). Indonesian Adaptation of The International Physical Activity Questionnaire (IPAQ): Psychometric Properties. *Jurnal Pendidikan Keperawatan Indonesia*, 7(2), p. 159-163.
- DeJean, D., Giacomini, M., Vanstone, M., & Brundisini, F. (2013). Patient experiences of depression and anxiety with chronic disease: A systematic review and qualitative meta-synthesis. *Ontario Health Technology Assessment Series*, 13(16), 1–33.
- Gask, L., Macdonald, W., & Bower, P. (2011). What is the relationship between diabetes and depression? A qualitative meta-synthesis of patient experience of co-morbidity. *Chronic Illness*, 7(3), 239–252. <https://doi.org/10.1177/1742395311403636>
- Grenard, J. L., Munjas, B. A., Adams, J. L., Suttorp, M., Maglione, M., McGlynn, E. A., & Gellad, W. F. (2011). Depression and medication adherence in the treatment of chronic diseases in the United States: A meta-analysis. *Journal of General Internal Medicine*, 26(10), 1175–1182. <https://doi.org/10.1007/s11606-011-1704-y>
- Hayashi, R., Iso, H., Cui, R., & Tamakoshi, A. (2016). Occupational physical activity in relation to risk of cardiovascular mortality: The Japan Collaborative Cohort Study for Evaluation for Cancer Risk (JACC Study). *Preventive Medicine*, 89, 286–291. <https://doi.org/10.1016/j.ypmed.2016.06.008>
- Herrera, P. A., Campos-Romero, S., Szabo, W., Martínez, P., Guajardo, V., & Rojas, G. (2021). Understanding the Relationship between Depression and Chronic Diseases Such as Diabetes and Hypertension: A Grounded Theory Study. *International Journal of Environmental Research and Public Health*, 18(22), 12130. <https://doi.org/10.3390/ijerph182212130>
- Holt, R. I. G., de Groot, M., & Golden, S. H. (2014). Diabetes and Depression. *Current Diabetes Reports*, 14(6), 491. <https://doi.org/10.1007/s11892-014-0491-3>
- Holtermann, A., Krause, N., van der Beek, A. J., & Straker, L. (2018). The physical activity paradox: Six reasons why occupational physical activity (OPA) does not confer the cardiovascular health benefits that leisure time physical activity does. *British Journal of Sports Medicine*, 52(3), 149–150. <https://doi.org/10.1136/bjsports-2017-097965>

- Holtermann, A., Marott, J. L., Gyntelberg, F., Sogaard, K., Suadicani, P., Mortensen, O. S., Prescott, E., & Schnohr, P. (2012). Occupational and leisure time physical activity: Risk of all-cause mortality and myocardial infarction in the Copenhagen City Heart Study. A prospective cohort study. *BMJ Open*, 2(1), e000556. <https://doi.org/10.1136/bmjopen-2011-000556>
- Ingle, V., Pandey, I., Singh, A., Pakhare, A., & Kumar, S. (2017). Screening of patients with chronic medical disorders in the outpatient department for depression using handheld computers as interface and patient health questionnaire-9 as a tool. *International Journal of Applied and Basic Medical Research*, 7(2), 129. <https://doi.org/10.4103/2229-516X.205809>
- Jacobs, G. A. (2016). *Community-based psychological first aid: A practical guide to helping individuals and communities during difficult times*. Butterworth-Heinemann is an imprint of Elsevier.
- Kim, E. K., & Munro, T. (2021). Associations between Physical Activity and Depressive Symptoms through Obesity and School Bullying among Adolescents. *International Journal of Depression and Anxiety*, 4(1). <https://doi.org/10.23937/2643-4059/1710026>
- Krause, N., Brand, R. J., Arah, O. A., & Kauhanen, J. (2015). Occupational physical activity and 20-year incidence of acute myocardial infarction: Results from the Kuopio Ischemic Heart Disease Risk Factor Study. *Scandinavian Journal of Work, Environment & Health*, 41(2), 124–139. <https://doi.org/10.5271/sjweh.3476>
- Kretchy, I. A., Owusu-Daaku, F. T., & Danquah, S. A. (2014). Mental health in hypertension: Assessing symptoms of anxiety, depression and stress on anti-hypertensive medication adherence. *International Journal of Mental Health Systems*, 8, 25. <https://doi.org/10.1186/1752-4458-8-25>
- Kuwahara, K., Honda, T., Nakagawa, T., Yamamoto, S., Akter, S., Hayashi, T., & Mizoue, T. (2015). Associations of leisure-time, occupational, and commuting physical activity with risk of depressive symptoms among Japanese workers: A cohort study. *International Journal of Behavioral Nutrition and Physical Activity*, 12(1), 119. <https://doi.org/10.1186/s12966-015-0283-4>
- Li, Q., Li, R., Zhang, S., Zhang, Y., He, P., Zhang, Z., Liu, M., Zhou, C., Li, H., Liu, C., & Qin, X. (2021). Occupational Physical Activity and New-Onset Hypertension: A Nationwide Cohort Study in China. *Hypertension*, 78(1), 220–229. <https://doi.org/10.1161/HYPERTENSIONAHA.121.17281>
- Li, Z., Li, Y., Chen, L., Chen, P., & Hu, Y. (2015). Prevalence of Depression in Patients With Hypertension. *Medicine*, 94(31), e1317. <https://doi.org/10.1097/MD.0000000000001317>
- Lu, J. L. (2008). Occupational Hazards and Illnesses of Filipino Women Workers in Export Processing Zones. *International Journal of Occupational Safety and Ergonomics*, 14(3), 333–342. <https://doi.org/10.1080/10803548.2008.11076771>
- Madsen, I. E. H., Nyberg, S. T., Magnusson Hanson, L. L., Ferrie, J. E., Ahola, K., Alfredsson, L., Batty, G. D., Bjorner, J. B., Borritz, M., Burr, H., Chastang, J.-F., de Graaf, R., Dragano, N., Hamer, M., Jokela, M., Knutsson, A., Koskenvuo, M., Koskinen, A., Leineweber, C., ... for the IPD-Work Consortium. (2017). Job strain as a risk factor for clinical depression: Systematic review and meta-analysis with

- additional individual participant data. *Psychological Medicine*, 47(8), 1342–1356.  
<https://doi.org/10.1017/S003329171600355X>
- Mahmood, S., Hassan, S. Z., Tabraze, M., Khan, M. O., Javed, I., Ahmed, A., Siddiqui, O. M., Narmeen, M., Ahmed, M. J., Tariq, A., Patel, M. S., & Fatima, K. (n.d.). Prevalence and Predictors of Depression Amongst Hypertensive Individuals in Karachi, Pakistan. *Cureus*, 9(6), e1397. <https://doi.org/10.7759/cureus.1397>
- Markowitz, S., Friedman, M. A., & Arent, S. M. (2008). Understanding the relation between obesity and depression: Causal mechanisms and implications for treatment. *Clinical Psychology: Science and Practice*, 15(1), 1–20.  
<https://doi.org/10.1111/j.1468-2850.2008.00106.x>
- Minatoguchi, S., Minagawa, T., Nishigaki, K., Ojio, S., Yasuda, S., Osawa, K., Sasaki, M., Ogawa, M., Marumo, T., & Takano, S. (n.d.). Kurort Health Walking Preferentially Decreases Higher Blood Pressure and Improves Mood. *Circulation Reports*, 3(11), 639–646. <https://doi.org/10.1253/circrep.CR-21-0108>
- Nemeroff, C. B., & Goldschmidt-Clermont, P. J. (2012). Heartache and heartbreak—The link between depression and cardiovascular disease. *Nature Reviews. Cardiology*, 9(9), 526–539. <https://doi.org/10.1038/nrcardio.2012.91>
- Nooyen, C. F. J., Del Pozo-Cruz, B., Nyberg, G., Sanders, T., Galanti, M. R., & Forsell, Y. (2018). Are changes in occupational physical activity level compensated by changes in exercise behavior? *European Journal of Public Health*, 28(5), 940–943.  
<https://doi.org/10.1093/eurpub/cky007>
- North, T. C., McCullagh, P., & Tran, Z. V. (1990). Effect of exercise on depression. In K. B. Pandolf & J. O. Holloszy (Eds.), *Exercise and sport science reviews*, 18, 379–415. Baltimore, MD: William & Wilkins.
- Oenning, N. S. X., Ziegelmann, P. K., Goulart, B. N. G. de, & Niedhammer, I. (2018). Occupational factors associated with major depressive disorder: A Brazilian population-based study. *Journal of Affective Disorders*, 240, 48–56.  
<https://doi.org/10.1016/j.jad.2018.07.022>
- Petermann-Rocha, F., Brown, R. E., Diaz-Martínez, X., Leiva, A. M., Martínez, M. A., Poblete-Valderrama, F., Garrido-Méndez, A., Matus-Castillo, C., Luarte-Rocha, C., Salas-Bravo, C., Troncoso-Pantoja, C., García-Hermoso, A., Ramírez-Vélez, R., Vásquez-Gómez, J. A., Rodríguez-Rodríguez, F., Alvarez, C., & Celis-Morales, C. (2019). Association of leisure time and occupational physical activity with obesity and cardiovascular risk factors in Chile. *Journal of Sports Sciences*, 37(22), 2549–2559. <https://doi.org/10.1080/02640414.2019.1647738>
- Radloff, L. S. (1977). The CES-D Scale: A Self Report Depression Scale for Research in the General. *Applied Psychological Measurement*, 1(3): 385–401.
- Rothon, C., Edwards, P., Bhui, K., Viner, R. M., Taylor, S., & Stansfeld, S. A. (2010). Physical activity and depressive symptoms in adolescents: A prospective study. *BMC Medicine*, 8(1), 32. <https://doi.org/10.1186/1741-7015-8-32>
- Rubio-Guerra, A. F., Rodríguez-Lopez, L., Vargas-Ayala, G., Huerta-Ramírez, S., Serna, D. C., & Lozano-Nuevo, J. J. (2013). Depression increases the risk for uncontrolled hypertension. *Experimental & Clinical Cardiology*, 18(1), 10.
- Sarafino, E. P., & Smith, T. W. (2022). *Health psychology: Biopsychosocial interactions* (10th edition). Wiley.
- Seligman, M. E. (1974). *Depression and learned helplessness*. John Wiley & Sons.



- Shala, R. (2022). 'I'm active enough in my job.' Why is occupational physical activity not enough? *British Journal of Sports Medicine*, bjsports-2021-104957. <https://doi.org/10.1136/bjsports-2021-104957>
- Sheng, J., Liu, S., Wang, Y., Cui, R., & Zhang, X. (2017). The Link between Depression and Chronic Pain: Neural Mechanisms in the Brain. *Neural Plasticity*, 2017, 1–10. <https://doi.org/10.1155/2017/9724371>
- Shimamoto, H., Suwa, M., & Mizuno, K. (2021). Relationships between Depression, Daily Physical Activity, Physical Fitness, and Daytime Sleepiness among Japanese University Students. *International Journal of Environmental Research and Public Health*, 18(15), 8036. <https://doi.org/10.3390/ijerph18158036>
- Siegrist, J. (1996). Adverse health effects of high-effort/low-reward conditions. *Journal of Occupational Health Psychology*, 1(1), 27–41. <https://doi.org/10.1037/1076-8998.1.1.27>
- Son, Y.-J., Park, C., & Won, M. H. (2018). Impact of Physical Activity and Sleep Duration on Depressive Symptoms in Hypertensive Patients: Results from a Nationally Representative Korean Sample. *International Journal of Environmental Research and Public Health*, 15(12), 2611. <https://doi.org/10.3390/ijerph15122611>
- Son, Y.-J., & Won, M. H. (2017). Depression and medication adherence among older Korean patients with hypertension: Mediating role of self-efficacy. *International Journal of Nursing Practice*, 23(3). <https://doi.org/10.1111/ijn.12525>
- Spruill, T. M. (2010). Chronic Psychosocial Stress and Hypertension. *Current Hypertension Reports*, 12(1), 10–16. <https://doi.org/10.1007/s11906-009-0084-8>
- Strauss, J., Witoelar, F., & Sikoki, B. (2016). The Fifth Wave of the Indonesia Family Life Survey (IFLS5): Overview and Field Report. WR-1143/1-NIA/NICHD. Santa Monica: RAND.
- Tubbs, A. S., Fernandez, F.-X., Grandner, M. A., Perlis, M. L., & Klerman, E. B. (2022). The Mind After Midnight: Nocturnal Wakefulness, Behavioral Dysregulation, and Psychopathology. *Frontiers in Network Physiology*, 1, 830338. <https://doi.org/10.3389/fnetp.2021.830338>
- Vandermeer, M. R. J., & Hayden, E. P. (2017). Hypersensitivity. In V. Zeigler-Hill & T. K. Shackelford (Eds.), *Encyclopedia of Personality and Individual Differences* (pp. 1–3). Springer International Publishing. [https://doi.org/10.1007/978-3-319-28099-8\\_764-1](https://doi.org/10.1007/978-3-319-28099-8_764-1)
- Voinov, B., Richie, W. D., & Bailey, R. K. (2013). Depression and Chronic Diseases: It Is Time for a Synergistic Mental Health and Primary Care Approach. *The Primary Care Companion For CNS Disorders*. <https://doi.org/10.4088/PCC.12r01468>
- Wang, X., Rodríguez, D. A., Sarmiento, O. L., & Guaje, O. (2019). Commute patterns and depression: Evidence from eleven Latin American cities. *Journal of Transport & Health*, 14, 100607. <https://doi.org/10.1016/j.jth.2019.100607>
- Werneck, A. O., Stubbs, B., Szwarcwald, C. L., & Silva, D. R. (2020). Independent relationships between different domains of physical activity and depressive symptoms among 60,202 Brazilian adults. *General Hospital Psychiatry*, 64, 26–32. <https://doi.org/10.1016/j.genhosppsych.2020.01.007>



- Werneck, A. O., Kandola, A., Barboza, L. L., Araujo, R. H. O., Szwarcwald, C. L., Stubbs, B., & Silva, D. R. (2022). Does stressful workplace characteristics moderate or confound the association between occupational physical activity and elevated depressive symptoms? A large study including 36,442 adults. *Journal of Affective Disorders*, 303, 196–202. <https://doi.org/10.1016/j.jad.2022.02.018>
- White, R. L., Babic, M. J., Parker, P. D., Lubans, D. R., Astell-Burt, T., & Lonsdale, C. (2017). Domain-Specific Physical Activity and Mental Health: A Meta-analysis. *American Journal of Preventive Medicine*, 52(5), 653–666. <https://doi.org/10.1016/j.amepre.2016.12.008>
- World Health Organization. (n.d). *Physical activity*. Retrieved January 27, 2022, from <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- Zhang, W., O'Brien, N., Forrest, J. I., Salters, K. A., Patterson, T. L., Montaner, J. S. G., Hogg, R. S., & Lima, V. D. (2012). Validating a Shortened Depression Scale (10 Item CES-D) among HIV-Positive People in British Columbia, Canada. *PLoS ONE*, 7(7), e40793. <https://doi.org/10.1371/journal.pone.0040793>
- Zhang, Y., Chen, Y., & Ma, L. (2018). Depression and cardiovascular disease in elderly: Current understanding. *Journal of Clinical Neuroscience*, 47, 1–5. <https://doi.org/10.1016/j.jocn.2017.09.022>