

## DAFTAR PUSTAKA

- Abe, T., Bell, Z., Wong, V., Spitz, R., Yamada, Y., Song, J., Loenneke, J. (2020) Skeletal muscle size distribution in large-sized male and female athletes. *American Journal of Human Biology*, 33(2).
- American Psychiatric Association. (2013) *The Diagnostic and Statistical Manual of Mental Disorders*. Fifth ed. Virginia: American Psychiatric Association.
- Andarbeni, D., Sugiarto, & Prasetyo, A. (2018) Asupan energi dan protein dengan kekuatan genggam pada remaja putri. *Darussalam Nutr J*, 2: 11-18.
- Assyifa, R., & Riyadi, H. (2023) Hubungan persepsi tubuh, gangguan makan, dan tingkat kecukupan gizi dengan status gizi atlet renang remaja di Kota Bogor, Indonesia. *Amerta Nutrition*, 7(1): 98-111.
- Asnuddin. & Sanjaya. (2018) Hubungan Tingkat Kecemasan dan Body Image dengan Pola Makan Remaja Putri di SMA Negeri 2 Sidrap. *Jurnal Ilmiah Kesehatan Pencerah*, 7(2): 69-77.
- Barkley, L. (2021) The Preparticipation Sports Physical Examination. *Current Sports Medicine Reports*, 20(2): 65-66.
- Burgess, A., Edwards, A., Skinner, J. (2003) Football culture in an Australian school setting: The construction of Masculine Identity. *Sport, Education, and Society*. 8(2): 199-200.
- Chaikali, P., Kontele, I., Grammatikopoulou, M., Oikonomou, E., Sergeantanis, T., Vassilakou, T. (2023) Body composition, eating habits, and disordered eating behaviors among adolescent classical ballet dancers and controls. *Children*, 10 (379): 1-13.
- Damayanti, C., & Adriani, M. (2021) Correlation between percentage of body fat with speed and cardiorespiratory endurance among futsal athletes in Surabaya. *Media Gizi Indonesia*, 16(1): 53-61.
- Daniels, E., Onks, C., Gallo, R., Silvis, M. (2021) Is the preparticipation physical examination replacing the annual well child examination among student athletes? *The Permanente Journal*, 25: 20.298.
- Dieny, FF., Fitranti, DY., Jauharany, FF., Tsani, AFA. (2021) Potensi Female Athlete Triad pada Atlet Remaja Putri Defisiensi Besi. *Journal of The Indonesian Nutrition Association*, 44(1): 1-10.
- Dondokambey, G., Lintong, F., Moningka, M. (2020) Pengaruh latihan *sit-up* terhadap massa otot. *eBiomedik*, 8(2): 196-201.

- Dos Reis, T., De Magalhães Oliveira, F., Kattah, F., Pena, N., Soares, M., & Torres, H. (2022). Body composition and energy expenditure in anorexia nervosa: preliminary data of outpatients with recovering and active disease. *Journal of Eating Disorder*, 10(167).
- Dwiyana, P., Prasetyo, A., & Ramayulis, R. (2017) Gambaran tingkat kekuatan asupan energi, zat gizi makro, dan zat gizi mikro berdasarkan kekuatan otot pada atlet taekwondo di Sekolah Atlet Ragunan, Jakarta Selatan tahun 2015. *J Ilm Kesehatan*, 9: 158-165.
- Firman, A., & Mahmudiono, T. (2018) Kurangnya asupan energi dan lemak yang berhubungan dengan status gizi kurang pada balita usia 25-60 bulan. *The Indonesian Journal of Public Health*, 13(1): 48-58.
- Gallagher, D., Heymsfield, S., Heo, M., Jebb, S., Murgatroyd, P., Sakamoto, Y. (2000) Healthy Percentage Body Fat Ranges: An Approach for Developing Guidelines Based on Body Mass Index. *The American Journal of Clinical Nutrition*, 72(3): 694-701.
- Galmiche, M., Godefroy, C., Achamrah, N., Grigioni, S., Colange, G., Folope, V., Petit, A., Rapp, C., Coeffier, M., Dechelotte, P., Tavalacci, M. (2022) Mental health and health behaviours among patients with eating disorders: A case-control study in France. *Journal of Eating Disorders*, 10(160).
- Ginting, M. & Silitonga, I. (2019) Pengaruh Pendanaan dari Luar Perusahaan dan Modal Sendiri terhadap Tingkat Profitabilitas pada Perusahaan *Property and Real Estate* yang Terdaftar di Bursa Efek Indonesia. *Jurnal Manajemen*, 5(2): 195-204.
- Gunawan, R. & Anwar, A. (2012) Kecemasan Body Image pada Perempuan Dewasa Tengah yang Melakukan Bedah Plastik Estetik. *Jurnal Psikologi*, 10(2): 58-67.
- Holtzman, B. & Ackerman, KE. (2021) Recommendations and Nutritional Considerations for Female Athletes: Health and Performance. *Sports Medicine*, 51: 43-57.
- Institute for Eating Disorder (INSIDEOUT). (2013) *The Diagnostic and Statistical Manual of Mental Disorders*. Fifth ed. Virginia: The American Psychiatric Association.
- Ionescu, A., Pitsiladis, Y., Rozenstoka, S., Bigard, X., Lollgen, H., Bachl, N., Debruyne, A., Pigozzi, F., Casasco, M., Jegier, A., Smaranda, A., Caramoci, A., Papadopoulou, T. (2021) Preparticipation medical evaluation for elite athletes: EFSMA recommendations on standardized preparticipation evaluation from in European countries. *BMJ Open Sports & Exercise Medicine*, 7(4).

- Issom, F., Putra, P. 2018. Gambaran Body Image pada Atlet Remaja di Sekolah SMP/SMA Negeri Ragunan Jakarta. *Jurnal Penelitian dan Pengukurann Psikologi*, 7(1): 36-45.
- Juliana, I., Rompas, S., & Onibala, F. (2019) Hubungan dismenore dengan gangguan siklus haid pada remaja di SMAN 1 Manado. *E-journal Keperawatan*, 7: 1-8.
- Kling, J., Kwakkenbos, L., Diedrichs, P., Rumsey, N., Frisen, A., Brandao, M., Silva, A., Dooley, B., Rodgers, R., Fitzgerald, A. (2019) Systematic review of body image measures. *Body Image*, 30: 170-211.
- Krisnani, H., Santoso, M., Putri, D. (2017) Gangguan Makan *Anorexia Nervosa* dan *Bulimia Nervosa* pada Remaja. *Prosiding Penelitian & Pengabdian kepada Masyarakat*, 4(3): 390-447.
- Kristjánsdóttir, H., Sigurðardóttir, P., Jónsdóttir, S., Þorsteinsdóttir, G., Saavedra, J. (2019) Body Image Concern and Eating Disorder Symptoms Among Elite Icelandic Athletes. *Int J Environ Res Public Health*, 16(15): 2728.
- Lee, S., Gallagher, D. 2008. Assessment Methods in Human Body Composition. *Curr Opin Clin Nutr Metab Care*, 11(5): 566-572.
- Lwanga, S. & Lemeshow, S. (1991) *Sample Size Determination in Health Studies*. Geneva: World Health Organization.
- Magee, M., Jones, M., Fields, J., Kresta, J., Khurelbaatar, C., Dodge, C., Merfeld, B., Ambrosius, A., Carpenter, M., Jagim, A. (2023) Body composition, energy availability, risk of eating disorder, and sport nutrition knowledge in young athletes. *Nutrients*, 15(6): 1502.
- MacDonald, J., Schaefer, M., & Stumph, J. (2021) The preparticipation physical evaluation. *Am Fam Physician*, 103(9): 539-546.
- Maguire, J. (2002) *Sport Worlds: A Sociological Perspective*. Champaign: Human Kinetics.
- Mancine, R., Gusfa, D., Moshrefi, A., Kennedy, S. (2020) Prevalence of disordered eating in athletes categorized by emphasis on leanness and activity type – a systematic review. *Journal of Eating Disorders*, 8(47).
- Marzilli, E., Cerniglia, L., Cimino, S. (2018) A narrative review of binge eating disorder in adolescence: prevalence, impact, an psychological treatment strategies. *Adolesc Health Med Ther*, 9: 17-30.
- Mustafa, D., Thanaya, S., Adiputra, L., Saraswati, N. (2022) Hubungan antara kekuatan otot tungkai bawah dengan risiko jatuh pada lanjut usia di Desa Dauh Puri Klod, Denpasar Barat. *Majalah Ilmiah Fisioterapi Indonesia*, 10(1): 22-27.

- Natarijadi, D., & Hadiati, T. (2021) The relationship between body image with eating disorder in medical student. *Diponegoro Medical Journal*, 10(3): 204-209.
- National Athletic Trainers' Association (2008) National athletic trainers' association position statement: Preventing, Detecting, and Managing Disordered Eating in Athletes. *Journal of Athletic Training*, 43(1): 80-108.
- National Institute of Mental Health. (2007) *Eating Disorders*. Maryland: NIH Publication.
- National Strength and Conditioning Association. (2017) Sport Performance and Body Composition. [Online]. Available at: <https://www.nasca.com/education/articles/kinetic-select/sport-performance-and-body-composition/> [Accessed 16 May 2023].
- Nemeth, MC., Park, H., & Mendle, J. (2020) Collegiate female athletes' body image and clothing behaviors. *Fashion and Textiles*, 7(16).
- Nisa, N., & Rakhma, L. (2019) Hubungan Persepsi *Body Image* dengan Asupan Lemak dan Komposisi Lemak Tubuh pada Siswi di MAN 2 Surakarta. *Jurnal Gizi Masyarakat Indonesia*, 8(1).
- Nurfadhilah, K., Surialaga, S., Ibnusantosa, R. (2018) Gambaran Persentase Total Massa Otot dan Total Massa Lemak Tubuh pada Golongan Dewasa Muda. *Prosiding Pendidikan Dokter*, 4(2): 613-619.
- Oliveira, G., Oliveira, T., Goncalves, P., Silva, J., Fernandes, P., Filho, J. (2017) Body Image and Eating Disorders in Female Athletes of Different Sports. *Journal of Exercise Physiology*, 20(2): 45-54.
- OMRON Healthcare. *Instruction Manual-Body Composition Monitor Model HBF-375 Karada Scan*. Kyoto: OMRON Healthcare Co, Ltd.
- Phillips, S., Hartman, J., & Wilkinson, S. (2013) Dietary protein to support anabolism with resistance exercise in young men. *J Am Coll Nutr*, 24: 1348-1398.
- Pratama, S., Permatasari, R. (2021) Pengaruh Penerapan Standar Operasional Prosedur dan Kompetensi terhadap Produktivitas Kerja Karyawan Divisi Ekspor PT. Dua Kuda Indonesia. *Jurnal Ilmiah M-Progress*, 11(1): 38-47.
- PsychTools. (2018) Eating Disorder Diagnostic Scale (EDDS). [Internet]. PsychTools. Tersedia dalam: <https://www.psychtools.info/eds/> [Diakses pada 16 Desember 2021].
- Purwaningtyas, D., Wulansari, N., Gifari, N. (2021) Faktor-Faktor yang Berhubungan dengan Daya Tahan Otot Quadriceps Atlet Taekwondo Kyorugi Remaja DKI Jakarta. *Journal of Sport Sciences and Fitness*, 7(1): 9-18.

- Quraisy, A., & Madya, S. (2021) Analisis nonparametric Mann Whitney terhadap perbedaan kemampuan pemecahan masalah menggunakan model pembelajaran *problem-based learning*. *VARIANSI: Journal of Statistics and Its Application on Teaching and Research*, 3(1): 51-57.
- Rahman, M., Salikunna, N., Sumarni, Wahyuni, R., Badaruddin, R., Ramadhan, M., Arief, A. (2021) Hubungan asupan lemak terhadap persentase lemak tubuh mahasiswa Fakultas Kedokteran Universitas Tadulako Angkatan 2019. *Healthy Tadulako Journal*, 7(1): 21-29.
- Rasouli, A., Mohiti, S., Javadi, M., Panjeshahin, A., Kazemi, M., Shiri-Shahsavari, M. (2021) The effect of daily fast food consumption, family size, weight-caused stress, and sleep quality on eating disorder risk in teenagers. *Sleep Breathing Physiology and Disorders*, 25(4).
- Ratnasari, S. (2017) Hubungan antara *Body Image* dengan Kecemasan Sosial pada Remaja Perempuan. *Skripsi*. Fakultas Psikologi, Universitas Muhammadiyah Malang.
- Rosnow, R., & Rosenthal, R. (2003) Effect sizes for experimenting psychologists. *Canadian Journal of Experimenting Psychology*, 57: 221-237.
- Ruslie, R., Darmadi. (2012) Analisis Regresi Logistik untuk Faktor-Faktor yang Mempengaruhi Status Gizi Remaja. *Majalah Kedokteran Andalas*, 36(1).
- Sahara, M., Widyastuti, N., & Candra, A. (2019) Kualitas diet dan daya tahan (*endurance*) atlet bulutangkis remaja di Kota Semarang. *Journal of Nutrition College*, 8(1): 29-37.
- Savitri, I., Winaya, I., Muliarta, I., Griadhi, I. (2020) Hubungan persentase lemak tubuh dan IMT dengan kekuatan otot genggaman pada remaja putri usia 15-17 tahun di SMK Kesehatan Bali Medika Denpasar. *Majalah Ilmiah Fisioterapi Indonesia*, 6(3): 1-6.
- Schaefer, L., Crosby, R., Machado, P. (2021) A systematic review of instruments for the assessment of eating disorders among adults. *Curr Opin Psychiatry*, 34(6): 543-562.
- Sebastia-Rico, J., Soriano, J., Gonzalez-Galvez, N., Martinez-Sanz, J. (2023) Body composition of male professional soccer players using different measurement methods: A systematic review and meta-analysis. *Nutrients*, 15(5): 1160.
- Setiaputri, K., Rahfiludin, M., & Suroto. (2017) Hubungan konsumsi zat gizi, persentase lemak dan aktivitas fisik dengan kebugaran jasmani pada atlet renang. *Jurnal Kesehatan Masyarakat*, 5(3): 166-174.

- Shabadi, N., Arora, M., Renuka, M., Gopi, A., Narayanamurthy, M. (2021) Risk and relationship of eating disorders with body image, stress and self-esteem among university students. *International Journal of Community Medicine and Public Health*, 8(12): 2394-6040.
- Shabah, Z., Dhanny, D. (2020) Persepsi Tubuh dan Bulimia Nervosa pada Remaja Putri. *Muhammadiyah Journal of Nutrition and Food Science*, 1(2): 60-69.
- Siregar, N., Nuzrina, R., Gifari, N., Kuswari, M., Ronitawati, P. (2018) Hubungan indeks massa tubuh, massa otot, dan persen lemak tubuh dengan kebugaran atlet futsal putri di Club Jaya Kencana Tangerang. *Undergraduate Theses of Nutrition, Fakultas Ilmu Kesehatan, Universitas Esa Unggul*.
- Siregar, R. (2017) Hubungan citra tubuh dengan gangguan makan pada remaja putri masa pubertas. *Jurnal Ilmiah Keperawatan*, 3(1): 1-7.
- Sitepu, F. H., Effendy, E., & Amin, M. M. (2020) Validity and Reliability of Instruments Body Shape Questionnaire-34 (BSQ-34) Based in Indonesia Version. *Palarch's Journal of Archaeology of Egypt/Egyptology*, 17(6): 1- 14.
- Stice, E., Telch, C., Rizvi, S. (2000) Development and Validation of The Eating Disorder Diagnostic Scale: A Brief Self-Report Measure of Anorexia, Bulimia, and Binge-Eating Disorder. *Psychological Assessment*, 12(2): 123-131.
- Syarafina, A. & Probosari, E. (2014) Hubungan Eating Disorder dengan Status Gizi pada Remaja Putri di Modeling Agency Semarang. *Journal of Nutrition College*, 3(2): 48-53.
- Sugiyono. (2018) *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta.
- Suryawati., Dieny, FF., Purwanti, R., Tsani AFA., Widyastuti, N. (2020) Risk factors of Eating Disorders in Young Female Athletes. *Food Research*, 4(Suppl. 3): 83-91.
- Taftazani, H., Fauziah, N. (2019) Memahami Kesejahteraan Subjektif pada Atlet Atletik Nomor Lari 10.000 Meter PON Jateng. *Jurnal Empati*, 8(1): 61-67.
- Walter, N., Heinen, T., & Elbe, A. (2022) Factors associated with disordered eating and eating disorder symptoms in adolescent elite athletes. *Sports Psychiatry*, 1(2): 47-56.



- Wells, J., Haroun, D., Williams, J., Nicholls, D., Darch, T., Eaton, S., Fewtrell, M. (2015) Body composition in young female eating-disorder patients with severe weight loss and controls: Evidence from the four-component model and evaluation of DXA. *European Journal of Clinical Nutrition*, 69(12): 1330-1335.
- Wiranata, Y. & Inayah, I. (2020) Perbandingan Penghitungan Massa Tubuh dengan Menggunakan Metode Indeks Massa Tubuh (IMT) dan Bioelectrical Impedance Analysis (BIA). *Jurnal Manajemen Kesehatan Yayasan RS. Dr. Soetomo*, 6(1): 43-52.
- Worobey, J., Tepper, B., & Kanarek, R. (2015) *Nutrition and Behavior : A Multidisciplinary Approach*. 2nd edn. Oxfordshire: CABI Publishing.
- Yanuar, G. M. (2015) Perbedaan Kebugaran Jasmani Siswa Anggota Ekstrakurikuler Softball di SMAN 27 Bandung Kelas X dan XI yang Menggunakan Tread Mill dan Fartlek. Skripsi, Universitas Pendidikan Indonesia.
- Zainuddin, M. (2002) Metodologi Penelitian, Panduan Mahasiswa Program Pascasarjana. Surabaya: Penerbit UNAIR. Disitasi dalam Yanuar, G. M. (2015) Perbedaan Kebugaran Jasmani Siswa Anggota Ekstrakurikuler Softball di SMAN 27 Bandung Kelas X dan XI yang Menggunakan Tread Mill dan Fartlek. Skripsi, Universitas Pendidikan Indonesia.