

DAFTAR PUSTAKA

- Abeng, A. T. 2020. Faktor Aktivitas Fisik terhadap Status Gizi Siswa di SMA Negeri 2 Kota Palangka Raya. *Jurnal Ilmiah Kesehatan*, 12(1), pp. 88-94.
- Ahadzadeh, A. S., Rafik-Galea, S, Alavi, M., dan Amini, M. 2018. Relationship Between Body Mass Index, Body Image, and Fear of Negative Evaluation: Moderating Role of Self-Esteem. *Health Psychology Open*, 5(1).
- Alharballeh, S. dan Dodeen, H. 2023. Prevalence of Body Image Dissatisfaction among Youth in the United Arab Emirates: Gender, Age, and Body Mass Index Differences. *Current Psychology*, 41, pp. 1317-1326.
- Alsaqr, A. M. 2021. Remarks on the use of Pearson's and Spearman's Correlation Coefficients in Assessing Relationship in Ophthalmic Data. *African Vision and Eye Health*, 80(1), pp. 1-10.
- Anggraheni, R. D. dan Rahmandani, A. 2019. Hubungan antara Self-Compassion dan Citra Tubuh pada Mahasiswi Program S-1 Manajemen Universitas Katolik Soegijapranata Semarang. *Jurnal Empati*, 8(1), pp. 166-172.
- Ariani, N. L. N., Swaderma, K. E., dan Saputra, I. K. 2021. Hubungan Citra Tubuh dengan Gangguan Perilaku Makan pada Remaja Putri Pengguna Instagram. *Community of Publishing in Nursing*, 9(5), pp. 563-571.
- Astini, N. N. A. D., dan Gozali, W. 2021. Body Image sebagai Faktor Penentu dalam Meningkatkan Status Gizi Remaja Putri. *International Journal of Natural Science and Engineering*, 5(1), 1-7.
- Banfield, S. S., dan Mc Cabe, M. P. 2002. An Evaluation of the Construct of Body Image. *Adolescence*, 37(146), pp. 373-393.
- Banna, J.C., Buchthal, O. V., Delormier, T., Creed-Kanashiro, H. M., dan Penny, M. E. 2015. Influencing on Eating: A Qualitative Study of Adolescents in a Pariurban Area in Lima, Peru. *BMC*, 16(1), pp. 1-11.
- Ben Ayed, H., Yaich, S., Ben Jemaa, M., Ben Hmida, Trigui, M., Jedidi, J., ... Damak, J. 2019. What are the Correlates of Body Image Distortion and Dissatisfaction among School-Adolescents?. *International Journal of Adolescent Medicine and Health*.
- Bibiloni, M. del M., Pich, J., Pons, A., dan Tur, J. A. 2013. Body Image and Eating Patterns among Adolescents. *BMC: Public Health*, 13(1).
- Bodega, P., de Cos-Gandoy, A., Fernandes-Alvira, J. M., Fernandez-Jimenez, R., Moreno, L. A., dan Santos-Beneit, G. 2023. Body Image and Dietary Habits in Adolescent: A Systematic Review. *Nutrition Review*.
- Bull, F. C., Al-Ansari, S.S., Biddle, S., Borodulin, K., Buman, M. P., Cardon, G., ... dan Willumsen, J. F. 2020. World Health Organization 2020 Guidelines on Physical Activity and Sedentary Behaviour. *British Journal of Sports Medicine*, 54(24), pp. 1451-1462.
- Cash, T. F. 2012. *Encyclopedia of Body Image and Human Appearance*. Elseiver: California.
- Chabi, S. M., Fanou-Fogny, N., Koukoubou, E. N., Deforche, B., dan Lippevelde, W. N. 2022. Factors Explaining Adolescent Girls' Eating Habits in Urban Benin: A Qualitative Study. *Adolescents*, 2(2), pp. 205-219.
- Chaput, J. P., Willumsen, J., Bull, F., Chou, R., Ekelund, U., Firth, J., ... dan Katzmarzyk, P. T. 2020. 2020 WHO Guidelines on Physical Activity and Sedentary Behaviour for Children and Adolescents Aged 5-17 Years: Summary of the Evidence. *International Journal of Behavioral Nutrition and Physical Activity*, 17, pp. 1-9.

- Chas, T. F. dan Green, G. K. 1986. Body Weight and Body Image among Collage Women: Perception, Cognition, and Affect. *Journal of Personality Assessment*, 50(2), pp. 290-301.
- Clohessy, S., Walasek, L., dan Meyer, C. 2019. Factors Influencing Employees' Eating Behaviours in the Office-Based Workplace. *Obesity Reviews*, 20(12), pp. 1771-1780.
- Deliens, T., Clarys, P., De Bourdeaudhuji, I., dan Deforche, B. 2014. Determinants of Eating Behaviour in University Students: A Qualitative Study Using Focus Group Discussions. *BMC Public Health*, 14(1), pp. 1-12.
- Dharmansyah, D. dan Budiana, D. 2021. Indonesian Adaptation of the International Activity Questionnaire (IPAQ): Psychometric Properties. *Jurnal Pendidikan Keperawatan Indonesia*, 7(2), pp. 159-163.
- Dias, S. S., Lages, M., Frontini, R., Luis, L., Dixe, M. D. A., dan Sousa, P. 2021. Association Between Food Choices Motivators and Physical Activity in Body Image (Dis) Satisfaction in Portuguese Adolescents. *Frontiers in Public Health*, 9.
- Donti, O., Donti, A., Gaspari, V., Pleksida, P., dan Psychountaki, M. 2021. Are They Too Perfect to Eat Healthy? Association Between Eating Disorder Symptoms and Perfectionism in Adolescent Rhythmic Gymnasts. *Eating Behaviors*, 41.
- Fan, M. dan Jin, Y. 2015. The Effects of Weight Perception on Adolescents's Weight-Loss Intentions and Behaviors: Evidence from the Youth Risk Behavior Surveillance Survey. *International Journal of Environmental Research and Public Health*, 12(11), pp. 14640-14668.
- Fatmala, D. N. dan Rinaldi, M. R. 2021. Benarkah Self Compassion dapat Mengurangi Gejala Body Dysmorphic Disorder?. *Psychopolytan: Jurnal Psikologi*, 4(2), pp. 84-91.
- Fletcher, G. F., Landolfo, C., Niebauer, J., Ozemek, C., Arena, R., dan Lavie, C. J. 2018. Promoting Physical Activity and Exercise: JACC Health Promotion Series. *Journal of the American College of Cardiology*, 72(14), pp. 1622-1639.
- Gardner, R. M. dan Brown, D. L. 2010. Comparison of Video Distortion and Figural Drawing Scale for Measuring and Predicting Body Image Dissatisfaction and Distortion. *Personality and individual Differences*, 49(7), pp. 794-798.
- Gardner, R. M., Jappe, L. M., dan Gardner, L. 2009. Development and Validation of New Figural Drawing Scale for Body-Image Assessment: The BIAS-BD. *Journal of Clinical Psychology*, 65(1), pp. 113-122.
- Gillison, F. B., Standage, M., dan Skevington, S. M. 2006. Relationship among Adolescents' Weight Perception, Exercise Goals, Exercise Motivation, Quality of Life and Leisure-Time Exercise Behaviour: A self-determination theory approach. *Health Educ. Res*, 21, pp. 836-847.
- Halawa, D. A. P. T., Sudargo, T., dan Siswati, T. 2022. Makan Pagi, Aktivitas Fisik, dan Makan Malam Berhubungan dengan Status Gizi Remaja di Kota Yogyakarta. *Journal of Nutrition College*, 11(2), pp. 135-142.
- Harrison, A. N., Bateman, J. C., Younger-Coleman, N. O., Williams, M. C., Rocke, K. D., Clato-Day Scarlett, S. C., dan Chang, S. M. 2020. Disordered Eating Behaviours and Attitudes among Adolescent in a Middle-Income Country. *Eating and Weight Disorder-Studies on Anorexia, Bulimia and Obesity*, 25, pp. 1727-1737.
- Hayward, C. 2003. Gender Differences at Puberty. Cambridge University Press: Cambridge UK.

- Hosseini, S. A. dan Padhy, R. K. 2022. Body Image Distortion. In: StatPearls. StatPearls Publishing, Treasure Island (FL).
- Hu, D., Zhou, S., Crowley-Mchattan, Z. J., dan Liu, Z. 2021. Factors That Influence Participation in Physical Activity in School-Aged Children and Adolescents: A Systematic Review from The Social Ecological Model Perspective. *International Journal of Environmental Research and Public Health*, 18(6).
- Hutasuhut, R. M. dan Supriati. 2022. Relationship between Body Image and Dietary Status with Anemia in Adolescent girl in Dusun III Bakaran Batu Village Batang Kuis District Deli Serdang Regency. *Science Midwifery*, 10(2), pp. 974-979.
- IPAQ. 2016. International Physical Activity Questionnaire. In *Ref Type: Internet Communication*.
- Jankauskine, R. dan Baceviciene, M. 2019. Body Image Concerns and Body Weight Overestimation Do Not Promote Healthy Behaviour Evidence from Adolescents in Lithuania. *International Journal of Environmental Research and Public Health*, 16(5).
- Kabir, A., Miah, S., dan Islam, A. 2018. Factor Influencing Eating Behavior and Dietary Intake among Resident Student in a Public University In Bangladesh: A Qualitative Study. *PLOS ONE*, 13(6).
- Kennedy, A. K., Schneiderman, J. U., dan Winter, V. R. 2018. Association of Body Weight Perception and Unhealthy Weight Control Behaviors in Adolescence. *Children and Youth Services Review*, 96, pp. 250-254.
- Kvalem, I. L., Traen, B., Markovic, A., dan van Soest, T. 2018. Body Image Development and Sexual Satisfaction: A Prospective Study from Adolescence to Adulthood. *The Journal of Sex Research*, 56(96), pp. 791-801.
- Laksmi, Z. A., Ardaria, M., dan Fitriani, D. Y. 2018. Hubungan Body Image dengan Perilaku Makan dan Kebiasaan Olahraga pada Wanita Dewasa Muda Usia 18-22 Tahun (Studi pada Mahasiswi Program Studi Kedokteran Universitas Diponegoro). *Jurnal Kedokteran Diponegoro*, 7(2), pp. 627-640.
- Lameshow, S. 1997. *Besar Sampel dalam Penelitian Kesehatan*. Gadjah Mada University Press: Yogyakarta.
- Leal, G. V. D. S., Philippi, S. T., dan Alvarenga, M. D. S. 2020. Unhealthy Weight Control Behaviors, Disordered Eating, and Body Image Dissatisfaction in Adolescents from Sao Paulo, Brazil. *Brazilian Journal of Psychiatry*, 42, pp. 264-270.
- Lee, J. dan Lee Y. 2016. The Association of Body Image Distortion with Weight Control Behaviors, Physical Activity, Sadness, and Suicidal Ideation among Korean High School Students: A Cross-Sectional Study. *BMC Public Health*, 16(39).
- Maia, J. A., Thomis, M., dan Beunen, G. 2002. Genetic Factors in Physical Activity Levels. *American Journal of Preventive Medicine*, 23(2), pp. 87-91.
- Manangkabo, P., Kairupan, B. H. R., dan Manampiring, A. E. 2021. Citra Tubuh, Pengetahuan, Sikap, dan Tingkat Aktivitas Fisik Mahasiswa pada Masa Pandemi Corona Virus Disease 2019. *Journal of Public Health*, 2(1), pp. 7-13.
- Mandiri, A. D. 2015. Uji Validitas Konstruk pada Alat Ukur Eating Attitudes Test (EAT-26). *Jurnal Pengukuran Psikologi dan Pendidikan Indonesia*, 4, pp. 353-363.
- Marizka, D. S., Maslihah, S., Wulandari, A. 2019. Bagaimana Self-Compassion Memoderasi Pengaruh Media Sosial terhadap Ketidakpuasan Tubuh?. *Jurnal Psikologi Insight*, 3(2), pp. 56-69.

- Muthia, A. S., Margawati, A., Fitranti, D. Y., Dieny, F. F., dan Hananingtyas, A. 2022. Correlation Between Eating Behavior and Use of Social Media with Energy-Dense Food Intake Based on Gender among Students in Semarang, Indonesia. *Open Access Macedonian Journal of Medical Sciences*, 10(E), pp. 602–610.
- Niswah, I., Rah, J. H., dan Roshita, A. 2021. The Association of Body Image Perception with Dietary and Physical Activity Behaviors among Adolescents in Indonesia. *Food and nutrition bulletin*, 42, pp. 109-120.
- Nofiatika, F., Khasana, T. M., dan Artanti, E. M. 2022. Fenomena Selebgram, Citra Tubuh, dan Perilaku Makan pada Remaja Putri di Yogyakarta. *Jurnal Ilmiah Kesehatan*, 17(2), pp. 99-106.
- Novianti, R. dan Merida, S. C. 2021. Self-Concept dengan Citra Tubuh pada Mahasiswi. *Psikostudia*, 10(1), pp. 11-20.
- Nurdiani, R., Rahman, N. A. S., dan Madanijah, S. 2023. Perilaku Makan Tipe Emotional, External, dan Restrained Kaitannya dengan Indeks Massa Tubuh Mahasiswa. *Jurnal Ilmu Gizi dan Dietetik*, 2(1), pp. 59-65.
- O'Donoghue, G., Kennedy, A., Puggina, A., Aleksovsk, K., Buck, C., Burns, C., ... dan Boccia, S. 2018. Socio-Economic Determinants of Physical Activity Across The Life Course: A" Determinants of Diet and Physical Activity"(DEDIPAC) Umbrella Literature Review. *PloS one*, 13(1).
- Oellingrath, I. M., Hestetun, dan Svendsen, M. V. 2015. Gender-specific Association of Weight Perception and Appearance Satisfaction with Slimming Attempts and Eating Patterns in a Sample of Young Norwegian Adolescents. *Public Health Nutrition*, 19(2), pp. 265-274.
- Porras-Garcia, B., Ferrer-Garcia, M., Yilmaz, L., Sen, Y.O., Olszewska, A., Ghita, A., ... dan Gutierrez-Maldonado, J. 2019. Body-Related Attentional Bias as Mediator of the Relationship Between Body Mass Index and Body Dissatisfaction. *European Eating Disorders Review*, 28(4), pp. 454-464.
- Purnama, N. L. A. 2019. Perilaku Makan dan Status Gizi Remaja. *Jurnal Penelitian Kesehatan*, 9(2), pp. 57-62.
- Radwan, H., Hasan, H. A., Ismat, H., Hakim, H., Khalis, H., Al-Fityani, L., ... dan Ayman, A. 2019. Body Mass Index Perception, Body Image Dissatisfaction and Their Relations with Weight-Related Behaviors among University Students. *International Journal of Environmental Research and Public Health*, 16(9), pp. 1541.
- Rageliene, T. dan Gronhoj, A. 2020. The Influence of Peers' and Siblings' on Children's and Adolescents' Healthy Eating Behavior. A Systematic Literature Review. *Appetite*, 148.
- Rahayu, A. 2012. Hubungan antara Citra Tubuh dengan Perilaku Makan Remaja di SMA Wilayah Kota Banjarmasin Provinsi Kalimantan Selatan [Tesis]. Universitas Gadjah Mada: Yogyakarta.
- Ramanda, R., Akbar, Z., dan Wirasti, M. K. 2019. Studi Kepustakaan Mengenai Landasan Teori Body Image bagi Perkembangan Remaja. *Jurnal Edukasi (Media Kajian Bimbingan Konseling)*, 5(2), pp. 121-135.
- Ramos, P., Moreno-Maldonado, C., Moreno, C., dan Rivera, F. 2019. The Role of Body Image in Internalizing Mental Health Problems in Spanish Adolescents: an Analysis According to Sex, Age, and Socioeconomic Status. *Frontiers in psychology*, 10, 1952.
- Ribeiro-Silva, R. D. C., Fiaccone, R. L. Conceicao-Machado, M. E. P. D., Ruiz, A. S., Barreto, M. L., dan Santana, M. L. P. 2018. Body Image Dissatisfaction and

- Dietary Patterns According to Nutritional Status in Adolescents. *Jornal de Pediatria*, 94, pp. 155-161.
- Ritan, A. F. G., Murdhiono, W. R., dan Syafitri, E. N. 2018. Hubungan Body Image dengan Pola Makan dan Aktivitas Fisik pada Mahasiswa Obesitas di Fakultas Ilmu Kesehatan Universitas Respati Yogyakarta. *Ilmu Gizi Indonesia*. 2(1), pp. 25-32.
- Rizka, Fatmawati, I., Maryusman, T., dan Nasrullah, N. 2023. The Relationship of Body Image, Anxiety Level, and Balanced Nutritional Knowledge with Eating Behavior among Students at 45 Vocational High School in Jakarta. *JGK*, 15(1), pp. 45-54.
- Ruiz-Turrero, J., Massar, K., Kwasnicka, D., dan Ten Hoor, G. A. 2022. The Relationship between Compulsive Exercise, Self-Esteem, Body Image and Body Satisfaction in Women: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 19(3), 1857.
- Sabiston, C. M., Pila, E., Vani, M., dan Thogersen-Ntoumani. 2019. Body Image, Physical Activity, dan Sports: A Scoping Review. *Psychology of Sports and Exercise*.
- Safitri, W. D. dan Hasanah, M. 2021. Instagram as a Reference for Student Body Image. *Journal Universitas Muhammadiyah Gresik Engineering, Social Science, and Health International Conference (UMGESHC)*, 1(2), pp. 452-463.
- Sagareno, A. Z. dan Sutarto. 2020. Uji Validitas Angket SLCQ-I pada Mahasiswa Fakultas Kedokteran Universitas Malahayati Lampung. *Jurnal Ilmiah Kesehatan Sandi Husada*, 9(1), pp. 8-12.
- Saiphoo, A. N. dan Vahedi, Z. 2019. A Meta-Analytic Review of the Relationship Between Social Media Use and Body Image Disturbance. *Computers In Human Behavior*, 101, pp. 259-275.
- Sapitri, Y., Martina, dan Alfiandi, R. 2022. Hubungan Citra Tubuh dengan Perilaku Makan pada Mahasiswi. *Jurnal Ilmiah Mahasiswa Fakultas Keperawatan*, 5(4), pp. 165-173.
- Sastroasmoro, S. dan Ismael, S. 2011. *Dasar-Dasar Metodologi Penelitian Klinis*. Sagung Seto.
- Sawyer, S. M., Azzopardi, P. S., Wickremarathne, D., dan Patton, G. C. 2018. The Age of Adolescence. *The Lancet Child and Adolescents Healthy*, 2(3), pp. 223-228.
- Sharma, M., Singh, S. K., Tiwari, P., dan Chaihan, N. 2019. Body Image Perception, Eating Attitude and Influence of Media among Undergraduate Students of Medical College in Delhi: a cross sectional study. *International Journal of Research in Medical Sciences*, 7(12), pp. 4627-4634.
- Shoraka, H. Amirkafi, A., dan Garrusi, B. 2019. Review of Body Image and Some of Contributing Factors in Iranian Population. *International Journal of Preventive Medicine*, 10.
- Sibagariang, E. E., Siagian, M., Tobing, E. S. L., dan Ginting, G. V. B. 2021, September. Pola Makan dan Aktivitas serta Kaitannya pada Indeks Massa Tubuh (IMT) mahasiswa di masa pandemi Covid-19. *Dalam Prosiding Forum Ilmiah Berkala Kesehatan*, Medan.
- Singh, A. S. dan Masuku, M. 2014. Sampling Techniques and Determination of Sample Size in Applied Statistics Research: Overview. *International Journal of Economics, Commerce, and Management*, 2(11).

- Siregar, R. U. P. 2017. Hubungan Citra Tubuh dengan Gangguan Makan pada Remaja Putri Masa Pubertas. *Jurnal Ilmiah Kebidanan*, 3(1), pp. 1-7.
- Sluijs, E. M. V., Ekelund, U., Crochemore-Silva, I., Guthold, R., Ha, A., Lubans, D., ... dan Katzmarzyk, P. T. 2021. Physical Activity Behaviours in Adolescence: Current Evidence and Opportunities for Intervention. *The Lancet*, 398(10298), pp. 429-442.
- SMAN 6 Yogyakarta. 2023. *SMAN 6 Yogyakarta Sejarah Sekolah*. Yogyakarta : SMAN 6 Yogyakarta. Tersedia dalam <<https://www.sman6yogya.sch.id/read/sejarah-sekolah>> [Diakses 10 Desember 2023].
- Spence, J. C., Blanchard, C. M., Clark, M., Plotnikoff, R. C., Storey, K. E., dan McCargar, L. 2010. The Role of Self-Efficacy in Explaining Gender Differences in Physical Activity among Adolescents: A multilevel Analysis. *Journal of Physical Activity and Health*, 7(2), pp. 176-183.
- Sulistyan, A., Huryati, E., dan Hastuti, J. 2016. Distorsi Citra Tubuh, Perilaku Makan, dan Fad Diets pada Remaja di Yogyakarta. *Jurnal Gizi Klinik Indonesia*, 12(3), pp. 99-107.
- Toselli, S., Grigoletto, A., Zaccagni, L., Rinaldo, N., Badicu, G., Grosz, W. R., dan Campa, F. 2021. Body Image Perception and Body Composition in Early Adolescents: A Longitudinal Study of an Italian Cohort. *BMC Public Health*, 21(1), pp. 1-13.
- Vandenbosch, L., Fardouly, J., dan Tiggeman, M. 2022. Social Media and Body Image: Recent Trend and Future Directions. *Current Opinion in Psychology*, 45.
- Wang, X. dan Cheng, Z. 2020. Cross-Sectional Studies: Strengths, Weakness, and Recommendation, *Chest Journal*. Elsevier Inc, 158(1), pp. 65-71.
- WHO. 2015. The Global Strategy for Women's, Children's, and Adolescents' Health (2016-30). Tersedia di <http://www.who.int/life-course/partners/global-strategy/ewec-globalstrategyreport-200915.pdf?ua=1>.
- Yunalia, E. M. dan Etika, A. N. 2020. Analisa Kecerdasan Emosional Remaja Tahap Akhir Berdasarkan Jenis Kelamin. *Jurnal Keperawatan Jiwa*, 8(4), pp. 477-484.
- Zaccagni, L., Masotti, S., Donati, R., Mazzoni, G., dan Gualdi-Ruso, E. 2014. Body Image and Weight Perceptions in Relation to Actual Measurements by Means of a New Index and Level of Physical Activity in Italian University Students. *Journal of Translational Medicine*, 12(42), pp. 1-8.
- Zarychta, K., Chan, C. K. Y., Kruk, M., dan Luszczynska, A. 2018. Body Satisfaction and Body Weight in Under- and Healthy-Weight Adolescents: Mediating Effects of Restrictive Dieting, Healthy and Unhealthy Food Intake. *Eating and Weight Disorders-Studies on Anorexia, Bulimia, and Obesity*.