



## DAFTAR PUSTAKA

- Alkhateeb, S.A., Alkhameesi, N.F., Lamfon, G.N., Khawandanh, S.Z., Kurdi, L.K., Faran, M.Y., Khoja, A.A., Bukhari, L.M., Aljahdali, H.R., Ashour, N.A., Bagasi, H.T., Delli, R.A., Khoja, O.A. and Safdar, O.Y. (2019). Pattern of physical exercise practice among university students in the Kingdom of Saudi Arabia (before beginning and during college): a cross-sectional study. *BMC Public Health*, 19(1). doi:10.1186/s12889-019-8093-2.
- Althoff, T., Sosič, R., Hicks, J.L., King, A.C., Delp, S.L. and Leskovec, J. (2017). Large-scale physical activity data reveal worldwide activity inequality. *Nature*, 547(7663), pp.336–339. doi:10.1038/nature23018.
- Ashok, P., Kharche, J., Raju, R. and Godbole, G. (2017). Metabolic equivalent task assessment for physical activity in medical students. *National Journal of Physiology, Pharmacy and Pharmacology*, 7(2), p.1.
- Babaei, P. and Azari, H.B. (2022). Exercise Training Improves Memory Performance in Older Adults: A Narrative Review of Evidence and Possible Mechanisms. *ProQuest*. [online] doi:10.3389/fnhum.2021.771553.
- Bauman, A., Bull, F., Chey, T., Craig, C.L., Ainsworth, B.E., Sallis, J.F., Bowles, H.R., Hagstromer, M., Sjostrom, M., Pratt, M. and Group, I. (2009). The International Prevalence Study on Physical Activity: results from 20 countries. *International Journal of Behavioral Nutrition and Physical Activity*, 6(1), p.21. doi:10.1186/1479-5868-6-21.
- Cascella, M. and Al Khalili, Y. (2022). *Short Term Memory Impairment*. [online] PubMed. Available at: [https://www.ncbi.nlm.nih.gov/books/NBK545136/#:~:text=Short%2Dterm%20memory%20\(STM\)](https://www.ncbi.nlm.nih.gov/books/NBK545136/#:~:text=Short%2Dterm%20memory%20(STM)).
- Chung, Q-En., Abdulrahman, S.A., Jamal Khan, M.K., Jahubar Sathik, H.B. and Rashid, A. (2018). The Relationship between Levels of Physical Activity and Academic Achievement among Medical and Health Sciences Students at Cyberjaya University College of Medical Sciences. *Malaysian Journal of Medical Sciences*, 25(5), pp.88–102. doi:10.21315/mjms2018.25.5.9.
- Erickson, K.I., Hillman, C., Stillman, C.M., Ballard, R.M., Bloodgood, B., Conroy, D.E., Macko, R., Marquez, D.X., Petruzzello, S.J. And Powell, K.E. (2019). Physical Activity, Cognition, and Brain Outcomes. *Medicine & Science in Sports & Exercise*, 51(6), pp.1242–1251. doi:10.1249/mss.0000000000001936.
- Fisher, G.G., Chacon, M. and Chaffee, D.S. (2019). Theories of Cognitive Aging and Work. *Work Across the Lifespan*, [online] pp.17–45. doi:10.1016/b978-0-12-812756-8.00002-5.
- Gandhi, P.H., Gokhale, P.A., Mehta, H.B. and Shah, C.J. (2013). A comparative study of simple auditory reaction time in blind (congenitally) and sighted subjects. *Indian*



*Journal of Psychological Medicine*, [online] 35(3), p.273. doi:10.4103/0253-7176.119486.

Gogtay, N., Giedd, J.N., Lusk, L., Hayashi, K.M., Greenstein, D., Vaituzis, A.C., Nugent, T.F., Herman, D.H., Clasen, L.S., Toga, A.W., Rapoport, J.L. and Thompson, P.M. (2004). Dynamic mapping of human cortical development during childhood through early adulthood. *Proceedings of the National Academy of Sciences*, 101(21), pp.8174–8179. doi:10.1073/pnas.0402680101.

Golmohammadi, R., Yousefi, H., Safarpour Khotbesara, N., Nasrolahi, A. and Kurd, N. (2021). Effects of Light on Attention and Reaction Time: A Systematic Review. *Journal of Research in Health Sciences*, [online] 21(4), pp.e00529–e00529. doi:10.34172/jrhs.2021.66.

Golsteijn, R.H.J., Gijselaers, H.J.M., Savelberg, H.H.C.M., Singh, A.S. and de Groot, R.H.M. (2021). Differences in Habitual Physical Activity Behavior between Students from Different Vocational Education Tracks and the Association with Cognitive Performance. *International Journal of Environmental Research and Public Health*, [online] 18(6), p.3031. doi:10.3390/ijerph18063031.

Khan, N.A. and Hillman, C.H. (2014). The Relation of Childhood Physical Activity and Aerobic Fitness to Brain Function and Cognition: A Review. *Pediatric Exercise Science*, 26(2), pp.138–146. doi:10.1123/pes.2013-0125.

Lindsay, G.W. (2020). Attention in psychology, neuroscience, and machine learning. *Frontiers in Computational Neuroscience*, 14(29). doi:10.3389/fncom.2020.00029.

Ludyga, S., Ishihara, T. and Kamijo, K. (2022). The Nervous System as a Pathway for Exercise to Improve Social Cognition. *Exercise and Sport Sciences Reviews*, 50(4), pp.203–212. doi:<https://doi.org/10.1249/jes.0000000000000300>.

Mandolesi, L., Polverino, A., Montuori, S., Foti, F., Ferraioli, G., Sorrentino, P. and Sorrentino, G. (2018). Effects of physical exercise on cognitive functioning and wellbeing: Biological and psychological benefits. *Frontiers in Psychology*, [online] 9(9). doi:10.3389/fpsyg.2018.00509.

McPherson, A., Mackay, L., Kunkel, J. and Duncan, S. (2018). Physical activity, cognition and academic performance: an analysis of mediating and confounding relationships in primary school children. *BMC Public Health*, [online] 18(1). doi:10.1186/s12889-018-5863-1.

Munawar, Y.G. and Lontoh, S.O. (2021). The Association Between Physical Activity with the Nutritional Status of Student in Faculty of Medicine Tarumanagara University in 2019-2020. *Proceedings of the 1st Tarumanagara International Conference on Medicine and Health (TICMIH 2021)*.

Okura, T., Saghazadeh, M., Soma, Y. and Tsunoda, K. (2013). Physical fitness, physical activity, exercise training and cognitive function in older adults. *The Journal of Physical Fitness and Sports Medicine*, 2(3), pp.275–286. doi:10.7600/jpfsm.2.275.



Rahman, H.A., Amornsriwatanakul, A., Abdul-Mumin, K.H., Agustiningsih, D., Chaiyasong, S., Chia, M., Chupradit, S., Huy, L.Q., Ivanovitch, K., Nurmala, I., Majid, H.B.A., Nazan, A.I.N.M., Rodjarkpai, Y., de la Cruz, Ma.H.T.O., Mahmudiono, T., Sriboonma, K., Sudnongbua, S., Vidiawati, D., Wattanapisit, A. and Charoenwattana, S. (2022). Prevalence of Health-Risk Behaviors and Mental Well-Being of ASEAN University Students in COVID-19 Pandemic. *International Journal of Environmental Research and Public Health*, 19(14), p.8528. doi:10.3390/ijerph19148528.

Reigal, R.E., Barrero, S., Martín, I., Morales-Sánchez, V., Juárez-Ruiz de Mier, R. and Hernández-Mendo, A. (2019). Relationships Between Reaction Time, Selective Attention, Physical Activity, and Physical Fitness in Children. *Frontiers in Psychology*, [online] 10. doi:10.3389/fpsyg.2019.02278.

Rezab, S. (2015). "Exercise and cognition in young adults," in Psychological Sciences Undergraduate Publications, Presentations and Projects. Available online at: [http://pilotscholars.up.edu/psy\\_studpubs/3](http://pilotscholars.up.edu/psy_studpubs/3)

Salas-Gomez, D., Fernandez-Gorgojo, M., Pozueta, A., Diaz-Ceballos, I., Lamarain, M., Perez, C., Kazimierczak, M. and Sanchez-Juan, P. (2020). Physical Activity Is Associated With Better Executive Function in University Students. *Frontiers in Human Neuroscience*, 14. doi:10.3389/fnhum.2020.00011.

Salthouse, T., and Davis, H. (2006). Organization of cognitive abilities and neuropsychological variables across the lifespan. *Dev. Rev.* 26, 31–54. doi: 10.1016/j.dr.2005.09.001

Smith, W.G. (2008). *Does Gender Influence Online Survey Participation? A Record-Linkage Analysis of University Faculty Online Survey Response Behavior*. [online] ResearchGate. Available at: [https://www.researchgate.net/publication/234742407\\_Does\\_Gender\\_Influence\\_Online\\_Survey\\_Participation\\_A\\_Record-Linkage\\_Analysis\\_of\\_University\\_Faculty\\_Online\\_Survey\\_Response\\_Behavior](https://www.researchgate.net/publication/234742407_Does_Gender_Influence_Online_Survey_Participation_A_Record-Linkage_Analysis_of_University_Faculty_Online_Survey_Response_Behavior).

Sofyana, M., Wibowo, R.A. and Agustiningsih, D. (2022). Wake-up time and academic performance of university students in Indonesia: A cross-sectional study. *Frontiers in Education*, 7. doi:10.3389/feduc.2022.982320.

Strath, S.J., Kaminsky, L.A., Ainsworth, B.E., Ekelund, U., Freedson, P.S., Gary, R.A., Richardson, C.R., Smith, D.T. and Swartz, A.M. (2013). Guide to the Assessment of Physical Activity: Clinical and Research Applications. *Circulation*, [online] 128(20), pp.2259–2279. doi:10.1161/01.cir.0000435708.67487.da.

Thomas, A.G., Dennis, A., Bandettini, P.A. and Johansen-Berg, H. (2012). The Effects of Aerobic Activity on Brain Structure. *Frontiers in Psychology*, 3.

Tsania, M.N. (2023). *Reliabilitas dan Validitas Kuesioner Aktivitas Fisik, Perilaku Sedenter, dan Kebiasaan Tidur Indonesia (I-PASS)*. [Unpublished manuscript].

Vallar, G. (2017). Short-Term Memory☆. *Reference Module in Neuroscience and Biobehavioral Psychology*. doi:10.1016/b978-0-12-809324-5.03170-9.



van der Hoek, M.D., Nieuwenhuizen, A., Keijer, J. and Ashford, J.W. (2019). The MemTrax Test Compared to the Montreal Cognitive Assessment Estimation of Mild Cognitive Impairment. *Journal of Alzheimer's Disease*, 67(3), pp.1045–1054. doi:10.3233/jad-181003.

Wang, X. and Cheng, Z. (2020). Cross-Sectional Studies: Strengths, Weaknesses, and Recommendations. *Chest*, 158(1), pp.65–71. doi:10.1016/j.chest.2020.03.012.

Wang, Y. and Ashokan, K. (2021). Physical Exercise: An Overview of Benefits From Psychological Level to Genetics and Beyond. *Frontiers in Physiology*, 12. doi:10.3389/fphys.2021.731858.

World Health Organization (2018). *More Active People for a Healthier World : Global Action Plan on Physical Activity 2018-2030*. [online] Geneva: World Health Organization. Available at: <https://apps.who.int/iris/bitstream/handle/10665/272722/9789241514187-eng.pdf>.

World Health Organization (2020). *Physical activity*. [online] Who.int. Available at: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>.

World Health Organization (2020). *WHO guidelines on physical activity and sedentary behaviour*. S.L.: S.N.

Yusainy, C., Chan, D.K.C., Hikmiah, Z. and Anggono, C.O. (2018). Physical activity in Indonesian University students: the contradictory roles of dispositional mindfulness and self-control. *Psychology, Health & Medicine*, 24(4), pp.446–455. doi:10.1080/13548506.2018.1546015.