

Kepustakaan

- Ali, F. A., & Zuberi, R. W. (2012). Association of Sociodemographic Factors With Depression in Women of Reproductive Age. *Asia Pacific Journal of Public Health*, 24(1), 161–172. <https://doi.org/10.1177/1010539510364668>
- Azwar, S. (2011). *Metode Penelitian (Cet. 12)*. Pustaka Pelajar.
- Boslaugh, S. (2007). *Secondary Data Sources for Public Health: A Practical Guide*. Cambridge University Press.
- Bylsma, L. M., Taylor-Clift, A., & Rottenberg, J. (2011). Emotional reactivity to daily events in major and minor depression. *Journal of Abnormal Psychology*, 120(1), 155–167. <https://doi.org/10.1037/a0021662>
- Carter, S., Hartman, Y., Holder, S., Thijssen, D. H., & Hopkins, N. D. (2017). Sedentary behavior and cardiovascular disease risk: Mediating mechanisms. *Exerc. sport Sci*, 327–375.
- 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(Public Health Reports), 126–131.
- Christodoulou, C., Schneider, S., & Stone, A. A. (2014). Validation of a Brief Yesterday Measure of Hedonic Well-Being and Daily Activities: Comparison with the Day Reconstruction Method. *Social Indicators Research*, 115(3), 907–917. <https://doi.org/10.1007/s11205-013-0240-z>
- Collier Villaume, S., Chen, S., & Adam, E. K. (2023). Age Disparities in Prevalence of Anxiety and Depression Among US Adults During the COVID-19 Pandemic. *JAMA Network Open*, 6(11), e2345073. <https://doi.org/10.1001/jamanetworkopen.2023.45073>
- Craske, M. G., Meuret, A. E., Ritz, T., Treanor, M., Dour, H., & Rosenfield, D. (2019). Positive affect treatment for depression and anxiety: A randomized clinical trial for a core feature of anhedonia. *Journal of Consulting and Clinical Psychology*, 87(5), 457–471. <https://doi.org/10.1037/ccp0000396>
- Crum, A. J., & Langer, E. J. (2007). Mind-Set Matters: Exercise and the Placebo Effect. *Psychological Science*, 18(2), 165–171. <https://doi.org/10.1111/j.1467-9280.2007.01867.x>
- Demeter, B. V. (2021). Increasing Students' Well-being: Influences of a Happiness Intervention on. *Tilburg University*.
- Dharmansyah, D., & Budiana, D. (2021). Indonesian Adaptation of The International Physical Activity Questionnaire (IPAQ): Psychometric Properties. *JURNAL PENDIDIKAN KEPERAWATAN INDONESIA*, 7(2), 159–163. <https://doi.org/10.17509/jpki.v7i2.39351>
- Di Benedetto, M. G., Landi, P., Mencacci, C., & Cattaneo, A. (2024). Depression in Women: Potential Biological and Sociocultural Factors Driving the Sex Effect. *Neuropsychobiology*, 83(1), 2–16. <https://doi.org/10.1159/000531588>
- Diener, E., Pressman, S. D., Hunter, J., & Delgadillo-Chase, D. (2017). If, Why, and When Subjective Well-Being Influences Health, and Future Needed Research. *Applied Psychology: Health and Well-Being*, 9(2), 133–167. <https://doi.org/10.1111/aphw.12090>
- Disabato, D. J., Kashdan, T. B., Short, J. L., & Jarden, A. (2017). What Predicts Positive Life Events that Influence the Course of Depression? A Longitudinal Examination of Gratitude and

- Meaning in Life. *Cognitive Therapy and Research*, 41(3), 444–458. <https://doi.org/10.1007/s10608-016-9785-x>
- Du, R., Yang, K., Li, W., Wang, Z., & Cai, H. (2024). Research status and global trends of late-life depression from 2004 to 2023: Bibliometric analysis. *Frontiers in Aging Neuroscience*, 16, 1393110. <https://doi.org/10.3389/fnagi.2024.1393110>
- Fakhrunnisak, D., & Patria, B. (2022). The positive effects of parents' education level on children's mental health in Indonesia: A result of longitudinal survey. *BMC Public Health*, 22(1), 949. <https://doi.org/10.1186/s12889-022-13380-w>
- Fava, G. A., Cosci, F., Guidi, J., & Tomba, E. (2017). Well-being therapy in depression: New insights into the role of psychological well-being in the clinical process. *Depression and Anxiety*, 34(9), 801–808. <https://doi.org/10.1002/da.22629>
- Field, A. (2013). *Discovering Statistics Using IBM Spss Statistics 4th Edition*. SAGE Publications.
- Grant, F., Guille, C., & Sen, S. (2013). Well-Being and the Risk of Depression under Stress. *PLoS ONE*, 8(7), e67395. <https://doi.org/10.1371/journal.pone.0067395>
- Greenwood, B. N. (2019). The role of dopamine in overcoming aversion with exercise. *Brain Research*, 1713, 102–108. <https://doi.org/10.1016/j.brainres.2018.08.030>
- Gu, J. (2022). Physical Activity and Depression in Adolescents: Evidence from China Family Panel Studies. *Behavioral Sciences*, 12(3). <https://doi.org/10.3390/bs12030071>
- Gudmundsson, P., Lindwall, M., Gustafson, D. R., Östling, S., Hällström, T., Waern, M., & Skoog, I. (2015). Longitudinal associations between physical activity and depression scores in Swedish women followed 32 years. *Acta Psychiatrica Scandinavica*, 132(6), 451–458. <https://doi.org/10.1111/acps.12419>
- Hasanah, L., & Rozali, Y. A. (2021). GAMBARAN STRES PADA PENGANGGURAN LULUSAN PERGURUAN TINGGI DI JAKARTA. 2.
- Henderson, L. W., Knight, T., & Richardson, B. (2013). An exploration of the well-being benefits of hedonic and eudaimonic behaviour. *Journal of Positive Psychology*, 8(4), 322–336. <https://doi.org/10.1080/17439760.2013.803596>
- Hulley, S. B., Cummings, S. R., & Browner, W. S. (Ed.). (2013). *Designing clinical research* (4. edition).
- Huta, V., & Ryan, R. M. (2010). Pursuing Pleasure or Virtue: The Differential and Overlapping Well-Being Benefits of Hedonic and Eudaimonic Motives. *Journal of Happiness Studies*, 11(6), 735–762. <https://doi.org/10.1007/s10902-009-9171-4>
- IPAQ. (2005, November). *Scoring the International Physical Activity Questionnaire (IPAQ)*. www.ipaq.ki.se
- Jenkins, M., Houge Mackenzie, S., Hodge, K., Hargreaves, E. A., Calverley, J. R., & Lee, C. (2021). Physical Activity and Psychological Well-Being During the COVID-19 Lockdown: Relationships With Motivational Quality and Nature Contexts. *Frontiers in Sports and Active Living*, 3, 637576. <https://doi.org/10.3389/fspor.2021.637576>
- Jenkins, M., Lee, C., Houge Mackenzie, S., Hargreaves, E. A., Hodge, K., & Calverley, J. (2022). Nature-Based Physical Activity and Hedonic and Eudaimonic Wellbeing: The Mediating Roles of Motivational Quality and Nature Relatedness. *Frontiers in Psychology*, 13, 783840. <https://doi.org/10.3389/fpsyg.2022.783840>

- Johnson, D., Dupuis, G., Piche, J., Clayborne, Z., & Colman, I. (2018). Adult mental health outcomes of adolescent depression: A systematic review. *Depression and Anxiety*, 35(8), 700–716. <https://doi.org/10.1002/da.22777>
- Joormann, J., & Gotlib, I. H. (2010). Emotion regulation in depression: Relation to cognitive inhibition. *Cognition & Emotion*, 24(2), 281–298. <https://doi.org/10.1080/02699930903407948>
- Joshanloo, M., & Blasco-Belled, A. (2023). Reciprocal Associations between Depressive Symptoms, Life Satisfaction, and Eudaimonic Well-Being in Older Adults over a 16-Year Period. *International Journal of Environmental Research and Public Health*, 20(3). <https://doi.org/10.3390/ijerph20032374>
- Kahneman, D., Diener, E., & Schwarz, N. (1999). Well-Being: Foundations of Hedonic Psychology. *Russell Sage Foundation; JSTOR*.
- Kapteyn, A., Lee, J., Tassot, C., Vonkova, H., & Zamarro, G. (2015). Dimensions of Subjective Well-Being. *Social Indicators Research*, 123(3), 625–660. <https://doi.org/10.1007/s11205-014-0753-0>
- Kraut, R. (1979). Two Conceptions of Happiness. *The Philosophical Review*, 88(2), 167. <https://doi.org/10.2307/2184505>
- Langner, C. A., Epel, E. S., Matthews, K. A., Moskowitz, J. T., & Adler, N. E. (2012). Social Hierarchy and Depression: The Role of Emotion Suppression. *The Journal of Psychology*, 146(4), 417–436. <https://doi.org/10.1080/00223980.2011.652234>
- Lavie, C. J., Ozemek, C., Carbone, S., Katzmarzyk, P. T., & Blair, S. N. (2019). Sedentary Behavior, Exercise, and Cardiovascular Health. *Circulation Research*, 124(5), 799–815. <https://doi.org/10.1161/CIRCRESAHA.118.312669>
- Li, L., Sun, W., Luo, J., & Huang, H. (2022). Associations between education levels and prevalence of depressive symptoms: NHANES (2005–2018). *Journal of Affective Disorders*, 301, 360–367. <https://doi.org/10.1016/j.jad.2022.01.010>
- Li, X., Ge, T., Dong, Q., & Jiang, Q. (2023). Social participation, psychological resilience and depression among widowed older adults in China. *BMC Geriatrics*, 23(1), 454. <https://doi.org/10.1186/s12877-023-04168-7>
- Li, Y. I., Starr, L. R., & Hershenberg, R. (2017). Responses to Positive Affect in Daily Life: Positive Rumination and Dampening Moderate the Association Between Daily Events and Depressive Symptoms. *Journal of Psychopathology and Behavioral Assessment*, 39(3), 412–425. <https://doi.org/10.1007/s10862-017-9593-y>
- McGee, R. E., & Thompson, N. J. (2015). Unemployment and Depression Among Emerging Adults in 12 States, Behavioral Risk Factor Surveillance System, 2010. *Preventing Chronic Disease*, 12, 140451. <https://doi.org/10.5888/pcd12.140451>
- McGuigan, K., & McGuigan, C. J. (2020). Moderate-to-vigorous exercise is beneficial and can improve symptoms of fatigue and depression in young people with paediatric-onset multiple sclerosis and other demyelinating conditions. *Evidence-Based Nursing*, 23(3), 71–71.
- McMahan, E. A., Choi, I., Kwon, Y., Choi, J., Fuller, J., & Josh, P. (2016). Some Implications of Believing That Happiness Involves the Absence of Pain: Negative Hedonic Beliefs Exacerbate the Effects of Stress on Well-Being. *Journal of Happiness Studies*, 17(6), 2569–2593. <https://doi.org/10.1007/s10902-015-9707-8>



- Milanese, A., Trerotoli, P., Vestri, A., & on behalf of the Biostatisticians Collaborative Group and SISMEC Directive Council. (2022). A Survey on Methodological Issues of Clinical Research Studies Reviewed by Independent Ethic Committees during the COVID-19 Pandemic in Italy. *International Journal of Environmental Research and Public Health*, 19(18), 11673. <https://doi.org/10.3390/ijerph191811673>
- Mohebbi, M., Nguyen, V., McNeil, J. J., Woods, R. L., Nelson, M. R., Shah, R. C., Storey, E., Murray, A. M., Reid, C. M., Kirpach, B., Wolfe, R., Lockery, J. E., & Berk, M. (2018). Psychometric properties of a short form of the Center for Epidemiologic Studies Depression (CES-D-10) scale for screening depressive symptoms in healthy community dwelling older adults. *General Hospital Psychiatry*, 51, 118–125. <https://doi.org/10.1016/j.genhosppsych.2017.08.002>
- Patria, B. (2022). *The longitudinal effects of education on depression: Finding from the Indonesian national survey*.
- Putri, F. S., Nazihah, Z., Ariningrum, D. P., Celesta, S., & Kharin Herbawani, C. (2022). *Depresi Remaja di Indonesia: Penyebab dan Dampaknya Adolescent Depression in Indonesia: Causes and Effects*. 10(2).
- Rackoff, G. N., & Newman, M. G. (2020). Reduced positive affect on days with stress exposure predicts depression, anxiety disorders, and low trait positive affect 7 years later. *Journal of Abnormal Psychology*, 129(8), 799–809. <https://doi.org/10.1037/abn0000639>
- Radloff, L. S. (1977). *The CES-D Scale: A Self-Report Depression Scale for Research in the General Population*.
- Rai, P., Sahadevan, P., Issac, T. G., & Sundarakumar, J. S. (2024). Decomposing rural-urban differences in depression prevalence: A cross-sectional analysis of two community-based southern Indian cohorts. *BMJ Public Health*, 2(2), e000760. <https://doi.org/10.1136/bmjph-2023-000760>
- Remes, O., Francisco, J., & Templeton, P. (2021). Biological, Psychological, and Social Determinants of Depression: A Review of Recent Literature. *Brain Sciences*, 11(12). <https://doi.org/10.3390/brainsci11121633>
- Santrock, J. W. (2017). *Life-span development*. McGraw-Hill Education.
- Schmidt, C., Heidemann, C., Rommel, A., Brinks, R., Claessen, H., Dreß, J., Hagen, B., Hoyer, A., Laux, G., Pollmanns, J., Präger, M., Böhm, J., Drösler, S., Icks, A., Kümmel, S., Kurz, C., Kvitkina, T., Laxy, M., Maier, W., ... Ziese, T. (2019). *Secondary data in diabetes surveillance – co-operation projects and definition of references on the documented prevalence of diabetes*. Robert Koch-Institut. <https://doi.org/10.25646/5988>
- Schuch, F. B., Vancampfort, D., Rosenbaum, S., Ward, P. B., Silva, E. S., Hallgren, M., Ponce De Leon, A., Dunn, A. L., Deslandes, A. C., Fleck, M. P., Carvalho, A. F., & Stubbs, B. (2018). Physical Activity and Incident Depression: A Meta-Analysis of Prospective Cohort Studies. *The American journal of psychiatry*, 631–648.
- Sewart, A. R., Niles, A. N., Burklund, L. J., Saxbe, D. E., Lieberman, M. D., & Craske, M. G. (2019). *Examining Positive and Negative Affect as Outcomes and Moderators of Cognitive-Behavioral Therapy and Acceptance and Commitment Therapy for Social Anxiety Disorder* ScienceDirect. www.sciencedirect.com www.elsevier.com/locate/bt

- Sharon-David, H., & Tenenbaum, G. (2017). The Effectiveness of Exercise Interventions on Coping with Stress: Research Synthesis. *Studies in Sport Humanities*, 22, 19–29. <https://doi.org/10.5604/01.3001.0012.6520>
- Smith, J., Ryan, L. H., Queen, T. L., Becker, S., & Gonzalez, R. (2014). Snapshots of Mixtures of Affective Experiences in a Day: Findings from the Health and Retirement Study. *Journal of Population Ageing*, 7(1), 55–79. <https://doi.org/10.1007/s12062-014-9093-8>
- Smith, J., Ryan, L., Larkina, M., Sonnega, A., & Weir, D. (2023). *Psychosocial and Lifestyle Questionnaire 2006–2022 User Guide Core Section LB*.
- Song, M. R., Lee, Y., Baek, J., & Miller, M. (2012). Physical Activity Status in Adults with Depression in the National Health and Nutrition Examination Survey, 2005–2006. *Public Health Nursing*, 29(3), 208–217. <https://doi.org/10.1111/j.1525-1446.2011.00986.x>
- Steger, M., Kashdan, T., & Oishi, S. (2008). Being good by doing good: Daily eudaimonic activity and well-being. *J Res Pers*, 22–42.
- Stone, A. A., Mackie, C. D., & National Research Council (U.S.). Panel on Measuring Subjective Well-Being in a Policy-Relevant Framework. (2013). *Subjective well-being: Measuring happiness, suffering, and other dimensions of experience*.
- Strauss, J., Beegle, K., Sikoki, B., Dwiyanto, A., Herawati, Y., Witoelar, F. ", Witoelar, F., & Wattie, A. M. (2000). DRU-2238/1-NIA/NICHD. *For papers using* (Vol. 3, Nomor 2). <http://www.rand.org/FLS/IFLS>.
- Sumin, S. (2022). The Impact of Z-Score Transformation Scaling on the Validity, Reliability, and Measurement Error of Instrument SATS-36. *JP3I (Jurnal Pengukuran Psikologi dan Pendidikan Indonesia)*, 11, 167–181. <https://doi.org/10.15408/jp3i.v11i2.26591>
- Sun, J., Buys, N., & Wang, X. (2013). Depression in Employees in Privately Owned Enterprises in China: Is It Related to Work Environment and Work Ability? *International Journal of Environmental Research and Public Health*, 10(4), 1152–1167. <https://doi.org/10.3390/ijerph10041152>
- Sun, Y., & Chen, J. (2024). The Depressive Tendency Questionnaire for Chinese Middle School Students: Development and Initial Validation. *Psychology Research and Behavior Management*, Volume 17, 63–77. <https://doi.org/10.2147/PRBM.S444403>
- Sun, Y., Wu, Y., Fan, S., Dal Santo, T., Li, L., Jiang, X., Li, K., Wang, Y., Tasleem, A., Krishnan, A., He, C., Bonardi, O., Boruff, J. T., Rice, D. B., Markham, S., Levis, B., Azar, M., Thombs-Vite, I., Neupane, D., ... Thombs, B. D. (2023). Comparison of mental health symptoms before and during the covid-19 pandemic: Evidence from a systematic review and meta-analysis of 134 cohorts. *BMJ*, e074224. <https://doi.org/10.1136/bmj-2022-074224>
- Syarif, D. (2013). *MENGENAL DEPRESI MENTAL, RESIKO YANG DITIMBULKAN DAN CARA PENANNGULANNYA* Dulhadi.
- Tugade, M. M., & Fredrickson, B. L. (2004). Resilient Individuals Use Positive Emotions to Bounce Back From Negative Emotional Experiences. *Journal of Personality and Social Psychology*, 86(2), 320–333. <https://doi.org/10.1037/0022-3514.86.2.320>
- Ventura-León, J., Caycho-Rodríguez, T., Talledo-Sánchez, K., & Casiano-Valdivieso, K. (2022). Depression, COVID-19 Anxiety, Subjective Well-being, and Academic Performance in University Students With COVID-19-Infected Relatives: A Network Analysis. *Frontiers in Psychology*, 13. <https://doi.org/10.3389/fpsyg.2022.837606>



- Wang, B., Frank, R., & Glied, S. (2023). Lasting scars: The impact of depression in early adulthood on subsequent labor market outcomes. *Health Economics*, 32(12), 2694–2708. <https://doi.org/10.1002/hec.4747>
- Waters, L. E., & Moore, K. A. (2002). Reducing latent deprivation during unemployment: The role of meaningful leisure activity. *Journal of Occupational and Organizational Psychology*, 75(1), 15–32. <https://doi.org/10.1348/096317902167621>
- Werner-Seidler, A., Banks, R., Dunn, B. D., & Moulds, M. L. (2013). An investigation of the relationship between positive affect regulation and depression. *Behaviour Research and Therapy*, 51(1), 46–56. <https://doi.org/10.1016/j.brat.2012.11.001>
- WHO. (2017). *Depression and Other Common Mental Disorders Global Health Estimates*.
- WHO. (2023, Maret 31). *Depressive disorder (depression)*.
- Wu, K.-G., Chen, S.-J., Hu, Y.-N., Mei, S.-F., Chen, W.-C., Huang, X.-E., Xu, Z.-F., Li, M.-C., Zhong, B.-L., & Liu, X.-J. (2023). The relationship between physical activity and depression among community-dwelling adults in Wuhan, China. *Frontiers in Psychiatry*, 14. <https://doi.org/10.3389/fpsy.2023.1179417>
- Yeh, W.-Y., Yeh, C.-Y., & Chen, C.-J. (2018). Exploring the public-private and company size differences in employees' work characteristics and burnout: Data analysis of a nationwide survey in Taiwan. *Industrial Health*, 56(5), 452–463. <https://doi.org/10.2486/indhealth.2017-0182>
- Zhai, L., Zhang, Y., & Zhang, D. (2015). Sedentary behaviour and the risk of depression: A meta-analysis. *British Journal of Sports Medicine*, 49(11), 705–709. <https://doi.org/10.1136/bjsports-2014-093613>