

DAFTAR PUSTAKA

- ACSM. (1995). *ACSM: Panduan Uji Latihan Jasmani dan Peresepannya* (5th ed.). EGC.
https://books.google.co.id/books?id=Vl_Niku1tiAC&lpg=PP1&pg=PP1#v=onepage&q&f=false
- ASHRAE. (2017). *ASHRAE Handbook of Fundamentals*. ASHRAE.
- Astrand, P.-O., & Rodahl, K. (2006). *Textbook of Work Physiology: Physiological Bases of Exercise*. McGraw-Hill Book Company, New York.
- Aulia, R., Mayasari, D., & Saftarina, F. (2023). Dampak Paparan Panas di Lingkungan Kerja Terhadap Kesehatan Pekerja The Impact of Heat Exposure in the Work Environment on Workers ' Health. *Jurnal Medula*, 13, 239–246.
- Badan Pusat Statistik. (2024). *Agama di Indonesia*.
<https://samarindakota.bps.go.id/id/statistics-table/1/MzI0IzE=/agama-di-indonesia-2024.html>
- BMKG. (2025). *Anomali Suhu Udara Rata-Rata Tahun 2024*. Badan Meteorologi, Klimatologi, Dan Geofisika. <https://www.bmkg.go.id/iklim/anomali-suhu-udara-rata-rata-tahun-2024>
- BMKG. (2026). *Anaomali Suhu Udara Rata-Rata Tahun 2025*. Badan Meterorologi, Klimatologi, Dan Geofisika. <https://www.bmkg.go.id/iklim/anomali-suhu-udara/anomali-suhu-udara-rata-rata-tahun-2025>
- Borg, G. (1998). *Borg's Perceived Exertion and Pain Scales*. Human Kinetics.
- Chou, T. H., & Coyle, E. F. (2023). Cardiovascular responses to hot skin at rest and during exercise. *Temperature*, 10(3), 326–357.
<https://doi.org/10.1080/23328940.2022.2109931>
- Da Cruz, C. J. G., Da Silva Rolim, P., De Souza Pires, D., Mendes, C. M. O., De Paula, G. M., Porto, L. G. G., Garcia, G. L., & Molina, G. E. (2017). Reliability of heart rate variability threshold and parasympathetic reactivation after a submaximal exercise test. *Motriz. Revista de Educacao Fisica*, 23(1), 65–70.
<https://doi.org/10.1590/S1980-6574201700010010>
- Dahlan, N. D., Ghaffarianhoseini, A., & Hassan, N. (2022). Sensory and physiological assessment of spatial transient thermal environment changes at a tropical university campus. *Smart and Sustainable Built Environment*, 11(3), 516–531.
<https://doi.org/10.1108/SASBE-08-2020-0122>
- Davis, J. K., Bishop, P. A., Zhang, Y., Matt Green, J., Casaru, C., Orrick, K. D., Curtner-Smith, M., Richardson, M. T., & Schumacker, R. E. (2012). Fluid balance, thermal stress, and post exercise response in women's Islamic athletic clothing. *European Journal of Applied Physiology*, 112(2), 725–734.
<https://doi.org/10.1007/s00421-011-2026-9>
- Faradilla, A., Yul, F. A., & Putrianto, N. K. (2018). The Effect Of Clothes Material On

- The Human Psychological and Physiological Response While Exercising In A Hot Environment. *Jurnal Teknik Dan Ilmu Komputer*, 191–200.
- Galan-Carracedo, J., Oviedo, G. R., Suarez-Segade, A., & Guerra-Balic, M. (2019). The dynamic and correlation of skin temperature and cardiorespiratory fitness in male endurance runners. *International Journal of Environmental Research and Public Health*, 16(16). <https://doi.org/10.3390/ijerph16162869>
- Garcia, C. K., Renteria, L. I., Leite-Santos, G., Leon, L. R., & Laitano, O. (2022). Exertional heat stroke: pathophysiology and risk factors. *BMJ Medicine*, 1(1). <https://doi.org/10.1136/bmjmed-2022-000239>
- Garrett, B., Lopez, R. M., Szymanski, M. R., & Eidt, D. (2022). Proper Recognition and Management of Exertional Heat Stroke in a High School Cross-Country Runner: A Validation Clinical Case Report. *Journal of Athletic Training*, 57(6), 586–591. <https://doi.org/10.4085/1062-6050-0462.21>
- Habibi, P., Heydari, A., Dehghan, H., Moradi, A., & Moradi, G. (2024). Climate Change and Occupational Heat Strain Among Women Workers: A Systematic Review. *Indian Journal of Occupational and International Medicine*, 23(1), 8–13. <https://doi.org/10.4103/ijoem.IJOEM>
- Hagio, S., Fukuda, M., & Kouzaki, M. (2015). Identification of muscle synergies associated with gait transition in humans. *Frontiers in Human Neuroscience*, 9(FEB), 1–12. <https://doi.org/10.3389/fnhum.2015.00048>
- Ismail, A. R., Jusoh, N., Makhtar, N. K., Zein, R. M., Rahman, I. A., Abdull Wahab, S. F., & Othman, R. (2021). Experimental study on human physiology during repetitive workload simulated under high temperature and high relative humidity. *Journal of Physics: Conference Series*, 1793(1), 0–10. <https://doi.org/10.1088/1742-6596/1793/1/012077>
- ISO 7243. (2017). Ergonomics of the thermal environment — Assessment of heat stress using the WBGT (wet bulb globe temperature) index. *International Organization for Standardization*, 2017.
- Kementerian Ketenagakerjaan Republik Indonesia. (2011). *Peraturan Menteri Tenaga Kerja Dan Transmigrasi Republik Indonesia Nomor PER.13/MEN/X/2011 Tentang Nilai Ambang Batas Faktor Fisika Dan Faktor Kimia Di Tempat Kerja*. 1–40. https://jdih.kemnaker.go.id/asset/data_puu/PER_13_2011.pdf
- Kementerian Pemuda dan Olahraga Republik Indonesia. (2025). *Event Olahraga, Partisipasi, dan Kebangkitan Industri Olahraga Dalam Negeri*. <https://deputi4.kemenpora.go.id/detail/497/event-olahraga-partisipasi-dan-kebangkitan-industri-olahraga-dalam-negeri>
- Kim, J., & Chun, C. (2023). A study on the relationship between changes in skin temperature and the amount of activity using a wearable device. *Healthy Buildings 2023: Asia and Pacific Rim*.
- Larumbe-Zabala, E., Esteve-Lanao, J., Cardona, C. A., Alcocer, A., & Quartiroli, A. (2020). Longitudinal Analysis of Marathon Runners' Psychological State and Its Relationship With Running Speed at Ventilatory Thresholds. *Frontiers in Psychology*, 11(March), 1–11. <https://doi.org/10.3389/fpsyg.2020.00545>

- Lempke, A. F. D., Audet, A. P., Wasserman, M. G., Melvin, A. C., Soldes, K., Heithoff, E., Shah, S., Kozloff, K. M., & Lepley, A. S. (2025). Biomechanical differences and variability during sustained motorized treadmill running versus outdoor overground running using wearable sensors. *Journal of Biomechanics*, 178(November 2024), 112443. <https://doi.org/10.1016/j.jbiomech.2024.112443>
- Lin, Y., Jin, H., Jin, Y., & Kang, J. (2023). *Experimental study on the effect of various exercise intensities and thermal*. 232(February).
- Molaeifar, H., Khajehnasiri, F., Nikeghbal, K., & Zamanian, Z. (2020). Assessment of effects of concomitant exposure to sound, heat, and physical workload changes on physiological parameters in five different combination modes, a controlled laboratory study. *Sound and Vibration*, 54(3), 139–148. <https://doi.org/10.32604/sv.2020.08810>
- Munte, S., Hasibuan, F., & Lubis, S. B. (2021). Analisis Pengukuran Beban Kerja dengan Menggunakan Cardiovascular Load (CVL) pada PT. XYZ. *JIME (Journal of Industrial and Manufacture Engineering)*, 5(1), 65–71.
- Nevenia. (2025). *Fenomena Pelari Kalcer: Ketika Lari Jadi Gaya Hidup Digital dan Estetis*. Portal JTV. <https://portaljtv.com/news/fenomena-pelari-kalcer-ketika-lari-jadi-gaya-hidup-digital-dan-estetis>
- Pamungkas, L. S., Kusumawanto, A., & Marsoyo, A. (2024). Outdoor Thermal Comfort and Sustainability of Urban Village Life in The Small Ancient City at Tropic Area Yogyakarta, Indonesia: Approach with ENVI-Met. *Journal of Sustainable Architecture and Civil Engineering*, 36(3), 130–143. <https://doi.org/10.5755/j01.sace.36.3.33281>
- Parsons, K. . (2002). *Human Thermal Environments: The Effect of Hot, Moderate and Cold Environment on Human Health, Comfort and Performance*. CRC Press, Canada.
- Périard, J. D., Travers, G. J. S., Racinais, S., & Sawka, M. N. (2016). Autonomic Neuroscience : Basic and Clinical Cardiovascular adaptations supporting human exercise-heat acclimation. *Autonomic Neuroscience: Basic and Clinical*, 196, 52–62. <https://doi.org/10.1016/j.autneu.2016.02.002>
- Reznick, E., Embry, K. R., Neuman, R., Bolívar-Nieto, E., Fey, N. P., & Gregg, R. D. (2021). Lower-limb kinematics and kinetics during continuously varying human locomotion. *Scientific Data*, 8(1), 1–12. <https://doi.org/10.1038/s41597-021-01057-9>
- Rodrigues, J. F. C., Silami-garcia, E., & Amorim, F. T. (2023). *Reduced running performance and greater perceived exertion , but similar post-exercise neuromuscular fatigue in tropical natives subjected to a 10 km self-paced run in a hot compared to a temperate environment*. 1–19. <https://doi.org/10.1371/journal.pone.0290081>
- Running Industry Alliance. (2024). *Popularity of Running Up 39% Year on Year Spurred By The Gen Z Zoom*. Running Industry Alliance. <https://www.runningindustryalliance.com/great-run-popularity-of-running-up-39-year-on-year-spurred-by-the-gen-z-zoom/>

- Seo, Y. G., Oh, S., Park, W. H., Jang, M., Kim, H. Y., Chang, S. A., Park, I. K., & Sung, J. (2021). Optimal aerobic exercise intensity and its influence on the effectiveness of exercise therapy in patients with pulmonary arterial hypertension: A systematic review. *Journal of Thoracic Disease*, 13(7), 4530–4540. <https://doi.org/10.21037/jtd-20-3296>
- Soong, K. (2024). *Gen Z is Driving Road Race Participation, Lowering the Average Age of Runners at Events Post-Pandemic*. Road Runners Club of America. <https://www.rrca.org/gen-z-is-driving-road-race-participation-lowering-the-average-age-of-runners-at-events-post-pandemic>
- Tanaka, H., Monahan, K. D., & Seals, D. R. (2001). Age-predicted maximal heart rate revisited. *Journal of the American College of Cardiology*, 37(1), 153–156. [https://doi.org/10.1016/S0735-1097\(00\)01054-8](https://doi.org/10.1016/S0735-1097(00)01054-8)
- Tian, X., Deng, Y., Wargocki, P., & Liu, W. (2021). Effects of increased activity level on physiological and subjective responses at different high temperatures. *Building and Environment*, 201(May), 108011. <https://doi.org/10.1016/j.buildenv.2021.108011>
- Van Cutsem, J., De Pauw, K., Buyse, L., Marcora, S., Meeusen, R., & Roelands, B. (2017). Effects of Mental Fatigue on Endurance Performance in the Heat. *Medicine & Science in Sports & Exercise*, 49(8), 1677–1687. <https://doi.org/10.1249/MSS.0000000000001263>
- Wibowo, C., Putra, K. P., Maulana, J., & Antoni, M. S. (2025). Studi rata-rata kecepatan jalan kaki masyarakat kota Salatiga di ruang terbuka publik. *Jurnal Pedagogi Olahraga Dan Kesehatan*, 6(1), 1–11. <https://doi.org/10.21831/jpok.v6i1.22837>
- Zhang, F., Haddad, S., Nakisa, B., Rastgoo, M. N., Candido, C., Tjondronegoro, D., & de Dear, R. (2017). The effects of higher temperature setpoints during summer on office workers' cognitive load and thermal comfort. *Building and Environment*, 123, 176–188. <https://doi.org/10.1016/j.buildenv.2017.06.048>