

DAFTAR PUSTAKA

- Abdelmoula, A., Martin, V., Bouchant, A., Walrand, S., Lavet, C., Taillardat, M., Maffiuletti, N. A., Boisseau, N., Duché, P. dan Ratel, S. 2012. Knee extension strength in obese and nonobese male adolescents. *Appl Physiol Nutr Metab.* 37, 269-275.
- American College of Sports Medicine. 2010. *Guidelines for Exercise Testing and Prescription*. Baltimore: Lippincott, Williams & Wilkins.
- Antipatis, V.J. dan Tim P.G. 2001. *International Text Book of Obesity: Obesity as a Global Problem*. UK: John Wiley & Sons Ltd.
- Apfelbaum. 1987. Low and Very Low Calorie Diet. *American Journal of Clinical Nutrition* 1987 ; 45: 1126-1134
- Arner, Peter, Eva Kriegholm, Peter Engfeldt, dan Jan Bolinder. 1990. Adrenergic Regulation of Lipolysis In Situ At Rest and During Exercise. *Journal of Clinical Investigation*, 85(3): 893–898.
- Astrand, P.D.Rodahl. 1986. *Textbook of Work Physiological Basic of Exercise*. New York: Mc.Graw Hill Brooks Company.
- Badin, P.M., Langin, D., dan Moro, C., 2013. Dynamics of skeletal muscle lipid pools. *Trends Endocrinol Metab.* 24, 607–615.
- Barene, Svein, Andreas Holtermann, Harald Oseland, Ole-Lars Brekke, dan Peter Keustrup. 2016. Effects on muscle strength, maximal jump height, flexibility, and postural sway after soccer and *Zumba* exercise among female hospital employees: a 9-month randomized controlled trial. *Journal of Sport Sciences*.

- Basuki, Aryanto. 2008. *Korelasi Antara Kekuatan Genngam Tangan denan Tes Timed Up & Go pada Pasien Lanjut Usia di RSUPN Cipto Mangunkusumo Jakarta*. Jakarta : Universitas Indonesia.
- Baqai, N. 2014. Pathophysiology and Aetiology of Obesity. *Medicine*, 43 (2), 73-76.
- Benedict, C., Tomas A., Stefan S., Anders L., Erik I., 2014. Fat Mass and Obesity Associated Gene (FTO) is Linked to Higher Plasma Levels of the Satiety Hormone Leptin in Older Adults. *Diabetes*, 2014 (63):3955-3959
- Blundell, John. E. 2001. *International Textbook of Obesity: Regulation of Appetite and The Management of Obesity*. UK: John Wiley & Sons Ltd.
- Bollinger, L. M. 2017. *Potential contributions of skeletal muscle contractile dysfunction to altered biomechanics in obesity*. *Gait Posture* 56, 100-107.
- Budiharjo, S., 2003. Pengaruh Senam Bugar Lansia terhadap Kekuatan Otot Wanita Lanjut Usia Tidak Terlatih di Yogyakarta. *Tesis* . Universitas Gadjah Mada, Yogyakarta.
- Castaneda, C., *et al.* 2000. Marginal protein intake results in reduced plasma IGF-I levels and skeletal muscle fiber atrophy in elderly women. *J Nutr Health Aging*, 2000. 4(2): p. 85-90
- CDC (Center for Disease Control and Prevention). 2015. *Physical Activity : Target Heart Rate and Estimated Maximum Heart Rate*. Tersedia dalam <https://www.cdc.gov/obesity/adult/cause.html>
- Corbin, Charles B dan R. Lindsey. 2007. Fitness for Life 5th Edition. *Human Kinetic*.

Danardono. 2006. *Materi Pelatihan Instruktur Fitness Tingkat Dasar*.

Yogyakarta: Fitness Center FIK UNY

Dewi, F.K, *et al*. 2015. Pengaruh Latihan Zumba Terhadap Presentase Lemak

Tubuh pada Wanita Usia Muda. *Media Medika Muda* Vol.4 No. 4.

Universitas Diponegoro

Djaja dan Andhika Dwi Putra. 2010. *Perubahan Kekuatan Otot pada Peserta*

Latihan Jasmani di Exercise Klinik FK UI tahun 2007-2009. Universitas

Indonesia. Jakarta

Djoko, Pekik. 2000. *Panduan Latihan Kebugaran (yang efektif dan aman)*.

Yogyakarta : Lukman Offset.

D. T. Villareal, S. Chode, N. Parimi *et al*,. 2011. Weight loss, exercise, or both

and physical function in obese older adults," *The New England Journal of*

Medicine, vol. 364, no. 13, pp. 1218–1229, 2011.

Dwyer dan Lu. 1993. Popular Diet for Weight Loss from Nutritionally Hazardous

to Healthful. Dalam Maidelwita, Yani. 2010. Pengaruh Diet Rendah

Kalori Seimbang dan Latihan Fisik Aerobik terhadap Status

Antropometri dan Tekanan Darah Perempuan Obes. *MNM*, 2 (1) April,

pp 14-22

Enriori, Pablo J., Anne E. Evans, Puspha Sinnayah, Michael A. Cowley. 2006.

Leptin Resistance and Obesity. *Obesity*, 14 (58):2545-2585

Fox, E.L, Bower R.W, Foss M.L, 1988. *The Physiological Basic Of Physical*

Education and Athletics 4th ed. Philadelphia : CBS College Publishing

Fox E.L, Bowers R.W, Foss M.L. 1993. *The Physiological Basis for Exercise*

and Sport 5th ed. Boston-USA. WCB/McGraw-Hill

Flier *et al.* 2005. *Obesity. In: Kasper Diet al. Harrison's Principle of Internal Medicine.* New York: Mc-Graw Hill.

Giriwijoyo, Santosa H. Y. S dan Dikdik Zafar Sidik. 2012. *Ilmu Faal Olahraga (fisiologi olahraga).* Bandung : Penerbit PT Remaja Rosdakrya.

Gunawan A., Hedisin P, dan Damajanty H C. 2015. *Pengaruh Senam Zumba Terhadap Kebugaran Kardiorespiratory.* Fakultas Kedokteran Universitas Sam Ratulangi. Manado.

Guyton, Arthur C dan Hall, John E. 2006. *Textbook of Medical Physiology.* 11th edition. Pennsylvania : Elsevier.

Halliwell, B.dan Whiteman, M. 2004. Measuring reactive species and oxidative damage in vivo and in cell culture: how should you do it and what do the results mean?. *Br. J. Pharmacol.*142,231–255.

Handayani, Selfi., Djoko Prakoso, dan Soebijanto. 2001. Pengaruh Senam Aerobik *Low Impact* dan *High Impact* terhadap Massa dan Kekuatan Otot. *Sains Kesehatan, 14 (3)*, September 2001.

Hasibuan, R. 2010. Perbedaan pengaruh latihan bicep curl tempo cepat dengan tempo lambat terhadap peningkatan kekuatan otot lengan pada members putra tiara hotel fitness center. *Jurnal Ilmu Keolahragaan*, Vol. 8, pp. 43-44.

Hemmingsson E, Johansson K, Eriksson J, Sundstrom J, Neovius M, Marcus C. 2012. *Weight loss and dropout during a commercial weight-loss program including a very-low-calorie diet, a low-calorie diet, or restricted normal food: observational cohort study.* *Am J Clin Nutr*; 96:953–61

- Hulens, M., Vansant, G., Lysens, R., Claessens, A. L., Muls, E. dan Brumagne, S. 2001. Study of differences in peripheral muscle strength of lean versus obese women: an allometric approach. *Int. J. Obes.* 25, 676-681.
- Husnah. 2012. *Tatalaksana Obesitas*. Jurnal Kedokteran Syiah Kuala Volume 12 Nomor 2 Agustus 2012.
- Irianto, Djoko Pekik. 1999. *Panduan Latihan Kebugaran*. Yogyakarta: Lukman Offset
- Irianto, Djoko Pekik. 2004. *Bugar & Sehat dengan Berolahraga*, Edisi II. Yogyakarta: Andi Offset.
- Jandacek, Ronald, J., Anderson, Nicole., Liu Min., Zheng, Squin., Yang, Qing., 7 Tso, Patrick. 2005. Effects Of Yo-Yo Diet, Caloric Restriction, and Olestra On Tissue Distribution of Hexacholobenzene. *American Journal Physiol Gastrointest Liver Physiol*.
- Kemenkes RI. 2013. *Riset Kesehatan Dasar*. Jakarta: Badan Penelitian dan Pengembangan Kesehatan.
- Khomarun, *et al.* 2013. Pengaruh Aktivitas Fisik Jalan Pagi terhadap Penurunan Tekanan Darah pada Lansia dengan Hipertensi Stadium I di Posyandu Lansia Desa Makamhaji. *Jurnal Ilmu Kesehatan* Vol.3 No.2.
- Konopka, Adam R dan Matthew P. Harber. 2014. Skeletal Muscle Hypertrophy after Aerobic Exercise Training. *Exerc Sport Sci Rev*, 42(2) : 53-61
- Krishnan, Sridevi, *et al.* 2015. Zumba Dance Improves Health in Overweight/Obese Type 2 Diabetic Women. *Am J Health Behav.* 2015;39 (1): 109-120.

- Kusumaningtyas DN. 2011. *Pengaruh Latihan Aerobik Intensitas Ringan Dan Sedang Terhadap Penurunan Presentase Lemak Badan* .Skripsi. Surakarta: Universitas Muhammadiyah.
- Kob, R., Bollheimer, L.C., Bertsch, T., Fellner, C., Djukic, M., Sieber, C.C., Fischer, B.E. 2015. Sarcopenic obesity: molecular clues to a better understanding of its pathogenesis? *Biogerontology* 16, 15–29.
- Kramer WJ, L Marchitelli S, Gordon SE, *et al.* 1990. Hormonal and growth factor responses to heavy resistance exercise protocols. *J. Appl Physiol.* 69:1442- 1450
- Lafortuna, C. L., Maffiuletti, N. A., Agosti, F. dan Sartorio, A. 2005. Gender variations of body composition, muscle strength and power output in morbid obesity. *Int. J. Obes.* 29, 833-841.
- Larasati, Ayu. 2016. Peran Konseling *Low Calorie Diet* disertai Latihan Fisik Kombinasi Aerobik dan Beban terhadap Kadar Kolesterol Total pada Dewasa *Overweight* dan Obesitas. *Skripsi*. Fakultas Kedokteran Universitas Gadjah Mada.
- Leelarungrayub, D., Saidee, K., Pothongsunun, P., Pratanaphon, S., YanKai, A., dan Bloomer, R. 2011. Six Weeks of Aerobic Dance Exercise Improves Blood Oxidative Stress Status and Increases Interleukin-2 In Previously Sedentary Women. *J. Bodyw. Mov. Ther.*, 15(3):355-362
- Ljubojevic, A. 2014. Effects Of *Zumba* Fitness Program On Body Composition Of Women. *Sport Logia.* 10 (1). 29-33.
- Luetgenn, Mary, Carl Foster, Scott Doberstein, Rick Mikat, John Porcari. 2012. *ZUMBA®*: Is the “Fitness-party” a Good Workout?. *J. Sports Sci. Med.*, 11(2): 357-358.

Luetgenn, Mary, John P. Porcari, Carl Foster, Richard Mikat, Jose R. Morroyo.

2012. *Zumba Fitness: Sure It's Fun But Is It Effective? Tersedia dalam* <https://www.acefitness.org/certifiednewsarticle/2813> (diakses pada 10 Februari 2018).

Luglio HF, Sulistyoningrum DC, Huriyati E, et al. 2017. The Effect of Combination of Aerobic and Strength Training on a Weight Loss and Metabolic Profile : Development an Effective Lifestyle based Weight Loss Program. *Topics in Clinical Nutrition*, 32, 152-160

Mackenzie, B. 2002. *Grip Strength Test*. <http://www.brianmac.co.uk/grip.htm> (diakses pada 7 April 2018).

Maffiuletti, N. A., Ratel, S., Sartorio, A. and Martin, V. 2013. The impact of obesity on in vivo human skeletal muscle function. *Curr. Obes. Rep.* 2, 251-260.

Mandal, Anandya. 2015. *Low Calorie Diets and Very Low Calorie Diets*. Available from <http://www.news-medical.net/health/Low-calorie-and-very-low-calorie-diets.aspx> (diakses pada 4 Desember 2018)

Martins, C. B. Kulseng, N.A. King, J.J Holst, dan J.E Blundell. 2010. The Effects of Exercise-Induced Weight Loss on Appetite-Related Peptides and Motivation to Eat. *J Clin Endocrinol Metabolism*, 95 (4): 1609-1616

Micallef, Charles. 2014. The Effectiveness of an 8-week *Zumba* Programme for Weight Reduction in a Group of Maltese Overweight and Obese Women. *Sport Sciences for Health*, 10(3): 211-217.

National Heart, Lung, and Blood Institute. 1998. *Clinical Guidelines On The Identification, Evaluation, and Treatment of Overweight and Obesity In Adults*. US: National Institutes of Health Publication

National Heart, Lung, and Blood Institute. 2012. *Obesitas*. Diakses pada 7 Maret 2018.

Newsholme, E.A. dan Leech, A.R. 1984. *Biochemistry for The Medical Science*. John Wiley & Sons, New York.

Nurmalina, Rina. 2011. *Pencegahan dan Manajemen Obesitas*. Jakarta: PT Asdi Mahasatya.

Pamungkas, Satria. 2014. Pengaruh Latihan dengan Metode Cross Training terhadap Penurunan Persentase Lemak Tubuh dan Berat Badan Member Gaharu Spa and Fitness Hotel Tentrem Yogyakarta. *Skripsi*. Universitas Negeri Yogyakarta

Pangemanan, Damajanty., Engka, Joice., dan Siantan Supit. 2012. Gambaran Kekuatan Otot dan Fleksibilitas Sendi Ekstremitas Atas dan Ekstremitas Bawah pada Siswa/ SMKN 3 Manado. *Jurnal Biomedik* Vol. 4 No. 3, Suplemen, November 2012, hlm. S109-118.

Prihatiningrum, Rima., Tanjung Ayu S., Hardian. 2016. Pengaruh Latihan Zumba terhadap Massa Otot Tubuh pada Wanita Usia Muda. *Jurnal Kedokteran Diponegoro Volume 5 Nomor 2 April 2016*.

Purba, A. 2006. *Kardiovaskular Dan Fisiologi Olahraga*. Bandung. Bagian Ilmu Faal Fakultas Kedokteran Universitas Padjajaran.

Rai, A., Hamid, L., dan Tsiang H. 2007. *Gaya hidup sehat fitness dan binaraga*. Jakarta: Tabloid Bola.

Rennie MJ, Wackerhage H, Spangenburg EE, Booth FW. 2004. *Control of the size of the human muscle mass*. *Annu Rev Physiol*; 66: 799-828.

Rolland, Y., Lauwers-Cances, V., Pahor, M., Fillaux, J., Grandjean, H. and Vellas, B. 2004. Muscle strength in obese elderly women: effect of

recreational physical activity in a cross-sectional study. *Am. J. Clin. Nutr.* 79, 552-557.

Rozenek R, Ward P, Long S, Garhammer J. 2002. Effects of high-calorie supplements on body composition and muscular strength following resistance training. *J. Sports Med. Phys. Fitness* 42:340-347.

Safika, Erri Larene. 2018. Efek Latihan Zumba terhadap Berat Badan dan Lemak Tubuh. *Skripsi*. Fakultas Kedokteran, Kesehatan Masyarakat dan Keperawatan Universitas Gadjah Mada.

Setiawan, Danang Ade. 2014. Hubungan Indeks Massa Tubuh (IMT) terhadap Kekuatan Otot pada Lansia di Panti Wredha Rindang Asih III Kecamatan Boja. *Journal of Sport Sciences and Fitness* 3 (3) (2014).

Sharma, D, *et al.* .2014. Association of sarcopenia with eGFR and misclassification of obesity in adults with CKD in the United States. *Clinical Journal of the American Society of Nephrology*. 9. 2079-2088.

Sjarif Dr. 2005. *Obesitas pada Anak dan Permasalahannya*. Hot topics in pediatria II. Jakarta : FK UI. p.219-34

Sridevi, Krishnan ,Kent Griffin , Christina Esperat. 2015. *Zumba Dance Improves Health in Overweight/Obese or Type 2 Diabetic Women*. *American journal of health behavior* . 39(1):109-120.

Stinkens, R., Goossens, G.H., Jocken, J.W., Blaak, E.E., 2015. Targeting fatty acid metabolism to improve glucose metabolism. *Obes. Rev.* 16, 715–757.

Strychar, I. 2006. Review: Diet in The Management of Weight Loss. *CMA Journal* 174(1). 021p56.pdf. Diakses pada 15 Desember 2018

- Sugiharto. 2011. Latihan Fisik Aerobik Submaksimal dan Respon Lipofisis Triglicerida Plasma pada Atlet dan Non Atlet. *Jurnal Media Ilmu Keolahragaan Indonesia*, 1 (1) Juli.
- Suharjana. 2013. *Kebugaran Jasmani*. Yogyakarta: Jogja Global Media.
- Sukadiyanto. 2005. *Pengantar teori dan metodologi melatih fisik*. Yogyakarta: FIK UNY.
- Supriasa, I.D.N., Bakri, B. dan Fajar, I. 2012. *Penilaian Status Gizi*. Jakarta : Penerbit Buku Kedokteran EGC.
- Tate, F., Jackvony Elizabeth., Wing, Rena. 2006. A Randomized Trial Comparing Human e-Mail Counseling, Computer-Automated Tailored Counseling, and No Counseling in an Internet Weight Loss Program. *Arch Intern Med*, 166(5).
- Teasdale, J. D., Segal, Z. V., & Williams, J. M. G. 2013. Mindfulness training and problem formulation. *Clinical Psychology : Science and Practice*, Vol. 10 (2).
- Wadden TA, Butryn ML, Wilson C. 2007. *Lifestyle modification for the management of obesity*. *Gastroenterology*;132:2226–2238.
- Westphal, Bosy *et al.*, 2008. Accuracy of Bioelectrical Impedance Consumer Device for Measurement of Body Composition in Comparison to Whole Body Magnetic Resonance Imaging and Dual X-Ray Absorptiometry. *Obesity Facts* 2008; 1:319-324.
- Wiarto, Giri. 2013. *Fisiologi dan Olahraga*. Yogyakarta: Graha Ilmu.
- Widiyanto. 2004. Pengaruh Latihan Fisik Terhadap Penurunan Persentase Lemak Tubuh dan Berat Badan di Victory Fit and Fresh Gym Yogyakarta. *Skripsi*. FIK UNY.

Williams MH. 2007. *Nutrition, Exercise, and Health Related Fitness In: Nutrition for Health, Fitness, and Sport*. New York : McGraw-Hill; 2007

Wiyono, Paulus. 2004. Pencegahan Diabetes Melitus Tipe 2 sebagai Usaha untuk Menghambat Peningkatan Prevalensi dan Komplikasinya. *Pidato Pengukuhan Jabatan Guru Besar pada FK UGM diucapkan di depan Rapar Terbuka Majelis Guru Besar UGM pada tanggal 3 April 2004 Yogyakarta*.

World Health Organization. 2005. *Nutrition in adolescence: issues and challenges for the health sector: issues in adolescent health and development*. Geneva: WHO Discussion Papers on Adolescence.

World Health Organization. 2010. *The Pasific prespective : redefining obesity and its treatment*. Melbourne, Health Communication Australia

World Health Organization. 2017. *Obesity*. Tersedia dalam <<http://www.who.int/topics/obesity/en/>> (diakses pada 8 Februari 2018).