DAFTAR PUSTAKA

Afifah, M. N., 2020, Denyut Jantung Normal Manusia dan Cara Menghitungnya, https://health.kompas.com/read/2020/04/12/120200368/detak-jantung-normal-manusia-dan-cara-menghitungnya?page=all, online accessed on 17 June 2020

Ajibewa, T.A., O'Sullivan, M.P., Nagy, M.R., Block, S.S., Robinson, L.E., Colabianchi, N., Hasson, R.E., 2017, The effects of interrupting prolonged sitting with intermittent activity on appetite sensations and subsequent food intake in preadolescent children, *PLoS ONE Journal*, 12, 1-14

Apligo, 2011, Pengukuran *Workload* dengan pendekatan subjektif menggunakan *framework* dari NASA-TLX, https://aplikasiergonomi.wordpress.com/2011/12/23/ pengukuran-mental-workload-dengan-nasa-tlx/, online accessed on 19 June 2020

Astuti, R.D., and Iftadi, I., 2016, *Analisis dan Perancangan Sistem Kerja*, Deepublish, Yogyakarta

Balai Hiperkes, 2004, *Panduan Praktikum Laboratorium Keselamatan dan Hiperkes*, Semarang.

Bergouignan, A., Legget, K.T., De Jong, N., Kealey, E., Nikolovski, J., Groppel, J.L., Jordan, C., O'Day, R., Hill, J.O., and Bessesen, D.H., 2016, Effect of frequent interruptions of prolonged sitting on self-perceived levels of energy, mood, food cravings and cognitive function, *International Journal of Behavioral Nutrition and Physical Activity*, 13, 1-12

Biddle, S., The Sedentary Behavior and Obesity Working Group, 2010, *Sedentary Behavior and Obesity: Review of The Current Science Evidence*, Department of Health, Loughborough

Carter, S.E., Drajjer, R., Holder, S.M., Brown, L., Thijssen, H.J. and Hpokins, N.D., 2018, Reguler Walking Break Prevent the Decline In The Cerebral Blood Flow Associated with Prolonged Sitting, *Journal of Applied Physiology*, 125, 790-798

Dinas Kesehatan Aceh, 2018, Lakukan Aktivitas Fisik 30 Menit Setiap Hari, https://dinkes.acehprov.go.id/news/read/2018/03/15/206/lakukan-aktifitas-fisik-30-menit-setiap-hari.html, online accessed on 21 May 2020

Direktorat Jenderal Pelayanan Kesehatan, 2018, Pentingnya Peregangan di Tempat Kerja, http://www.yankes.kemkes.go.id/read-pentingnya-peregangan-di-tempat-kerja-4888.html, online accessed on 21 Nov. 2019

Ervina, 2020, WFH Lebih Lelah dan Capek? Berikut Cara Mengatasi Kelelahan, https://www.talenta.co/blog/insight-talenta/wfh-lebih-lelah-dan-capek-berikut-cara-mengatasi-kelelahan/, online accessed on 17 June 2020

Goldberg, J., 2016, Can Stress Impact Your Heart Rate and Blood Pressure?, https://www.webmd.com/balance/stress-management/qa/can-stress-impact-your-heart-rate-and-blood-pressure, online accessed on 17 June 2020

Hamblin, J., 2016, The Futility of The Workout-Sit Cycle, https://www.theatlantic.com/health/archive/2016/08/the-new-exercise-mantra/495908/, online accessed on 29 May 2020

Hastuti, L.S., Kurnia, R., 2017, Pengaruh Workplace Stretching Exercise Terhadap Kebosanan Belajar Dan Kelelahan Belajar Mahasiswa Poltekkes Surakarta, *Jurnal Keterapian Fisik*, 2, 116-125

Hausenblas, H. and Rhodes, R.E., 2016, *Exercise Psychology: The Psychology of Physical Activity and Sedentary Behavior*, Jones & Bartlett Publishers, Hawaii

Hosteng, K.R., Reichter, A.P., Simmering, J.E., Carr, L.J., 2019, Uninterrupted classroom sitting is associated with increased discomfort and sleepiness among college students, *International Journal of Environmental Research and Public Health*, 16,

Indrawati, E.P., Tirtayasa, I.K., Adiatmika, I.P.G., 2015, Pelatihan Peregangan dan Istirahat Aktif Menurunkan Keluhan Muskuloskeletal, Kelelahan Mata dan Meningkatkan Konsentrasi Kerja Karyawan Rekam Medis Rumah Sakit Sanglah Denpasar, *Ergonomi-Fisiologi Kerja*, 16-29

Kementerian Kesehatan RI., 2016, Peraturan Menteri Kesehatan Republik Indonesia No 48 Tahun 2016, https://toolsfortransformation.net/wp content/uploads/2017/05/PermenKes-48-2016-Standar-K3-di perkantoran_E. pdf, online accessed on 03 April 2020

Koreneff, I., Mclean, K.S., (2005), *Information Technology*, Vivienne Petris Joannou, Singapore

Loprinzi, P.D. and Cardinal, B.J., 2012, Interrelationships among Physical Activity, Depression, Homocysteine, and Metabolic Syndrome with Special Consideration by Sex, *Preventive Medicine*, 54, 388-392

Natalova, T., 2018, Manfaat Peregangan Tubuh Selain untuk Pemanasan, https://www.medcom.id/rona/kesehatan/3NOB5xzK-manfaat-peregangan-tubuh-selain-untuk-pemanasan, online accessed on 26 May 2020

Patar, S., Mondal, S., 2017, Stretching Exercise Enhance Cognitive Function, *Indian Journal of Basic and Applied Medical Research*, 6, 682-691

Prihantama, 2018, Senam Peregangan GERMAS, https://dinkes.slemankab.go.id/senam-peregangan-germas.html, online accessed on 21 Nov. 2019

Sanders, L.M.J., Hortobagyi, T., Gemert, S.I.B., Zee, E.A.V.D., Heuvelen, M.J.G.V., 2019, Dose-response Relationship between Exercise and Cognitive Funtion in Oldder Adults with and without Cognitive Impairment: A Systematic Review and Meta-analysis, *PLOS ONE Journal*, 14, 1-24

Setiaputri, K.A., 2019, 3 Cara Jitu Mengoptimalkan Kognitif Otak Anda, https://hellosehat.com/hidup-sehat/tips-sehat/kemampuan-kognitif-adalah-cara-pikir/, online accessed on 25 Sept. 2019

Shariat, A., Cleland, J.A., Danaee, M., Kargarfard, M., Sangelaji, B., Tamrin, S., Bahri, M., 2018, Effects of stretching exercise training and ergonomic modifications on musculoskeletal discomforts of office workers: a randomized controlled trial, *Brazilian Journal of Physical Therapy*, 22, 144-153

Sperlich, B., De Clerck, I., Zinner, C., Holmberg, H.C., Wallmann-Sperlich, B., 2018, Prolonged sitting interrupted by 6-min of high-intensity exercise:

Circulatory, metabolic, hormonal, thermal, cognitive, and perceptual responses, *Frontiers in Physiology*, 9

Tarwaka, Bakri, S.H., Sudiajeng,L., 2004, *Ergonomi untuk Keselamatan Kerja dan Produktivitas*, Uniba Press, Surakarta

Thosar, S.S., Bielko, S.L., Mather, K.J., Johnston, J.D., Wallace, J.P., 2015, Effect of prolonged sitting and breaks in sitting time on endothelial function, *Medicine and Science in Sports and Exercise*, 47, 843-849

Wennberg, P., Boraxbekk, C.J., Wheeler, M., Howard, B., Dempsey, P.C., Lambert, G., Eikelis, N., Larsen, R., Sethi, P., Occleston, J., Hernestål-Boman, J., Ellis, K.A., Owen, N., Dunstan, D.W., 2016, Acute effects of breaking up prolonged sitting on fatigue and cognition: A pilot study, *BMJ Open*, 6, 1-9

Werner W.K.H., Sharon, A.H., (2014), *Principles and Labs for Fitness and Wellness*, Cengange Learning, United State of America

Wheeler, M.J., Dunstan, D.W., Smith, B., Smith, K.J., Scheer, A., Lewis, J., Naylor, L.H., Heinonen, I., Ellis, K.A., Cerin, E., Ainslie, P.N., Green, D.J., 2019, Morning Exercise Mitigates The Impact of Prolonged Sitting on Cerebral Blood Flow in Older Adult, *Physiology Application Journal*, 126, 1049-1055

Whitemann, H., 2017, Moving Every 30 Minutes May Help You Live Longer, https://www.medicalnewstoday.com/articles/319355, online accessed on 30 March 2020

Yassierli, Wijayanto, T., Hardiningtyas, D., Dianita, O., Muslim, K., Kusmasari, W., 2020, *Panduan Ergonomi Working From Home*, Perhimpunan Ergonomi Indonesia

Yeager, S., 2019, New Data Shows We're Still Sitting Way Too Much. Does Exercising Cancel It Out? https://www.bicycling.com/health-nutrition/a27228652/effects-of-sedentary-behavior/, online accessed on 24 Nov. 2019