

DAFTAR PUSTAKA

- Adams, S. A., Matthews, C. E., Ebbeling, C. B., Moore, C. G., Cunningham, J.E., Fulton, J. & Hebert, J. R. (2005) The effect of social desirability and social approval on self-reports of physical activity. *Am J Epidemiol*. Dalam : De Cocker (2009) *The use of pedometer and the '10,000 steps/day' concept in the promotion of physical activity*. Thesis. University Ghent, Faculty of Medicine and Health Sciences Department of Movement and Sports Sciences, Watersportlaan 2, 9000, Ghent, Belgium.
- Ainsworth, B.E., Haskell W. L., Hermann, S. D., Basset, D. R. Jr., Tudor-Locke, C., Greer, J. L., Vezina, J., Whitt-Glover, M. C & Leon, A. S. (2011) 2011 Compendium of physical activity : a second update of codes and MET values. *Med Sci Sport Exerc*, 43(8), pp.1575-1581
- Anonim (2005) *Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ)– Short and Long Forms*.
- Arvidsson, D., Slinde, F., & Hulthén, L. (2005) Physical activity questionnaire for adolescents validated against doubly labelled water. *European Journal of Clinical Nutrition*, 59(3), pp.376–383.
- Bandmann, Elin (2008) Physical activity questionnaires - A critical review of methods used in validity and reproducibility studies. *Sport Science and Health Science*.
- Barisic, A., Scott, T. L. & Nancy, K. (2011) Importance of frequency, intensity, time, and type (FITT) in physical activity assessment for epidemiology research. *Canadian Public Health Association*, 102 (3), pp. 174-175.
- Bassett, D. R. (2000). Validity and reliability issues in objective monitoring of physical activity. *Research Quarterly for Exercise and Sport*. Dalam : Lee, Ching Yee Cherry (2003) *Investigating the validity and reliability of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.
- Bassett, D. R., Schneider, P. L., & Huntington, G. E. (2004). Physical activity in an old order Amish community. *Medicine & Sciences in Sports & Exercise*. Dalam : De Cocker, K., Greet C. & Ilse D.B (2007) Pedometer-determined physical activity and its comparison with the International Physical Activity Questionnaire (IPAQ) in a sample of Belgian adults. *Research Quarterly for Exercise and Sport*, 78 (5).
- Beets, M. W., Bornstein, D., Beighle, A., Cardinal, B. J., & Morgan, C. F. (2010). Pedometer-measured physical activity patterns of youth: a 13-country review. *American Journal of Preventive Medicine*, 38(2), pp.208–216.

- Berlin, J. E., Storti, K. L. & Brach, J. S. (2006) Using activity monitors to measure physical activity in free living conditions. *Phys Ther*, 86, pp.1137 - 1145.
- Boon, R. M., Hamlin, M. J., Steel, G. D., & Ross, J. J.(2010) Validation of the New Zealand Physical Activity Questionnaire (NZPAQ-LF) and the International Physical Activity Questionnaire (IPAQ-LF) with accelerometry. *British Journal of Sports Medicine*, 44(10), pp.741–6.
- Brown, W. J., Trost, S. G., Bauman, A., Mummery, K., & Owen, N. (2004). Test-retest reliability of four physical activity measures used in population surveys. *Journal of Science and Medicine in Sport*, 7(2), pp.205-215.
- Budiarto, Eko (2004) *Metodologi Penelitian Kedokteran : Sebuah Pengantar*. Jakarta : EGC. Tersedia dalam : <<http://www.googlebooks.com>> [Diakses 30 Maret 2015].
- Canadian Society for Exercise Physiology (Tanpa tahun) *Handbook for Canada's Physical Activity Guide : to Healthy Active Living*. Ontario : Public Health Agency of Canada.
- Ceschini F. L., Andrade D. R. & Oliveira L. C.(2009)Prevalence of inactivity and associated factors among highschool student from Stales Public School. *Journal De Patria*, 85 (4), pp. 301-306.
- Chia, Michael (2010) Pedometer-assessed physical activity of Singaporean youths. *Preventive Medicine*, 50, pp.262-264.
- Cleland, V. J., Michael, D. S., Jo S.,Terence, D. & Alison, V. (2011) Correlates of pedometer-measured and self-reported physical activity among young Australian adults. *Journal of Science and Medicine in Sport*, 14, pp. 496-503.
- Craig, C. L., Marshall, A. L., Sjostrom, M., Bauman, A., Booth, M. L., Ainsworth, B. E. (2003) International Physical Activity Questionnaire: 12-Country reliability and validity.*Medicine & Science in Sports & Exercise*. Dalam : Hastuti, J. (2013) *Anthropometry and body composition of Indonesian adults : an evaluation of body image, eating behaviours, and physical activity*.Disertasi, Queensland University of Technology.
- Cohen J. (1988) *Statistical power analysis for the behavioral sciences*. 2nd ed. Dalam : Boon, R. M., Hamlin, M. J., Steel, G. D., & Ross, J. J.(2010) Validation of the New Zealand Physical Activity Questionnaire (NZPAQ-LF) and the International Physical Activity Questionnaire (IPAQ-LF) with accelerometry. *British Journal of Sports Medicine*, 44(10), pp.741–6.
- Crouter, S. E., Schneider, P. L, Karabulut, M.& Bassett, D. R. (2003). Validity of 10 electronic pedometers for measuring steps, distance and energy cost. *Medicine & Science in Sports & Exercise*. Dalam : Lee, Ching-yee Cherry (2003) *Investigating the validity and reliabitity of the International Physical Activity Questionnaire (Chinese version)*. Disertasi,The University of Hong Kong.

- De Cocker, K., Greet C. & Ilse D.B (2007) Pedometer-determined physical activity and its comparison with the International Physical Activity Questionnaire (IPAQ) in a sample of Belgian adults. *Research Quarterly for Exercise and Sport*, 78 (5).
- De Cocker (2009) *The use of pedometer and the '10,000 steps/day' concept in the promotion of physical activity*. Thesis. University Ghent, Faculty of Medicine and Health Sciences Department of Movement and Sports Sciences, Watersportlaan 2, 9000, Ghent, Belgium.
- Departemen Kesehatan Republik Indonesia (2010) Laporan Hasil Riset Kesehatan Dasar Indonesia (Riskesdas).
- Departemen Kesehatan Republik Indonesia (2013) Laporan Hasil Riset Kesehatan Dasar Indonesia (Riskesdas).
- De Moraes, A. C., Fernandes C. A. & Elias R. G. (2009) Prevalence of physical inactivity and associated factors in adolescents. *Rev. Assoc. Med. Brass*, 55(5), pp.523-8
- De Moraes, A. C. F., Guerra, P. H., & Menezes, P. R. (2013). The worldwide prevalence of insufficient physical activity in adolescents; a systematic review. *Nutrición Hospitalaria*, 28(3), pp. 575–584.
- Dinas Pendidikan Pemuda & Olah Raga Daerah Istimewa Yogyakarta (2015) *Data Agregat Pendidikan Tahun 2013*. Tersedia dalam : <<http://www.pendidikan-diy.go.id>> [Diakses 8 Maret 2015]
- Eisenmann, J. C., Laurson, K. R., Wickel, E. E., Gentile, D. & Walsh D. (2007) Utility of pedometer step recommendations for predicting overweight in children. *Int J Obes (Lond)*. Dalam : Beets, M. W., Bornstein, D., Beighle, A., Cardinal, B. J., & Morgan, C. F. (2010). Pedometer-measured physical activity patterns of youth: a 13-country review. *American Journal of Preventive Medicine*, 38(2), pp.208–216.
- Freedson, R. S. & Miller, K. (2000). Objective monitoring of physical activity using motion sensors and heart rate. *Research Quarterly for Exercise and Sport*. Dalam : Lee, Ching-yee Cherry (2003) *Investigating the validity and reliability of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.
- Gabriel, K. K. P. & James R. M., Jr. (2010, Juli). A Framework for Physical Activity as a Complex and Multidimensional Behavior. *Naskah dipresentasikan dalam seminar Measurement of Active and Sedentary Behaviors : Closing the Gaps in Self-Report Methods National Institutes of Health, Bethesda, MD*.
- Gibney, M.J., Barrie M., John K., Lenore A. (2009) *Gizi Kesehatan Masyarakat*. Jakarta : EGC. Tersedia dalam : <<http://www.googlebooks.com>> [Diakses 10 Mei 2014].

- Hagströmer, M., Oja, P., & Sjöström, M. (2006) The International Physical Activity Questionnaire (IPAQ): A study of concurrent and construct validity. *Public Health Nutrition*. Dalam : Boon, R. M., Hamlin, M. J., Steel, G. D., & Ross, J. J.(2010) Validation of the New Zealand Physical Activity Questionnaire (NZPAQ-LF) and the International Physical Activity Questionnaire (IPAQ-LF) with accelerometry. *British Journal of Sports Medicine*, 44(10), pp.741–6.
- Hastuti, J. (2013) *Anthropometry and Body Composition of Indonesian Adults : An Evaluation of Body Image, Eating Behaviours, and Physical Activity*. Disertasi, Queensland University of Technology.
- Helmerhorst, H.J.F., Soren, B., Janet, W., Herve, B. & Ulf, E.(2012) A systemtic review of reliability and objective criterion-related validity of physical activity questionnaires. *International Journal of Behavioral Nutrition and Physical Activity*, 9 (103).
- Huriyati, Emy (2004) *Aktivitas fisik pada remaja SLTP di Kota Yogyakarta dan Kabupaten Bantul serta hubungannya dengan kejadian obesitas*. Tesis, Universitas Gadjah Mada Yogyakarta.
- Kozlow, J. M., Sallis, J. F., Gilpin, E. A., Cheryl, L., & Pierce, J. P. (2006) Comparative validation of the IPAQ and the 7-Day PAR among women diagnosed with breast cancer. *International Journal of Behavioral Nutrition and Physical Activity*, 3 (7), pp.1–10.
- Kim, Y., Park, I., & Kang, M. (2013). Convergent validity of the international physical activity questionnaire (IPAQ): meta-analysis. *Public Health Nutrition*, 16(3), pp.440–52.
- Kohl, H. W, Fulton, J. E. & Caspersen, C. J. (2000). Assessment of physical activity among children and adolescents: a review and synthesis. *Preventive Medicine*, 3(5) S54-S76. Dalam : Lee, Ching-yee Cherry (2003) *Investigating the validity and reliabity of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.
- Lee, Ching-yee Cherry (2003) *Investigating the validity and reliabity of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.
- Loucaides, C. A., Chedzoy, S. M. & Bennett, N. (2004) Differences in physical activity levels between urban and rural school children in Cyprus. *Health Educ Res*, 19(2), pp: 138–147. Dalam : Beets, M. W., Bornstein, D., Beighle, A., Cardinal, B. J., & Morgan, C. F. (2010). Pedometer-measured physical activity patterns of youth: a 13-country review. *American Journal of Preventive Medicine*, 38(2), pp.208–216.
- Maddison, R., Mhurchu, C. N., Jiang, Y., Hoorn, S. V., Rodgers, A. & Lawes, C. M. M. (2007) International Physical Activity Questionnaire (IPAQ) and New Zealand Physical Activity Questionnaire (NZPAQ): A doubly labelled water

validation. *International Journal of Behavioral Nutrition and Physical Activity*, 4, 62.

Miller R, Brown W & Tudor-Locke C (2006). But what about swimming and cycling? How to “count” non-ambulatory activity when using pedometers to assess physical activity? *Journal of Physical Activity and Health*. Dalam De Cocker (2009) *The use of pedometer and the '10,000 steps/day' concept in the promotion of physical activity*. Thesis. University Ghent, Faculty of Medicine and Health Sciences Department of Movement and Sports Sciences, Watersportlaan 2, 9000, Ghent, Belgium.

Montoye, H.J., Kemper, H.C.G., Saris, W.H.M., Washburn, R.A (1996) Measuring Physical Activity and Energy Expenditure. *Human Kinetics, Champaign, IL*. Dalam : Lee, Ching-yee Cherry (2003) *Investigating the validity and reliability of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.

Nang, E. E. K., Gitau Ngunjiri, S. A., Wu, Y., Salim, A., Tai, E. S., Lee, J., & Van Dam, R. M. (2011) Validity of the International Physical Activity Questionnaire and the Singapore Prospective Study Program physical activity questionnaire in a multiethnic urban Asian population. *BMC Medical Research Methodology*, 11, pp.141.

Nawrocka, A., Wladyslaw, M., Malgorzat, G., Aneta, P. D. & Zbigniew, B. (2013) Weekday and weekend moderate to vigorous physical activity of young musicians in the context of public health recommendation. *Annals of Agricultural and Environmental Medicine*, 20 (3), pp. 566-570.

Notoadmojo, Soekidjo (2005) *Metodologi penelitian kesehatan*. Jakarta : Rineka Cipta.

Nursalam (2008) *Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan : Pedoman Skripsi, Tesis, dan Instrumen Penelitian Keperawatan* Edisi 2. Jakarta : Salemba Medika. Tersedia dalam : <<http://www.googlebooks.com>> [19 Mei 2014].

Ojiambo, Robert Mang'eni (2012) *Assessment of physical activity in children and adolescents*. PhD thesis. University of Glasgow.

Peters, B. P., Heelan, K. A., & Abbey, B. (Tanpa tahun). Validation of Omron TM Pedometers Using MTI Accelerometers for Use with Children, (21).

Rangul, V., Holmen, T. L., Kurtze, N., Cuypers, K., & Midthjell, K. (2008) Reliability and validity of two frequently used self-administered physical activity questionnaires in adolescents. *BMC Medical Research Methodology*, 8, 47.

Sallis, J.F. and Saelens, B.E. (2000) Assessment of physical activity by self-report: Status, limitations, and future directions. *Research Quarterly for*

Exercise and Sport, 71, pp: 1-14. Dalam : De Cocker (2009) *The ue of pedometer and the '10,000 steps/day' concept in the promotion of physical activity*. Thesis. University Ghent, Faculty of Medicine and Health Sciences Department of Movement and Sports Sciences, Watersportlaan 2, 9000, Ghent, Belgium.

Sastroasmoro, Sudigdo, & Ismael, Sofyan (2002) *Dasar-Dasar Metodologi Penelitian Klinis* (2nd ed.). Jakarta: CV Sagung Seto.

Setiadi (2007) *Konsep dan Proses Keperawatan Keluarga*. Yogyakarta: Graha Ilmu

SMAN 7 Yogyakarta (2015) *SMAN 7 Yogyakarta* [Internet]. Yogyakarta : SMAN 7. Tersedia dalam <www.seveners.com> [Diakses 8 Maret 2015]

SMA Pangudi Luhur Yogyakarta (2015) *SMA Pangudi Luhur Yogyakarta* [Internet]. Yogyakarta : SMA Pangudi Luhur. Tersedia dalam <www.smaplyk.sch.id> [Diakses 8 Maret 2015]

SMA BOPKRI II Yogyakarta (2015) *SMA BOPKRI II Yogyakarta* [Internet]. Yogyakarta : SMA BOPKRI II. Tersedia dalam <www.bodanet.blogspot.com> [Diakses 8 Maret 2015]

Singh, P.N., Fraser, G. E., Knutsen, S. F., Lindsted, K. D. and Bennet, H. W. (2001) Validity of a Physical activity questionnaire among African-American Seventh-day Adventist. *Medicine & Science in Sport & Exercise*, 33(3), pp: 468-475. Dalam : Lee, Ching-yee Cherry (2003) *Investigating the validity and reliability of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.

Strath, S. J., Bassett, D. R., Thompson, D. L. & Swartz, A. M. (2002) Validity of the simultaneous heart rate-motion sensor technique for measuring energy expenditure. *Medicine & Science in Sports & Exercise*, 34(5), pp.888-889. Dalam : Lee, Ching-yee Cherry (2003) *Investigating the validity and reliability of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.

Sugiarto dkk. (2003) *Teknik Sampling*. Jakarta : PT. Gramedia Pustaka Utama.

Tudor-Locke C. dan Myers A. M. (2001) Methodological considerations for researchers and practitioners using pedometers to measure physical (ambulatory) activity. *Res Q Exerc Sport*, 72(1), pp: 1-12. Dalam : Lee, Ching-yee Cherry (2003) *Investigating the validity and reliability of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.

Tudor-Locke, C., dan Myers, A. M. (2002) Challenges and opportunities for measuring physical activity in sedentary adults. *Sport Medicine*, 31 (2), pp.91-100

- Tudor-Locke, C.& David R. B. (2004) How many steps/day are enough? Preliminary pedometer indices for public health. *Sports Med*, 34(1), pp : 1-8
- Vincent SD, Pangrazi R. An examination of the activity patterns of elementary school children. (2002) *Pediatr Exerc Sci*, 14, pp: 432–441
- Warren, J. M., Ulf, E., Herve, B. Alessandro, M., Nickos, G. & Luc, V. (2010) Assessment of physical actiity - a review of methodologies with reference to epidemiological research : a report of the exercise physiology sectionof the European association of cardiovascular prevention and rehabilitation. *European Journal of CardiovascularPrevention and Rehabilitation*, 17, pp : 127-139.
- Welk, G. J., Differding, J. A., Thompson, R. W., Blair, S. N., Dziura , J., & Hart, P. (2000c) The utility of the Digi-walker step counter to asses daily physical activity patterns. *Medicine & Science in Sports & Exercise*, 32 (9, Suppl.), pp.S481-S488. Dalam : Lee, Ching-yee Cherry (2003) *Investigating the validity and reliability of the International Physical Activity Questionnaire (Chinese version)*. Disertasi, The University of Hong Kong.
- Wolin, K. Y., Heil, D. P., Askew, S., Matthews, C. E., & Bennett, G. G. (2009) Validation of the International Physical Activity Questionnaire- Short Among Blacks. *NIH PublicAccess*, 5(5).
- World Health Organization(2007) Growth reference data for 5-19 years. Tersedia dalam <www.who.int.com> [Diakses 8 Maret 2015]
- World Health Organization (2009) Global school-based student health survey. In : Beets, M. W., Bornstein, D., Beighle, A., Cardinal, B. J., & Morgan, C. F. (2010). Pedometer-measured physical activity patterns of youth: a 13-country review. *American Journal of Preventive Medicine*, 38(2), pp. 208–216.