

DAFTAR PUSTAKA

- Acharya, Y., Luke, N., Haro, M. F., Rose, W., Russell, P. S. S., Oommen, A. M., & Minz, S. (2019). Nutritional status, cognitive achievement, and educational attainment of children aged 8-11 in rural South India. *PLoS ONE*, *14*(10), 1–15. <https://doi.org/10.1371/journal.pone.0223001>
- Al-Jawaldeh, A., & Abbass, M. M. S. (2022). Unhealthy Dietary Habits and Obesity: The Major Risk Factors Beyond Non-Communicable Diseases in the Eastern Mediterranean Region. *Frontiers in Nutrition*, *9*(March). <https://doi.org/10.3389/fnut.2022.817808>
- Alfin, F. (2022). *Effects of high-intensity interval training treadmill with changes in inclination to body fat mass percentage of overweight men*. *6*(May), 8431–8441.
- American College of Sports Medicine. (2018). *ACSM's Guidelines for Exercise Testing and Prescription* (10th ed.). Philadelphia, PA: Wolters Kluwer.
- American College of Sports Medicine. (2014). *High-Intensity Interval Training*. Retrieved from <https://www.acsm.org/docs/default-source/files-for-resource-library/high-intensity-interval-training.pdf>
- Angely, C., Nugroho, K. P. A., & Agustina, V. (2021). Gambaran Pola Asuh Anak Obesitas Usia 5–12 Tahun di SD Negeri 09 Rangkang, Kabupaten Bengkayang, Kalimantan Barat. *Jurnal Sains Dan Kesehatan*, *3*(6), 816–825. <https://doi.org/10.25026/jsk.v3i6.679>
- Barnhart, C. (2020). Obesity Prevention and Management across the Lifespan. *OALib*, *07*(10), 1–28. <https://doi.org/10.4236/oalib.1106733>
- Batitucci, G., Junior, E. V. F., Nogueira, J. E., & Brandão, C. F. C. (2022). *Impact of Intermittent Fasting Combined With High-Intensity Interval*

Training on Body Composition , Metabolic Biomarkers , and Physical Fitness in Women With Obesity. 9(May), 1–13.
<https://doi.org/10.3389/fnut.2022.884305>

Elmaleh-Sachs A, Schwartz JL, Bramante CT, Nicklas JM, Gudzone KA, Jay M. Obesity Management in Adults: A Review. *JAMA*. 2023;330(20):2000–2015.
 doi:10.1001/jama.2023.19897

Guo, L., Chen, J., & Yuan, W. (2023). The effect of HIIT on body composition, cardiovascular fitness, psychological well-being, and executive function of overweight/obese female young adults. *Frontiers in Psychology*, 13(January), 1–10.
<https://doi.org/10.3389/fpsyg.2022.1095328>

Holmes, C. J., & Racette, S. B. (2021). The utility of body composition assessment in nutrition and clinical practice: an overview of current methodology. *Nutrients*, 13(8), 1–16.
<https://doi.org/10.3390/nu13082493>

Jin, X., Qiu, T., Li, L., Yu, R., Chen, X., Li, C., Proud, C. G., & Jiang, T. (2023). Pathophysiology of obesity and its associated diseases. *Acta Pharmaceutica Sinica B*, 13(6), 2403–2424.
<https://doi.org/10.1016/j.apsb.2023.01.012>

Kementerian Kesehatan RI. (2018). Hasil Riset Kesehatan Dasar (Riskesdas) 2018.
http://www.depkes.go.id/resources/download/infoterkini/materi_rakorp_op_20

Khanna D, Welch BS, Rehman A. Pathophysiology of Obesity. [Updated 2022 Oct 20]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from:
<https://www.ncbi.nlm.nih.gov/books/NBK572076/>

- Kramer, A. M., Martins, J. B., de Oliveira, P. C., Lehnen, A. M., & Waclawovsky, G. (2023). High-intensity interval training is not superior to continuous aerobic training in reducing body fat: A systematic review and meta-analysis of randomized clinical trials. *Journal of Exercise Science and Fitness*, 21(4), 385–394. <https://doi.org/10.1016/j.jesf.2023.09.002>
- Longlalerng, K. (2021). *Effects of six weeks high-intensity interval training and resistance training in adults with obesity and sleep related breathing disorders*. 14(Special 1), 41–48. <https://doi.org/10.5935/1984-0063.20200076>
- Maillard, F., Pereira, B., & Boisseau, N. (2018). Effect of High-Intensity Interval Training on Total, Abdominal and Visceral Fat Mass: A Meta-Analysis. *Sports Medicine*, 48(2), 269–288. <https://doi.org/10.1007/s40279-017-0807-y>
- Marra, M., Sammarco, R., De Lorenzo, A., Iellamo, F., Siervo, M., Pietrobelli, A., Donini, L. M., Santarpia, L., Cataldi, M., Pasanisi, F., & Contaldo, F. (2019). Assessment of body composition in health and disease using bioelectrical impedance analysis (bia) and dual energy x-ray absorptiometry (dxa): A critical overview. *Contrast Media and Molecular Imaging*, 2019. <https://doi.org/10.1155/2019/3548284>
- Mescher, Anthony L., Susanti, Felicia, Wijaya, Hendra Saputra, Agustina, Lydia, Agustin, Sienny, Sadikin, Rosemarie Edgina, Tambayong, Jan. (2018). *Histologi Dasar Junqueira: Teks dan Atlas, Edisi 14 (14)*. Jakarta: Penerbit Buku Kedokteran EGC.
- Moholdt, T., Silva, C. P., Lydersen, S., & Hawley, J. A. (2021). Isolated and combined effects of high-intensity interval training and time-restricted eating on glycaemic control in reproductive-aged women with overweight or obesity: Study protocol for a four-armed randomised controlled trial. *BMJ Open*, 11(2). <https://doi.org/10.1136/bmjopen->

2020-040020

- Olahraga, G., Jasmani, J. P., & Volume, O. (2018). *No Title*. 2, 158–166.
- Oppert, J. M., Bellicha, A., van Baak, M. A., Battista, F., Beaulieu, K., Blundell, J. E., Carraça, E. V., Encantado, J., Ermolao, A., Pramono, A., Farpour-Lambert, N., Woodward, E., Dicker, D., & Busetto, L. (2021). Exercise training in the management of overweight and obesity in adults: Synthesis of the evidence and recommendations from the European Association for the Study of Obesity Physical Activity Working Group. *Obesity Reviews*, 22(S4), 1–12. <https://doi.org/10.1111/obr.13273>
- Ouerghi, A. N., Kacem, M., Fradj, B., & Bezrati, I. (2017). *Effects of high-intensity interval training on body composition , aerobic and anaerobic performance and plasma lipids in overweight / obese and normal-weight young men*. 385–392. <https://doi.org/10.5114/biolsport.2017.69827>
- P2PTM Kemenkes RI. (2019). *Tabel batas ambang indeks massa tubuh (IMT)*. <https://p2ptm.kemkes.go.id/infographicp2ptm/obesitas/tabel-batas-ambang-indeks-massa-tubuh-imt>
- Panuganti, K. K., Nguyen, M., & Kshirsagar, R. K. (2023). Obesity. In *StatPearls*. StatPearls Publishing.
- Paskawati Adimuntja, N., Akbar Nurdin Program Studi Ilmu Kesehatan Masyarakat, M., Kesehatan Masyarakat, F., & Info, A. (2023). Perilaku Pencegahan Obesitas pada Mahasiswa Universitas Cenderawasih Obesity Prevention Behavior in Students of Cenderawasih University. *Jurnal Promotif Preventif*, 6(2), 218–229. <http://journal.unpacti.ac.id/index.php/JPP>
- Prendergast, H., Tyo, C., Colbert, C., Kelley, M., & Pobe, R. (2022). Medical complications of obesity: heightened importance in a COVID

era. *International Journal of Emergency Medicine*, 15(1), 1–7.
<https://doi.org/10.1186/s12245-022-00431-7>

Ramírez-Vélez, R., Hernández-Quiñones, P. A., Tordecilla-Sanders, A., Álvarez, C., Ramírez-Campillo, R., Izquierdo, M., Correa-Bautista, J. E., Garcia-Hermoso, A., & Garcia, R. G. (2019). Effectiveness of HIIT compared to moderate continuous training in improving vascular parameters in inactive adults. *Lipids in Health and Disease*, 18(1), 1–10. <https://doi.org/10.1186/s12944-019-0981-z>

Retnoningtyas., Nani C. S., Ahmad, F., Boy S. S, Tahapary., Dicky, L., & Susiana, C., (2023). Efektivitas Program High Intensity Interval Training terhadap Perubahan Profil Lipid dan Komposisi Tubuh pada Laki-laki Dewasa Muda Obesitas selama Masa Pandemi COVID-19. = The Effectiveness of High Intensity Interval Training Program towards Lipid Profile and Body Composition in Obese Young Adult Male during COVID-19 Pandemic. Fakultas Kedokteran Universitas Indonesia

Richard AJ, White U, Elks CM, et al. Adipose Tissue: Physiology to Metabolic Dysfunction. [Updated 2020 Apr 4]. In: Feingold KR, Anawalt B, Blackman MR, et al., editors. Endotext [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK555602/>

Russomando, L., Bono, V., Mancini, A., Terracciano, A., Cozzolino, F., Imperlini, E., Orrù, S., Alfieri, A., & Buono, P. (2020). The effects of short-term high-intensity interval training and moderate intensity continuous training on body fat percentage, abdominal circumference, BMI and vo2max in overweight subjects. *Journal of Functional Morphology and Kinesiology*, 5(2). <https://doi.org/10.3390/jfmk5020041>

- Silva, A. M., Campa, F., Stagi, S., Gobbo, L. A., Buffa, R., Toselli, S., Silva, D. A. S., Gonçalves, E. M., Langer, R. D., Guerra-Júnior, G., Machado, D. R. L., Kondo, E., Sagayama, H., Omi, N., Yamada, Y., Yoshida, T., Fukuda, W., Gonzalez, M. C., Orlandi, S. P., Koury, J. C., ... Marini, E. (2023). The bioelectrical impedance analysis (BIA) international database: aims, scope, and call for data. *European journal of clinical nutrition*, 77(12), 1143–1150. <https://doi.org/10.1038/s41430-023-01310-x>
- Taylor, J. L., Holland, D. J., Spathis, J. G., Beetham, K. S., Wisløff, U., Keating, S. E., & Coombes, J. S. (2019). Guidelines for the delivery and monitoring of high intensity interval training in clinical populations. *Progress in Cardiovascular Diseases*, 62(2), 140–146. <https://doi.org/10.1016/j.pcad.2019.01.004>
- Universitas Pertahanan Republik Indonesia. (2024). *Rektor Unhan RI Buka Diksarmil Chandradimuka Kadet Mahasiswa S-1 Unhan RI di Akmil Magelang*. <https://www.idu.ac.id/berita/rektor-unhan-ri-buka-diksarmil-chandradimuka-kadet-mahasiswa-s-1-unhan-ri-di-akmil-magelang.html>
- Wahyuni, S., Rianto, B., & Imar Rusli, D. (2024). Hubungan Berat Badan Pada Remaja Dengan Tingkat Kecemasan SMAN 4 Cimahi. *Jurnal Ilmiah Keperawatan*, 10(1), 110–116.
- World Health Organization (WHO). (2024). Obesity and overweight. <https://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight>
- W.W. Lin, H. Su, X.Y. Lan, Q.Y. Ni, X.Y. Wang, K.Y. Cui, L. Zhang, Effects of high-intensity interval training (HIIT) and maximum fat oxidation intensity training (MFOIT) on body composition, inflammation in overweight and obese adults, *Science & Sports*, Volume 39, Issue 4,

2024, Pages 348-357, ISSN 0765-1597,
<https://doi.org/10.1016/j.scispo.2023.09.002>.

Zhu, X., Jiao, J., Liu, Y., Li, H., & Zhang, H. (2024). *The Release of Lipolytic Hormones during Various High-Intensity Interval and Moderate-Intensity Continuous Training Regimens and Their Effects on Fat Loss*. September, 559–570.