

## **BAB VII**

### **DAFTAR PUSTAKA**

1. Physical activity [Internet]. [cited 2021 Sep 11]. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
2. M P, V P, R R, E S, I G, A B, et al. Changes in Weight and Nutritional Habits in Adults with Obesity during the “Lockdown” Period Caused by the COVID-19 Virus Emergency. *Nutrients* [Internet]. 2020 Jul 1 [cited 2021 Sep 11];12(7):1–11. Available from: <https://pubmed.ncbi.nlm.nih.gov/32645970/>
3. Caspersen CJ, Powell KE, Christenson GM. Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Rep* [Internet]. 1985 [cited 2021 Sep 26];100(2):126. Available from: [/pmc/articles/PMC1424733/?report=abstract](https://pmc/articles/PMC1424733/?report=abstract)
4. About Physical Activity | Physical Activity | CDC [Internet]. [cited 2021 Sep 26]. Available from: <https://www.cdc.gov/physicalactivity/about-physical-activity/index.html>
5. Physical Activity Basics | Physical Activity | DNPAO | CDC [Internet]. [cited 2021 Sep 26]. Available from: <https://www.cdc.gov/physicalactivity/basics/index.htm>
6. How much physical activity do adults need? | Physical Activity | CDC [Internet]. [cited 2021 Sep 26]. Available from: <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>
7. Four Types of Exercise Can Improve Your Health and Physical Ability | National Institute on Aging [Internet]. [cited 2021 Sep 27]. Available from: <https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>
8. Types of exercise | Health Information | Bupa UK [Internet]. [cited 2021 Sep 30]. Available from: <https://www.bupa.co.uk/health-information/exercise-fitness/types-of-exercise>
9. The 4 most important types of exercise - Harvard Health [Internet]. [cited

- 2021 Sep 30]. Available from: <https://www.health.harvard.edu/exercise-and-fitness/the-4-most-important-types-of-exercise>
10. Piercy KL, Troiano RP, Ballard RM, Carlson SA, Fulton JE, Galuska DA, et al. The physical activity guidelines for Americans. *JAMA - J Am Med Assoc.* 2018;320(19):2020–8.
  11. Exercise - NHS [Internet]. [cited 2021 Oct 5]. Available from: <https://www.nhs.uk/live-well/exercise/>
  12. Low, moderate and high-intensity exercise: how to tell the difference - 9Coach [Internet]. [cited 2021 Oct 5]. Available from: <https://coach.nine.com.au/fitness/exercise-intensity/febdab7f-a4c3-4696-9144-b9960a4d2449>
  13. What Exercise Intensity is Best for Your Workout? [Internet]. [cited 2021 Oct 5]. Available from: <https://www.healthyfamiliesbc.ca/home/blog/what-exercise-intensity-best-your-workout>
  14. Benefits of Physical Activity | Physical Activity | CDC [Internet]. [cited 2021 Oct 4]. Available from: <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>
  15. Benefits of Exercise: MedlinePlus [Internet]. [cited 2021 Oct 4]. Available from: <https://medlineplus.gov/benefitsofexercise.html>
  16. Wahyuningtyas P. Hubungan Aktivitas Fisik dengan Aktivitas Fisik pada Pasien Kanker dengan Kemoterapi di Rumah Sakit Tingkat III Baladhika Husana Jember. Digit Repository Univ Jember. 2019;
  17. TL DI, Widowati AI, Surjawati S. Faktor-Faktor Yang Mempengaruhi Prestasi Akademik : Studi Kasus Pada Mahasiswa Program Studi Akuntansi Universitas Semarang. *J Din Sos Budaya.* 2017;18(1):39.
  18. Retnowati DR, Fatchan A, Astina K. Prestasi Akademik Dan Motivasi Berprestasi Mahasiswa S1 Pendidikan Geografi Universitas Negeri Malang. *J Pendidik.* 2016;1(3):521–5.
  19. Handbook R. Residential handbook 2015 - 2016 1. 2016;1–36.
  20. Saputro M, Yudi A, Dona F. Faktor-Faktor yang Mempengaruhi Prestasi Belajar (Studi Korelasi Pada Mahasiswa Pendidikan Matematika IKIP

- PGRI Pontianak). J Pendidik Inform dan Sains. 2015;4(2):233–46.
21. Frieze S. How Trauma Affects Student Learning and Behaviour Stephanie Frieze. BU J Grad Stud Educ. 2015;7(2):27–34.
  22. Ewing-Cobbs L, Prasad MR, Kramer L, Cox CS, Baumgartner J, Fletcher S, et al. Late intellectual and academic outcomes following traumatic brain injury sustained during early childhood. J Neurosurg [Internet]. 2006 [cited 2021 Oct 23];105 PEDIAT(SUPPL. 4):287–96. Available from: [/pmc/articles/PMC2615233/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2615233/)
  23. Lyu M, Li W, Xie Y. The influences of family background and structural factors on children's academic performances: A cross-country comparative study. Chinese J Sociol. 2019;5(2):173–92.
  24. Pertanyaan jawaban terkait COVID-19 untuk publik [Internet]. [cited 2021 Oct 11]. Available from: <https://www.who.int/indonesia/news/novel-coronavirus/qa/qa-for-public>
  25. Peta Sebaran COVID-19 | Covid19.go.id [Internet]. [cited 2021 Nov 10]. Available from: <https://covid19.go.id/peta-sebaran-covid19>
  26. Coronavirus [Internet]. [cited 2021 Oct 11]. Available from: [https://www.who.int/health-topics/coronavirus#tab=tab\\_1](https://www.who.int/health-topics/coronavirus#tab=tab_1)
  27. Criteria for releasing COVID-19 patients from isolation [Internet]. [cited 2021 Oct 11]. Available from: <https://www.who.int/news-room/commentaries/detail/criteria-for-releasing-covid-19-patients-from-isolation>
  28. Kebijakan Pemerintah Terkait Pandemi Menitikberatkan Mencegah Peluang Penularan COVID-19 - Berita Terkini | Covid19.go.id [Internet]. [cited 2021 Oct 11]. Available from: <https://covid19.go.id/p/berita/kebijakan-pemerintah-terkait-pandemi-menitikberatkan-mencegah-peluang-penularan-covid-19>
  29. Mateos-Aparicio P, Rodríguez-Moreno A. The impact of studying brain plasticity. Front Cell Neurosci. 2019;13(February):1–5.
  30. Carro E, Trejo JL, Busiguina S, Torres-Aleman I. Circulating Insulin-Like Growth Factor I Mediates the Protective Effects of Physical Exercise against

- Brain Insults of Different Etiology and Anatomy. *J Neurosci* [Internet]. 2001 Aug 1 [cited 2021 Oct 13];21(15):5678. Available from: [/pmc/articles/PMC6762673/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6762673/)
31. BDNF gene: MedlinePlus Genetics [Internet]. [cited 2021 Oct 24]. Available from: <https://medlineplus.gov/genetics/gene/bdnf/>
  32. Regular exercise changes the brain to improve memory, thinking skills - Harvard Health [Internet]. [cited 2021 Oct 13]. Available from: <https://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>
  33. Heijnen S, Hommel B, Kibele A, Colzato LS. Neuromodulation of Aerobic Exercise—A Review. *Front Psychol* [Internet]. 2015 [cited 2021 Oct 24];6(JAN):1890. Available from: [/pmc/articles/PMC4703784/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4703784/)
  34. Exercising to Relax - Harvard Health Publishing - Harvard Health [Internet]. [cited 2021 Oct 24]. Available from: <https://www.health.harvard.edu/staying-healthy/exercising-to-relax>
  35. Shephard RJ. The association between school-based physical activity, including physical education, and academic performance: A systematic review of the literature. *Yearb Sport Med*. 2012;2012(July):358–9.
  36. Castelli DM, Hillman CH, Buck SM, Erwin HE. Physical fitness and academic achievement in third- and fifth-grade students. *J Sport Exerc Psychol*. 2007;29(2):239–52.
  37. So WY. Association between physical activity and academic performance in Korean adolescent students. *BMC Public Health* [Internet]. 2012;12(1):1. Available from: <http://www.biomedcentral.com/1471-2458/12/1471-2458-12-258>
  38. Papasideris M, Leatherdale ST, Battista K, Hall PA. An examination of the prospective association between physical activity and academic achievement in youth at the population level. *PLoS One* [Internet]. 2021;16(6 June 2021):12–4. Available from: <http://dx.doi.org/10.1371/journal.pone.0253142>
  39. Fallis A. Pengertian Olahraga. *J Chem Inf Model* [Internet].

- 2013;53(9):1689–99. Available from:  
[http://kemenpora.go.id/img\\_upload/files/Permenpora Nomor 9 Tahun 2015 tentang Kedudukan%2C Fungsi%2C Tugas%2C dan Susunan Organisasi Badan Olahraga Profesional Indonesia %28bn315-2015%29.pdf](http://kemenpora.go.id/img_upload/files/Permenpora Nomor 9 Tahun 2015 tentang Kedudukan%2C Fungsi%2C Tugas%2C dan Susunan Organisasi Badan Olahraga Profesional Indonesia %28bn315-2015%29.pdf)
40. Godin G. Godin Leisure-Time Exercise Questionnaire (GLTE). Oncol Nurs Soc [Internet]. 2011;4:2011. Available from: [10.14288/hfjc.v4i1.82](https://doi.org/10.14288/hfjc.v4i1.82)
41. Umaya B I. Prestasi Akademik. Univ Nusant PGRI Kediri [Internet]. 2017;01:1–7. Available from: [http://theses.uin-malang/2174/7/08410047\\_pdf](http://theses.uin-malang/2174/7/08410047_pdf)
42. Rakhman BF. Hubungan Antara Tingkat Kebugaran Jasmani Dengan Prestasi Belajar Mahasiswa Fakultas Kedokteran Universitas Mulawarman. Fak Kedokt Univ MULAWARMAN. 2014;