

BAB VII

DAFTAR PUSTAKA

1. Galderisi S, Heinz A, Kastrup M, Beezhold J, Sartorius N. Toward a new definition of mental health. *World Psychiatry*. 2015 Jun;14(2):231–3.
2. Marcus M, Yasamy MT, van Ommeren M, Chisholm D. Depression, a global public health concern. *WHO Dep Ment Heal Subst Abus* [Internet]. 2012;1–8. Available from: http://www.who.int/mental_health/management/depression/who_paper_depression_wfmh_2012.pdf
3. Lotfi M, Hamblin MR, Rezaei N. COVID-19: Transmission, prevention, and potential therapeutic opportunities. *Clin Chim Acta*. 2020 Sep;508:254–66.
4. Hall G, Laddu DR, Phillips SA, Lavie CJ, Arena R. A tale of two pandemics: How will COVID-19 and global trends in physical inactivity and sedentary behavior affect one another? *Progress in cardiovascular diseases*. 2020.
5. Aji RHS. Dampak Covid-19 pada Pendidikan di Indonesia: Sekolah, Keterampilan, dan Proses Pembelajaran. *Salam J Sos dan Budaya Syari-i*(7). 2020;5:395–402.
6. Tremblay M, Colley R, Saunders T, Healy G, Owen N. Physiological and health implications of a sedentary lifestyle. *Appl Physiol Nutr Metab*. 2010 Dec 1;35:725–40.
7. Huang Y, Li L, Gan Y, Wang C, Jiang H, Cao S, et al. Sedentary behaviors and risk of depression: a meta-analysis of prospective studies. *Transl Psychiatry* [Internet]. 2020;10(1):26. Available from: <https://doi.org/10.1038/s41398-020-0715-z>
8. Xu Z, Xu Q, Wang Y, Zhang J, Liu J, Xu F. Association of Sedentary Behavior and Depression among College Students Majoring in Design. *Int J Environ Res Public Health*. 2020 May;17(10).
9. González K, Fuentes J, Márquez JL. Physical Inactivity, Sedentary

- Behavior and Chronic Diseases. Korean J Fam Med [Internet]. 2017/05/23. 2017 May;38(3):111–5. Available from: <https://pubmed.ncbi.nlm.nih.gov/28572885>
10. Caspersen CJ, Powell KE, Christenson GM. Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Rep.* 1985;100(2):126–31.
 11. Global recommendations on physical activity for health. World Health Organization; 2010.
 12. Pate RR, Pratt M, Blair SN, Haskell WL, Macera CA, Bouchard C, et al. Physical activity and public health. A recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine. *JAMA.* 1995 Feb;273(5):402–7.
 13. Hamilton MT, Healy GN, Dunstan DW, Zderic TW, Owen N. Too Little Exercise and Too Much Sitting: Inactivity Physiology and the Need for New Recommendations on Sedentary Behavior. *Curr Cardiovasc Risk Rep.* 2008 Jul;2(4):292–8.
 14. World Health Day. *Aust Dent J.* 1962;7(1):79–80.
 15. Warren TY, Barry V, Hooker SP, Sui X, Church TS, Blair SN. Sedentary behaviors increase risk of cardiovascular disease mortality in men. *Med Sci Sports Exerc.* 2010;42(5):879.
 16. Byun W, Dowda M, Pate RR. Associations between screen-based sedentary behavior and cardiovascular disease risk factors in Korean youth. *J Korean Med Sci.* 2012;27(4):388–94.
 17. Saunders TJ, Tremblay MS, Després J-P, Bouchard C, Tremblay A, Chaput J-P. Sedentary Behaviour, Visceral Fat Accumulation and Cardiometabolic Risk in Adults: A 6-Year Longitudinal Study from the Quebec Family Study. *PLoS One* [Internet]. 2013 Jan 9;8(1):e54225. Available from: <https://doi.org/10.1371/journal.pone.0054225>
 18. Bouchard C, Tremblay A, Leblanc C, Lortie G, Savard R, Thériault G. A method to assess energy expenditure in children and adults. *Am J Clin Nutr* [Internet]. 1983 Mar 1;37(3):461–7. Available from:

<https://doi.org/10.1093/ajcn/37.3.461>

19. Maddison R, Ni Mhurchu C, Jiang Y, Vander Hoorn S, Rodgers A, Lawes CMM, et al. International Physical Activity Questionnaire (IPAQ) and New Zealand Physical Activity Questionnaire (NZPAQ): A doubly labelled water validation. *Int J Behav Nutr Phys Act* [Internet]. 2007;4(1):62. Available from: <https://doi.org/10.1186/1479-5868-4-62>
20. Craig CL, Marshall AL, Sjöström M, Bauman AE, Booth ML, Ainsworth BE, et al. International physical activity questionnaire: 12-country reliability and validity. *Med Sci Sport Exerc*. 2003;35(8):1381–95.
21. Purnama H, Suhada T. Tingkat Aktivitas Fisik Pada Lansia Di Provinsi Jawa Barat, Indonesia. *J Keperawatan Komprehensif*. 2019;5(2):102.
22. Melanson Jr EL, Freedson PS, Blair S. Physical activity assessment: a review of methods. *Crit Rev Food Sci Nutr*. 1996;36(5):385–96.
23. Welk G. Physical activity assessments for health-related research. *Human Kinetics*; 2002.
24. Cleland C, Ferguson S, Ellis G, Hunter RF. Validity of the International Physical Activity Questionnaire (IPAQ) for assessing moderate-to-vigorous physical activity and sedentary behaviour of older adults in the United Kingdom. *BMC Med Res Methodol* [Internet]. 2018 Dec 22;18(1):176. Available from: <https://pubmed.ncbi.nlm.nih.gov/30577770>
25. Wijndaele K, DE Bourdeaudhuij I, Godino JG, Lynch BM, Griffin SJ, Westgate K, et al. Reliability and validity of a domain-specific last 7-d sedentary time questionnaire. *Med Sci Sports Exerc* [Internet]. 2014 Jun;46(6):1248–60. Available from: <https://pubmed.ncbi.nlm.nih.gov/24492633>
26. McCarter T. Depression overview. *Am Heal drug benefits*. 2008 Apr;1(3):44–51.
27. Paykel ES. The evolution of life events research in psychiatry. *J Affect Disord*. 2001;
28. Brown GW, Harris TO, Hepworth C. Life events and endogenous depression: A puzzle reexamined. *Arch Gen Psychiatry*. 1994;51(7):525–

- 34.
29. Brigitta B. Pathophysiology of depression and mechanisms of treatment. *Dialogues Clin Neurosci* [Internet]. 2002 Mar;4(1):7–20. Available from: <https://pubmed.ncbi.nlm.nih.gov/22033824>
 30. Kendler KS, Thornton LM, Prescott CA. Gender differences in the rates of exposure to stressful life events and sensitivity to their depressogenic effects. *Am J Psychiatry*. 2001;158(4):587–93.
 31. Berrettini WH. Molecular linkage studies of bipolar disorder. *Dialogues Clin Neurosci*. 1999;1(1):12.
 32. Craddock N, Khodel V, Van Eerdewegh P, Reich T. Mathematical limits of multilocus models: the genetic transmission of bipolar disorder. *Am J Hum Genet*. 1995;57(3):690.
 33. Roose SP, Glassman AH, Seidman SN. Relationship between depression and other medical illnesses. *Jama*. 2001;286(14):1687–90.
 34. Pengpid S, Peltzer K. The impact of chronic diseases on the quality of life of primary care patients in Cambodia, Myanmar and Vietnam. *Iran J Public Health*. 2018;47(9):1308.
 35. Patten SB, Love EJ. Can drugs cause depression? A review of the evidence. *J Psychiatry Neurosci* [Internet]. 1993 May;18(3):92–102. Available from: <https://pubmed.ncbi.nlm.nih.gov/8499431>
 36. Crystal S, Sambamoorthi U, Walkup JT, Akıncıgil A. Diagnosis and treatment of depression in the elderly medicare population: predictors, disparities, and trends. *J Am Geriatr Soc*. 2003;51(12):1718–28.
 37. Pham TH, Gardier AM. Fast-acting antidepressant activity of ketamine: highlights on brain serotonin, glutamate, and GABA neurotransmission in preclinical studies. *Pharmacol Ther*. 2019 Jul;199:58–90.
 38. Birmaher B, Ryan ND, Williamson DE, Brent DA, Kaufman J, Dahl RE, et al. Childhood and adolescent depression: a review of the past 10 years. Part I. *J Am Acad Child Adolesc Psychiatry*. 1996 Nov;35(11):1427–39.
 39. Andrade L, Caraveo-Anduaga JJ, Berglund P, Bijl R V, De Graaf R, Vollebergh W, et al. The epidemiology of major depressive episodes:

- results from the International Consortium of Psychiatric Epidemiology (ICPE) Surveys. *Int J Methods Psychiatr Res.* 2003;12(1):3–21.
40. Kendler KS, Karkowski LM, Prescott CA. Causal relationship between stressful life events and the onset of major depression. *Am J Psychiatry.* 1999 Jun;156(6):837–41.
 41. Lucki I. The spectrum of behaviors influenced by serotonin. *Biol Psychiatry.* 1998 Aug;44(3):151–62.
 42. Neumeister A, Young T, Stastny J. Implications of genetic research on the role of the serotonin in depression: emphasis on the serotonin type 1A receptor and the serotonin transporter. *Psychopharmacology (Berl).* 2004 Aug;174(4):512–24.
 43. Uher R, McGuffin P. The moderation by the serotonin transporter gene of environmental adversity in the aetiology of mental illness: review and methodological analysis. *Mol Psychiatry.* 2008 Feb;13(2):131–46.
 44. Plotsky PM, Owens MJ, Nemeroff CB. Psychoneuroendocrinology of depression. Hypothalamic-pituitary-adrenal axis. *Psychiatr Clin North Am.* 1998 Jun;21(2):293–307.
 45. Danese A, Moffitt TE, Pariante CM, Ambler A, Poulton R, Caspi A. Elevated inflammation levels in depressed adults with a history of childhood maltreatment. *Arch Gen Psychiatry.* 2008 Apr;65(4):409–15.
 46. Miller GE, Blackwell E. Turning Up the Heat: Inflammation as a Mechanism Linking Chronic Stress, Depression, and Heart Disease. *Curr Dir Psychol Sci [Internet].* 2006 Dec 1;15(6):269–72. Available from: <https://doi.org/10.1111/j.1467-8721.2006.00450.x>
 47. Howren MB, Lamkin DM, Suls J. Associations of depression with C-reactive protein, IL-1, and IL-6: a meta-analysis. *Psychosom Med.* 2009 Feb;71(2):171–86.
 48. Schildkraut JJ. The catecholamine hypothesis of affective disorders: a review of supporting evidence. *Am J Psychiatry.* 1965 Nov;122(5):509–22.
 49. Matussek N. [Biochemistry of depression]. *J Neural Transm.*

- 1972;33(3):223–34.
50. Coppen A. The biochemistry of affective disorders. *Br J Psychiatry*. 1967 Nov;113(504):1237–64.
 51. Zhu Y, Blumenthal JA, Shi C, Jiang R, Patel A, Zhang A, et al. Sedentary Behavior and the Risk of Depression in Patients With Acute Coronary Syndromes. *Am J Cardiol*. 2018 Jun;121(12):1456–60.
 52. García-Batista ZE, Guerra-Peña K, Cano-Vindel A, Herrera-Martínez SX, Medrano LA. Validity and reliability of the Beck Depression Inventory (BDI-II) in general and hospital population of Dominican Republic. *PLoS One*. 2018;13(6):e0199750.
 53. Wu P-C, Huang T-W. Gender-related invariance of the Beck Depression Inventory II for Taiwanese adolescent samples. *Assessment*. 2014 Apr;21(2):218–26.
 54. Lee E-H, Lee S-J, Hwang S-T, Hong S-H, Kim J-H. Reliability and Validity of the Beck Depression Inventory-II among Korean Adolescents. *Psychiatry Investig*. 2017 Jan;14(1):30–6.
 55. Moullec G, Plourde A, Lavoie KL, Suarathana E, Bacon SL. Beck Depression Inventory II: determination and comparison of its diagnostic accuracy in cardiac outpatients. *Eur J Prev Cardiol [Internet]*. 2014 Mar 11;22(5):665–72. Available from: <https://doi.org/10.1177/2047487314527851>
 56. Hailu Gebrie M. An Analysis of Beck Depression Inventory 2nd Edition (BDI-II). *Global Journal of Endocrinological Metabolism*. 2018;2(3):1–5.
 57. CHRISTY ZAN. PENGARUH EXPRESSIVE WRITING TERHADAP PENURUNAN GEJALA DEPRESI PADA MAHASISWA. UNIKA SOEGIJAPRANATA SEMARANG; 2018.
 58. HAMILTON M. A rating scale for depression. *J Neurol Neurosurg Psychiatry*. 1960 Feb;23(1):56–62.
 59. Olden M, Rosenfeld B, Pessin H, Breitbart W. Measuring depression at the end of life: is the Hamilton Depression Rating Scale a valid instrument? *Assessment [Internet]*. 2008/08/01. 2009 Mar;16(1):43–54. Available from:

- <https://pubmed.ncbi.nlm.nih.gov/18676960>
60. Worboys M. The Hamilton Rating Scale for Depression: The making of a “gold standard” and the unmaking of a chronic illness, 1960-1980. *Chronic Illn* [Internet]. 2012/11/21. 2013 Sep;9(3):202–19. Available from: <https://pubmed.ncbi.nlm.nih.gov/23172888>
 61. Zimmerman M, Chelminski I, Posternak M. A review of studies of the Hamilton depression rating scale in healthy controls: implications for the definition of remission in treatment studies of depression. *J Nerv Ment Dis*. 2004 Sep;192(9):595–601.
 62. Bagby RM, Ryder AG, Schuller DR, Marshall MB. The Hamilton Depression Rating Scale: has the gold standard become a lead weight? *Am J Psychiatry*. 2004;161(12):2163–77.
 63. Biggs JT, Wylie LT, Ziegler VE. Validity of the Zung Self-rating Depression Scale. *Br J Psychiatry*. 1978 Apr;132:381–5.
 64. Jokelainen J, Timonen M, Keinänen-Kiukaanniemi S, Härkönen P, Jurvelin H, Suija K. Validation of the Zung self-rating depression scale (SDS) in older adults. *Scand J Prim Health Care* [Internet]. 2019/07/09. 2019 Sep;37(3):353–7. Available from: <https://pubmed.ncbi.nlm.nih.gov/31286810>
 65. Kroenke K, Spitzer RL, Williams JB. The PHQ-9: validity of a brief depression severity measure. *J Gen Intern Med* [Internet]. 2001 Sep;16(9):606–13. Available from: <https://pubmed.ncbi.nlm.nih.gov/11556941>
 66. Spitzer RL, Kroenke K, Williams JBW, Group PHQPCS. Validation and utility of a self-report version of PRIME-MD: the PHQ primary care study. *Jama*. 1999;282(18):1737–44.
 67. Carleton RN, Thibodeau MA, Teale MJN, Welch PG, Abrams MP, Robinson T, et al. The center for epidemiologic studies depression scale: a review with a theoretical and empirical examination of item content and factor structure. *PLoS One* [Internet]. 2013/03/01. 2013;8(3):e58067–e58067. Available from: <https://pubmed.ncbi.nlm.nih.gov/23469262>

68. Chaouloff F, Elghozi JL, Guezenec Y, Laude D. Effects of conditioned running on plasma, liver and brain tryptophan and on brain 5-hydroxytryptamine metabolism of the rat. *Br J Pharmacol*. 1985 Sep;86(1):33–41.
69. Rueter LE, Jacobs BL. A microdialysis examination of serotonin release in the rat forebrain induced by behavioral/environmental manipulations. *Brain Res*. 1996 Nov;739(1–2):57–69.
70. Chaouloff F, Laude D, Guezenec Y, Elghozi JL. Motor activity increases tryptophan, 5-hydroxyindoleacetic acid, and homovanillic acid in ventricular cerebrospinal fluid of the conscious rat. *J Neurochem*. 1986 Apr;46(4):1313–6.
71. Ilyas h, ukke at. Gambaran kejadian depresi pada pasien pascastroke di ruang poli saraf rumah sakit pelamonia makassar. *J mitrasehat*. 2019;9(1):232–41.
72. Pramita RD, Griadhi IPA. Hubungan antara perilaku sedentari dengan indeks massa tubuh pada siswa kelas V di SD Cipta Dharma Denpasar.
73. Mostofsky E, Mukamal KJ, Giovannucci EL, Stampfer MJ, Rimm EB. Key Findings on Alcohol Consumption and a Variety of Health Outcomes From the Nurses' Health Study. *Am J Public Health*. 2016 Sep;106(9):1586–91.
74. Hunter SB, Watkins KE, Hepner KA, Paddock SM, Ewing BA, Osilla KC, et al. Treating depression and substance use: a randomized controlled trial. *J Subst Abuse Treat*. 2012 Sep;43(2):137–51.
75. Zhai L, Zhang Y, Zhang D. Sedentary behaviour and the risk of depression: a meta-analysis. *Br J Sports Med*. 2015 Jun;49(11):705–9.
74. Chand SP, Harif H. Depression [Internet]. NCBI Bookshelf. Statpearls Publishing; 2020 [cited 2020Nov18]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK430847/>
75. Informedhealth.org [Internet]. Cologne, Germany: Institute for Quality and Efficiency in Health Care (iqwig); 2006-. Depression: Overview. [Updated 2020 Jun 18]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK279285/>

76. National Research Council (US) and Institute of Medicine (US) Committee on Depression, Parenting Practices, and the Healthy Development of Children; England MJ, Sim LJ, editors. Depression in Parents, Parenting, and Children: Opportunities to Improve Identification, Treatment, and Prevention. Washington (DC): National Academies Press (US); 2009. 3, The Etiology of Depression. Available from:
<https://www.ncbi.nlm.nih.gov/books/NBK215119/>
77. American Psychological Association. (2020, March 4). Working out boosts brain health.<http://www.apa.org/topics/exercise-stress>
78. Handyani Tn. Pengaruh Pengelolaan Depresi Dengan Latihan Pernafasan Yoga (Pranayama) Terhadap Perkembangan Proses Penyembuhan Ulkus Diabetikum Di Rumah Sakit Pemerintah Aceh. 2010Jul20;

