

DAFTAR PUSTAKA

- Adhitya, S. D. (2016). *Tingkat aktivitas fisik operator layanan internet mahasiswa UNY*. *Resma*, 3(2), 13–22. <https://eprints.uny.ac.id/39188/>
- Amatriain-Fernández, S., Murillo-Rodríguez, E. S., Gronwald, T., Machado, S., & Budde, H. (2020). *Benefits of physical activity and physical exercise in the time of pandemic*. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12, S264–S266. <https://doi.org/10.1037/tra0000643>. Diakses pada 28 mei 2021 10.00 WIB
- Atlas, I. D. F. D. (2019). International Diabetes Federation. In *The Lancet* (Vol. 266, Issue 6881). [https://doi.org/10.1016/S0140-6736\(55\)92135-8](https://doi.org/10.1016/S0140-6736(55)92135-8). Diakses pada 11 April 2021 pukul 08.00 WIB
- Blatt, D., & Gostic, C. L. (2018). Reducing the Risk of Diabetes and Metabolic Syndrome With Exercise and Physical Activity. In *Nutritional and Therapeutic Interventions for Diabetes and Metabolic Syndrome* (Second Edi). Elsevier Inc. <https://doi.org/10.1016/b978-0-12-812019-4.00025-8>. Diakses pada 14 mei 2021 pukul 10.00 WIB
- Bull, F. C., Al-Ansari, S. S., Biddle, S., Borodulin, K., Buman, M. P., Cardon, G., Carty, C., Chaput, J. P., Chastin, S., Chou, R., Dempsey, P. C., Dipietro, L., Ekelund, U., Firth, J., Friedenreich, C. M., Garcia, L., Gichu, M., Jago, R., Katzmarzyk, P. T., ... Willumsen, J. F. (2020). World Health Organization 2020 guidelines on physical activity and sedentary behaviour. *British Journal of Sports Medicine*, 54(24). <https://doi.org/10.1136/bjsports-2020-102955>. Diakses pada 9 april 2021 pukul 11.00 WIB
- Bull, F. C., Maslin, T. S., & Armstrong, T. (2009). Global physical activity questionnaire (GPAQ): Nine country reliability and validity study. *Journal of Physical Activity and Health*, 6(6), 790–804. <https://doi.org/10.1123/jpah.6.6.790>. Diakses pada 9 april 2021 pukul 11.00 WIB

- Chu, A. H. Y., Ng, S. H. X., Koh, D., & Müller-Riemenschneider, F. (2018). Domain-specific adult sedentary behaviour questionnaire (ASBQ) and the GPAQ single-item question: A reliability and validity study in an Asian population. *International Journal of Environmental Research and Public Health*, 15(4), 1–13. <https://doi.org/10.3390/ijerph15040739>
- Cleland, C. L., Hunter, R. F., Kee, F., Cupples, M. E., Sallis, J. F., & Tully, M. A. (2014). Validity of the Global Physical Activity Questionnaire (GPAQ) in assessing levels and change in moderate-vigorous physical activity and sedentary behaviour. *BMC Public Health*, 14(1), 1–11. <https://doi.org/10.1186/1471-2458-14-1255>. diakses pada 9 april 2021 pukul 11.00 WIB
- Francesconi, C., Niebauer, J., Haber, P., Weitgasser, R., & Lackinger, C. (2019). Lifestyle: physical activity and training as prevention and therapy of type 2 diabetes mellitus (Update 2019). *Wiener Klinische Wochenschrift*, 131(Update), 61–66. <https://doi.org/10.1007/s00508-019-1457-x>. diakses pada 9 april 2021 pukul 11.30 WIB
- Hamrik, Z., Sigmundová, D., Kalman, M., Pavelka, J., & Sigmund, E. (2014). Physical activity and sedentary behaviour in Czech adults: Results from the GPAQ study. *European Journal of Sport Science*, 14(2), 193–198. <https://doi.org/10.1080/17461391.2013.822565> diakses pada 30 mei 2021 pukul 11.00 WIB
- Kementerian Kesehatan RI. (2017). Rencana Aksi Nasional Penyakit Tidak Menular 2015-2019. In *Kementrian Kesehatan RI*. http://p2ptm.kemkes.go.id/uploads/VHcrbkVobjRzUDN3UCs4eUJ0dVBndz09/2018/10/Buku_Rencana_Aksi_Nasional_2015_2019.pdf
- Kementerian Kesehatan RI. (2018). Laporan Riskesdas 2018. *Laporan Nasional Riskesdas 2018*, 53(9), 154–165. [http://www.yankes.kemkes.go.id/assets/downloads/PMK No. 57 Tahun 2013 tentang PTRM.pdf](http://www.yankes.kemkes.go.id/assets/downloads/PMK_No._57_Tahun_2013_tentang_PTRM.pdf)
- Notoatmodjo, S. (2012). *Metodologi Penelitian Kesehatan*. Jakarta: PT. Rineka Cipta.

- Pangirbowo, S. (2020). *Infodatin-2020-Diabetes-Melitus.pdf*. 1–10.
<https://pusdatin.kemkes.go.id/resources/download/pusdatin/infodatin/Infodatin-2020-Diabetes-Melitus.pdf>
- Singh, A., & Purohit, B. (2011). Evaluation of Global Physical Activity Questionnaire (GPAQ) among Healthy and Obese Health Professionals in Central India. *Baltic Journal of Health and Physical Activity*, 3(1), 34–43.
<https://doi.org/10.2478/v10131-011-0004-6> diakses pada 8 juni 2021 pukul 19.10 WIB
- Sugiyono. (2016). *Metode Penelitian Kuantitatif, Kualitatif, dan R & D*. . Bandung: Alfabeta
- Universitas, B. K. (2020). Panduan penulisan karya tulis ilmiah. *Panduan KTI*
- Webber, S. (2013). International Diabetes Federation. *Diabetes Research and Clinical Practice*, 102(2), 147–148.
<https://doi.org/10.1016/j.diabres.2013.10.013>
- World Health Organization, Vilchis-Gil, J., Galván-Portillo, M., Klünder-Klünder, M., Cruz, M., Flores-Huerta, S., Kurdaningsih, S., Sudargo, T., & Lusmilasari, L. (2019). Global Physical Activity questionnaire: GPAQ Version 2.0. *International Journal of Community Medicine and Public Health*, 15(January), 630–635.
http://www.who.int/chp/steps/GPAQ_EN.pdf?ua=1
- WHO. (2017). *Diabetes*. Retrieved from <https://www.who.int/en/news-room/fact-sheets/detail/diabetes>