

DAFTAR PUSTAKA

- Abdelaal, M., le Roux, C. W., & Docherty, N. G. (2017). Morbidity and mortality associated with obesity. *Annals of translational medicine*, 5(7), 161. <https://doi.org/10.21037/atm.2017.03.107>
- Atakan, M. M., Li, Y., Koşar, Ş. N., Turnagöl, H. H., & Yan, X. (2021). Evidence-Based Effects of High-Intensity Interval Training on Exercise Capacity and Health: A Review with Historical Perspective. *International journal of environmental research and public health*, 18(13), 7201. <https://doi.org/10.3390/ijerph18137201>
- Azadpour N., Tartibian B., Kosar S.N. Effects of aerobic exercise training on ACE and ADRB2 gene expression, plasma angiotensin II level, and flow-mediated dilation: A study on obese postmenopausal women with prehypertension. *Menopause*. 2017;24:269–277. doi: 10.1097/GME.0000000000000762.
- Borg GA: Psychophysical basis of perceived exertion. *Med Sci Sports Exerc* 1982;14:377–381
- Borrega-Mouquinho, Y., Sánchez-Gómez, J., Fuentes-García, J. P., Collado-Mateo, D., & Villafaina, S. (2021). Effects of High-Intensity Interval Training and Moderate-Intensity Training on Stress, Depression, Anxiety, and Resilience in Healthy Adults During Coronavirus Disease 2019 Confinement: A Randomized Controlled Trial. *Frontiers in psychology*, 12, 643069. <https://doi.org/10.3389/fpsyg.2021.643069>
- Burgomaster K.A., Howarth K.R., Phillips S.M., Rakobowchuk M., Macdonald M.J., McGee S.L., Gibala M.J. Similar metabolic adaptations during exercise after low volume sprint interval and traditional endurance training in humans. *J. Physiol*. 2008;586:151–160. doi: 10.1113/jphysiol.2007.142109.

- Childs, E., & de Wit, H. (2014). Regular exercise is associated with emotional resilience to acute stress in healthy adults. *Frontiers in physiology*, 5, 161. <https://doi.org/10.3389/fphys.2014.00161>
- Chu B, Marwaha K, Sanvictores T, et al. Physiology, Stress Reaction. [Updated 2024 May 7]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK541120/>
- Clifford K, Woodfield JC, Tait W, Campbell HA, Baldi JC. Association of preoperative high-intensity interval training with cardiorespiratory fitness and postoperative outcomes among adults undergoing major surgery. *JAMA Netw Open*. 2023;6:1–15. doi: 10.1001/jamanetworkopen.2023.20527.
- Cohen, S. and Williamson, G. Perceived Stress in a Probability Sample of the United States. Spacapan, S. and Oskamp, S. (Eds.) *The Social*
- Camacho, S., & Ruppel, A. (2017). Is the calorie concept a real solution to the obesity epidemic?. *Global health action*, 10(1), 1289650. <https://doi.org/10.1080/16549716.2017.1289650>
- Dinas, P. C., Koutedakis, Y., & Flouris, A. D. (2011). Effects of exercise and physical activity on depression. *Irish journal of medical science*, 180(2), 319–325. <https://doi.org/10.1007/s11845-010-0633-9>
- Folkman, S. (2008). The case for positive emotions in the stress process. *Anxiety Stress Coping* 21, 3–14. doi: 10.1080/10615800701740457
- Folkman, S., and Moskowitz, J. T. (2000). Positive affect and the other side of coping. *Am. Psychol.* 55, 647–654. doi: 10.1037/0003-066X.55.6.647.

- Folkman, S., and Moskowitz, J. T. (2004). Coping: pitfalls and promise. *Annu. Rev. Psychol.* 55, 745–774. doi: 10.1146/annurev.psych.55.090902.141456.
- Fontaine, K. R., Redden, D. T., Wang, C., Westfall, A. O., & Allison, D. B. (2003). Years of life lost due to obesity. *JAMA*, 289(2), 187–193. <https://doi.org/10.1001/jama.289.2.187>
- Fruh S. M. (2017). Obesity: Risk factors, complications, and strategies for sustainable long-term weight management. *Journal of the American Association of Nurse Practitioners*, 29(S1), S3–S14. <https://doi.org/10.1002/2327-6924.12510>.
- Fisher, G., Brown, A. W., Bohan Brown, M. M., Alcorn, A., Noles, C., Winwood, L., Resuehr, H., George, B., Jeansonne, M. M., & Allison, D. B. (2015). High Intensity Interval- vs Moderate Intensity- Training for Improving Cardiometabolic Health in Overweight or Obese Males: A Randomized Controlled Trial *PloS one*, 10(10), e0138853. <https://doi.org/10.1371/journal.pone.0138853>
- Gibala M.J., Little J.P., Macdonald M.J., Hawley J.A. Physiological adaptations to low-volume, high-intensity interval training in health and disease. *J. Physiol.* 2012;590:1077–1084. doi: 10.1113/jphysiol.2011.224725.
- Gibala M.J., Little J.P., van Essen M., Wilkin G.P., Burgomaster K.A., Safdar A., Raha S., Tarnopolsky M.A. Short-term sprint interval versus traditional endurance training: Similar initial adaptations in human skeletal muscle and exercise performance. *J. Physiol.* 2019;617:2503–2517. doi: 10.1111/add.14793. Epub 2019 Nov 6. PMID: 31454123.
- Gunawan, C. (2022, March 24). *Data: Jakarta, Kota Dengan tingkat Stres Ke Sembilan dunia*. Gokepri VAAY. <https://gokepri.com/data-jakarta-kota-dengan-tingkat-stres-ke-semilan-dunia/>

- Goodwin R. D. (2003). Association between physical activity and mental disorders among adults in the United States. *Preventive medicine*, 36(6), 698–703. [https://doi.org/10.1016/s0091-7435\(03\)00042-2](https://doi.org/10.1016/s0091-7435(03)00042-2)
- Haskell, W. L., Lee, I. M., Pate, R. R., Powell, K. E., Blair, S. N., Franklin, B. A., Macera, C. A., Heath, G. W., Thompson, P. D., & Bauman, A. (2007). Physical activity and public health: updated recommendation for adults from the American College of Sports Medicine and the American Heart Association. *Medicine and science in sports and exercise*, 39(8), 1423–1434. <https://doi.org/10.1249/mss.0b013e3180616b27>
- Ip EJ, Nguyen K, Shah BM, et al. Motivations and Predictors of Cheating in Pharmacy School. *Am J Pharm Educ*. 2016;80:133–133.
- Metcalf R.S., Babraj J.A., Fawcner S.G., Vollaard N.B. Towards the minimal amount of exercise for improving metabolic health: Beneficial effects of reduced-exertion high-intensity interval training. *Eur. J. Appl. Physiol*. 2012;112:2767–2775. doi: 10.1007/s00421-011-2254-z.
- Mishra, P., Pandey, C. M., Singh, U., Gupta, A., Sahu, C., & Keshri, A. (2019). Descriptive statistics and normality tests for statistical data. *Annals of cardiac anaesthesia*, 22(1), 67–72. https://doi.org/10.4103/aca.ACA_157_18
- McDonald, J. H. (2014). *Handbook of Biological Statistics* (3rd ed.). Sparky House Publishing.
- Nuttall F. Q. (2015). Body Mass Index: Obesity, BMI, and Health: A Critical Review. *Nutrition today*, 50(3), 117–128. <https://doi.org/10.1097/NT.0000000000000092>

Unicef, (2018). *Landscape analysis of overweight and obesity in Indonesia*. United Nations Children's Fund.

Pescatello L.S. ACSM's Guidelines for Exercise Testing and Prescription. 9th ed. Wolters Kluwer/Lippincott Williams & Wilkins Health; Philadelphia, PA, USA: 2014. pp. 19–38.

Psychology of Health. Newbury Park, CA: Sage, 1988.

Pedisic Z., Shrestha N., Kovalchik S., Stamatakis E., Liangruenrom N., Grgic J., Titze S., Biddle S.J., Bauman A.E., Oja P. Is running associated with a lower risk of all-cause, cardiovascular and cancer mortality, and is the more the better? A systematic review and meta-analysis. *Br. J. Sports Med.* 2020;54:898–905. doi: 10.1136/bjsports-2018-100493.

Panuganti KK, Nguyen M, Kshirsagar RK. Obesity. [Updated 2023 Aug 8]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK459357/>

Sabag A., Little J.P., Johnson N.A. Low volume high-intensity interval training for cardiometabolic health. *J. Physiol.* 2021 doi: 10.1113/JP281210.

Samitz, G., Egger, M., & Zwahlen, M. (2011). Domains of physical activity and all-cause mortality: systematic review and dose-response meta-analysis of cohort studies. *International journal of epidemiology*, 40(5), 1382–1400. <https://doi.org/10.1093/ije/dyr112>

Taylor JL, Holland DJ, Spathis JG, Beetham KS, Wisløff U, Keating SE, Coombes JS. Guidelines for the delivery and monitoring of high intensity interval training in clinical populations. *Progress in cardiovascular diseases*. 2019 Mar 1;62(2):140-6.

Tsigos C, Kyrou I, Kassi E, et al. Stress: Endocrine Physiology and Pathophysiology. [Updated 2020 Oct 17]. 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/NBK278995/>

Warburton, D. E., McKenzie, D. C., Haykowsky, M. J., Taylor, A., Shoemaker, P., Ignaszewski, A. P., & Chan, S. Y. (2005). Effectiveness of high-intensity interval training for the rehabilitation of patients with coronary artery disease. *The American journal of cardiology*, 95(9), 1080–1084. <https://doi.org/10.1016/j.amjcard.2004.12.063>

Yoon, E. S., So, W. Y., & Jang, S. (2023). Association between Perceived Psychological Stress and Exercise Behaviors: A Cross-Sectional Study Using the Survey of National Physical Fitness. *Life*, 13(10), 2059. <https://doi.org/10.3390/ife13102059>

