

## DAFTAR PUSTAKA

- Akil, Luma; Ahmad, A. (2012). Relationships between Obesity and Cardiovascular Diseases in Four Southern States and Colorado. *NIH Public Access*. <https://doi.org/10.1353/hpu.2011.0166>.Relationships
- Alan, M.A.; Leddin, R.; Subhan, M. Rahman, M.M.; Jaim, P.; Reza, H. M. (2013). Benefisial Role of Bitter Melon Supplementation in Obesity and Related Complication Metabolic Syndrome. *J. Lipids*.
- Alwi, H. (2007). *Kamus Besar Bahasa Indonesia*. Jakarta: Balai Pustaka.
- Badan Penelitian dan Pengembangan Kesehatan. (2013). Riset Kesehatan Dasar (RISKESDAS) 2013. *Laporan Nasional 2013*, 1–384. <https://doi.org/10.1353/hpu.2011.0166>. Desember 2013
- Bhabha, J. (2013). Adolescents: current rights for future opportunities (pp. 23–25). <https://doi.org/10.1155/2014/964236> unicef regional office for south asia (ROSA)
- Bhurosy, T., & Jeewon, R. (2014). Overweight and obesity epidemic in developing countries: A problem with diet, physical activity, or socioeconomic status? *Scientific World Journal*, 2014. <https://doi.org/10.1155/2014/964236>
- Bjerkest, O., Pal, R., Jonathan, E., & David, G. (2008). Association of Adult Body Mass Index and Height with Anxiety, Depression and Suicide in the General Population : The HUNT Study. *American Journal of Epidemiology*, 167(2), 193–202. Retrieved from <https://doi.org/10.1093/aje/kwm280>
- Callaway, E. (2008). Fat children may be tied to a lifetime of obesity. *New Scientist*. Retrieved from <https://www.newscientist.com/article/dn13833-fat-children-may-be-tied-to-a-lifetime-of-obesity/>
- Caninsti, R. (2013). Kecemasan dan Depresi pada Pasien Gagal Ginjal Kronis yang Menjalani Terapi Hemodialisis. *Jurnal Psikologi Ulayat*, 1(2), 207–222.
- Cash, T. F. (2004). Body image: Past, present, and future. *Body Image*, 1(1), 1–5. [https://doi.org/10.1016/S1740-1445\(03\)00011-1](https://doi.org/10.1016/S1740-1445(03)00011-1)

CDC. (2017). Childhood Obesity Facts. Retrieved May 22, 2018, from  
<https://www.cdc.gov/obesity/data/childhood.html>

Cembrowics, S; Kingham, D. (2002). *Beating Depression The “At Your Fingertip” Guide The Complete Guide to Depression and How to Overcome it.* London: Class Publishing.

Center for Health Statistics, N. (2017). *National Health and Nutrition Examination Survey.* Retrieved from  
[https://www.cdc.gov/nchs/data/factsheets/factsheet\\_nhanes.pdf](https://www.cdc.gov/nchs/data/factsheets/factsheet_nhanes.pdf)

Crawford, N. (2016). Obesity changes the way our endocrine system functions. Retrieved from <https://www.kevinmd.com/blog/2016/07/obesity-changes-way-endocrine-system-functions.html>

Danielle, B., Robert, P., & Nancy, P. (2008). Gender difference in association between body mass index and DSM - IV mood and anxiety disorders: Result from the National Epidemiologic Survey on Alcohol and Related Condition. *Ann Epidemiol, 18*(6).  
<https://doi.org/10.1016/j.annepidem.2007.12.009>

Darmayanti, N. (2008). Meta-Analisis : Gender dan Depresi pada Remaja. *Jurnal Psikologi, volume 35*(2), 164–180.

Dewi, S. (2000). Hubungan Kecenderungan Kepribadian Introvert-Ekstrovert dan Motif Berprestasi pad Mahasiswa. *Fakultas Biologi Universitas 17 Agustus 1992 Surabaya.*

Donner, N. C., & Lowry, C. A. (2014). Sex differences in anxiety and emotional behavior. *NIH Public Access, 465*(5), 601–626.  
<https://doi.org/10.1007/s00424-013-1271-7.Sex>

E, D.-T., Diane, & R, T. (2002). The noonday Demon: An Atlas of Depression. *Journal of the American Academy of Child & Adolescent Psychiatry, 41*, 749–750.

Fatimah, N. (2014). *Perbedaan antara Obesitas dan Non-Obesitas Terhadap Kejadian Depresi pada Ibu Rumah Tangga di Daerah Kelurahan Cililitan, Jakarta Timur.* Universitas Islam Negeri Syarif Hidayatullah Jakarta.

Fatturahmi, A. (2016). Kultur Sekolah di SMA Negeri 5 Yogyakrta. *Jurnal Kebijakan Pendiikan, V*(6), 613–625.

- Friedman, A. R. (2012). Grief, Depression, and DSM-5. *The New England Journal of Medicine*, 1855–1857.
- Gaidhane, M. (2009). *Association between Obesity and Depression and Anxiety Disorder: Result from the 2008 National Health Interview Survey*. Retrieved from <https://scholarscompass.vcu.edu/etd/1988>
- Gariepy, G., Nitka, D., & Schmitz, N. (2010). The association between obesity and anxiety disorders in the population: A systematic review and meta-analysis. *International Journal of Obesity*, 34(3), 407–419. <https://doi.org/10.1038/ijo.2009.252>
- Giampaoli, S. V. (2016). [Obesity and diabetes, a global problem: what does recent data tell us?]. *Igiene e Sanita Publica*.
- Guyton, A.C.; Hall, J. . (2007). Keseimbangan Diet, Pengaturan Makan, Obesitas dan Kelaparan. In *Buku Ajar Fisiologi Kedokteran* (5th ed.). Jakarta: EGC.
- Hadyan, N. (2013). Hubungan Antara Body Mass Index (BMI) dengan Kecemasan. *Universitas Diponegoro*.
- Hardy, P. (2009). [Severe depression : morbidity-mortality and suicide]. Retrieved May 22, 2018, from <https://www.ncbi.nlm.nih.gov/pubmed/20141785>
- Hardywinoto, S. T. (1999). *Panduan Gerontologi Tinjauan dari Berbagai Aspek*. Jakarta: PT. Gramedia.
- Hartanto, F. (2005). Citra tubuh dan kecemasan menghadapi obesitas pada remaja putri dengan kelebihan berat badan. *Fakultas Psikologi Universitas Katolik Widya Mandala Surabaya*.
- Hassan, F. (2003). *Kamus Istilah Psikologi*. Jakarta: Progres.
- Health Canada. (2002). Anxiety Disorder. In Health Canada Editorial Board Mental Illnesses in Canada (Ed.), *A Report on Mental Illnesses in Canada* (pp. 59–68). Ottawa, Ontario. <https://doi.org/ISBN H39-643/2002E>
- Hurlock, E. B. (1996). *Psikologi Perkembangan : Suatu Perkembangan Sepanjang Rentang Kehidupan* (5th ed.). Jakarta: PT. Erlangga.

Husnah, H. (2012). Tatalaksana Obesitas. *Jurnal Kedokteran Syiah Kuala*, 12(2), 99–104. Retrieved from <http://www.jurnal.unsyiah.ac.id/JKS/article/viewFile/3506/3259>

Indra, M. R. (2006). Dasar Genetik Obesitas Viseral. *Jurnal Kedokteran Brawijaya*, 22(4), 10–17. <https://doi.org/10.21776/ub.jkb.2006.022.01.3>

International Obesity Task Force, W. (2000). *The Asia-Pacific perspective: redefining obesity and its treatment*. Geneva, Switzerland: World Health Organization. <https://doi.org/0-9577082-1-1>

Kadir, A. (2015). Penentuan Kriteria Obesitas. In ARENA *Jurnal Ilmu Keolahragaan* (Vol. 7). Universitas Negeri Surabaya.

Kaplan, H.I.; Sadock, B. J. (2010). *Sinopsis Psikiatri* (Edisi VII). Jakarta: Binarupa Aksara.

Kaplan, H. . (2010). *Ilmu Kedokteran Jiwa Darurat*. Jakarta: Widya Medika.

Katz, C.; Stein, M.B.; Sareen, J. (2013). Anxiety Disorder in the DSM-5 : New Rules on Diagnosis and Treatment. Mood and Anxiety Disorder Round. *Canadian Network for Mood and Anxiety Treatment*, 2, 1–4.

Kaur, S., & Walia, I. (2007). Body mass index, waist circumference and waist hip ratio among nursing students. *Nursing and Midwifery Research Journal*, 3(2), 84–90.

Kearns, K., Dee, A., Fitzgerald, A. P., Doherty, E., & Perry, I. J. (2014). Chronic disease burden associated with overweight and obesity in Ireland: The effects of a small BMI reduction at population level. *BMC Public Health*, 14(1), 1–10. <https://doi.org/10.1186/1471-2458-14-143>

Kemenkes. (2012). *Pedoman Pencegahan dan Penanggulangan Kegemukan dan Obesitas pada Anak Sekolah*. Kementerian Kesehatan Republik Indonesia.

Kennedy, E. (2013). The obesity crisis. In M. . K. K. . R. M. . V. A. M. . B. H. K. . B. M. . C. J. . L. A. . M. V. Eggersdorfer (Ed.), *The Road to Good Nutrition A Good Perspective* (p. 59). Switzerland: KARGER Publisher. Retrieved from <http://www.guardian.co.uk/society/series/the-obesity-crisis%5Cnhttp://www.guardian.co.uk/society/2013/feb/18/doctors-soft-drinks-tax-obesity>

Kinanti, I. (2010). Gambaran Citra Tubuh pada Remaja yang Mengalami Obesitas. *Universitas Sumatera Utara*.

Klein, S., Allison, D. B., Heymsfield, S. B., Kelley, D. E., Leibel, R. L., Nonas, C., & Kahn, R. (2007). Waist circumference and cardiometabolic risk: A consensus statement from Shaping America's Health: Association for Weight Management and Obesity Prevention; NAASO, the Obesity Society; the American Society for Nutrition; and the American Diabetes Associat. *Diabetes Care*, 30(6), 1647–1652. <https://doi.org/10.2337/dc07-9921>

Lifshitz, F. (2008). Obesity in children. *Journal of Clinical Research in Pediatric Endocrinology*, 1(2), 53–60.  
<https://doi.org/10.4008/jcrpe.v1i2.35>

Looker, T; Gregson, O. (2005). *Managing Stress: Mengatasi Stress Secara Mandiri*. Yogyakarta: Buku Baik.

Luppino, F., Leonere, M., Paul, F., Theo, S., Pim, C., & Brenda, W. (2010). Overweight, Obesity, and Depression. a systematic review and meta-analysis of longitudinal studies. *Arch Gen Psychiatry*, 29, 220.

Marcus, Marina; Yasamy, M. Taghi; Ommeren, Mark; Chisholm, Dan; Saxena, S. (2012). Depression, a global public health concern. *WHO Department of Mental Health and Substance Abuse*, 1–8. [https://doi.org/10.1007/978-3-642-11688-9\\_20](https://doi.org/10.1007/978-3-642-11688-9_20)

Maryani, E., & Sunarti. (2013). Rasio Lingkar Pinggang dan Pinggul Dengan Penyakit Jantung Koroner Di RSUD Kabupaten Sukoharjo. *Buletin Penelitian Sistem Kesehatan*, 16(1), 73–82.

Maslim, R. (2013). *Diagnosis Gangguan Jiwa Rujukan Ringkas dari PPDGJ III dan DSM 5*. Jakarta: Bagian Ilmu Kedokteran Jiwa FK-Unika Atmajaya.

Misnadiarly. (2007). *Obesitas: Sebagai Faktor Resiko beberapa Penyakit*. ( yayasan pustaka obor Indonesia, Ed.) (pertama). Jakarta.

National Alliance of Mental Illness. (2013). Mental Illness Facts and Numbers, 1, 1–2. Retrieved from [http://www.nami.org/factsheets/mentalillness\\_factsheet.pdf](http://www.nami.org/factsheets/mentalillness_factsheet.pdf)

National Institute of Mental Health. (2008). Depression: What you need to know. *Practice Nurse*, 36(10), 16–19.

<https://doi.org/10.1177/1066480711429265>

National Institute of Mental Health. (2016). Anxiety Disorders. Retrieved May 23, 2018, from <https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

National Institute of Mental Health. (2018). Depression. Retrieved May 12, 2018, from <https://www.nimh.nih.gov/health/topics/depression/index.shtml>

Nemiray, D., Shim, R., Mattox, G., & Holden, K. (2013). The Relationship Between Obesity and Depression Among Adolescents. *Psychiatr Ann*, 42(8), 305–308. <https://doi.org/10.3928/00485713-20120806-09>. The

Norfazilah, Ahmad; Samia Ibrahim Mohamed, Adam; Azmawati Mohammed, Nawi; Mohd Rohaizat, Hassan; Hasanain Faisal, G. (2016). Abdominal Obesity Indicators: Waist Circumference or Waist-to-hip Ratio in Malaysian Adults Population. *International Journal of Preventive Medicine*. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4910307/?report=reader>

Nurcahyo, F. (2011). Kaitan Antara Obesitas dan Aktifitas Fisik. *Medikora*, 7(1), 87–96.

Nursalam. (2013). *Metodologi Penelitian Ilmu Keperawatan: Pendekatan Praktis*. Jakarta: Salemba Medika.

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>

OECD Health statistic. (2017). Obesity Update 2017. *Diabetologe*, 13(5), 331–341. <https://doi.org/10.1007/s11428-017-0241-7>

Onyike, C. U., Crum, R. M., Lee, H. B., Lyketsos, C. G., & Eaton, W. W. (2003). Is Obesity Associated with Major Depression? Results from the Third National Health and Nutrition Examination Survey. *American Journal of Epidemiology*, 158(12), 1139–1147.  
<https://doi.org/10.1093/aje/kwg275>

Patidar, O. (2013). Higher Prevalence Rate of CHD in 'Apple Type of Obesity' Cases as Compared to "Pear Type Obesity" Cases. *Indian Journal of Clinical Practice*, 23(12), 791–794.

Pereira, P. F., Serrano, H. M. S., Carvalho, G. Q., Lamounier, J. A., Peluzio, M. do C. G., Franceschini, S. do C. C., & Priore, S. E. (2010). Waist Circumference as an Indicator of Body Fat and Metabolic Disorder and Adolescent: A comparison Four Criteria. *Revista Da Associação Médica Brasileira*, 56(6), 665–669. <https://doi.org/10.1590/S0104-42302010000600014>

Pimentel, A., F, A., R, M., & Pereira, H. (2012). Depression and Social Support in old age. *Psicologia, Saude & Doences*, 13 (2), 311–327.

Praptiwi, M. S., & Indrawati, E. S. (2015). Efikasi diri dan kecemasan dalam kompetisi berwirausaha pada anggota HIPMI Universitas Diponegoro Semarang. *Jurnal Empati*, 4(1), 106–110.

Putri, S. R., & A, D. I. (2015). Obesitas sebagai Faktor Resiko Peningkatan Kadar Trigliserida Obesity as Risk Factor of Higher Triglyceride Level. *Majority*, 4, 78.

Raucoules, S; Levy, C; Azorin, J.M.; Bruno, M; Valli, M. (1992). [Plasma levels of MHPG, HVA and total 5-HIAA in depression. Preliminary study]. *Elsevier Masson*. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/1285270>

Robert, M.A.; Hirschfeld, M. D. . (1999). Personality Disorder and Depression: Comorbidity. *Depression and Anxiety*, 142–146.

Roberts, R. E., Deleger, S., Strawbridge, W. J., & Kaplan, G. A. (2003). Prospective association between obesity and depression: Evidence from the Alameda County Study. *International Journal of Obesity*, 27(4), 514–521. <https://doi.org/10.1038/sj.ijo.0802204>

Rudy, M.; Widyadharma, P.E.; Andyana, O. (2015). Reability Indonesian Version of The Hospital Anxiety and Depression Disorder Scale (HADS) of Stroke Patients in Sanglah General Hospital Denpasar. *Departement of Neurology, Faculty of Medicine Udayana University*.

Saboori, H. (2016). Relationship between personality and depression among High School Students in Tehran-Iran, (1), 556–565.

Sadock, B.J.; Sadock, V. A. (2007). Depression and Bipolar Disorder. In *Synopsis of Psychiatri* (10th editi). Lippincott Williams & Wilkins.

Saifudin, Moh.; Tubagus, R. (2014). Pengaruh Terapi Meditasi Terhadap

Penurunan Tingkat Kecemasan pada Remaja di Panti Asuhan Pancasila  
Yayasan SPMAA Desa Turi Kecamatan Turi Kabupaten Lamongan.

- Sajogo, I., Gozali, E. W., & Purnomo, W. (2012). Laporan Penelitian  
HUBUNGAN ANTARA TINGKAT OVERWEIGHT-OBESITAS DAN  
GEJALA DEPRESI PADA REMAJA SMA SWASTA DI SURABAYA.  
Retrieved from [http://journal.unair.ac.id/download-fullpapers-OVERWEIGHT-OBESITAS-DAN-GEJALA-DEPRESI\\_Ivana.pdf](http://journal.unair.ac.id/download-fullpapers-OVERWEIGHT-OBESITAS-DAN-GEJALA-DEPRESI_Ivana.pdf)
- Sandjaja, & Sudikno. (2005). Prevalensi Gizi Lebih dan Obesitas Penduduk  
Dewasa di Indonesia. *Jurnal Gizi Indonesia*, (31), 1–7.
- Santrock, J. W. (2011). *Perkembangan Masa Hidup*. (Benedictine Widyasinta,  
Ed.) (3rd ed.). Jakarta: PT. Erlangga.
- Sari, S. Z. (2016). *Dukungan Sosial dan Depresi: Studi Meta Analisis.  
Psychology & Humanity*. Malang.
- Sartika, R. A. D. (2011). Faktor Risiko Obesitas pada Anak 5-15 Tahun di  
Indonesia. *Makara, Kesehatan*, 15(1), 37–43.  
<https://doi.org/10.1371/journal.pone.0039007>
- Savitri. (2003). *Kecemasan Bagaimana Mengatasinya Penyebabnya*. Pustaka  
Populer Obor.
- Simon, G. E., Von Korff, M., Saunders, K., Miglioretti, D. L., Crane, P. K., Van  
Belle, G., & Kessler, R. C. (2006). Association between obesity and  
psychiatric disorders in the US adult population. *Archives of General  
Psychiatry*, 63(7), 824–830. <https://doi.org/10.1001/archpsyc.63.7.824>
- Spittlehouse, J.K.; Pearson, J.F.; Luty, S. E. (2010). Measures of Temperament  
and Character are Differentially Impacted on by Depression Severity.  
*Journal of Affective Disorder*, 126; 140-146.
- Stadler, C., Feifel, J., Rohrmann, S., Vermeiren, R., & Poustka, F. (2010). Peer-  
victimization and mental health problems in adolescents: Are Parental and  
school support protective? *Child Psychiatry and Human Development*,  
41(4), 371–386. <https://doi.org/10.1007/s10578-010-0174-5>
- Strasser, B. (2013). Physical activity in obesity and metabolic syndrome. *Annals  
of the New York Academy of Sciences*, 1281(1), 141–159.  
<https://doi.org/10.1111/j.1749-6632.2012.06785.x>

Sudoyo, A. W., Setiyohadi, B. G., Alwi, I., Simadibrata, Marcellus, & Setiati, S. (2009). *Buku Ajar Ilmu Penyakit Dalam Edisi V*.

Taylor, E. D. (2009). Orthopedic Complications of Overweight in Children and Adolescents. *NIH Public Access*, 292(3), 342–351.  
<https://doi.org/10.1002/ar.20849.3D>

The GBD 2015 Obesity Collaborators. (2017). Health Effects of Overweight and Obesity in 195 Countries over 25 Years. *New England Journal of Medicine*, 377(1), 13–27. <https://doi.org/10.1056/NEJMoa1614362>

Tiller, J. W. G. (2012). Depression and anxiety. *Medical Journal of Australia*, 1(October), 28–32. <https://doi.org/10.5694/mja12.10628>

Trisnapati, I Kadek; Yuliadi. Istar; Priyatama, A. N. (2011). Keefektifan Pelatihan Kebermaknaan Hidup terhadap Penurunan Tingkat Depresi pada Lansia di Panti Wreda Dharma Bakti Surakarta. *Universitas Sebelas Maret Surakarta*, 013, 1–6.

Van Den Berg, P., Neumark-Sztainer, D., Eisenberg, M. E., & Haines, J. (2008). Racial/ethnic differences in weight-related teasing in adolescents. *Obesity*, 16(SUPPL. 2), 3–10. <https://doi.org/10.1038/oby.2008.368>

Vos, T., Allen, C., Arora, M., Barber, R. M., Brown, A., Carter, A., ... Zuhlke, L. J. (2016). Global, regional, and national incidence, prevalence, and years lived with disability for 310 diseases and injuries, 1990–2015: a systematic analysis for the Global Burden of Disease Study 2015. *The Lancet*, 388(10053), 1545–1602. [https://doi.org/10.1016/S0140-6736\(16\)31678-6](https://doi.org/10.1016/S0140-6736(16)31678-6)

Weaver, J. . (2008). Classical endocrine diseases causing obesity. Retrieved May 23, 2018, from <https://www.ncbi.nlm.nih.gov/pubmed/18230905>

Weni Kurdanti, Isti Suryani, Nurul Huda Syamsiatun, Listiana Purnaning Siwi, Mahardika Marta Adityanti, Diana Mustikaningsih, K. I. S. (2015). Faktor-faktor yang mempengaruhi kejadian obesitas pada remaja. *Jurnal Gizi Klinik Indonesia*, 11(04), 179–190. <https://doi.org/10.22146/ijcn.22900>

WHO. (2006). BMI classification. Retrieved February 12, 2018, from <http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/body-mass-index-bmi>

WHO. (2008). *Waist Circumference and Waist-Hip Ratio: Report of a WHO*

*Expert Consultation. World Health Organization.* Geneva.  
<https://doi.org/10.1038/ejcn.2009.139>

WHO. (2017a). *Depression and other common mental disorders: global health estimates.* World Health Organization. Geneva. <https://doi.org/CC BY-NC-SA 3.0 IGO>

WHO. (2017b). Obesity and overweight. Retrieved May 23, 2018, from  
<http://www.who.int/en/news-room/fact-sheets/detail/obesity-and-overweight>

Wilborn, C., Beckham, J., Campbell, B., Harvey, T., Galbreath, M., La Bounty, P., ... Kreider, R. (2005). Obesity: Prevalence, Theories, Medical Consequences, Management, and Research Directions. *Journal of the International Society of Sports Nutrition*, 2(2), 4.  
<https://doi.org/10.1186/1550-2783-2-2-4>

Zammit, C., Liddicoat, H., Moonsie, I., & Makker, H. (2010). Obesity and respiratory diseases. *International Journal of General Medicine*, 3, 335–343. <https://doi.org/10.2147/IJGM.S11926>