

DAFTAR PUSTAKA

Al_Qur'an dan Terjemahan

- Adıgüzel, İ., Raika Durusoy Onmuş, İ., Mandıracıoğlu, A. and Aslı Öcek, Z. (2021). Adaptation of the Global Physical Activity Questionnaire (GPAQ) into Turkish: A validation and reliability study. *Turkish Journal of Physical Medicine and Rehabilitation*, 67(2), pp.175–186. doi:<https://doi.org/10.5606/tftrd.2021.1675>.
- Aditya, s. And anggara mukti, k. (2025). View of islam dan kebugaran sehatkan tubuh menguatkan iman. [online] jipkm.com. Available at: <https://jipkm.com/index.php/islamologi/article/view/43/35> [accessed 21 oct. 2025].
- Akbar, d.l. and budiyanto, b. (2020). Konsep kesehatan dalam al-qur'an dan hadis. *Al-bayan: jurnal ilmu al-qur'an dan hadist*, 3(2), pp.157–173. Doi:<https://doi.org/10.35132/albayan.v4i2.90>.
- Aldi, m. And nur wahyuni, e. (2025). The islamic method in the qur'an: keeping life in equilibrium. *Journal of english language and education*, 10(2), pp.629–640. Doi:<https://doi.org/10.31004/jele.v10i2.805>.
- al-Ṭabarī, M. ibn Jarīr (2001) *Jāmi' al-Bayān 'an Ta'wīl Āy al-Qur'ān*. Tahqīq: Aḥmad Muḥammad Shākir. Beirut: Mu'assasat al-Risālah.
- al-Marāghī, A. M. (1946) *Tafsīr al-Marāghī*. Cairo: Maṭba'ah Musthafa al-Bābī al-Ḥalabī.
- al-Qurṭubī, M. A. (1964) *al-Jāmi' li Ahkām al-Qur'ān*. Cairo: Dār al-Kutub al-Miṣriyyah.
- Andri anwar, nurmiati muchlis and ahri, r.a. (2020). Pengaruh kepemimpinan, organisasi, tim peningkatan mutu dan efikasi diri terhadap penilaian status akreditasi puskesmas di kota makassar tahun 2016-2019. *Journal of aafiyah health research (jahr)*, 1(2), pp.28–43. Doi:<https://doi.org/10.52103/jahr.v1i2.237>.
- Anwar, k. And novtia ristiana khalda (2023). Hubungan konsumsi sugar sweetened beverages dengan rasio lingkar pinggang pinggul pada remaja di jakarta selatan. *Jurnal ilmu gizi dan dietetik*, 2(3), pp.221–229. Doi:<https://doi.org/10.25182/jigd.2023.2.3.221-229>.
- Aufa, e.s., firdaus, m.n. and fadilurrahman, m.a. (2024). Kesehatan sebagai ibadah: mengapa menjaga tubuh adalah bagian dari keimanan. *Jurnal ilmiah pendidikan islam*, 1(4), pp.48–56. Doi:<https://doi.org/10.61132/ikhlas.v1i4.121>.
- Budyono, c., mas, s., ima arum lestarini, novia, niti wedayani, eka arie yuliani and sekar partiwi (2022). Edukasi tentang faktor risiko, serta bahaya obesitas pada pandemi covid 19 di poli penyakit dalam rumah sakit akademik universitas

- mataram. Jurnal pengabdian magister pendidikan ipa, 5(3), pp.219–222. Doi:<https://doi.org/10.29303/jpmpti.v5i3.2131>.
- 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. and lambert, e. (2020). World health organization 2020 guidelines on physical activity and sedentary behaviour. *British journal of sports medicine*, [online] 54(24), pp.1451–1462. Doi:<https://doi.org/10.1136/bjsports-2020-102955>.
- Centers for Disease Control and Prevention (CDC) 2021, *NHANES Anthropometry Procedures Manual (2021)*, National Center for Health Statistics.
- Dewangga, m.w. (2023). View of analisis konsep: aktivitas fisik dan latihan fisik. [online] [usahidsolo.ac.id](https://jurnal.usahidsolo.ac.id/index.php/senriabdi/article/view/1592/1110). Available at: <https://jurnal.usahidsolo.ac.id/index.php/senriabdi/article/view/1592/1110> [accessed 3 jan. 2023].
- Etika ratna noer, nani maharani, ani margawati and florencia, d. (2023). Conicity index, lingkar pinggang, dan rasio lingkar pinggang-tinggi badan dengan kadar glukosa darah puasa pada dewasa. *Journal of the indonesian nutrition association*, 46(1), pp.99–108. Doi:<https://doi.org/10.36457/gizindo.v46i1.737>.
- Fitri, n.k., sari, d.k. and lipoeto, n.i. (2024). Anthropometric and body composition analysis in obese and non-obese subjects in three major cities in indonesia: a cross-sectional study. *Human nutrition & metabolism*, [online] 37(9), p.200271. Doi:<https://doi.org/10.1016/j.hnm.2024.200271>.
- H heriyanto, indah sari is, a aristoteles and bastian, b. (2022). Analisis aktivitas fisik ringan dan berat terhadap kadar hemoglobin. *Jurnal kesehatan saelmakers perdana*, 5(1), pp.211–216. Doi:<https://doi.org/10.32524/jksp.v5i1.406>.
- Ibn Kathīr, I. (1999) *Tafsīr al-Qur’ān al-‘Aẓīm*. Beirut: Dār Ṭayyibah.
- Ika, rohani, sherly ananda and sifa safitri (2023). Pandangan islam tentang kesehatan dan higenitas. *Jurnal pendidikan, sains dan teknologi*, 2(1), pp.516–524. Doi:<https://doi.org/10.47233/jpst.v2i3.1041>.
- International diabetes federation (2006). Metabolic syndrome. [online] available at: <https://idf.org/media/uploads/2023/05/attachments-30.pdf>.
- Kim, H., Kim, S.-E. and Sung, M.-K. (2025). Sex and Gender Differences in Obesity: Biological, Sociocultural, and Clinical Perspectives. *PubMed*, 43(4). doi:<https://doi.org/10.5534/wjmh.250126>.
- Kusumo, m.p. (2020). Buku pemantauan aktivitas fisik mahendro prasetyo kusumo. [online] available at: <https://repository.umy.ac.id/bitstream/handle/123456789/35896/buku%20pemantauan%20aktivitas%20fisik.pdf?sequence=1>.

- Lee, s.m., hong, m. And ryoo, j.-h. (2024). Sex-differential effect of waist circumference on new-onset cerebral infarction: a nationwide cohort study. *Frontiers in neurology*, 15(15), pp.1448428–1448428. Doi:<https://doi.org/10.3389/fneur.2024.1448428>.
- Manungkalit, m., kusananto and dyah, a. (2015). Hubungan lingkar pinggang dengan faktor risiko diabetes mellitus (tekanan darah, kadar gula darah dan indeks massa tubuh) pada usia dewasa awal di wilayah kecamatan gerih kabupaten ngawi (correlation between waist circumference and diabetes mellitus ris. *Jurnal ners lentera*, 3(1), pp.21–30.
- Mulia rachman, h., triyanti, dewi sartika, r.a. and djokosujono, k. (2025). Determinants of abdominal obesity in adults (19 – 44 years old) in riau islands province (analysis of ski 2023 data). *Indonesian journal of public health nutrition*, [online] 6(1). Doi:<https://doi.org/10.7454/ijphn.v6i1.1069>.
- Montoya Castillo, M., Martínez Quiroz, W.d.J., Suarez-Ortegón, M.F. and Higuita-Gutiérrez, L.F. (2025). *Waist-to-height ratio, waist circumference, and body mass index in relation to full cardiometabolic risk in an adult population from Medellín, Colombia*. *Journal of Clinical Medicine*, 14(7), p.2411. <https://doi.org/10.3390/jcm14072411>
- Nabila, s.a., rahmiwati, a., novrikasari, n. And sunarsih, e. (2024). Perilaku pola makan dan aktivitas fisik terhadap masalah obesitas : systematic review: media publikasi promosi kesehatan indonesia (mppki), [online] 7(3), pp.498–505. Doi:<https://doi.org/10.56338/mppki.v7i3.4533>.
- Nazish, n. And kalra, n. (2018). Muslim prayer-a new form of physical activity: a narrative review. *International journal of health sciences & research* (www.ijhsr.org), [online] 8(7), p.337. Available at: https://www.ijhsr.org/ijhsr_vol.8_issue.7_july2018/43.pdf.
- Nurhasanah nurhasanah, pardede, i.t., feriyandi nauli, fikri roja nasution, istiyana hayati and angga rizki hermawan (2024). Korelasi aktivitas fisik dengan lingkar perut pada dewasa muda. *Jurnal ilmu kedokteran (journal of medical science)*, 18(2), pp.91–91. Doi:<https://doi.org/10.26891/jik.v18i2.2024.91-99>.
- Nurohmi, s., marfu'ah, n., naufalina, m.d., farhana, s.a.h. and riza, m.e. (2021). Rasio lingkar pinggang-pinggul dan kaitannya dengan kadar kolesterol total pada wanita dewasa. *Nutri-sains: jurnal gizi, pangan dan aplikasinya*, [online] 4(1), pp.25–38. Doi:<https://doi.org/10.21580/ns.2020.4.1.4706>.
- Pratista, d., sartika, r.a.d. and putri, p.n. (2024). Prevalensi dan faktor risiko obesitas sentral pada pasien hipertensi di puskesmas kecamatan kemiri muka, kota depok, jawa barat. *Gizi indonesia*, 47(2), pp.195–208. Doi:<https://doi.org/10.36457/gizindo.v47i2.1056>.

- Putriningtyas, N.D., Cahyati, W.H. and Pita Rengga, W.D. (2023). *Aktivitas Fisik, Asupan Makanan & Kualitas Tidur*. [online] Available at: <https://lib.unnes.ac.id/57446/2/Buku%20Aktivitas%20Fisik.pdf.pdf> [Accessed 3 Dec. 2025].
- Putriningtyas, n.d., romadhoni, w.n. and candra, a.r.d. (2021). Hubungan asupan makan dan lingkaran pinggang dengan status gizi pada lansia di panti wreda rindang asih i. Darussalam nutrition journal, 5(1), p.50. Doi:<https://doi.org/10.21111/dnj.v5i1.5043>.
- Qonita, zahro, m., syahfitri, a.a. and hasni, d.m. (2025). Kebugaran jasmani dan aktivitas fisik perspektif hadis. Journal innovation in education, 3(2), pp.209–220. Doi:<https://doi.org/10.59841/inoved.v3i2.2855>.
- Radiansyah badrani nursalam, ibnu malkan bakhrul ilmi and avliya quratul marjan (2025). Analisis faktor aktivitas fisik, asupan makan, dan pengetahuan terhadap kejadian obesitas pada wanita dewasa di kelurahan kedaung. Jurnal sago gizi dan kesehatan, 6(1), pp.179–179. Doi:<https://doi.org/10.30867/gikes.v6i1.2271>.
- Rizki purwaningtyas, d., permata tanjung, n. And rhama dhanny, d. (2025). View of analisis faktor yang terkait dengan kejadian obesitas sentral pada wanita dewasa. [online] [walisongo.ac.id](https://journal.walisongo.ac.id). Available at: <https://journal.walisongo.ac.id/index.php/nutri-sains/article/view/10771/pdf> [accessed 25 nov. 2025].
- Romadhoni, w.n., nasuka, n., candra, a.r.d. and priambodo, e.n. (2022). Aktivitas fisik mahasiswa pendidikan kepelatihan olahraga selama pandemi covid-19. Gelanggang olahraga: jurnal pendidikan jasmani dan olahraga (jpjo), 5(2), pp.200–207. Doi:<https://doi.org/10.31539/jpjo.v5i2.3470>.
- Ross, r. (2020). Waist circumference as a vital sign in clinical practice: a consensus statement from the ias and iccr working group on visceral obesity. Nature reviews endocrinology, [online] 16(3), pp.177–189. Doi:<https://doi.org/10.1038/s41574-019-0310-7>.
- Safi, a., hossain, m. And myers, t. (2025). Faith, health and well-being: a qualitative study exploring islamic perspectives on physical activity and the role of imams (scholars). Discover social science and health, 5(1). Doi:<https://doi.org/10.1007/s44155-025-00236-y>.
- Salahudin and rusdin (2020). Olahraga meneurut pandangan agama islam. Jisip (jurnal ilmu sosial dan pendidikan), [online] 4(3). Doi:<https://doi.org/10.36312/jisip.v4i3.1236>.
- Ánchez-romero, l.m., sagaceta-mejía, j., mindell, j.s., álvaro passi-solar, bernabé-ortiz, a., tolentino-mayo, l., moody, a. And scholes, s. (2024). Sex differences in the secular change in waist circumference relative to bmi in five countries from 1997 to 2020. Obesity, 32(10), pp.1934–1947. Doi:<https://doi.org/10.1002/oby.24110>.

- Sandi, i.n. (2019). Sumber dan metabolisme energi dalam olahraga. Jurnal pendidikan kesehatan rekreasi , [online] 5(2). Doi:<https://doi.org/10.5281/zenodo.3340183>.
- Setiati, s. (2014). Buku ajar ilmu penyakit dalam edisi keenam jilid i. Jakarta: interna publishing.
- Sholahuddin, A., Jajat, J., Damayanti, I., Sultoni, K., Suherman, A., Rahayu, N. I., Nurhayati, Y. and Zaky, M. (2024) “Klasifikasi Aktivitas Fisik Berbasis Data Accelerometer ActivPAL dan ActiGraph: Metode Analisis dengan Machine Learning”, *Jurnal Dunia Pendidikan*, 4(2), pp. 857-869. doi: 10.55081/jurdip.v4i2.1886.
- Syahputri, a. And karjadidjaja, i. (2022). Hubungan pola aktivitas fisik dengan indeks massa tubuh (imt) dan lingkaran pinggang pengunjung usia dewasa di puskesmas kecamatan kalideres jakarta barat. *Tarumanagara medical journal*, 4(1), pp.1–7. Doi:<https://doi.org/10.24912/tmj.v4i2.18359>.
- World health organization (2024). Physical activity. [online] world health organization. Available at: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>.
- Young, w.f. (2024). Netter collection of medical illustrations: endocrine system, volume 2 - e-book. Elsevier health sciences.
- Zakiah darajat munthe, boy, e. And furqon, a. (2021). The effect of shalat movement on cardiorespiratory fitness in the elderly. *Magna medica berkala ilmiah kedokteran dan kesehatan*, 8(2), pp.84–84. Doi:<https://doi.org/10.26714/magnamed.8.2.2021.84-92>.