

DAFTAR PUSTAKA

- Aktar, N., Qureshi, N. K., & Ferdous, H. S. (2017). Obesity: A Review of Pathogenesis and Management Strategies in Adult. *Delta Med Col J. Jan*, 5(1), 34–48.
- Arikunto, Suharsimi.(2012). *Prosedur Penelitian Suatu Pendekatan Praktek*. Jakarta:Rineka Cipta.
- Azizah, A. N., & Sulchan, M. (2016). Kadar C-Reactive Protein (Crp) Pada Remaja Putri Stunted Obesity Di Pedesaan Jepara. *Journal of Nutrition College*, 5(2), 71–76.
- Bhuiyan, M. U., Zaman, S., & Ahmed, T. (2013). Risk factors associated with overweight and obesity among urban school children and adolescents in Bangladesh : a case – control study. *BMC Pediatrics*, 13(72), 1–6.
- Chaput, J., Dutil, C., & Sampasa-kanyinga, H. (2018). Sleeping hours : what is the ideal number and how does age impact this ? *Nature and Science of Sleep*, 10, 421–430.
- Cooper, C. B., Neufeld, E. V, Dolezal, B. A., & Martin, J. L. (2018). Sleep deprivation and obesity in adults : a brief narrative review. *BMJ Open Sport & Exercise Medicine*, 4, 1–5. <https://doi.org/10.1136/bmjsem-2018-000392>
- Ekawaty, F., & Rizona, F. (2017). Hubungan Frekuensi Mengkonsumsi Junkfood dan Durasi Tidur dengan Obesitas pada Anak Sekolah Dasar di Wilayah Kerja Puskesmas Aur Duri Kota Jambi Tahun 2017, 63–74.
- Fan, J., Ding, C., Gong, W., Yuan, F., Zhang, Y., Feng, G., ... Liu, A. (2020). Association of Sleep Duration and Overweight / Obesity among Children in China. *Environ. Res. Public Health*, 2–9.
- Hayes, J. F., Balantekin, K. N., Altman, M., & Taylor, C. B. (2018). Sleep patterns and quality are associated with severity of obesity and

weight-related behaviors in adolescents with overweight and obesity. *Childhood Obesity*, 14(1), 11–17.

Hersianna, N. (2012). *Happy Eating: Hamil Tetap Langsing*. Jakarta: VISIMEDIA.

Ikatan Dokter Anak Indonesia.(2015) *Pola Tidur Pada Anak*.<https://www.idai.or.id/artikel/klinik/pengasuh-anak/pola-tidur-pada-anak>.

Ji, M., Tang, A., Zhang, Y., Zou, J., Zhou, G., Deng, J., ... Lin, Q. (2018). The Relationship between Obesity, Sleep and Physical Activity in Chinese Preschool Children. *Int. J. Environ. Res. Public Health*, 15(527), 1–10. <https://doi.org/10.3390/ijerph15030527>

Kementerian Kesehatan Republik Indonesia. 2018. *Data dan Informasi Profil Kesehatan Indonesia Tahun 2018*. Jakarta: Kemenkes RI

Lindsay, A. C., Sitthisongkram, S., Greaney, M. L., Wallington, S. F., & Ruengdej, P. (2017). Non-Responsive Feeding Practices , Unhealthy Eating Behaviors , and Risk of Child Overweight and Obesity in Southeast Asia : A Systematic Review. *J. Environ. Res. Public Health*, 14(April), 1–18. <https://doi.org/10.3390/ijerph14040436>

Logue, E. E., Scott, E. D., Palmieri, P. A., Dudley, P., Index, Q., & Sleep, D. P. (2014). Sleep Duration, Quality, or Stability and Obesity in an Urban Family Medicine Center. *Jcsm.Aasm.Org*, 10(2), 2–7.

Marfuah, D., Hadi, H., & Huriyati, E. (2013). Durasi dan kualitas tidur hubungannya dengan obesitas pada anak sekolah dasar di Kota Yogyakarta dan Kabupaten Bantul. *Jurnal Gizi dan Dietetik Indonesia*, 1(2), 93–101.

Moher, D., Liberati, A., Tetzlaff, J., & Altman, D. G. (2014). Preferred Reporting Items for Systematic Reviews and Meta-Analyses: The PRISMA Statement. *Rev Esp Nutr Hum Diet*, 18(3), 172–181.

- Novita, Widya.(2007). *Serba-Serbi Anak*: PT Gramedia: Jakarta.
- Putriningsih, D. (2015). Hubungan antara Kebiasaan Kosumsi Junkfood dengan kejadian obesitas pada siswa kelas iv-vi di SD Mardi Rahayu Ungaran Program Studi Kesehatan Masyarakat Sekolah Tinggi Ilmu Ngudi Waluyo URL [htpp://ejounarnwu.ac.id/artikel/view/1459410388](http://ejounarnwu.ac.id/artikel/view/1459410388)
- Prihaningtyas, R. A. (2018). *Anak Obesitas*. (Irwanto, N. A. Widjaja, & R. A. Prihaningtyas, Eds.). Jakarta: PT. Gramedia.
- Potter, Perry. (2010). *Fundamental Of Nursing: Consep, Proses and Practice*. Edisi 7. Vol. 3. Jakarta:EGC
- Reviews, C. for, & Dissemination. (2009). *Systematic Reviews*. University of York: CRD.
- Saanin, S. N., & Silvani, J. T. (2011). Pengaruh Durasi Tidur Terhadap Risiko Obesitas, 1–6.
- Seidell, J. C., & Halberstadt, J. (2015). The Global Burden of Obesity and the Challenges of Prevention. *Ann Nurtr Metab*, 66(suppl 2), 7–12. <https://doi.org/10.1159/000375143>
- Septiana, P., & Irwanto. (2018). Hubungan Durasi Tidur dengan Kejadian Obesitas pada Anak Usia 3 – 8 Tahun. *Global Medical and Health Communication*, 6(1), 63–67.
- Shi, Z., Taylor, A. W., Gill, T. K., Tuckerman, J., Adams, R., & Martin, J. (2010). Short sleep duration and obesity among Australian children. *BMC Public Health*, 10(609), 2–6.
- Suandana, I. N. A., & Sidiartha, I. G. L. (2015). Hubungan Aktivitas Fisik Dengan Obesitas Pada Anak Sekolah Dasar, 1–13.
- Sudargo, T., LM, H. F., Rosiyani, F., & Kusmayanti, N. A. (2014). *Pola Makan Dan Obesitas.pdf*(1st ed.). Yogyakarta: Gadjah Mada University Press.

- Sun, Q., Bai, Y., Zhai, L., Wei, W., & Jia, L. (2018). Association between Sleep Duration and Overweight/Obesity at Age 7–18 in Shenyang, China in 2010 and 2014. *International Journal of Environmental Research and Public Health*, 15(5). <https://doi.org/10.3390/ijerph15050854>
- Suryenti, V., & Marina. (2018). Hubungan Pola Makan dan Durasi Tidur dengan Kejadian Obesitas pada Anak Usia 6-7 Tahun di SD Unggul Sakti Kota Jambi. *Jurnal Endurance*, 3(3), 603–610.
- Susanto, H. (2018). Durasi Lama Tidur Pada Remaja Di Dua Negara Asean. *Unissula Press*, 1(1), 11–16.
- Susmiati, (2017). Lama Waktu Tidur Dengan Kejadian Obesitas Pada Remaja (Case Control Study), 13(1), 42-49.
- Trubus, R. (2010). *Kegemukan Pergi & tak Kembali*. Jakarta: PT Trubus Swadaya.
- UNICEF. *Stunting*. <http://unicef.in/Whatwedo>
- UNICEF INDONESIA, 2020. *COVID-19 dan Anak-anak di Indonesia*, Akses www.unicef.org
- Ulilalbab, A., Anggraeni, E., & Lestari, Iga ayu. (2012). *Obesitas anak usia sekolah*. (A. N. Wakhidah, Ed.) (1st ed.). Yogyakarta: Deepublish.
- Wang, F., Liu, H., Wan, Y., Li, J., Chen, Y., Zheng, J., ... Li, D. (2016). Sleep Duration and Overweight/Obesity in Preschool-Aged Children: A Prospective Study of up to 48,922 Children of the Jiaxing Birth Cohort. *Sleep*, 39(11), 2013–2019. <https://doi.org/10.5665/sleep.6234>
- Wendt, E., Pernerstorfer, E., Möseneder, J., & Karner, G. (2013). Association between sleep duration and body-mass-index in 10- to 14-year-old Austrians. *Ernaehrungs Umschau Internasional*, 60(8), 140–144. <https://doi.org/10.4455/eu.2013.025>

World Health Organization, *Obesity and Overweight*. 2020. Available from :
<https://www.who.int/news-room/fact-sheets/obesity-and-overweight>

Widyastuti, A. (2019). 77 *Permasalahan Anak dan Cara Mengatasinya*. (J. Suzana, Ed.). Jakarta: PT Elex Media.

Zhang, J., Jin, X., Yan, C., & Jiang, F. (2015). Short sleep duration as a risk factor for childhood overweight / obesity: a large multicentric epidemiologic study in China ☆ . *SLEH*, 1(3), 184–190.
<https://doi.org/10.1016/j.sleh.2015.06.001>

Zimberg, I. Z., Dâmaso, A., Re, M. Del, Carneiro, A. M., Souza, H. D. S., Lira, fabio santos de, ... Mello, marco tulio de. (2012). Short sleep duration and obesity : mechanisms and future perspectives. *Cell Biochem Funct*, 30(30), 524–529. <https://doi.org/DOI: 10.1002 / cbf. 2832>

