

## DAFTAR PUSTAKA

- Ahmed, M. Z., Ahmed, O., Aibao, Z., Hanbin, S., Siyu, L., & Ahmad, A. (2020). Epidemic of COVID-19 in China and associated Psychological Problems. *Asian Journal of Psychiatry*, 51(March), 102092. <https://doi.org/10.1016/j.ajp.2020.102092>
- Bedford, J., Enria, D., Giesecke, J., Heymann, D. L., Ihekweazu, C., Kobinger, G., Lane, H. C., Memish, Z., Oh, M. don, Sall, A. A., Schuchat, A., Ungchusak, K., & Wieler, L. H. (2020). COVID-19: towards controlling of a pandemic. *The Lancet*, 395(10229), 1015–1018. [https://doi.org/10.1016/S0140-6736\(20\)30673-5](https://doi.org/10.1016/S0140-6736(20)30673-5)
- Brennan, A. M., & Ross, R. (2017). Physical activity and cardiometabolic health. *Nutrition and Cardiometabolic Health*, 101–122. <https://doi.org/10.1201/9781315119410>
- Carriedo, A., Cecchini, J. A., Fernandez-Rio, J., & Méndez-Giménez, A. (2020). COVID-19, Psychological Well-being and Physical Activity Levels in Older Adults During the Nationwide Lockdown in Spain. *American Journal of Geriatric Psychiatry*, 28(11), 1146–1155. <https://doi.org/10.1016/j.jagp.2020.08.007>
- Ceraolo, C., & Giorgi, F. M. (2020). Genomic variance of the 2019-nCoV coronavirus. *Journal of Medical Virology*, 92(5), 522–528. <https://doi.org/10.1002/jmv.25700>
- Diah Meidatuzzahra. (2019). Avesina Vol.13 No.1/Juni 2019 <http://ejournal.unizar.ac.id>. *Avesina*, 13(1).
- Diferiansyah, O., Septa, T., & Lisiswanti, R. (2016). Gangguan Cemas Menyeluruh. *JUKE Unila*, 5(2), 63–68. <https://juke.kedokteran.unila.ac.id/index.php/medula/article/download/1510/pdf>
- Dirgayunita, A. (2016). Depresi: Ciri, Penyebab dan Penangannya. *Journal An-Nafs: Kajian Penelitian Psikologi*, 1(1), 1–14. <https://doi.org/10.33367/psi.v1i1.235>
- Dong, E., Du, H., & Gardner, L. (2020). An interactive web-based dashboard to track COVID-19 in real time. *The Lancet Infectious Diseases*, 20(5), 533–534. [https://doi.org/10.1016/S1473-3099\(20\)30120-1](https://doi.org/10.1016/S1473-3099(20)30120-1)
- Faulkner, G., Rhodes, R. E., Vanderloo, L. M., Chulak-Bozer, T., O'Reilly, N., Ferguson, L., & Spence, J. C. (2020). Physical Activity as a Coping Strategy for Mental Health Due to the COVID-19 Virus: A Potential Disconnect Among Canadian Adults? *Frontiers in Communication*, 5(September), 1–5. <https://doi.org/10.3389/fcomm.2020.571833>
- Faulkner, J., O'Brien, W., McGrane, B., Wadsworth, D., Batten, J., Askew, C. D., Badenhorst, C., Byrd, E., Coulter, M., Draper, N., Elliot, C., Fryer, S., Hamlin, M. J., Jakeman, J., Mackintosh, K. A., McNarry, M.

- A., Mitchelmore, A., Murphy, J., Ryan-Stewart, H., ... Lambrick, D. (2020). Physical activity, mental health and well-being of adults during early COVID-19 containment strategies: A multi-country cross-sectional analysis. *MedRxiv*, 2020.07.15.20153791. <https://www.medrxiv.org/content/10.1101/2020.07.15.20153791v1>
- Handayani, D., Rendrahadi, D., Isbaniyah, F., Burhan, E., & Agustin, H. (2020). Penyakit Virus Corona 2019. *Respiratori Indonesia*, 40(10), 66–119. <https://doi.org/10.1007/s13312-017-1152-9>
- Hoffmann, M., Kleine-Weber, H., Krüger, N., Müller, M., Drosten, C., & Pöhlmann, S. (2020). *The novel coronavirus 2019 (2019-nCoV) uses the SARS-coronavirus receptor ACE2 and the cellular protease TMPRSS2 for entry into target cells*. <https://doi.org/10.1101/2020.01.31.929042>
- Huang, C., Wang, Y., Li, X., Ren, L., Zhao, J., Hu, Y., Zhang, L., Fan, G., Xu, J., Gu, X., Cheng, Z., Yu, T., Xia, J., Wei, Y., Wu, W., Xie, X., Yin, W., Li, H., Liu, M., ... Cao, B. (2020). Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China. *The Lancet*, 395(10223), 497–506. [https://doi.org/10.1016/S0140-6736\(20\)30183-5](https://doi.org/10.1016/S0140-6736(20)30183-5)
- Jacob, L., Tully, M. A., Barnett, Y., Lopez-Sanchez, G. F., Butler, L., Schuch, F., López-Bueno, R., McDermott, D., Firth, J., Grabovac, I., Yakkundi, A., Armstrong, N., Young, T., & Smith, L. (2020). The relationship between physical activity and mental health in a sample of the UK public: A cross-sectional study during the implementation of COVID-19 social distancing measures. *Mental Health and Physical Activity*, 19(June), 1–5. <https://doi.org/10.1016/j.mhp.2020.100345>
- Kang, S., Sun, Y., Zhang, X., Sun, F., Wang, B., & Zhu, W. (2020). Is Physical Activity Associated with Mental Health among Chinese Adolescents during Isolation in COVID-19 Pandemic? *Journal of Epidemiology and Global Health*. <https://doi.org/10.2991/jegh.k.200908.001>
- Lindawati, R. (2014). Work Stress ( Stres Kerja ). *Widyaiswara Pusdiklat Bea Dan Cukai*, 20, 1–8.
- Liu, T., Hu, J., Xiao, J., He, G., Kang, M., Rong, Z., Lin, L., Zhong, H., Huang, Q., Deng, A., Zeng, W., Tan, X., Zeng, S., Zhu, Z., Li, J., Gong, D., Wan, D., Chen, S., Guo, L., ... Ma, W. (2020). *Time-varying transmission dynamics of Novel Coronavirus Pneumonia in China*. <https://doi.org/10.1101/2020.01.25.919787>
- Lu, R., Zhao, X., Li, J., Niu, P., Yang, B., Wu, H., Wang, W., Song, H., Huang, B., Zhu, N., Bi, Y., Ma, X., Zhan, F., Wang, L., Hu, T., Zhou, H., Hu, Z., Zhou, W., Zhao, L., ... Tan, W. (2020). Genomic characterisation and epidemiology of 2019 novel coronavirus: implications for virus origins and receptor binding. *The Lancet*,

- 395(10224), 565–574. [https://doi.org/10.1016/S0140-6736\(20\)30251-8](https://doi.org/10.1016/S0140-6736(20)30251-8)
- Maulidya, F. (2019). Periodikasi Perkembangan Dewasa. *Journal of Chemical Information and Modeling*, 53(9), 1689–1699.
- Norton, K., Norton, L., & Sadgrove, D. (2010). Position statement on physical activity and exercise intensity terminology. *Journal of Science and Medicine in Sport*, 13(5), 496–502. <https://doi.org/10.1016/j.jsams.2009.09.008>
- Rahmah, H. (2018). Penerapan Aspek Kesejahteraan Psikologis Dan Pemaafan Dalam Membentuk Kesehatan Mental. *Al Qalam: Jurnal Ilmiah Keagamaan Dan Kemasyarakatan*, 11(24), 539–548. <https://doi.org/10.35931/aq.v0i0.13>
- Rajkumar, R. P. (2020). COVID-19 and mental health: A review of the existing literature. *Asian Journal of Psychiatry*, 52(March), 102066. <https://doi.org/10.1016/j.ajp.2020.102066>
- Sallis, J. F., Adlakha, D., Oyeyemi, A., & Salvo, D. (2020). An international physical activity and public health research agenda to inform coronavirus disease-2019 policies and practices. *Journal of Sport and Health Science*, 9(4), 328–334. <https://doi.org/10.1016/j.jshs.2020.05.005>
- Schuch, F. B., Bulzing, R. A., Meyer, J., Vancampfort, D., Firth, J., Stubbs, B., Grabovac, I., Willeit, P., Tavares, V. D. O., Calegaro, V. C., Deenik, J., López-Sánchez, G. F., Veronese, N., Caperchione, C. M., Sadarangani, K. P., Abufaraj, M., Tully, M. A., & Smith, L. (2020). Associations of moderate to vigorous physical activity and sedentary behavior with depressive and anxiety symptoms in self-isolating people during the COVID-19 pandemic: A cross-sectional survey in Brazil. *Psychiatry Research*, 292(May), 113339. <https://doi.org/10.1016/j.psychres.2020.113339>
- Sharma, A., Madaan, V., & Petty, F. D. (2006). Exercise for mental health [1]. *Primary Care Companion to the Journal of Clinical Psychiatry*, 8(2), 106. <https://doi.org/10.4088/pcc.v08n0208a>
- Smith, L., Jacob, L., Yakkundi, A., McDermott, D., Armstrong, N. C., Barnett, Y., López-Sánchez, G. F., Martin, S., Butler, L., & Tully, M. A. (2020). Correlates of symptoms of anxiety and depression and mental wellbeing associated with COVID-19: a cross-sectional study of UK-based respondents. *Psychiatry Research*, 291(May), 113138. <https://doi.org/10.1016/j.psychres.2020.113138>
- Susilana, R. (2015). Modul Populasi dan Sampel. *Modul Praktikum*, 3–4. [http://file.upi.edu/Direktori/DUAL-MODES/PENELITIAN\\_PENDIDIKAN/BBM\\_6.pdf](http://file.upi.edu/Direktori/DUAL-MODES/PENELITIAN_PENDIDIKAN/BBM_6.pdf)
- Thompson, P. (2014). Benefits and Risks Associated with Physical Activity. *ACSM's Guidelines For Exercise Testing and Prescription*, 3.
- Wahid, A., Manek, N., Nichols, M., Kelly, P., Foster, C., Webster, P., Kaur,

- A., Friedemann Smith, C., Wilkins, E., Rayner, M., Roberts, N., & Scarborough, P. (2016). Quantifying the Association Between Physical Activity and Cardiovascular Disease and Diabetes: A Systematic Review and Meta-Analysis. *Journal of the American Heart Association*, 5(9). <https://doi.org/10.1161/JAHA.115.002495>
- Welis, W., & Rifki, S. M. (2017). Gizi untuk Aktivitas fisik dan Kebugaran. In *BMC Public Health* (Vol. 5, Issue 1). <https://ejurnal.poltektegal.ac.id/index.php/siklus/article/view/298%0Ahttp://repositorio.unan.edu.ni/2986/1/5624.pdf%0Ahttp://dx.doi.org/10.1016/j.jana.2015.10.005%0Ahttp://www.biomedcentral.com/1471-2458/12/58%0Ahttp://ovidsp.ovid.com/ovidweb.cgi?T=JS&P>
- Xiong, J., Lipsitz, O., Nasri, F., Lui, L. M. W., Gill, H., Phan, L., Chen-Li, D., Iacobucci, M., Ho, R., Majeed, A., & McIntyre, R. S. (2020). Impact of COVID-19 pandemic on mental health in the general population: A systematic review. *Journal of Affective Disorders*, 277(August), 55–64. <https://doi.org/10.1016/j.jad.2020.08.001>
- Yang, Y., Lu, Q., Liu, M., Wang, Y., Zhang, A., Jalali, N., Dean, N., Longini, I., Halloran, M. E., Xu, B., Zhang, X., Wang, L., Liu, W., & Fang, L. (2020). *Epidemiological and clinical features of the 2019 novel coronavirus outbreak in China*. <https://doi.org/10.1101/2020.02.10.20021675>
- Zhou, P., Yang, X., Lou, Wang, X. G., Hu, B., Zhang, L., Zhang, W., Si, H. R., Zhu, Y., Li, B., Huang, C. L., Chen, H. D., Chen, J., Luo, Y., Guo, H., Jiang, R. Di, Liu, M. Q., Chen, Y., Shen, X. R., Wang, X., ... Shi, Z. L. (2020). A pneumonia outbreak associated with a new coronavirus of probable bat origin. *Nature*, 579(7798), 270–273. <https://doi.org/10.1038/s41586-020-2012-7>