

DAFTAR PUSTAKA

- Alahmadi, M. A. 2014. High-Intensity Interval Training and Obesity. *Journal of Novel Physiotherapies*. 04 (03): 1–6.
- Bacopoulou, F., V. Efthymiou, G. Landis, A. Rentoumis, & G. P. Chrousos. 2015. Waist Circumference, Waist-to-Hip Ratio and Waist-to-Height Ratio Reference Percentiles for Abdominal Obesity among Greek Adolescents. *BMC Pediatrics*. 15 (1): 1–9.
- Brandao, C. F. C., F. G. de Carvalho, C. F. Nicoletti, M. V. M. Junqueira-Franco, C. A. Couto-Lima, A. de Oliveira Souza, R. S. Martín, E. C. de Freitas, L. C. Alberici, C. B. Nonino, & J. S. Marchini. 2020. UCP2 Expression Is Negatively Correlated with and Body Fat Mass After Combined Physical Training: A Pilot Study. *Nutrire*. 45 (13): 1-7.
- Brondani, L. de A., T. S. Assmann, G. C. K. Duarte, J. L. Gross, L. H. Canani, & D. Crispim. 2012. The Role of the Uncoupling Protein 1 (UCP1) on the Development of Obesity and Type 2 Diabetes Mellitus. *Arquivos Brasileiros de Endocrinologia & Metabologia*. 56 (4): 215–225.
- Brondani, L. de A., B. M. de Souza, T. S. Assmann, A. P. Bouças, A. C. Bauer, L. H. Canani, & D. Crispim. 2014. Association of the UCP Polymorphisms with Susceptibility to Obesity: Case-Control Study and Meta-Analysis. *Molecular Biology Reports*. 41 (8): 5053–5067.
- Bunarsi, D., & S. O. Lontoh. 2020. Pengaruh YMCA Step Test Terhadap Kebugaran Fisik Pada Mahasiswa Fakultas Kedokteran Universitas Tarumanagara. *Tarumanagara Medical Journal*. 3 (1): 22–29.
- Di Cesare, M., J. Bentham, G. A. Stevens, B. Zhou, G. Danaei, Y. Lu, H. Bixby, M. J. Cowan, L. M. Riley, K. Hajifathalian, L. Fortunato, C. Taddei, J. E. Bennett, N. Ikeda, Y. H. Khang, C. Kyobutungi, A. Laxmaiah, Y. Li, H. H. Lin, *et al.* 2016. Trends in Adult Body-Mass Index in 200 Countries from 1975 to 2014: A Pooled Analysis of 1698 Population-Based Measurement Studies with 19.2 Million Participants. *The Lancet*. NCD Risk Factor Collaboration. Open Access article distributed under the terms of CC BY 387 (10026): 1377–1396.
- Fitriani, D. 2018. Peran Estrogen Dan Leptin Dalam Homeostasis Energi. *Jurnal Ilmu Kedokteran Dan Kesehatan*. 5 (2): 123–131.
- Gibala, M. J., J. P. Little, M. J. Macdonald, & J. A. Hawley. 2012. Physiological Adaptations to Low-Volume, High-Intensity Interval Training in Health and Disease. *Journal of Physiology*. 590 (5): 1077–1084.
- Gillen, J. B., M. E. Percival, L. E. Skelly, B. J. Martin, R. B. Tan, M. A. Tarnopolsky, & M. J. Gibala. 2014. Three Minutes of All-out Intermittent Exercise per Week Increases Skeletal Muscle Oxidative Capacity and Improves Cardiometabolic Health. *PLoS ONE*. 9 (11): 1–9.
- Goodarzi, M. O. 2018. Genetics of Obesity: What Genetic Association Studies Have Taught Us About the Biology of Obesity and Its Complications. *The Lancet Diabetes and Endocrinology*. Elsevier Ltd 6 (3): 223–236.
- Grossman, J. A., D. Arigo, & J. L. Bachman. 2018. Meaningful Weight Loss in Obese Postmenopausal Women: A Pilot Study of High-Intensity Interval Training and Wearable Technology. *Menopause*. 25 (4): 465–470.
- Guyton, A. C., & J. E. Hall. 2014. *Buku Ajar Fisiologi Kedokteran*. 12th edn. EGC, Jakarta.

- Hashemi, M., H. Rezaei, M. A. Kaykhaei, & M. Taheri. 2014. A 45-Bp Insertion/Deletion Polymorphism of UCP2 Gene Is Associated with Metabolic Syndrome. *Journal of Diabetes and Metabolic Disorders*. 13 (1): 1–5.
- Hoeger, W. W. K., S. A. Hoeger, A. L. Fawson, & C. I. Hoeger. 2018. *Principles and Labs for Fitness and Wellness*. Cengage Learning, Boston.
- Ito, S. 2019. High-Intensity Interval Training for Health Benefits and Care of Cardiac Diseases - The Key to an Efficient Exercise Protocol. *World Journal of Cardiology*. 11 (7): 171–188.
- Jaya, D. V., & M. Kumala. 2020. Hubungan Aktivitas Fisik Dengan Komposisi Tubuh Mahasiswa Fakultas Kedokteran Universitas Tarumanagara Angkatan. *Tarumanagara Medical Journal*. 2 (2): 231–238.
- Jiffri, E. H. 2012. Association of the UCP2 45-Bp Insertion/Deletion Polymorphism with Diabetes Type 2 and Obesity in Saudi Population. *The Egyptian Journal of Medical Human Genetics*. Production and hosting by Elsevier B. V. 13 (3): 257–262.
- Kaabi, Y. A. 2018. The Deletion Polymorphism in Exon 8 of Uncoupling Protein 2 Is Associated with Severe Obesity in a Saudi Arabian Case-Control Study. *Indian Journal of Endocrinology and Metabolism*. 22 (2): 200–203.
- Karastergiou, K., S. R. Smith, A. S. Greenberg, & S. K. Fried. 2012. Sex Differences in Human Adipose Tissues - The Biology of Pear Shape. *Biology of Sex Differences*. 3 (13): 1–12.
- Kementerian Kesehatan Republik Indonesia. 2019a. *Laporan Nasional Riskesdas 2018. Badan Penelitian Dan Pengembangan Kesehatan*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan, Jakarta.
- Kementerian Kesehatan Republik Indonesia. 2019b. *Laporan Provinsi Jawa Tengah Riskesdas 2018. Kementerian Kesehatan RI*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan, Jakarta.
- Kong, Z., X. Fan, S. Sun, L. Song, Q. Shi, & J. Nie. 2016. Comparison of High-Intensity Interval Training and Moderate-to-Vigorous Continuous Training for Cardiometabolic Health and Exercise Enjoyment in Obese Young Women: A Randomized Controlled Trial. *PLoS ONE*. 11 (7): 1–16.
- Li, J., R. Jiang, X. Cong, & Y. Zhao. 2019. UCP2 Gene Polymorphisms in Obesity and Diabetes, and the Role of UCP2 in Cancer. *FEBS Letters*. 593 (18): 2525–2534.
- Lidegaard, L. P., N. Schwennesen, I. Willaing, & K. Færch. 2016. Barriers to and Motivators for Physical Activity among People with Type 2 Diabetes: Patients' Perspectives. *Diabetic Medicine*. 33 (12): 1677–1685.
- Lisnawati, N., & I. Haryanto. 2019. Hubungan Asupan Zat Gizi Dengan Komposisi Tubuh Remaja. *Journal of Holistic and Health Sciences*. 2 (2): 86–90.
- Maharani, C., & A. Puspasari. 2019. Peran Variasi Gen FTO Pada Obesitas. *Jambi Medical Journal*. 7 (2): 161–166.
- Mondal, H., & S. P. Mishra. 2017. Effect of BMI, Body Fat Percentage and Fat Free Mass on Maximal Oxygen Consumption in Healthy Young Adults. *Journal of Clinical and Diagnostic Research*. 11 (6): 17–20.
- Nugraha, A. R., & K. N. Berawi. 2017. Pengaruh High Intensity Interval Training (HIIT) Terhadap Kebugaran Kardiorespirasi. *Jurnal Majority*. 6 (1): 1–5.
- Oguzkan-Balci, S., N. Col-Araz, M. Nacak, M. Araz, H. Sabanci, A. Balat, & S. Pehlivan. 2013. Mitochondrial Uncoupling Protein 2 (UCP2) Gene

- Polymorphisms Are Associated with Childhood Obesity and Related Metabolic Disorders. *Journal of Pediatric Endocrinology and Metabolism*. 26 (3–4): 277–283.
- Ong, F. J., B. A. Ahmed, S. M. Oreskovich, D. P. Blondin, T. Haq, N. B. Konyer, M. D. Noseworthy, F. Haman, A. C. Carpentier, K. M. Morrison, & G. R. Steinberg. 2018. Recent Advances in the Detection of Brown Adipose Tissue in Adult Humans: A Review. *Clinical Science*. 132 (10): 1039–1054.
- Permatasari, D., S. Purnawati, B. K. Satriyasa, L. Made, I. Sri, & H. Adiputra. 2017. Pelatihan Interval Intensitas Tinggi Lebih Efektif Menurunkan Persentase Lemak Tubuh Dibandingkan Pelatihan Kontinyu Submaksimal Pada Siswa SMAN 4 Tasikmalaya. *Sport and Fitness Journal*. 5 (2): 10–20.
- Pigeyre, M., & D. Meyre. 2018. Monogenic Obesity. in *Pediatric Obesity*. Springer International Publishing, New York.
- Pigeyre, M., F. T. Yazdi, Y. Kaur, & D. Meyre. 2016. Recent Progress in Genetics, Epigenetics and Metagenomics Unveils the Pathophysiology of Human Obesity. *Clinical Science*. 130 (12): 943–986.
- Pinto, R. M., L. S. Steinmetz, J. M. G. Barbosa, A. F. C. S. Mendes, M. P. Curado, & A. D. da Cruz. 2019. The Role of Genetics in the Pathophysiology of Obesity: A Systematic Review. *Obesity Research – Open Journal*. 6 (1): 11–17.
- Ponti, F., A. Santoro, D. Mercatelli, C. Gasperini, M. Conte, M. Martucci, L. Sangiorgi, C. Franceschi, & A. Bazzocchi. 2020. Aging and Imaging Assessment of Body Composition: From Fat to Facts. *Frontiers in Endocrinology*. 10 (861): 1–17.
- Roy, B. A. 2013. High-Intensity Interval Training. *ACSM's Health & Fitness Journal*. 17 (3): 3.
- Say, Y. H., Z. L. Ban, Y. Arumugam, T. Kaur, M. L. Tan, P. P. Chia, & S. H. Fan. 2014. Uncoupling Protein 2 Gene (UCP2) 45-Bp I/D Polymorphism Is Associated with Adiposity among Malaysian Women. *Journal of Biosciences*. 39 (5): 867–875.
- Schrauwen, P., & M. K. C. Hesselink. 2004. Oxidative Capacity, Lipotoxicity, and Mitochondrial Damage in Type 2 Diabetes. *Diabetes*. 53 (6): 1412–1417.
- Segula, D. 2014. Complications of Obesity in Adults: A Short Review of the Literature. *Malawi Medical Journal*. 26 (1): 20–24.
- Seidu, A. A., B. O. Ahinkorah, E. Agbaglo, & A. A. Nyaaba. 2021. Overweight and Obesity Among Women of Reproductive Age in Mali: What Are the Determinants? *International Health*. 13 (5): 428–435.
- Shehata, A., & I. Mahmoud. 2018. Effect of High Intensity Interval Training (HIIT) Onweight, Body Mass Index and Body Fat Percentage for Adults. *Science, Movement, and Health*. 18 (2): 125–130.
- Sherwood, L. 2013. *Introduction to Human Physiology*. 8th edn. Cengage Learning, Brooks/Cole.
- Sihombing, M., & D. H. Tjandrarini. 2015. Faktor Risiko Sindrom Metabolik Pada Orang Dewasa Di Kota Bogor. *The Journal of Nutrition and Food Research*. 38 (1): 21–30.
- Simanjuntak, R. H., J. N. A. Engka, & S. R. Marunduh. 2016. Pengaruh Latihan Fisik Akut Terhadap Saturasi Oksigen Pada Pemain Basket Mahasiswa Fakultas Kedokteran Unsrat. *Jurnal E-Biomedik*. 4 (1): 20–24.

- Simona, I. E., C. Alexandra, & J. Gabriela. 2015. Obesity Treatment Strategies. *Acta Medica Marisiensis*. 61 (4): 361–366.
- Sugondo, S. 2014. *Buku Ajar Ilmu Penyakit Dalam Edisi Keenam. Buku Ajar Ilmu Penyakit Dalam*. Interna Publishing, Jakarta.
- Surniyantoro, H. N. E., A. H. Sadewa, & P. Hastuti. 2018. Uncoupling Protein 2 (UCP2) as Genetic Risk Factor for Obesity in Indonesia Is Different in Gender Stratification. *The Kobe Journal of Medical Sciences*. 64 (2): 64–72.
- Susmiarsih, T., & H. Trimarsanto. 2013. Kajian Bioinformatika Uncoupling Protein 2 (UCP2) Dan Mutasi Ala55Val UCP2 Pada Obesitas Dan Diabetes Melitus Tipe 2 (DMT2). *Pharmamedika*. 5 (1): 1–14.
- Taylor, J. L., D. J. Holland, J. G. Spathis, K. S. Beetham, U. Wisløff, S. E. Keating, & J. S. Coombes. 2019. Guidelines for the Delivery and Monitoring of High Intensity Interval Training in Clinical Populations. *Progress in Cardiovascular Diseases*. Elsevier Inc. 62 (2): 140–146.
- Wagner, D. R. 2013. Ultrasound as a Tool to Assess Body Fat. *Journal of Obesity*. 2013 (2): 1–9.
- Weston, K. S., U. Wisløff, & J. S. Coombes. 2014. High-Intensity Interval Training in Patients with Lifestyle-Induced Cardiometabolic Disease: A Systematic Review and Meta-Analysis. *British Journal of Sports Medicine*. 48 (16): 1227–1234.
- Widiantini, W., & Z. Tafal. 2014. Aktivitas Fisik, Stres, Dan Obesitas Pada Pegawai Negeri Sipil. *Jurnal Kesehatan Masyarakat Nasional*. 8 (7): 330–336.
- Wijayanti, D. N., H. Sukmaningtyas, & D. Y. Fitranti. 2018. Kesesuaian Metode Pengukuran Persentase Lemak Tubuh Skinfold Caliper Dengan Metode Bioelectrical Impedance Analysis. *Diponegoro Medical Journal*. 7 (2): 1504–1510.
- Williams, M. H., E. S. Rawson, & J. D. Branch. 2017. *Nutrition for Health, Fitness, and Sport 11th Edition*. McGraw-Hill, New York.