

DAFTAR PUSTAKA

- Afifah, C.A.N., Ruhana, A., Dini, C.Y. dan Pratama, S.A. (2022) *Buku Ajar Gizi Dalam Daur Kehidupan*, Deepublish, Yogyakarta.
- Arhab, A.B. dan Putra, Y.D.LC.G. (2022) 'A survey of knowledge level of fitness members in consuming muscle-building supplements in Semarang', *Sports Medicine Curiosity Journal*, vol. 1, no. 1, pp. 31–4.
- Arini, L.D.D., Widyaningrum, L. dan Wulandari, R.M. (2021) *Buku Ajar Sistem Muskuloskeletal*, Pustaka Rumah Cinta, Magelang.
- Aryana, I.G.P.S. (2021) *Sarkopenia pada Lansia: Problem Diagnosis dan Tatalaksana*, Panuduh Atma Waras, Bali.
- Asmuddin (2021) *Paradigma Olahraga Dayung Indonesia (Dinamika Pembangunan Olahraga dan Aktualisasi Diri Atlet)*, UD. Al-Hasanah, Kendari.
- Bee, L.H. (1996) *The Journey of Adulthood (3rd ed.)*, Prentice Hall, Englewood Cliffs, NJ.
- Boirie, Y. (2009) 'Physiopathological mechanism of sarcopenia', *The Journal of nutrition, health and aging*, vol. 13, no. 8, pp. 717–23.
- Boren, S.A. dan Moxley, D. (2015) 'Systematically reviewing the literature: building the evidence for health care quality', *Missouri medicine*, vol. 112, no. 1, p. 58.
- BPOM RI (2004) *Keputusan Kepala Badan Pengawas Obat dan Makanan Republik Indonesia Nomor Hk.00.05.23.3644 Tentang Ketentuan Pokok Pengawasan Suplemen Makanan*, BPOM, Jakarta.
- BPOM RI (2020) 'Pedoman penggunaan herbal dan suplemen kesehatan dalam menghadapi COVID-19 di Indonesia', *Jakarta: BPOM RI*.
- Breus, M. (2017) *The Power of When. Maksimalkan Potensi Tubuhmu pada Waktu yang paling Efektif. Yusa Tripeni, Terjemahan*, Bentang, Yogyakarta.
- Buanasita, A. (2022) *Gizi Olahraga, Aktivitas Fisik dan Kebugaran*, PT. Nasya Expanding Management, Pekalongan.
- Carbone, J.W., McClung, J.P. dan Pasiakos, S.M. (2019) 'Recent advances in the characterization of skeletal muscle and whole-body protein responses to dietary

protein and exercise during negative energy balance’, *Advances in Nutrition*, vol. 10, no. 1, pp. 70–9.

Davies, R.W., Carson, B.P. dan Jakeman, P.M. (2018) ‘The effect of whey protein supplementation on the temporal recovery of muscle function following resistance training: A systematic review and meta-analysis’, *Nutrients*, vol. 10, no. 2, p. 221.

Departemen Kesehatan dan Kesejahteraan Sosial Republik Indonesia Direktorat Jendral Kesehatan Masyarakat Direktorat Gizi Masyarakat (2013) *Pedoman Gizi Olahraga Presisi*.

Devries, Michaela C. dan Phillips, S.M. (2015) ‘Supplemental protein in support of muscle mass and health: Advantage whey’, *Journal of Food Science*, vol. 80, no. S1, pp. A8–15.

Fithria, R., Rahmi, A.S., Rahmi, R.A.S., Marisa, Y.T., Dwiputri, A.Y., Safitri, W., rahmi, N., Khanh, V.K., Susanti, F. dan Fadillah, S. (2024) *Farmakologi*, CV. Gita Lentera, Padang.

Francaux, M. dan Deldicque, L. (2019) ‘Exercise and the control of muscle mass in human’, *Pflugers Archiv European Journal of Physiology*, Springer Verlag, pp. 397–411.

Giriwijoyo, S., Ray, H.R.D. dan Sidik, D.Z. (2020) *Kesehatan, Olahraga, dan Kinerja*, Bumi Medika, Jakarta.

Della Guardia, L., Cavallaro, M. dan Cena, H. (2015) ‘The risks of self-made diets: the case of an amateur bodybuilder’, *Journal of the International Society of Sports Nutrition*, vol. 12, no. 1, p. 16.

Hanafi, M. dan Prastyana, B.R. (2020) *Metodologi Kepeleatihan Olahraga Tahapan dan Penyusunan Program Latihan*, Jakad Media Publishing, Surabaya.

Hanum, Z., Yurliasni dan Dzarnisa (2021) *Teknologi Pengolahan Susu*, Syiah Kuala University Press, Aceh.

Harna, H., Kusharto, C.M. dan Roosita, K. (2017) ‘Intervensi susu tinggi protein terhadap tingkat konsumsi zat gizi makro dan status gizi pada kelompok usia dewasa’, *Media Kesehatan Masyarakat Indonesia Universitas Hasanuddin*, vol. 13, no. 4, pp. 354–61.

Hevia-Larraín, V., Gualano, B., Longobardi, I., Gil, S., Fernandes, A.L., Costa, L.A.R., Pereira, R.M.R., Artioli, G.G., Phillips, S.M. dan Roschel, H. (2021) ‘High-Protein Plant-Based Diet Versus a Protein-Matched Omnivorous Diet to

Support Resistance Training Adaptations: A Comparison Between Habitual Vegans and Omnivores', *Sports Medicine*, vol. 51, no. 6, pp. 1317–30.

Hidayah, T. (2013) 'Studi Kasus Konsumsi Suplemen pada Member Fitness Center di Kota Yogyakarta', *Media Ilmu Keolahragaan Indonesia*, vol. 3, no. 1.

Ilham, M. dan Rifki, M.S. (2020) 'Pengaruh Latihan Beban Terhadap Peningkatan Hipertrofi Otot Lengan Atlet Dayung', *Jurnal Stamina*, vol. 3, no. 6, pp. 379–97.

Irianto, D.P. (2017) 'Pedoman gizi lengkap keluarga dan olahragawan', *Yogyakarta: CV. Andi Offset*.

Islamiati, U., Anggi, V. dan Insani, N.N. (2024) 'Edukasi Pemanfaatan Makanan Sumber Protein Terhadap Tumbuh Kembang Anak Di Desa Sejahtera', *Jurnal Pengabdian Kepada Masyarakat Nusantara*, vol. 5, no. 1, pp. 588–92.

Ismida, S.N., Ulantri, Apriyani, R.K., Hidayatuloh, R. dan Kurniawan, T. (2024) *Anatomi dan Fisiologi*, Penerbit KBM Indonesia, Yogyakarta.

James, G. (2023) *Makanan dan Nutrisi*, Gilad James Mystery School, Indonesia.

Kanda, A., Nakayama, K., Fukasawa, T., Koga, J., Kanegae, M., Kawanaka, K. dan Higuchi, M. (2013) 'Post-exercise whey protein hydrolysate supplementation induces a greater increase in muscle protein synthesis than its constituent amino acid content', *British Journal of Nutrition*, vol. 110, no. 6, pp. 981–7.

Karina, S.M. dan Amrihati, E.T. (2017) *Pengembangan Kuliner*, Kemenkes RI, Jakarta.

Kemenkes RI (2013) *Pedoman Gizi Olahraga Prestasi*.

Kerksick, C.M., Rasmussen, C.J., Lancaster, S.L., Magu, B., Smith, P., Melton, C., Greenwood, M., Almada, A.L., Earnest, C.P. dan Kreider, R.B. (2006) 'The effects of protein and amino acid supplementation on performance and training adaptations during ten weeks of resistance training', *The Journal of Strength dan Conditioning Research*, vol. 20, no. 3, pp. 643–53.

El Khoury, D. dan Antoine-Jonville, S. (2012) 'Intake of nutritional supplements among people exercising in gyms in Beirut city', *Journal of nutrition and metabolism*, vol. 2012.

Koloay, K., Sompie, S.R.U.A. dan Paturusi, S.D.E. (2020) *Rancang Bangun Aplikasi Fitness Berbasis Android (Studi Kasus: Popeye Gym Suwaan)*.

- Kurnia, I., Effendi, H., Muchlis, A.F. dan Dinata, W.W. (2019) 'Review of knowledge about supplements on member D'max fitness center Padang', *Jurnal Stamina*, vol. 2, no. 1.
- Lagrange, V., Whitsett, D. dan Burris, C. (2015) 'Global market for dairy proteins', *Journal of food science*, vol. 80, no. S1, pp. A16–22.
- Laoh, J.M., Wilankrisna, L.A., Indrayana, T., Fitriani, D., Bobaya, J., Kusumahati, E., Hutagalung, R., Aziz, D.N. dan Armina (2023) *Bunga Rampai Anatomi Fisiologi Tubuh Manusia*, Media Pustaka Indo, Cilacap.
- Lidia, K. (2020) 'Peningkatan Kesehatan dengan Suplemen dan Gizi Seimbang di Era Pandemi Covid-19', *Jurnal Pengabdian Kepada Masyarakat Undana*, vol. 14, no. 2, pp. 63–8.
- Maigoda, T.C., Kuswari, M. dan Gifari, N. (2022) *Gizi Olahraga: Kesehatan jantung dan kebugaran*, Nasya Expanding Management, Pekalongan.
- Maigoda, T.C. dan Rizal, A. (2024) *Buku Ajar Penatalaksanaan Gizi Masyarakat*, Penerbit NEM, Pekalongan.
- Mandarana, M., Hafid, F., Pangestika, W., Kusuma, T.U., Sulistiani, R.P., Puspitasari, D.A., Widyastuti, R.A. dan Kusumawati, D.E. (2022) *Ilmu Gizi Dasar*, Pradina Pustaka, Sukoharjo.
- Mittendorfer, B., Klein, S. dan Fontana, L. (2020) 'A word of caution against excessive protein intake', *Nature Reviews Endocrinology*, vol. 16, no. 1, pp. 59–66.
- Mobley, C.B., Haun, C.T., Roberson, P.A., Mumford, P.W., Romero, M.A., Kephart, W.C., Anderson, R.G., Vann, C.G., Osburn, S.C., Pledge, C.D., Martin, J.S., Young, K.C., Goodlett, M.D., Pascoe, D.D., Lockwood, C.M. dan Roberts, M.D. (2017) 'Effects of whey, soy or leucine supplementation with 12 weeks of resistance training on strength, body composition, and skeletal muscle and adipose tissue histological attributes in college-aged males', *Nutrients*, vol. 9, no. 9, pp. 1–22.
- Morton, R W, Murphy, K.T., McKellar, S.R., Schoenfeld, B.J., Henselmans, M., Helms, E., Aragon, A.A., Devries, M.C., Banfield, L. dan Krieger, J.W. (2018) 'A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults', *British journal of sports medicine*, vol. 52, no. 6, pp. 376–84.

- Muhammad, H.F.L. (2023) *Aspek Molekuler Gizi Olahraga*, Gadjah Mada University Press, Yogyakarta.
- Mu'tasimah, Y. (2015) *Makanan Baik dalam Perspektif Al-Qura'an*, Media Nusa Creative, Malang.
- Nababan, D., Saragih, V.C.D., Yuniarti, T., Yuniarti, E., Andriyani, A., Sulistiani, A., Nurhayati, I., Wahyuningsih, A. dan Bahira, N.M. (2023) *Gizi dan Kesehatan Masyarakat*, Cendikia Mulia Mandiri.
- Naclerio, F. dan Seijo, M. (2019) 'Whey protein supplementation and muscle mass: current perspectives', *Nutrition and Dietary Supplements*, pp. 37–48.
- Nasrulloh, A. (2012) 'Progam latihan body building dapat meningkatkan massa otot mahasiswa IKORA FIK UNY', *Media Ilmu Keolahragaan Indonesia*, vol. 2, no. 2.
- Octavianti, N. (2017) *Fitness vs Diet*, Bhuana Ilmu Populer, Jakarta.
- Omron Healthcare (2014) *Instruction Manual Body Composition Monitor Model HBF-375 Karada Scan*, viewed 6 March 2024, <<https://www.omronhealthcare-ap.com/ap/product/102-hbf-375>>.
- Peters, R.M., McKeown, M.D., Carpenter, M.G. dan Inglis, J.T. (2016) 'Losing touch: age-related changes in plantar skin sensitivity, lower limb cutaneous reflex strength, and postural stability in older adults', *Journal of neurophysiology*, vol. 116, no. 4, pp. 1848–58.
- Phillips, S.M. 2017, 'Current concepts and unresolved questions in dietary protein requirements and supplements in adults', *Frontiers in nutrition*, vol. 4, p. 13.
- Ping, M.F., Sianturi, S. dan Anasis, A.M. 2022, *Ilmu Biomedik Dasar untuk Mahasiswa Kesehatan*, PT. Nasya Expanding Management, Pekalongan.
- Prakoso, T., Wardana, A.S., Untari, I., Rahayu, M.M., Aghadiati, F., Nirmagustina, D.E., Anwar, K., Wirandoko, I.H. dan Puspitasari, D.A. (2023) *Ekologi Pangan dan Gizi*, Pradina Pustaka, Sukoharjo.
- Puspasari, L. (2019) 'Body Image dan Bentuk Tubuh Ideal, Antara Persepsi dan Realitas', *Buletin Jagaddhita*, vol. 1, no. 3, pp. 1–4.
- Putra, R.N. dan Amalia, L. (2014) 'Hubungan Asupan Energi Protein dan Frekuensi Olahraga dengan Daya Tahan Kardiorespirasi dan Massa Otot pada Mahasiswa IPB', *Jurnal Gizi dan Pangan*, vol. 9, no. 1.

- Rafid, M., Ramadhan, B. dan Fitriani, A. (2023) *Relationship Between Muscle Dymorphia and Other Factors with Supplement Consumption among Selected Gym Members in Jakarta*.
- Ragila, R.W. (2017) 'Makna Suplemen Kebugaran Bagi Penggemar Aktivitas Fitness di Surabaya', *Fakultas Ilmu Sosial Dan Politik Universitas Airlangga*.
- Rahmah, Laoh, J.M., Wilankrisna, L.A., Indrayana, T., Fitriani, D., Bobaya, J., Kusumahati, E., Hutagalung, R., Aziz M, D.N., Armina, Tuegeh, J., Rahayu, S.M., S.Djaafar, N., Suranata, F.M. dan Setyowat, T. (2023) *Bunga Rampai: Anatomi Fisiologi Tubuh Manusia*, Media Pustaka Indo, Cilacap.
- Rai, A. dan Tsiang, H. (2009) *Tingkatkan Fitness IQ Anda!: Rahasia Tuntas Bakar Lemak dan Gaya Hidup Sehat*, Penerbit Libri, Jakarta.
- Roberts, B.M., Nuckols, G. dan Krieger, J.W. (2020) 'Sex differences in resistance training: a systematic review and meta-analysis', *The Journal of Strength dan Conditioning Research*, vol. 34, no. 5, pp. 1448–60.
- Rodriquez, N.D. dan Langley, S. (2009) 'Nutriton and athletic performance: joint position statement', *Am J Sports Med*, vol. 709, no. 24.
- Rofidah, K., Putriana, N., Roqimah, A.G.C. dan Arini, L.D.D. (2024) 'Membangun Kesehatan Dari Dalam Dengan Menu Sehat Berprotein Tinggi', *Jurnal Ilmu Kesehatan dan Gizi*, vol. 2, no. 3, pp. 6–19.
- S, A. dan Soenyoto, T. (2023) *Fisiologi Olahraga*, Cahya Ghani Recovery, Semarang.
- Sahni, S., Mangano, K.M., Hannan, M.T., Kiel, D.P. dan McLean, R.R. (2015) 'Higher protein intake is associated with higher lean mass and quadriceps muscle strength in adult men and women', *Journal of Nutrition*, vol. 145, no. 7, pp. 1569–75.
- Saras, T. (2023) *Kalori: Panduan Lengkap Tentang Energi dalam Nutrisi*, Tiram Media, Semarang.
- Satrio, P.A. (2021) 'Motivasi Perempuan Dalam Mengikuti Aktivitas Fisik Body Building (Fitness) Di Kabupaten Tegal', *Seminar Nasional Keindonesiaan (FPIPSKR)*.
- Schoenfeld, B.J., Grgic, J. dan Krieger, J. (2019) 'How many times per week should a muscle be trained to maximize muscle hypertrophy? A systematic review and meta-analysis of studies examining the effects of resistance training frequency', *Journal of sports sciences*, vol. 37, no. 11, pp. 1286–95.

- Schoenfeld, B.J., Ogborn, D. dan Krieger, J.W. (2016) 'Effects of resistance training frequency on measures of muscle hypertrophy: a systematic review and meta-analysis', *Sports medicine*, vol. 46, no. 11, pp. 1689–97.
- Setiowati, A. (2013) 'Pengaruh Suplementasi Protein terhadap Komposisi Tubuh pada Atlet', *Media Ilmu Keolahragaan Indonesia*, vol. 3, no. 2.
- Siregar, M.S., Ardilla, D. dan Matondang, M. (2024) *Biokimia Pangan*, umsu press, Medan.
- Siska, M.T., Zahtamal, Z. dan Putri, F. (2019) 'Pengaruh Kombinasi Latihan Beban dengan Metode Pyramid set dan Konsumsi Susu Tinggi Protein Terhadap Peningkatan Massa Otot', *Jurnal Ilmu Kedokteran (Journal of Medical Science)*, vol. 13, no. 2, pp. 36–45.
- Soeparno (2021) *Properti dan Teknologi Produk Susu*, Gajah Mada University Press, Yogyakarta.
- Stokes, T., Hector, A.J., Morton, R.W., McGlory, C. dan Phillips, S.M. (2018) 'Recent perspectives regarding the role of dietary protein for the promotion of muscle hypertrophy with resistance exercise training', *Nutrients*, vol. 10, no. 2, p. 180.
- Suhaimi, A. (2019) *Pangan, Gizi dan Kesehatan*, Deepublish, Yogyakarta.
- Suprayitno, E. dan Sulistiyati, T.D. (2017) *Metabolisme Protein*, UB Press, Malang.
- Syafrizaldy (2011) *225 Tips Seputar Fitnes Ala Syafrizaldy*, Be Champion, Depok.
- Tarwoto dan Wartonah (2023) *Kebutuhan Dasar Manusia dan Proses Keperawatan Edisi 6*, Salemba Medika, Jakarta.
- Thohari, I., Mustakim, Padaga, M. dan Rahayu, P.P. (2017) *Teknologi Hasil Ternak*, Universitas Brawijaya Press, Malang.
- Tobias, C. (2013) *Fitness: Gak Main-main Manfaatnya, Gak Main-main Hasilnya*, PT Gramedia Pustaka Utama, Jakarta.
- Tri, T. (2024) *Mengenal Telur: Panduan Lengkap tentang Manfaat dan Penggunaan Telur dalam Kehidupan Sehari-hari*, Penerbit Andi, Yogyakarta.
- Wihelmina, M., Afriani, Y. dan Yuliati, E. (2023) 'Hubungan konsumsi suplemen protein dengan massa otot pada anggota Lembah fitness centre Tajem, Yogyakarta', *Journal of Nutrition College*, vol. 12, no. 3, pp. 254–9.

- Winarno, F.G. (2013) *Autisme dan Peran Pangan*, Gramedia Pustaka Utama, Jakarta.
- Wu, G. (2016) 'Dietary protein intake and human health', *Food and Function*, Royal Society of Chemistry, pp. 1251–65.
- Yantiningsih, E., Marunung, J.S.R., Siskariyanti dan Riswandi, N. (2021) *Ilmu Gizi Olahraga*, Penerbit Qiara Media, Pasuruan.

