

DAFTAR PUSTAKA

- Adi & Santika. (2016). Pengukuran Tingkat Kadar Lemak Tubuh Melalui Jogging Selama 30 Menit Mahasiswa Putra Semester Iv Fpok Ikip Pgri Bali Tahun 2016 (Vol. 1)
- Al Shanableh, Y., et al. (2022). Prevalence of asymptomatic hyperuricemia and its association with prediabetes, dyslipidemia and subclinical inflammation markers among young healthy adults in Qatar. *BMC Endocrine Disorders*, 22(1). <https://doi.org/10.1186/s12902-022-00937-4>
- Ali, N. (2026). Serum Uric Acid as a Mediator of Insulin Resistance: Molecular Mechanisms and Metabolic Pathways. In *Endocrinology, Diabetes and Metabolism* (Vol. 9, Number 1). *John Wiley and Sons Inc.* <https://doi.org/10.1002/edm2.70163>
- Antwi, J., et al. (2025). Hindrances and Enablers of Healthy Eating Behavior Among College Students in an HBCU: A Qualitative Study. *Journal of Racial and Ethnic Health Disparities*, 12(5), 3004–3012. <https://doi.org/10.1007/s40615-024-02108-8>
- Asri, N. S., et al. (2025). Pengaruh Uang Saku Terhadap Pola Makan Mahasiswa Perantauan. *EDUTECH*, 24(3), 1668–1677. <https://doi.org/10.17509/e.v24i3.88582>
- Azzahra, I. L., et al. (2025). Hubungan Tingkat Pengetahuan Gizi dan Jumlah Uang Saku dengan Frekuensi Konsumsi Fast Food pada Mahasiswa Fakultas Ilmu Kesehatan Universitas Muhammadiyah Surakarta. *Ghidza: Jurnal Gizi Dan Kesehatan*, 9(1), 8–16. <https://doi.org/10.22487/ghidza.v9i1.2060>
- Carpenter, C., et al. (2021). An exploration of domain-specific sedentary behaviors in college students by lifestyle factors and sociodemographics. *International Journal of Environmental Research and Public Health*, 18(18). <https://doi.org/10.3390/ijerph18189930>
- Copur, S., Demiray, A., & Kanbay, M. (2022). Uric acid in metabolic syndrome: Does uric acid have a definitive role. In *European Journal of Internal Medicine* (Vol. 103, pp. 4–12). Elsevier B.V. <https://doi.org/10.1016/j.ejim.2022.04.022>

- Craig, C. L., et al. (2003). International physical activity questionnaire: 12-Country reliability and validity. *Medicine and Science in Sports and Exercise*, 35(8), 1381–1395. <https://doi.org/10.1249/01.MSS.0000078924.61453.FB>
- Debie, A. (2022). *Aspek Klinis Hiperurisemia*. <http://journal.scientic.id/index.php/sciena/issue/view/4>
- Deforche, B., et al. (2015). Changes in weight, physical activity, sedentary behaviour and dietary intake during the transition to higher education: A prospective study. *International Journal of Behavioral Nutrition and Physical Activity*, 12(1). <https://doi.org/10.1186/s12966-015-0173-9>
- Ditte, O., et al. (2022). *Hubungan Antara Aktivitas Fisik Dengan Kadar Asam Urat (Gout) Pada Lansia Di Wilayah Kerja Puskesmas Batu Aji Kota Batam*.
- Dong, X., et al. (2021). Independent and interactive effect of sitting time and physical activity on prevalence of hyperuricemia: the Henan Rural Cohort Study. *Arthritis Research and Therapy*, 23(1). <https://doi.org/10.1186/s13075-020-02385-8>
- Drake, E. C., Sladek, M. R., & Doane, L. D. (2016). Daily cortisol activity, loneliness, and coping efficacy in late adolescence: A longitudinal study of the transition to college. *International Journal of Behavioral Development*, 40(4), 334–345. <https://doi.org/10.1177/0165025415581914>
- Fadila, E., et al. (2023). *Fakumi Medical Journal Hubungan Faktor-Faktor Risiko dengan Hiperurisemia pada Pasien Batu Saluran Kemih di Rumah Sakit Ibnu Sina Makassar Tahun 2020-2022*.
- Faqih, D., Salam, A. Y., & Sriyono, G. H. (2023). Analisis Faktor Yang Berhubungan Dengan Tingkat Kadar Asam Urat. *JURNAL Riset Rumpun Ilmu KESEHATAN*, 2(2), 146–156. <https://doi.org/10.55606/jurrikes.v2i2.1749>
- Francis, S. M., et al. (2021). Characteristics, Comorbidities, and Potential Consequences of Uncontrolled Gout: *An Insurance-Claims Database Study*. *Rheumatology and Therapy*, 8(1), 183–197. <https://doi.org/10.1007/s40744-020-00260-1>
- Galuh, P., Hanum, R. (2018). *BUKU AJAR BIOKIMIA DASAR Edisi Revisi*.
- Goyal, J., & Rakhra, G. (2024). Sedentarism and Chronic Health Problems. In Korean Journal of Family Medicine (Vol. 45, Number 5, pp. 239–257). *Korean Journal of Family Medicine*. <https://doi.org/10.4082/kjfm.24.0099>

- Guerriero, M. A., et al. (2025). Relationship Between Sedentary Lifestyle, Physical Activity and Stress in University Students and Their Life Habits: A Scoping Review with PRISMA Checklist (PRISMA-ScR). *In Brain Sciences* (Vol. 15, Number 1). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/brainsci15010078>
- Hamilton, M. T., et al. (2015). Too little exercise and too much sitting: Inactivity physiology and the need for new recommendations on sedentary behavior. *Current Cardiovascular Risk Reports*, 2(4), 292–298. <https://doi.org/10.1007/s12170-008-0054-8>
- Hardinsyah & Supariasa. (2017). *16. buku ilmu gizi teori dan aplikasi_compressed*.
- Irene Putri, Y., Hesa Putri, Y., & Gizi Poltekkes Kemenkes Padang, J. (2024). *Pola Konsumsi Lemak Jenuh, Lemak Tak Jenuh Dan Serat Pada Penderita Penyakit Jantung Koroner Di Rsud Sungai Dareh. Jurnal Sehat Mandiri*, 19.
- Lamtota Malau, R. (2025). Hubungan Sedentary Lifestyle Dan Emotional Eating Dengan Kelebihan Berat Badan (Overweight) Pada Mahasiswa/I Reguler Program Studi Sarjana Keperawatan Universitas Indonesia Maju Di Jakarta 2025. *Jurnal Ilmiah Penelitian Mahasiswa*, 3(6), 463–477. <https://doi.org/10.61722/jipm.v3i6.1687>
- Maes, I., et al. (2020). The occupational sitting and physical activity questionnaire (OSPAQ): A validation study with accelerometer-assessed measures. *BMC Public Health*, 20(1). <https://doi.org/10.1186/s12889-020-09180-9>
- Mulyaningsih. (2021). *Hubungan Asupan Protein, Lemak, Dan Status Gizi Dengan Kejadian Hiperurisemia*.
- Norsanah. (2020). *Gambaran Kadar Asam Urat Pada Mahasiswa Diploma Iii Keperawatan Stikes Dirgahayu Samarinda Tahun 2020*.
- Nugrahaeni, M. T. , et al. (2025). *Pengembangan Buku Saku Elektronik Tentang Pola Makan Sehat Bagi Kehidupan Mahasiswa Kost*.
- Pandey, A., et al. (2016). Continuous dose-response association between sedentary time and risk for cardiovascular disease a meta-analysis. *JAMA Cardiology*, 1(5), 575–583. <https://doi.org/10.1001/jamacardio.2016.1567>
- Park, J. H., et al. (2020). Sedentary Lifestyle: Overview of Updated Evidence of Potential Health Risks. *Korean Journal of Family Medicine*, 41(6), 365–373. <https://doi.org/10.4082/KJFM.20.0165>

- Pataky, M. W., Young, W. F., & Nair, K. S. (2021). Hormonal and Metabolic Changes of Aging and the Influence of Lifestyle Modifications. *In Mayo Clinic Proceedings* (Vol. 96, Number 3, pp. 788–814). Elsevier Ltd. <https://doi.org/10.1016/j.mayocp.2020.07.033>
- Patterson, R., et al. (2018). Sedentary behaviour and risk of all-cause, cardiovascular and cancer mortality, and incident type 2 diabetes: a systematic review and dose response meta-analysis. *In European Journal of Epidemiology* (Vol. 33, Number 9, pp. 811–829). Springer Netherlands. <https://doi.org/10.1007/s10654-018-0380-1>
- Peterson, K. T., & Bopp, M. (2025). Lifestyle Behavior Patterns and Socio-Demographic Predictors Among US College Students: Implications for Chronic Condition Risk and Public Health Interventions. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/15598276251357526>
- Prihandani, E., et al. (2025). Gambaran Status Gizi Mahasiswa Program Studi Sarjana Gizi Sekolah Tinggi Ilmu Kesehatan Samarinda (Vol. 7, Number 2).
- Purukan, S. A., et al. (2024). Hubungan Antara Kadar Asam Urat Dengan Aktivitas Fisik Pada Lansia Di Wilayah Kerja Puskesmas Mulyorejo Kota Malang. *Jurnal Ilmu Kedokteran dan Kesehatan* (Vol. 11, Number 8). <http://ejournalmalahayati.ac.id/index.php/kesehatan>
- Putri, A. K., et al. (2021). *Literature Review : Hubungan Aktivitas Fisik Terhadap Terjadinya Arthritis Gout*.
- Rahman, M. M. , D. (2021). *Hubungan Asupan Lemak Terhadap Persentase Lemak Tubuh Mahasiswa Fakultas Kedokteran Universitas Tadulako Angkatan 2019*.
- Reza, M., & Humaira, N. (2025). Journal of Innovative and Creativity Pengaruh Edukasi Gizi terhadap Perubahan Perilaku Konsumsi Makanan Cepat Saji pada Mahasiswa. *In 30696| Journal of Innovative and Creativity* (Vol. 5, Number 3).
- Roberts, C. J., et al. (2024). Self-reported physical activity and sedentary behaviour amongst UK university students: a cross-sectional case study. *Critical Public Health*, 34(1), 1–17. <https://doi.org/10.1080/09581596.2024.2338182>
- Sambo, M., Amelyani, S., & Simon, S. (2023). Hubungan *Sedentary Lifestyle* dengan Obesitas Pada Anak Usia Remaja Pada Masa Pandemi. *Jurnal Keperawatan Florence Nightingale*, 6(2), 43–47. <https://doi.org/10.52774/jkfn.v6i2.120>

- Santoso, A. M., et al. (2024). Gambaran Sedentary Lifestyle Pada Mahasiswa Pendidikan Dokter Fakultas Kedokteran Universitas Udayana Selama Masa Transisi Pandemi Covid-19. <https://doi.org/10.24843.MU.2024.V13.i06.P09>
- Saufika et al. (2016). *Gaya Hidup dan Kebiasaan Mahasiswa*.
- Scroggs, G. J., Battista, R. A., & Kappus, R. M. (2025). *Bridging the Gap: Promoting Physical Activity in College-Aged Students. Preventing Chronic Disease*, 22. <https://doi.org/10.5888/pcd22.250118>
- Sogari, G., et al. (2018). *College students and eating habits: A study using an ecological model for healthy behavior. Nutrients*, 10(12). <https://doi.org/10.3390/nu10121823>
- Spence, C., & Youssef, J. (2021). *Aging and the (Chemical) senses: Implications for food behaviour amongst elderly consumers*. In *Foods* (Vol. 10, Number 1). MDPI AG. <https://doi.org/10.3390/foods10010168>
- Su, X., et al. (2023). Hyperuricemia is associated with more cardiometabolic risk factors in hypertensive younger Chinese adults than in elderly. *Frontiers in Cardiovascular Medicine*, 10. <https://doi.org/10.3389/fcvm.2023.1133724>
- Sumbono, A. (2021). *Lipida Seri Biokimia Pangan Dasar*.
- Sumilat, D. D., & Fayasari, A. (2020). *Hubungan Aktivitas Sedentari Dengan Kejadian Gizi Lebih Pada Mahasiswa Universitas Nasional* (Vol. 1, Number 1).
- Syafa et al. (2024). Pengaruh sedentary lifestyle terhadap kesehatan mental pada remaja. *Featured Research 173 SCHOULID: Indonesian Journal of School Counseling*, 9(1), 174–185. <https://doi.org/10.23916/084521011>
- Tanton, J., et al. (2015). Eating Behaviours of British University Students: A Cluster Analysis on a Neglected Issue. *Advances in Preventive Medicine*, 2015, 1–8. <https://doi.org/10.1155/2015/639239>
- Tofure, I. R., et al. (2026). Deteksi Dini Risiko Hiperkolesterolemia dan Hiperurisemia melalui Pemeriksaan Kolesterol dan Asam Urat di Desa Seith, Kabupaten Maluku Tengah. *Jurnal Malikussaleh Mengabdi*, 5(2), 2829–6141. <https://doi.org/10.29103/jmm>
- Tremblay, M. S., et al. (2020). Sedentary Behavior Research Network (SBRN) - Terminology Consensus Project process and outcome. *International Journal of Behavioral Nutrition and Physical Activity*, 14(1). <https://doi.org/10.1186/s12966-017-0525-8>

- Van Uffelen, J. G. Z., et al. (2010). Occupational sitting and health risks: A systematic review. *In American Journal of Preventive Medicine* (Vol. 39, Number 4, pp. 379–388). Elsevier Inc. <https://doi.org/10.1016/j.amepre.2010.05.024>
- Wahyudiati, D., Dwi Wahyudiati, Mp., & Biokimia, Mp. (n.d.). *Dasar-Dasar Kependidikan Mipa*.
- Widhiastuti, E., et al. (2025). The Synergistic Effect Of High Bmi And Low Physical Activity On Gout Arthritis Risk: A Case-Control Study In West Sumatera, Indonesia. *Jurnal Menara Medika*, 7(2), 422. <https://jurnal.umsb.ac.id/index.php/menaramedika/index>
- Wilmot, E. G., et al. (2016). Sedentary time in adults and the association with diabetes, cardiovascular disease and death: *Systematic review and meta-analysis*. *Diabetologia*, 55(11), 2895–2905. <https://doi.org/10.1007/s00125-012-2677-z>
- Wiwik, R., et al. (2022). Faktor-Faktor Yang Mempengaruhi Kadar Asam Urat Pada Usia Produktif Di Desa Nongan, Kabupaten Karangasem Factors Affecting Uric Acid Level At Productive Age In Nongan Village, Karangasem Regency. *BMJ*, 5, 273–280.
- Xue, L., et al. (2025). Blood Uric Acid in Mild Cognitive Impairment: A Cross-Sectional Study of Older Chinese Adults. *Neuropsychiatric Disease and Treatment*, 21, 1307–1314. <https://doi.org/10.2147/NDT.S521296>
- Zhang, Y., & Liu, X. (2024). Effects of physical activity and sedentary behaviors on cardiovascular disease and the risk of all-cause mortality in overweight or obese middle-aged and older adults. *Frontiers in Public Health*, 12. <https://doi.org/10.3389/fpubh.2024.1302783>