

**PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP
AKTIVITAS FISIK DAN *PHYSICAL SELF-CONCEPT***

DISERTASI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
Doktor Pendidikan Olahraga



Oleh

J A J A T

1502791

**PROGRAM STUDI
PENDIDIKAN OLAAHRAGA
SEKOLAH PASCASARJANA
UNIVERSITAS PENDIDIKAN INDONESIA
2021**

Jajat, 2022

***PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK
DAN *PHYSICAL SELF-CONCEPT****

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

**PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP
AKTIVITAS FISIK DAN *PHYSICAL SELF-CONCEPT***

Oleh:
Jajat
1502791

Disertasi yang diajukan untuk
Memenuhi sebagian syarat memperoleh gelar
Doktor Pendidikan (Dr.) pada Proram Studi Pendidikan Olahraga

© Jajat
Universitas Pendidikan Indonesia
Juli 2021

Hak cipta dilindungi undang-undang:
Disertasi ini tidak boleh diperbanyak seluruhnya atau sebagian, dengan dicetak
ulang, difoto kopi, atau cara lainnya tanpa ijin dari penulis.

JAJAT

**PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP
AKTIVITAS FISIK DAN *PHYSICAL SELF-CONCEPT***

disetujui dan disahkan oleh panitia disertasi:

Promotor



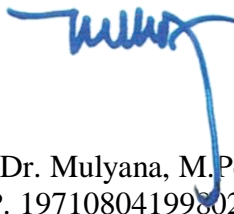
Prof. Dr. H. Adang Suherman, MA.
NIP. 196306181988031002

Kopromotor



Dr. Yusuf Hidayat, M.Si.
NIP. 196808301999031001

Anggota



Dr. Mulyana, M.Pd.
NIP. 197108041998021001

Mengetahui,
Ketua Program Studi Pendidikan Olahraga



Prof. Dr. H. Amung Ma'mun, M.Pd.
NIP. 196001191986031002

HALAMAN PERNYATAAN

Dengan ini saya menyatakan bahwa disertasi dengan judul "PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT" ini beserta seluruh isinya adalah benar-benar karya saya sendiri. Saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi apabila di kemudian hari ditemukan adanya pelanggaran etika keilmuan atau ada klaim dari pihak lain terhadap keaslian karya saya ini.

Bandung, Juli 2021

Yang menyatakan,

Jajat

Jajat, 2022

**PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK
DAN PHYSICAL SELF-CONCEPT**

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN *PHYSICAL SELF-CONCEPT*

Jajat

ABSTRAK

Pendidikan jasmani memiliki peran penting untuk membangun gaya hidup aktif sepanjang hayat. Pada saat yang sama, aktivitas fisik pada usia remaja cenderung menurun dan perilaku sedentari semakin meningkat. Tujuan penelitian ini adalah mengkaji pengaruh model kurikulum dan gender terhadap aktivitas fisik dan *physical self-concept* (PSC). Metode penelitian yang digunakan adalah eksperimen dengan desain *randomized post-test only control group design*, faktorial 2x2. Sebanyak 68 orang siswa (35 laki-laki dan 33 perempuan) terlibat dalam kegiatan intervensi ini selama 35 kali pertemuan (3 bulan). Masing-masing kelompok, yaitu eksperimen *Fitness Education Model* (FEM) dan kelompok kontrol Kurtilas terpilih melalui acak kelas. Aktivitas fisik diukur dari *metabolic equivalent of task* (MET) menggunakan akselerometer ActivPAL, sementara PSC diukur dengan instrument *Personal Self-Description Questionnaire* (PSDQ) yang diadaptasi dari Marsh (2010). Analisis statistika MANOVA digunakan untuk menguji semua variabel. Hasil analisis menunjukkan adanya pengaruh model kurikulum terhadap aktivitas fisik dan PSC, baik secara bersama-sama maupun independent. Rata-rata level aktivitas fisik dan PSC siswa yang diberikan intervensi FEM lebih tinggi daripada siswa kelompok kontrol Kurtilas. Ada pengaruh gender terhadap aktivitas fisik dan PSC, di mana aktivitas fisik dan PSC siswa laki-laki lebih tinggi daripada siswa perempuan dengan mengontrol variabel model kurikulum. Temuan lainnya yaitu adanya pengaruh interaksi antara model kurikulum dengan gender terhadap aktivitas fisik dan PSC baik secara bersama-sama maupun independent. Aktivitas fisik dan PSC siswa laki-laki kelompok intervensi FEM lebih tinggi daripada siswa laki-laki kelompok kontrol, sementara siswa perempuan kelompok intervensi FEM dengan siswa perempuan kelompok kontrol tidak ada perbedaan signifikan. Berdasarkan hasil penelitian ini, FEM memberikan pengaruh lebih baik terhadap aktivitas fisik dan PSC daripada kelompok kontrol, tetapi hanya pada siswa laki-laki. Tidak adanya perbedaan pengaruh aktivitas fisik dan PSC pada siswa perempuan kelompok intervensi dan kelompok kontrol mengindikasikan bahwa, intervensi promosi gaya hidup aktif pada akhirnya harus memperhatikan faktor gender.

Kata kunci: aktivitas fisik, gaya hidup aktif, *self-concept*, model kurikulum, perilaku sedentari

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK
DAN *PHYSICAL SELF-CONCEPT*

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

THE EFFECT OF CURRICULUM MODELS AND GENDER ON PHYSICAL ACTIVITY AND PHYSICAL SELF-CONCEPT

Jajat

ABSTRACT

Physical education has an essential role in developing an active lifestyle throughout life. At the same time, physical activity in adolescence tends to decrease, and sedentary behavior increases. This study aimed to examine the effect of the curriculum model and gender on physical activity and physical self-concept (PSC). The method used is a randomized post-test only control group design experimental design with 2x2 factorial. A total of 68 students (35 boys and 33 girls) were involved in this intervention activity for 35 meetings (3 months). Each group, namely the experimental Fitness Education Model (FEM) and the control group Kurtilas were selected through the random class. Physical activity was measured by a metabolic equivalent of task (MET) using the ActivPAL accelerometer, while PSC was measured by the Personal Self-Description Questionnaire (PSDQ) instrument adapted from Marsh (2010). MANOVA statistical analysis was used to test all variables. By controlling for the gender variable, the analysis results show the influence of the curriculum model on physical activity and PSC, both together and independently. The average level of physical activity and PSC of students given the FEM intervention was higher than that of the Kurtilas control group. There is an effect of gender on physical activity and PSC, where male students' physical activity and PSC are higher than female students by controlling for the curriculum model variable. Another finding is an interaction effect between the curriculum model and gender on physical activity and PSC both jointly and independently. Physical activity and PSC of male students in the FEM intervention group were higher than those in the control group. At the same time, there was no significant difference in physical activity and PSC between female students in the FEM intervention group and female students in the control group. Based on the results of this study, FEM had a better effect on physical activity and PSC than the control group, but only on male students. The absence of differences in the impact of physical activity and PSC on female students in the intervention group and the control group indicates that, in the end, active lifestyle promotion interventions must pay attention to gender factors.

Keywords: physical activity, active lifestyle, self-concept, curriculum model, sedentary behavior.

Jajat, 2022

*PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK
DAN PHYSICAL SELF-CONCEPT*

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

UCAPAN TERIMAKASIH

Puji dan syukur penulis ucapkan kepada Allah SWT yang atas perkenan-Nya disertasi mengenai pengaruh model kurikulum dan gender terhadap aktivitas fisik dan *physical self-concept* ini dapat diselesaikan. Pada kesempatan ini penulis menghaturkan terimakasih kepada:

1. Rektor Universitas Pendidikan Indonesia (UPI) Prof. Dr. H. M. Solehuddin, M.Pd., M.A. yang telah memberikan ijin kepada penulis untuk menempuh studi S-3 pada Program Doktor Pendidikan Olahraga, Sekolah Pascasarjana, Universitas Pendidikan Indonesia.
2. Direktur Sekolah Pascasarjana, Universitas Pendidikan Indonesia, Prof. Dr. H. Syihabuddin, M.Pd., dan Ketua Program Studi Pendidikan Olahraga, Sekolah Pascasarjana, Universitas Pendidikan Indonesia, Prof. Dr. H. Amung Ma'mun, M.Pd., yang telah memfasilitasi penulis selama proses penyelesaian studi.
3. Prof. Dr. H. Adang Suherman, M.A., selaku promotor yang senantiasa memberikan bimbingan, arahan, motivasi dengan penuh kesabaran, sejak awal perkuliahan sebagai pembimbing akademik sampai selesainya disertasi ini.
4. Dr. Yusuf Hidayat, M.Si., selaku kopromotor yang telah dengan sabar dan ikhlas membimbing penulis dengan saran, masukan, ide, gagasan serta do'a yang tulus sehingga penulis terus termotivasi untuk menyelesaikan disertasi ini.
5. Dr. Mulyana, M.Pd., selaku anggota yang telah memberikan arahan, bimbingan dan motivasi untuk menyelesaikan studi.
6. Drs. Sumardiyanto, M.Pd. (Almarhum) yang selalu memberikan dukungan moril, motivasi dan do'a kepada penulis sejak menempuh studi Magister S-2. Semoga apa yang telah beliau berikan menjadi amalan pahala yang tidak terputus, diterima amal ibadahnya dan ditempatkan pada tempat terbaik oleh Allah SWT.
7. Rekan-rekan satu Angkatan POR S3 SPs UPI (Nana Sutisna, Agi Ginanjar, Dede Iman Suhendra, Bobby Agustan, Dody Abdulkarim (Alm.), Akhmad Olih Solihin, Ihsan Abdul Fatah, Ashadi Cahyadi) yang telah memberikan dukungan serta menjadi teman diskusi selama perkuliahan dan penyelesaian studi.
8. Bapak/Ibu dosen Program Studi Ilmu Keolahragaan, FPOK, Universitas Pendidikan Indonesia dan Program Studi Pendidikan Jasmani, Universitas

Jajat, 2022

**PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK
DAN PHYSICAL SELF-CONCEPT**

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

Galuh Ciamis yang telah memberikan dukungan motivasi kepada penulis dalam penyelesaian studi.

9. Kepala sekolah dan guru SMA Negeri 1 Nagreg khususnya guru PJOK (Tono Supriatna Nugraha, M.Pd., Asep Anjar, S.Pd.), serta para siswa yang telah dengan sukarela membantu penulis selama proses pelaksanaan penelitian.
10. Adik, rekan sejawat sekaligus sahabat dalam perjuangan penyusunan disertasi “Kuston Sultoni, S.Si., M.Pd. yang selalu setia menjadi teman diskusi, memberikan motivasi, saran, masukan, ide dan gagasannya tanpa mengenal waktu. Semoga studi Ph.D nya berjalan dengan lancar.
11. Bapak/Ibu staf pegawai di Sekolah Pascasarjana dan FPOK UPI yang telah membantu kelancaran selama proses perkuliahan sampai penyelesaian studi.
12. Semua pihak yang tidak dapat disebutkan satu persatu, atas bantuan yang telah diberikan kepada penulis dari awal perkuliahan hingga penyelesaian studi.

Terakhir tentunya ucapan terimakasih kepada semua keluarga tercinta terutama kedua orang tua Ibu Eulis Erum & Bpk. Patma, istri tercinta Indri Fitri Yunita, anak-anak Annisa Maahirah RA, Muhammad Daffa Dhiyaulhaq, Annisa Azzahrah Adawiyah, adik-adik tercinta (Budi, Nana Juhana, Dadan Ramdani, dan Muhammad Sinji Al-Fikri), beserta ibu dan bapak mertua, Ibu Sosiawati & Bpk. Bachrudin Sail (Almarhum) yang selalu memberikan motivasi dan do'a tulus ikhlas serta pengertian dan kesabarannya selama proses penyelesaian studi. Semoga kita selalu ada dalam Ridho Alloh SWT. Aamiin.

Bandung, Juli 2021

Jajat

DAFTAR ISI

	Halaman
HALAMAN PERNYATAAN	i
ABSTRAK	ii
ABSTRACT	iii
UCAPAN TERIMAKASIH	iv
DAFTAR ISI	vi
DAFTAR TABEL	ix
DAFTAR GAMBAR	x
DAFTAR GRAFIK	xi
BAB I PENDAHULUAN	Error! Bookmark not defined.
1.1 Latar Belakang Penelitian	Error! Bookmark not defined.
1.2 Rumusan Masalah Penelitian	Error! Bookmark not defined.
1.3 Tujuan Penelitian	Error! Bookmark not defined.
1.4 Signifikansi Penelitian	Error! Bookmark not defined.
1.5 Struktur Organisasi Disertasi.....	Error! Bookmark not defined.
BAB II KAJIAN PUSTAKA	Error! Bookmark not defined.
2.1 Gaya Hidup Aktif, Aktivitas Fisik, dan Perilaku Sedentari	Error! Bookmark not defined.
2.1.1 Pengertian dan Batasan	Error! Bookmark not defined.
2.1.2 Faktor-faktor yang Mempengaruhi Aktivitas Fisik ...	Error! Bookmark not defined.
2.1.3 Aktivitas Fisik dan Perilaku Sedentari Kaitannya dengan Kesehatan	Error! Bookmark not defined.
2.1.4 Perspektif Teoretis Aktivitas Fisik.....	Error! Bookmark not defined.
2.2 Gender dan Aktivitas Fisik.....	Error! Bookmark not defined.
2.3 Physical Self-Concept (PSC).....	Error! Bookmark not defined.
2.3.1 Pengertian dan Batasan	Error! Bookmark not defined.
2.3.2 Dimensi-dimensi PSC	Error! Bookmark not defined.
2.4 Peran Penting PSC	Error! Bookmark not defined.
2.5 Pengertian dan Batasan Kurikulum	Error! Bookmark not defined.
2.6 Pendidikan Jasmani, Olahraga dan Kesehatan (PJOK) Error!	Bookmark not defined.
2.7 Model Kurikulum PJOK	Error! Bookmark not defined.
2.8 Fitness Education Model (FEM)	Error! Bookmark not defined.
2.8.1 Pengertian dan Batasan	Error! Bookmark not defined.

2.8.2 Tujuan FEM.....	Error! Bookmark not defined.
2.8.3 Kerangka Konseptual FEM	Error! Bookmark not defined.
2.9 Penelitian Terdahulu yang Relevan	Error! Bookmark not defined.
2.10 Landasan Teoretik	Error! Bookmark not defined.
2.10.1 Pengaruh model kurikulum terhadap aktivitas fisik dan PSC	Error! Bookmark not defined.
2.10.2 Pengaruh gender terhadap aktivitas fisik dan PSC ...	Error! Bookmark not defined.
2.10.3 Pengaruh interaksi model kurikulum dan gender terhadap aktivitas fisik dan PSC	Error! Bookmark not defined.
2.11 Hipotesis.....	Error! Bookmark not defined.
BAB III METODE PENELITIAN	Error! Bookmark not defined.
3.1 Desain Penelitian	Error! Bookmark not defined.
3.2 Partisipan.....	Error! Bookmark not defined.
3.3 Populasi.....	Error! Bookmark not defined.
3.4 Sampel.....	Error! Bookmark not defined.
3.5 Instrument Penelitian	Error! Bookmark not defined.
3.5.1 Pengukuran Aktivitas Fisik	Error! Bookmark not defined.
3.5.2 Validitas dan Reliabilitas ActivPAL.....	Error! Bookmark not defined.
3.5.3 Pengukuran PSC	Error! Bookmark not defined.
3.5.4 Validasi PSDQ.....	Error! Bookmark not defined.
3.5.5 Tahap Adaptasi PSDQ	Error! Bookmark not defined.
3.5.6 Validitas dan Reliabilitas PSDQ.....	Error! Bookmark not defined.
3.6 Prosedur Penelitian	Error! Bookmark not defined.
3.7 Validasi Program Intervensi.....	Error! Bookmark not defined.
3.8 Workshop dan FGD Persiapan Pelaksanaan Intervensi	Error! Bookmark not defined.
3.9 Analisis Data	Error! Bookmark not defined.
3.9.1 Deskripsi Data.....	Error! Bookmark not defined.
3.9.2 Uji Asumsi.....	Error! Bookmark not defined.
3.9.3 Uji Hipotesis	Error! Bookmark not defined.
BAB IV TEMUAN DAN PEMBAHASAN	Error! Bookmark not defined.
4.1 Temuan.....	Error! Bookmark not defined.
4.1.1 Deskripsi Data.....	Error! Bookmark not defined.
4.1.2 Hasil Analisis Uji Asumsi	Error! Bookmark not defined.
4.1.3 Hasil Analisis Uji Hipotesis	Error! Bookmark not defined.

4.2	Pembahasan	Error! Bookmark not defined.
4.2.1	Pengaruh model kurikulum terhadap aktivitas fisik dan PSC secara bersama-sama dengan mengontrol variabel gender	Error! Bookmark not defined.
4.2.2	Pengaruh gender terhadap aktivitas fisik dan PSC secara bersama-sama dengan mengontrol variabel kurikulum	Error! Bookmark not defined.
4.2.3	Pengaruh Interaksi Antara Model Kurikulum dan Gender Terhadap Aktivitas Fisik dan PSC	Error! Bookmark not defined.
4.2.4	Perbedaan pengaruh model kurikulum terhadap aktivitas fisik dan PSC pada siswa laki-laki	Error! Bookmark not defined.
4.2.5	Perbedaan pengaruh model kurikulum terhadap aktivitas fisik dan PSC pada siswa perempuan	Error! Bookmark not defined.
BAB V KESIMPULAN, IMPLIKASI, DAN REKOMENDASI		Error! Bookmark not defined.
5.1	Kesimpulan	Error! Bookmark not defined.
5.2	Implikasi	Error! Bookmark not defined.
5.2.1	Implikasi Teoretis	Error! Bookmark not defined.
5.2.2	Implikasi Praktis	Error! Bookmark not defined.
5.3	Rekomendasi	Error! Bookmark not defined.
DAFTAR PUSTAKA		12
LAMPIRAN		Error! Bookmark not defined.

DAFTAR TABEL

Halaman

- Tabel 1.1 Daftar Negara dengan Angka Kasus Diabetes Tertinggi di Dunia **Error! Bookmark not defined.**
- Tabel 1.2 Prevalensi Diabetes Dunia pada Usia 20-29 Tahun ... **Error! Bookmark not defined.**
- Tabel 3.1 Kisi-kisi Instrumen PSDQ **Error! Bookmark not defined.**
- Tabel 3.2 Koefisien Korelasi Validitas Bahasa Instrument PSDQ..... **Error! Bookmark not defined.**
- Tabel 3.3 Reliabilitas statistic Cronbach's Alpha. **Error! Bookmark not defined.**
- Tabel 3.4 Rekapitulasi Persentase Validitas Keterbacaan PSDQ..... **Error! Bookmark not defined.**
- Tabel 3.5 Nilai loading factor item PSDQ versi asli (Bahasa Inggris) **Error! Bookmark not defined.**
- Tabel 3.7 Rangkuman Hasil Model Persamaan Struktural . **Error! Bookmark not defined.**
- Tabel 3.8 Rangkuman Hasil Uji reliabilitas **Error! Bookmark not defined.**
- Tabel 3.9 Program Fitness Education Model **Error! Bookmark not defined.**
- Tabel 4.1 Karakteristik Demografi Masing-masing Kelompok. **Error! Bookmark not defined.**
- Tabel 4.2 Statistik Deskriptif Aktivitas Fisik dan Physical Self-Concept **Error! Bookmark not defined.**
- Tabel 4.3 Hasil Uji Normalitas Variabel Aktivitas Fisik & PSC **Error! Bookmark not defined.**
- Tabel 4.4 Hasil Uji Homogenitas Multivariat **Error! Bookmark not defined.**
- Tabel 4.5 Hasil Uji Univariate Levene's Test of Equality of Error Variance **Error! Bookmark not defined.**
- Tabel 4.6 Hasil Analisis Multivariat Pengaruh Model Kurikulum Terhadap Aktivitas Fisik dan PSC..... **Error! Bookmark not defined.**
- Tabel 4.7 Hasil Analisis Univariat Pengaruh Model Kurikulum Terhadap Masing-Masing Variabel Dependen Aktivitas Fisik dan PSC **Error! Bookmark not defined.**
- Tabel 4.8 Perbandingan Pengaruh Model Kurikulum Terhadap Aktivitas Fisik dan PSC **Error! Bookmark not defined.**
- Tabel 4.9 Hasil Analisis Multivariat Pengaruh Gender Terhadap Aktivitas Fisik dan PSC **Error! Bookmark not defined.**
- Tabel 4.10 Hasil Analisis Univariat Pengaruh Gender Terhadap Masing-Masing Variabel Aktivitas Fisik dan PSC **Error! Bookmark not defined.**
- Tabel 4.11 Perbandingan Pengaruh Model Kurikulum Terhadap Aktivitas Fisik dan PSC **Error! Bookmark not defined.**
- Tabel 4.12 Hasil Analisis Multivariat Interaksi Pengaruh Utama Model Kurikulum dan Gender terhadap Aktivitas Fisik dan Physical Self-Concept Secara Bersama-sama **Error! Bookmark not defined.**
- Tabel 4.13 Rangkuman Hasil Analisis Uji Interaksi Univariat Pengaruh Model Kurikulum dan Gender Terhadap Masing-masing Variabel Terikat **Error! Bookmark not defined.**

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Tabel 4.14 Statistif Deskriptif dan Hasil Analisis Perbandingan Pasangan Interaksi Model Kurikulum Terhadap Aktivitas Fisik dan Physical Self-Concept Siswa Laki-laki..... **Error! Bookmark not defined.**
- Tabel 4.15 Statistif Deskriptif dan Hasil Analisis Perbandingan Pasangan Model Kurikulum Terhadap Aktivitas Fisik dan PSC Siswa Perempuan... **Error! Bookmark not defined.**
- Tabel 4.16 Statistika Deskriptif dan Perbandingan Pasangan Interaksi Pada Masing-Masing Model Kurikulum Terhadap Variabel Dependen .. **Error! Bookmark not defined.**

DAFTAR GAMBAR

Halaman

- Gambar 1.1 Pola Aktivitas Fisik dan Perilaku Sedentari Berdasarkan Perkembangan Usia **Error! Bookmark not defined.**
- Gambar 2.1 Compendium of Physical Activities .. **Error! Bookmark not defined.**
- Gambar 2.2 “Health Belief Model” Sebagai Prediktor Preventif Perilaku Kesehatan..... **Error! Bookmark not defined.**
- Gambar 2.3 Theory of Planned Behavior **Error! Bookmark not defined.**
- Gambar 2.4 Model Teori Kognisi Sosial Perilaku Kesehatan. Adaptasi dari Social cognitive theory and physical activity: a systematic review and meta-analysis **Error! Bookmark not defined.**
- Gambar 2.5 Salah Satu Representasi Organisasi Hierarkis Self-Concept **Error! Bookmark not defined.**
- Gambar 2.6 Model Persepsi Diri Secara Fisikal (physical self-perception) .. **Error! Bookmark not defined.**
- Gambar 3.1 Desain Faktorial 2 x 2 **Error! Bookmark not defined.**
- Gambar 3.2 Ilustrasi Alternatif Desain Faktorial 2 x 2..... **Error! Bookmark not defined.**
- Gambar 3.3 Accelerometer ActivPALTM (PAL 4) **Error! Bookmark not defined.**
- Gambar 3.4 Pemasangan ActivPAL **Error! Bookmark not defined.**
- Gambar 3.5 Kelengkapan Pendukung Accelerometer ActivPALTM **Error! Bookmark not defined.**
- Gambar 3.6 PALanalysis Software v8.11.2.54 **Error! Bookmark not defined.**
- Gambar 3.7 Events Linear dan Epochs Data..... **Error! Bookmark not defined.**
- Gambar 3.8 Contoh Rangkuman Hasil Perekaman Data ActivPAL Selama Tujuh Hari..... **Error! Bookmark not defined.**
- Gambar 3.9 Model Persamaan Struktural Analisis Konfirmasi Faktor PSDQ **Error! Bookmark not defined.**
- Gambar 3.10 Persamaan Struktural Loading Factor Dimensi Koordinasi..... **Error! Bookmark not defined.**
- Gambar 3.11 Persamaan Struktural Loading Factor Dimensi Kekuatan **Error! Bookmark not defined.**
- Gambar 3.12 Persamaan Struktural Loading Factor Dimensi Fleksibilitas ... **Error! Bookmark not defined.**
- Gambar 3.13 Persamaan Struktural Loading Factor Dimensi Daya Tahan ... **Error! Bookmark not defined.**
- Gambar 3.14 Persamaan Struktural Loading Factor Dimensi Harga Diri **Error! Bookmark not defined.**
- Gambar 3.15 Persamaan Struktural Loading Factor Dimensi Kesehatan..... **Error! Bookmark not defined.**
- Gambar 3.16 Persamaan Struktural Loading Factor Dimensi Aktivitas Fisik **Error! Bookmark not defined.**
- Gambar 3.17 Persamaan Struktural Loading Factor Dimensi Lemak Tubuh **Error! Bookmark not defined.**

Gambar 3.18 Persamaan Struktural Loading Factor Dimensi Kompetensi Olahraga.....	Error! Bookmark not defined.
Gambar 3.19 Persamaan Struktural Loading Factor Dimensi Global Physical	Error! Bookmark not defined.
Gambar 3.20 Persamaan Struktural Loading Factor Dimensi Penampilan....	Error! Bookmark not defined.
Gambar 3.21 Hasil Analisis Persamaan Struktural Loading Factor Dimensi	Error! Bookmark not defined.

DAFTAR GRAFIK

	Halaman
Grafik 4.1 Perbedaan Rata-rata Aktivitas Fisik Antar Kelompok.....	Error! Bookmark not defined.
Grafik 4.2 Perbedaan Rata-rata skorPSC Tiap Kelompok..	Error! Bookmark not defined.
Grafik 4.3 Pengaruh Pasangan Interaksi Model Kurikulum FEM (A1) dengan Kurtilas (A2) pada Kondisi Gender Laki-laki (B1) dan Perempuan (B2) Terhadap Aktivitas Fisik.....	Error! Bookmark not defined.
Grafik 4.4 Pengaruh Interaksi Model Kurikulum dan Gender Terhadap PSC	Error! Bookmark not defined.

DAFTAR PUSTAKA

- Abbasi Shaye, Z., Mousavi Bazzaz, M., & Vakili, V. (2015). A Trans-Theoretical Approach to Physical Activity Profile in General Population of Mashhad. *Global Journal of Health Science*, 7(7), 46–54. <https://doi.org/10.5539/gjhs.v7n7p46>
- Abula, K., Gröpel, P., Chen, K., & Beckmann, J. (2018). Does knowledge of physical activity recommendations increase physical activity among Chinese college students? Empirical investigations based on the transtheoretical model. *Journal of Sport and Health Science*, 7(1), 77–82. <https://doi.org/10.1016/j.jshs.2016.10.010>
- Aguilar-Farias, N., & Leppe Zamora, J. (2017). Is a single question of the Global Physical Activity Questionnaire (GPAQ) valid for measuring sedentary behaviour in the Chilean population? *Journal of Sports Sciences*, 35(16). <https://doi.org/10.1080/02640414.2016.1229010>
- Ahmadi Tabatabaei, S. V., Eftekhar Ardabili, H., Haghdoost, A. A., Dastoorpoor, M., Nakhaee, N., & Shams, M. (2017). Factors affecting physical activity behavior among women in kerman based on the theory of planned behavior (TPB). *Iranian Red Crescent Medical Journal*, 19(10). <https://doi.org/10.5812/ircmj.14057>
- Ainsworth, B. E., Haskell, W. L., Herrmann, S. D., Meckes, N., Bassett, D. R., Tudor-Locke, C., Greer, J. L., Vezina, J., Whitt-Glover, M. C., & Leon, A. S. (2011). 2011 compendium of physical activities: A second update of codes and MET values. *Medicine and Science in Sports and Exercise*, 43(8), 1575–1581. <https://doi.org/10.1249/MSS.0b013e31821ece12>
- Ajzen, I. (1985). From intentions to actions: A theory of planned behavior. In J. Kuhi & J. Beckmann (Eds., pp. 11–39). Heidelberg: Springer.
- Ajzen, I. (1991). The theory of planned behavior. *Organizational Behavior and Human Decision Processes*, 50, 179–211. [https://doi.org/10.1016/0749-5978\(91\)90020-T](https://doi.org/10.1016/0749-5978(91)90020-T)
- Ajzen, I., & Fishbein, M. (1980). *Understanding attitudes and predicting social behavior* (Paperback). Prentice-Hall.
- Al-Hazzaa, H. M., Abahussain, N. A., Al-Sobayel, H. I., Qahwaji, D. M., & Musaiger, A. O. (2011). Physical activity, sedentary behaviors and dietary habits among Saudi adolescents relative to age, gender and region. *International Journal of Behavioral Nutrition and Physical Activity*, 8. <https://doi.org/10.1186/1479-5868-8-140>
- Aldana, S. G., Greenlaw, R. L., Diehl, H. A., Salberg, A., Merrill, R. M., Ohmine, S., & Thomas, C. (2005). Effects of an intensive diet and physical activity modification program on the health risks of adults. *Journal of the American Dietetic Association*, 105(3), 371–381. <https://doi.org/10.1016/j.jada.2004.12.007>

- Alevizos, A., Lentzas, J., Kokkoris, S., Mariolis, A., & Korantzopoulos, P. (2005). Physical activity and stroke risk. *International Journal Clin Pract*, 59(8), 922–930. <https://doi.org/10.1111/j.1368-5031.2005.00536.x>
- Alexander, K., & Luckman, J. (2001). Australian Teachers' Perceptions and Uses of the Sport Education Curriculum Model. *European Physical Education Review*, 7(3), 243–267. <https://doi.org/10.1177/1356336X010073002>
- Alfermann, D., & Stoll, O. (2000). Effects of physical exercise on self-concept and well-being. *International Journal of Sport Psychology*, 31(1), 47–65.
- Allafi, A., Al-Haifi, A. R., Al-Fayez, M. A., Al-Athari, B. I., Al-Ajmi, F. A., Al-Hazzaa, H. M., Musaiger, A. O., & Ahmed, F. (2014a). Physical activity, sedentary behaviours and dietary habits among Kuwaiti adolescents: Gender differences. *Public Health Nutrition*, 17(9), 2045–2052. <https://doi.org/10.1017/S1368980013002218>
- Allafi, A., Al-Haifi, A. R., Al-Fayez, M. A., Al-Athari, B. I., Al-Ajmi, F. A., Al-Hazzaa, H. M., Musaiger, A. O., & Ahmed, F. (2014b). Physical activity, sedentary behaviours and dietary habits among Kuwaiti adolescents: Gender differences. *Public Health Nutrition*, 17(9), 2045–2052. <https://doi.org/10.1017/S1368980013002218>
- Allen, M. S., & Vella, S. A. (2015). Screen-based sedentary behaviour and psychosocial well-being in childhood: Cross-sectional and longitudinal associations. *Mental Health and Physical Activity*, 9, 41–47. <https://doi.org/10.1016/j.mhpa.2015.10.002>
- Allen, M. S., Walter, E. E., & Swann, C. (2019). Sedentary behaviour and risk of anxiety: A systematic review and meta-analysis. *Journal of Affective Disorders*, 242(March 2018), 5–13. <https://doi.org/10.1016/j.jad.2018.08.081>
- Allison, K. R., Dwyer, J. J. M., & Makin, S. (1999). Self-efficacy and participation in vigorous physical activity by high school students. *Health Education and Behavior*, 26(1), 12–24. <https://doi.org/10.1177/109019819902600103>
- Aminian, S., & Hinckson, E. A. (2012). Examining the validity of the ActivPAL monitor in measuring posture and ambulatory movement in children. *International Journal of Behavioral Nutrition and Physical Activity*, 9, 1–9. <https://doi.org/10.1186/1479-5868-9-119>
- Amirzadeh Iranagh, J., & Motallebi, S. A. (2016). The effect of health belief model based on education intervention on physical activity of elderly women. *Journal of urmia nursing and midwifery faculty*, 13(12 (77)), 1050–1058. <https://www.sid.ir/en/journal/ViewPaper.aspx?id=532504>
- Andermo, S., Hallgren, M., Nguyen, T. T. D., Jonsson, S., Petersen, S., Friberg, M., Romqvist, A., Stubbs, B., & Elinder, L. S. (2020). School-related physical activity interventions and mental health among children: a systematic review and meta-analysis. *Sports Medicine - Open*, 6(1). <https://doi.org/10.1186/s40798-020-00254-x>

- Anderson-Bill, E. S., Winett, R. A., Wojcik, J. R., & Williams, D. M. (2011). Aging and the social cognitive determinants of physical activity behavior and behavior change: Evidence from the guide to health trial. *Journal of Aging Research, 2011*. <https://doi.org/10.4061/2011/505928>
- Anderson-Bill, E. S., Winett, R. A., Wojcik, J. R., & Winett, S. G. (2011). Web-based guide to health: Relationship of theoretical variables to change in physical activity, nutrition and weight at 16-months. *Journal of Medical Internet Research, 13*(1). <https://doi.org/10.2196/jmir.1614>
- Anderson, B., Fagan, P., Woodnutt, T., & Chamorro-Premuzic, T. (2012). Facebook psychology: Popular questions answered by research. *Psychology of Popular Media Culture, 1*(1), 23–37. <https://doi.org/10.1037/a0026452>
- Anderson, E. S., Winett, R. A., & Wojcik, J. R. (2007). Self-regulation, self-efficacy, outcome expectations, and social support: Social cognitive theory and nutrition behavior. *Annals of Behavioral Medicine, 34*(3), 304–312. <https://doi.org/10.1007/BF02874555>
- Anderson, E. S., Wojcik, J. R., Winett, R. A., & Williams, D. M. (2006). Social-cognitive determinants of physical activity: The influence of social support, self-efficacy, outcome expectations, and self-regulation among participants in a church-based health promotion study. *Health Psychology, 25*(4), 510–520. <https://doi.org/10.1037/0278-6133.25.4.510>
- Annesi, J. J. (2006). Relations of physical self-concept and self-efficacy with frequency of voluntary physical activity in preadolescents: Implications for after-school care programming. *Journal of Psychosomatic Research, 61*(4), 515–520. <https://doi.org/10.1016/j.jpsychores.2006.04.009>
- Apabhai, S., Gorman, G. S., Sutton, L., Elson, J. L., Plotz, T., Turnbull, D. M., & Trenell, M. I. (2011). Habitual Physical Activity in Mitochondrial Disease. *PLoS Medicine, 6*(7), 1–5. <https://doi.org/10.1371/Citation>
- Ar-yuwat, S., Clark, M. J., Hunter, A., & James, K. S. (2013). Determinants of physical activity in primary school students using the health belief model. *Journal of Multidisciplinary Healthcare, 6*, 119–126. <https://doi.org/10.2147/jmdh.s40876>
- Arazi, H., & Hosseini, R. (2013). A Comparison of Physical Self-Concept between Physical Education and Non- Physical Education University Students. *Timisoara Physical Education and Rehabilitation Journal, 5*(10), 6–13. <https://doi.org/10.2478/tperj-2013-0001>
- Armitage, C. J. (2005). Can the Theory of Planned Behavior Predict the Maintenance of Physical Activity? In *Health Psychology* (Vol. 24, Issue 3, pp. 235–245). American Psychological Association. <https://doi.org/10.1037/0278-6133.24.3.235>
- Armour, K., & Macdonald, D. (2012). *Research Methods in Physical Education and Youth Sport*. <https://doi.org/10.4324/9780203807170>

- Árnadóttir, S. Á. (2010). *Physical Activity , Participation and Self-Rated Health Among Older Community-Dwelling Icelanders A Population-Based Study Sólveig Ása Árnadóttir*. Department of Community Medicine and Rehabilitation, Physiotherapy, Umeå University.
- Arnardottir, N. Y., Koster, A., Domelen, D. Van, Brychta, R. J., Caserotti, P., Eiriksdottir, G., Sverrisdottir, J. E., Launer, L. J., Gudnason, V., Johannsson, E., Harris, T. B., Chen, K. Y., & Sveinsson, T. (2013). Objective measurements of daily physical activity patterns and sedentary behaviour in older adults: Age, Gene/Environment Susceptibility-Reykjavik Study. *Age and Ageing*, 42(2), 222–229. <https://doi.org/10.1093/ageing/afs160>
- Arnold, P. J. (1979). *Meaning in movement, sport, and physical education*. Heinemann.
- Asare, M. (2015). Sedentary Behaviour and Mental Health in Children and Adolescents: A Meta-analysis. *Journal of Child and Adolescent Behaviour*, 03(06). <https://doi.org/10.4172/2375-4494.1000259>
- Asci, F. H. (2002). An investigation of age and gender differences in physical self-concept among Turkish late adolescents. *Adolescence*, 37(146), 365–371. <https://link.gale.com/apps/doc/A89942837/HRCA?u=anon~d1e352c7&sid=googleScholar&xid=f9062c7b>
- Aşçi, F. H. (2003). The effects of physical fitness training on trait anxiety and physical self-concept of female university students. *Psychology of Sport and Exercise*, 4(3), 255–264. [https://doi.org/10.1016/S1469-0292\(02\)00009-2](https://doi.org/10.1016/S1469-0292(02)00009-2)
- Aşçi, F. H., Nazan Koşar, Ş., & İşler, A. K. (2001). The relationship of self-concept and perceived athletic competence to physical activity level and gender among Turkish early adolescents. *Adolescence*, 36(143), 499–507.
- Augestad, L. B., & Jiang, L. (2015). Physical activity, physical fitness, and body composition among children and young adults with visual impairments: A systematic review. *British Journal of Visual Impairment*, 33(3), 167–182. <https://doi.org/10.1177/0264619615599813>
- Australian Government Department of Health. (2017). *Guidelines for Healthy Growth and Development for Your Child*. <http://www.health.gov.au>
- Ayotte, B. J., Margrett, J. A., & Hicks-Patrick, J. (2010). Physical activity in middle-aged and young-old adults: The roles of self-efficacy, barriers, outcome expectancies, self-regulatory behaviors and social support. *Journal of Health Psychology*, 15(2), 173–185. <https://doi.org/10.1177/1359105309342283>
- Azevedo, M. R., Araújo, C. L. P., Reichert, F. F., Siqueira, F. V., da Silva, M. C., & Hallal, P. C. (2007). Gender differences in leisure-time physical activity. *International Journal of Public Health*, 52(1), 8–15. <https://doi.org/10.1007/s00038-006-5062-1>
- Azwar, S. (2017). *Penyusunan Skala Psikologi (Edisi 2, C)*. Pustaka Pelajar.

- Babic, M. J., Morgan, P. J., Plotnikoff, R. C., Lonsdale, C., White, R. L., & Lubans, D. R. (2014). Physical Activity and Physical Self-Concept in Youth: Systematic Review and Meta-Analysis. *Sports Medicine*, *44*(11), 1589–1601. <https://doi.org/10.1007/s40279-014-0229-z>
- Baena-Extremera, A., Granero-Gallegos, A., & Ortiz-Camacho, M. D. M. (2012). Quasi-experimental study of the effect of an adventure education programme on classroom satisfaction, physical self-concept and social goals in physical education. *Psychologica Belgica*, *52*(4), 369–386. <https://doi.org/10.5334/pb-52-4-369>
- Bailey, R. (2006). Physical Education and Sport in Schools: A Review of Benefits and Outcomes. *Journal of School Health*, *76*(8), 397–401. <https://doi.org/https://doi.org/10.1111/j.1746-1561.2006.00132.x>
- Balboa-Castillo, T., León-Muñoz, L. M., Graciani, A., Rodríguez-Artalejo, F., & Guallar-Castillón, P. (2011). Longitudinal association of physical activity and sedentary behavior during leisure time with health-related quality of life in community-dwelling older adults. *Health Quality of Life Outcomes*, *9*(47), 1–10. <https://doi.org/10.1186/1477-7525-9-47>
- Bandura, A. (1977). *Social Learning Theory* (Issue 10). Prentice-Hall, Inc. <https://doi.org/10.4236/psych.2012.310138>
- Bandura, A. (1986). *Social foundations of thought and action: A social cognitive theory*. Englewood Cliffs, NJ: Prentice- Hall.
- Bandura, A. (1989a). Human Agency in Social Cognitive Theory. *American Psychologist*, *44*(9), 1175–1184. <https://doi.org/10.1037/0003-066X.44.9.1175>
- Bandura, A. (1989b). Social Cognitive Theory. In R. Vasta (Ed.). In *Annals of Child Development* (Vol. 6). Greenwich, CT: JAI Press. https://doi.org/10.1007/978-1-4899-2198-7_3
- Bandura, A. (1991). Social cognitive theory of self-regulation. *Organizational Behavior and Human Decision Processes*, *50*(2), 248–287. [https://doi.org/10.1016/0749-5978\(91\)90022-L](https://doi.org/10.1016/0749-5978(91)90022-L)
- Bandura, A. (1997a). Self-efficacy: The exercise of control. In *Self-efficacy: The exercise of control*. W H Freeman/Times Books/ Henry Holt & Co.
- Bandura, A. (1997b). Theoretical Perspectives: the nature of human agency. In *Self-efficacy: The exercise of control* (p. 3). https://doi.org/10.1007/SpringerReference_223312
- Bandura, A. (1998). Health promotion from the perspective of social cognitive theory. *Psychology and Health*, *13*(4), 623–649. <https://doi.org/10.1080/08870449808407422>
- Bandura, A. (1999). Social cognitive theory : An agentic perspective. *Asian Journal of Social Psychology*, *2*, 21–41.

- Bandura, A. (2004). Health promotion by social cognitive means. *Health Education and Behavior*, 31(2), 143–164. <https://doi.org/10.1177/1090198104263660>
- Bandura, A. (2005). The Evolution of Social Cognitive Theory. In *Great Minds in Management* (pp. 9–35). Oxford University Press.
- Bandura, A., Ross, D., & Ross, S. A. (1961). Transmission of Aggression Through Imitation of Aggressive Models. *Journal of Abnormal and Social Psychology*, 63(3), 575–582. <https://doi.org/10.1037/h0045925>
- Bandura, A., Ross, D., & Ross, S. A. (1963). Imitation of film-mediated aggressive models. *Journal of Abnormal and Social Psychology*, 66(1), 3–11. <https://doi.org/10.1037/h0048687>
- Baranowski, T. (1988). Validity and Reliability of Self Report Measures of Physical Activity: An Information-Processing Perspective. *Research Quarterly for Exercise and Sport*, 59(4), 314–327. <https://doi.org/10.1080/02701367.1988.10609379>
- Baranowski, T., Anderson, C., & Carmack, C. (1998). Mediating variable framework in physical activity interventions: How are we doing? How might we do better? *American Journal of Preventive Medicine*, 15(4), 266–297. [https://doi.org/10.1016/S0749-3797\(98\)00080-4](https://doi.org/10.1016/S0749-3797(98)00080-4)
- Batty, G. D., & Lee, I. M. (2004). Physical activity and coronary heart disease. *British Medical Journal*, 328(7448), 1089–1090. <https://doi.org/10.1136/bmj.328.7448.1089>
- Bauman, A. E., Petersen, C. B., Blond, K., Rangul, V., & Hardy, L. L. (2018). *The Descriptive Epidemiology of Sedentary Behaviour*. <https://doi.org/10.1007/978-3-319-61552-3>
- Bean, M. K., Miller, S., Mazzeo, S. E., & Fries, E. A. (2012). Social cognitive factors associated with physical activity in elementary school girls. *American Journal of Health Behavior*, 36(2), 265–274. <https://doi.org/10.5993/AJHB.36.2.11>
- Beaton, D. E., Bombardier, C., Guillemin, F., & Ferraz, M. B. (2000). Guidelines for the Process of Cross-Cultural Adaptation of Self-Report Measures. *Spine*, 25(24), 3186–3191. <https://doi.org/10.1080/000163599428823>
- Becker, M. H., Drachman, R. H., & Kirscht, J. P. (1974). A new approach to explaining sick-role behavior in low-income populations. *American Journal of Public Health*, 64(3), 205–216. <https://doi.org/10.2105/AJPH.64.3.205>
- Beddhu, S., Baird, B. C., Zitterkoph, J., Neilson, J., & Greene, T. (2009). Physical Activity and Mortality in Chronic Kidney Disease (NHANES III). *Clinical Journal of the American Society of Nephrology*, 4(12), 1901–1906. <https://doi.org/10.2215/CJN.01970309>
- Beddhu, Srinivasan, Baird, B. C., Zitterkoph, J., Neilson, J., & Greene, T. (2009). Physical activity and mortality in chronic kidney disease (NHANES III). *Clinical Journal of the American Society of Nephrology*, 4(12), 1901–1906.

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

<https://doi.org/10.2215/CJN.01970309>

- Bélaire, M. A., Kohen, D. E., Kingsbury, M., & Colman, I. (2018). Relationship between leisure time physical activity, sedentary behaviour and symptoms of depression and anxiety: Evidence from a population-based sample of Canadian adolescents. *BMJ Open*, 8(10), 1–8. <https://doi.org/10.1136/bmjopen-2017-021119>
- Bendíková, E., & Dobay, B. (2017). Physical and sport education as a tool for development of a positive attitude toward health and physical activity in adulthood. *European Journal of Contemporary Education*, 6(1), 14–21. <https://doi.org/10.13187/ejced.2017.1.14>
- Berg, J. D. Van Der, Stehouwer, C. D. A., Bosma, H., Schram, M. T., Sep, S. J. S., Kallen, C. J. H. Van Der, Henry, R. M. A., Dagnelie, P. C., Schaper, N. C., & Koster, A. (2016). Associations of total amount and patterns of sedentary behaviour with type 2 diabetes and the metabolic syndrome: The Maastricht Study. *Diabetologia*, 59, 709–718. <https://doi.org/10.1007/s00125-015-3861-8>
- Berkey, C. S., Rockett, H. R., Field, A. E., Gillman, M. W., Frazier, A. L., Camargo, C. A., & Colditz, G. A. (2000). Activity, dietary intake, and weight changes in a longitudinal study of preadolescent and adolescent boys and girls. *Pediatrics*, 105(4). <https://doi.org/10.1542/peds.105.4.e56>
- Berzigotti, A., Saran, U., & Dufour, J.-F. (2016). Physical activity and liver diseases. *Hepatology*, 63(3), 1026–1040. <https://doi.org/10.1002/hep.28132>
- Beville, J. M., Umstattd Meyer, M. R., Usdan, S. L., Turner, L. W., Jackson, J. C., & Lian, B. E. (2014). Gender differences in college leisure time physical activity: Application of the theory of planned behavior and integrated behavioral model. *Journal of American College Health*, 62(3), 173–184. <https://doi.org/10.1080/07448481.2013.872648>
- Bhandari, P., & Paswan, B. (2020). Lifestyle Behaviours and Mental Health Outcomes of Elderly: Modification of Socio-Economic and Physical Health Effects. *Ageing International*. <https://doi.org/10.1007/s12126-020-09371-0>
- Biddle, S. J. H., & Asare, M. (2011). Physical activity and mental health in children and adolescents: a review of reviews. *Br J Sports Med.*, 45, 886–895. <https://doi.org/10.1136/bjsports-2011-090185>
- Biddle, S. J. H., Gorely, T., & Stensel, D. J. (2004). Health-enhancing physical activity and sedentary behaviour in children and adolescents. *Journal of Sports Sciences*, 22(8), 679–701. <https://doi.org/10.1080/02640410410001712412>
- Biddle, S. J. H., & Wang, C. K. J. (2003). Motivation and self-perception profiles and links with physical activity in adolescent girls. *Journal of Adolescence*, 26(6), 687–701. <https://doi.org/10.1016/j.adolescence.2003.07.003>
- Blair, S. N., Iii, H. W. K., Paffenbarger, R. S., Clark, D. G., Cooper, K. H., & Gibbons, L. W. (1989). Physical Fitness and All-Cause Mortality: A

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

prospective study of healthy men and women. *JAMA - Journal of the American Medical Association*, 262(17), 2395–2401.

- Blanchard, C. M., Kupperman, J., Sparling, P., Nehl, E., Rhodes, R. E., Courneya, K. S., Baker, F., & Hunt, T. (2007). Ethnicity as a moderator of the theory of planned behavior and physical activity in college students. *Research Quarterly for Exercise and Sport*, 78(5), 531–541. <https://doi.org/10.1080/02701367.2007.10599452>
- Blank, A. (2013). Why do new meanings occur? A cognitive typology of the motivations for lexical semantic change. *Historical Semantics and Cognition*, 12, 61–89. <https://doi.org/10.1515/9783110804195.61>
- Blotner, H. (1945). Effect of Prolonged Physical Inactivity on Tolerance of Sugar. *Arch Intern Med (Chic)*, 75(1), 29–44. <https://doi.org/doi:10.1001/archinte.1945.00210250046004>
- Boone, J. L. (1983). A new curriculum for fitness education. *Public Health Reports Washington DC*, 98(5), 507–516.
- Bowe, A. K., Owens, M., Codd, M. B., Lawlor, B. A., & Glynn, R. W. (2019). Physical activity and mental health in an Irish population. *Irish Journal of Medical Science*, 188(2), 625–631. <https://doi.org/10.1007/s11845-018-1863-5>
- Boyle, J., Mattern, C. O., Lassiter, J. W., & Ritzler, J. A. (2011). Peer 2 Peer: Efficacy of a Course-Based Peer Activity among College Students. *Journal of American College Health*, 59(6), 519–530. <https://doi.org/10.1080/07448481.2010.523854>
- Brand, R., & Cheval, B. (2019). Theories to explain exercise motivation and physical inactivity: Ways of expanding our current theoretical perspective. *Frontiers in Psychology*, 10(MAY), 1–4. <https://doi.org/10.3389/fpsyg.2019.01147>
- Braubach, M., Heroux, M. E., Korol, N., Paunovic, E., & Zastenskaya, I. A. (2014). The value of housing conditions and urban environment for the health. *Gigiena i Sanitariia*, 1, 9–15. <http://europepmc.org/abstract/MED/24749273>
- Brewer, M. B., & Gardner, W. (1996). Who Is This “We”? Levels of Collective Identity and Self Representations. *Journal of Personality and Social Psychology*, 71(1), 83–93. <https://doi.org/10.1037/0022-3514.71.1.83>
- Bronikowski, M., & Bronikowska, M. (2011). Will they stay fit and healthy? A three-year follow-up evaluation of a physical activity and health intervention in Polish youth. *Scandinavian Journal of Public Health*, 39(7), 704–713. <https://doi.org/10.1177/1403494811421059>
- Brooks, J. M., Iwanaga, K., Chiu, C. Y., Cotton, B. P., Deiches, J., Morrison, B., Moser, E., & Chan, F. (2017). Relationships between self-determination theory and theory of planned behavior applied to physical activity and exercise behavior in chronic pain. *Psychology, Health and Medicine*, 22(7), 814–822.

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

<https://doi.org/10.1080/13548506.2017.1282161>

- Brown, T. A. (2015). Confirmatory Factor Analysis for Applied Research. In D. A. Kenny & T. D. Little (Eds.), *The Guilford Press*. The Guilford Press. <https://doi.org/10.1198/tas.2008.s98>
- Brown, T., & Summerbell, C. (2009). Systematic review of school-based interventions that focus on changing dietary intake and physical activity levels to prevent childhood obesity: An update to the obesity guidance produced by the National Institute for Health and Clinical Excellence. *Obesity Reviews*, *10*(1), 110–141. <https://doi.org/10.1111/j.1467-789X.2008.00515.x>
- Brown, W. J., Ford, J. H., Burton, N. W., Marshall, A. L., & Dobson, A. J. (2005). Prospective study of physical activity and depressive symptoms in middle-aged women. *American Journal of Preventive Medicine*, *29*(4), 265–272. <https://doi.org/10.1016/j.amepre.2005.06.009>
- Bungum, T., Dowda, M., Weston, A., Trost, S. G., & Pate, R. R. (2000). Correlates of physical activity in male and female youth. *Pediatric Exercise Science*, *12*(1), 71–79. <https://doi.org/10.1123/pes.12.1.71>
- Butt, J., Weinberg, R. S., Breckon, J. D., & Claytor, R. P. (2011). Adolescent physical activity participation and motivational determinants across gender, age, and race. *Journal of Physical Activity and Health*, *8*(8), 1074–1083. <https://doi.org/10.1123/jpah.8.8.1074>
- Byrne, N. M., Hills, A. P., Hunter, G. R., Weinsier, R. L., & Schutz, Y. (2005). Metabolic equivalent: One size does not fit all. *Journal of Applied Physiology*, *99*(3), 1112–1119. <https://doi.org/10.1152/jappphysiol.00023.2004>
- Byun, W., Dowda, M., & Pate, R. R. (2011). Correlates of objectively measured sedentary behavior in US preschool children. *Pediatrics*, *128*(5), 937–945. <https://doi.org/10.1542/peds.2011-0748>
- Çağlar, E. (2009). Similarities and differences in physical self-concept of males and females during late adolescence and early adulthood. *Adolescence*, *44*(174), 407–419.
- Cairney, J., Hay, J., Faight, B., Mandigo, J., & Flouris, A. (2005). Developmental coordination disorder, self-efficacy toward physical activity, and play: Does gender matter? *Adapted Physical Activity Quarterly*, *22*(1), 67–82. <https://doi.org/10.1123/apaq.22.1.67>
- Cardinal, B. J., Engels, H.-J., & Zhu, W. (1998). Application of the Transtheoretical Model of Behavior Change to Preadolescents' Physical Activity and Exercise Behavior. *Pediatric Exercise Science*, *10*, 69–80.
- Carson, V., Hunter, S., Kuzik, N., Gray, C. E., Poitras, V. J., Chaput, J.-P., Saunders, T. J., Katzmarzyk, P. T., Okely, A. D., Connor Gorber, S., Kho, M. E., Sampson, M., Lee, H., & Tremblay, M. S. (2016). Systematic review of sedentary behaviour and health indicators in school-aged children and youth: an update¹. *Applied Physiology, Nutrition, and Metabolism*, *41*(6 (Suppl. 3)),

Jajat, 2022

**PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK
DAN PHYSICAL SELF-CONCEPT**

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

S240–S265. <https://doi.org/10.1139/apnm-2015-0630>

- Caspersen, C. J., Powell, K. E., & Christenson, G. M. (1985). Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Reports (Washington, D.C. : 1974)*, *100*(2), 126–131. <https://doi.org/10.2307/20056429>
- Castaneda, C., Gordon, P. L., Parker, R. C., Uhlin, K. L., Roubenoff, R., & Levey, A. S. (2004). Resistance Training to Reduce the Malnutrition-Inflammation Complex Syndrome of Chronic Kidney Disease. *American Journal of Kidney Diseases*, *43*(4), 607–616. <https://doi.org/10.1053/j.ajkd.2003.12.025>
- Centers for Disease Control and Prevention, (CDC). (2019). Comprehensive school physical activity programs (CSPAP): A framework for schools. In *National Center for Chronic Disease Prevention and Health Promotion* (pp. 1–47). https://www.cdc.gov/healthyschools/physicalactivity/pdf/2019_04_25_PE-PA-Framework_508tagged.pdf
- Cervone, D. (2004). The Architecture of Personality. *Psychological Review*, *111*(1), 183–204. <https://doi.org/10.1037/0033-295X.111.1.183>
- Chandler, T., Cronin, M., & Vamplew, W. (2007). *Sport and Physical Education: The Key Concepts* (Second Edi). Routledge.
- Chastin, Sebastien F M, Buck, C., Freiburger, E., Murphy, M., Brug, J., & Cardon, G. (2015). Systematic literature review of determinants of sedentary behaviour in older adults : a DEDIPAC study. *International Journal of Behavioral Nutrition and Physical Activity*, 1–12. <https://doi.org/10.1186/s12966-015-0292-3>
- Chastin, Sebastien Francois Martin, Ferriolli, E., Stephens, N. A., Fearon, K. C., & Greig, C. (2011). Relationship between sedentary behaviour, physical activity, muscle quality and body composition in healthy older adults. *Oxford University Press*, *41*(1), 111–114. <https://doi.org/10.1093/ageing/afr110>
- Chatzisarantis, N. L. D., Biddle, S. J. H., & Meek, G. A. (1997). A self-determination theory approach to the study of intentions and the intention-behaviour relationship in children's physical activity. *British Journal of Health Psychology*, *2*(4), 343–360. <https://doi.org/10.1111/j.2044-8287.1997.tb00548.x>
- Chatzisarantis, N. L. D., & Hagger, M. S. (2009). Effects of an intervention based on self-determination theory on self-reported leisure-time physical activity participation. *Psychology and Health*, *24*(1), 29–48. <https://doi.org/10.1080/08870440701809533>
- Chatzisarantis, N. L. D., Kamarova, S., Kawabata, M., Wang, J., & Hagger, M. S. (2015). Developing and evaluating utility of school-based intervention programs in promoting leisure-time physical activity: An application of the theory of planned behavior. *International Journal of Sport Psychology*, *46*(2), 95–116. <https://doi.org/10.7352/IJSP2015.46.095>

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- CHEN, K. Y., & BASSETT, D. R. (2005). The Technology of Accelerometry-Based Activity Monitors: Current and Future. *Medicine & Science in Sports & Exercise*, 37(Supplement), S490–S500. <https://doi.org/10.1249/01.mss.0000185571.49104.82>
- Chen, W., Hammond-Bennett, A., Hypnar, A., & Mason, S. (2018). Health-related physical fitness and physical activity in elementary school students. *BMC Public Health*, 18(1), 1–12. <https://doi.org/10.1186/s12889-018-5107-4>
- Cheng, O. Y., Yam, C. L. Y., Cheung, N. S., Lee, P. L. P., Ngai, M. C., & Lin, C. Y. (2019). Extended theory of planned behavior on eating and physical activity. *American Journal of Health Behavior*, 43(3), 569–581. <https://doi.org/10.5993/AJHB.43.3.12>
- Chinapaw, M., Altenburg, T., & Brug, J. (2015). Sedentary behaviour and health in children — Evaluating the evidence. *Preventive Medicine*, 70, 1–2. <https://doi.org/10.1016/j.ypmed.2014.10.029>
- Chinapaw, M. J. M., Slootmaker, S. M., Schuit, A. J., Van Zuidam, M., & Van Mechelen, W. (2009). Reliability and validity of the activity questionnaire for adults and adolescents (AQuAA). *BMC Medical Research Methodology*, 9(1), 1–8. <https://doi.org/10.1186/1471-2288-9-58>
- Chodzko-Zajko, W. J., Proctor, D. N., Fiatarone Singh, M. A., Minson, C. T., Nigg, C. R., Salem, G. J., & Skinner, J. S. (2009). Exercise and physical activity for older adults. In *Medicine and Science in Sports and Exercise*. <https://doi.org/10.1249/MSS.0b013e3181a0c95c>
- Chomistek, A. K., Henschel, B., Eliassen, A. H., Mukamal, K. J., & Rimm, E. B. (2016). Frequency, Type, and Volume of Leisure-Time Physical Activity and Risk of Coronary Heart Disease in Young Women. *Circulation*, 134(4), 290–299. <https://doi.org/10.1161/CIRCULATIONAHA.116.021516>
- Chow, S. K. Y., & Choi, E. K. Y. (2019). Assessing the Mental Health, Physical Activity Levels, and Resilience of Today's Junior College Students in Self-Financing Institutions. *International Journal of Environmental Research and Public Health*, 16(3210), 1–12. <https://pubmed.ncbi.nlm.nih.gov/31484300/>
- Christodoulos, A. D., Douda, H. T., Polykratis, M., & Tokmakidis, S. P. (2006). Attitudes towards exercise and physical activity behaviours in Greek schoolchildren after a year long health education intervention. *British Journal of Sports Medicine*, 40(4), 367–371. <https://doi.org/10.1136/bjism.2005.024521>
- Chu, A. H. Y., van Dam, R. M., Biddle, S. J. H., Tan, C. S., Koh, D., & Müller-Riemenschneider, F. (2018). Self-reported domain-specific and accelerometer-based physical activity and sedentary behaviour in relation to psychological distress among an urban Asian population. *International Journal of Behavioral Nutrition and Physical Activity*, 15(1), 1–14. <https://doi.org/10.1186/s12966-018-0669-1>
- Chudyk, A., & Petrella, R. J. (2011). Effects of exercise on cardiovascular risk

- factors in type 2 diabetes: A meta-analysis. *Diabetes Care*, 34(5), 1228–1237. <https://doi.org/10.2337/dc10-1881>
- Chung, M. (2004). Investigation of Fitness Education Model ' s Implementation Effects. *Journal of National Taipei Teachers College*, 17(1), 571–584.
- Clemente, F. M., Nikolaidis, P. T., Martins, F. M. L., & Mendes, R. S. (2016). Physical activity patterns in university students: Do they follow the public health guidelines? *PLoS ONE*, 11(3). <https://doi.org/10.1371/journal.pone.0152516>
- CNN Indonesia. (2020). *Kemendikbud Terapkan Kurikulum Baru di Tahun Ajaran*. CNN Indonesia Release. <https://www.cnnindonesia.com/nasional/20200904143313-20-542841/kemendikbud-terapkan-kurikulum-baru-di-tahun-ajaran-2021-2022>
- Cocca, A., Liukkonen, J., Mayorga-Vega, D., & Viciano-Ramírez, J. (2014). Health-related physical activity levels in Spanish youth and young adults. *Perceptual and Motor Skills*, 118(1), 247–260. <https://doi.org/10.2466/10.06.PMS.118k16w1>
- Colberg, S. R., Laan, R., Dassau, E., & Kerr, D. (2015). Physical activity and type 1 diabetes: Time for a rewire? *Journal of Diabetes Science and Technology*, 9(3), 609–618. <https://doi.org/10.1177/1932296814566231>
- Colberg, S. R., Sigal, R. J., Yardley, J. E., Riddell, M. C., Dunstan, D. W., Dempsey, P. C., Horton, E. S., Castorino, K., & Tate, D. F. (2016). Physical activity/exercise and diabetes: A position statement of the American Diabetes Association. *Diabetes Care*, 39(11), 2065–2079. <https://doi.org/10.2337/dc16-1728>
- Cole, F. (2012). Physical activity guidelines. In *British Journal of Occupational Therapy*. <https://doi.org/10.1177/216507990305100908>
- Conner, M., & Norman, P. (2005). Predicting Health Behaviour: Research and Practice With Social Cognition Models. In *Open University Press* (Second edi). Open University Press.
- Constantinou, P., Manson, M., & Silverman, S. (2009). Female Students' Perceptions About Gender-Role Stereotypes and Their Influence on Attitude Toward Physical Education. *The Physical Educator*, 66(2).
- Coombs, N. A., & Stamatakis, E. (2015). Associations between objectively assessed and questionnaire-based sedentary behaviour with BMI-defined obesity among general population children and adolescents living in England. *BMJ Open*, 5(6), 1–7. <https://doi.org/10.1136/bmjopen-2014-007172>
- Copeland, J. L., Ashe, M. C., Biddle, S. J., Brown, W. J., Buman, M. P., Chastin, S., Gardiner, P. A., Inoue, S., Jefferis, B. J., Oka, K., Owen, N., Sardinha, L. B., Skelton, D. A., Sugiyama, T., & Dogra, S. (2017). Sedentary time in older adults: A critical review of measurement, associations with health, and interventions. *British Journal of Sports Medicine*, 51(21), 1–8.

<https://doi.org/10.1136/bjsports-2016-097210>

- Craggs, C., Corder, K., Van Sluijs, E. M. F., & Griffin, S. J. (2011). Determinants of change in physical activity in children and adolescents: A systematic review. *American Journal of Preventive Medicine*, 40(6), 645–658. <https://doi.org/10.1016/j.amepre.2011.02.025>
- Craven, R. G., & Marsh, H. W. (2008). The centrality of the self-concept construct for psychological wellbeing and unlocking human potential : Implications for child and educational psychologists. *Educational & Child Psychology*, 25(2), 104–118. <https://doi.org/10.1111/1467-8624.00421>
- Crocker, P. R. E., Sabiston, C. M., Kowalski, K. C., McDonough, M. H., & Kowalski, N. (2006). Longitudinal assessment of the relationship between physical self-concept and health-related behavior and emotion in adolescent girls. *Journal of Applied Sport Psychology*, 18(3), 185–200. <https://doi.org/10.1080/10413200600830257>
- Crone-Grant, D., & Grant, T. (2000). Physical activity and mental health. *A Life in the Day*, 4(4), 11–14. <https://doi.org/10.1108/13666282200000029>
- Cumming, S. P., Standage, M., Gillison, F., & Malina, R. M. (2008). Sex Differences in Exercise Behavior During Adolescence: Is Biological Maturation a Confounding Factor? *Journal of Adolescent Health*, 42(5), 480–485. <https://doi.org/10.1016/j.jadohealth.2007.10.005>
- Curry, J., Jenkins, J. M., & Weatherford, J. (2015). Focus on Freshman: Basic Instruction Programs Enhancing Physical Activity. *Physical Educator*, 72(4), 621–639. <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=111081506&lang=pt-br&site=ehost-live>
- Dahlgren, G., Carlsson, D., Moorhead, A., Häger-Ross, C., & McDonough, S. M. (2010). Test-retest reliability of step counts with the ActivPAL™ device in common daily activities. *Gait and Posture*, 32(3), 386–390. <https://doi.org/10.1016/j.gaitpost.2010.06.022>
- Daley, A. J., & Duda, J. L. (2006). Self-determination, stage of readiness to change for exercise, and frequency of physical activity in young people. *European Journal of Sport Science*, 6(4), 231–243. <https://doi.org/10.1080/17461390601012637>
- Darabi, F., Kaveh, M. H., Farahani, F. K., Yaseri, M., Majlessi, F., & Shojaeizadeh, D. (2017). The effect of a theory of planned behavior-based educational intervention on sexual and reproductive health in iranian adolescent girls: A randomized controlled trial. *Journal of Research in Health Sciences*, 17(4). <https://doi.org/10.34172/jrhs173294>
- Darabi, F., Kaveh, M. H., Majlessi, F., Khalaj Abadi Farahani, F., Yaseri, M., & Shojaeizadeh, D. (2017). Effect of theory-based intervention to promote physical activity among adolescent girls: a randomized control trial. *Electronic Physician*, 9(4), 4238–4247. <https://doi.org/10.19082/4238>

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Darst, P. W. (2001). Fitness routines for directing students toward a physically active lifestyle. *Journal of Physical Education, Recreation & Dance*, 72(8), 27-29+. http://ezproxy.usherbrooke.ca/login?url=http://search.proquest.com/docview/215761188?accountid=13835%5Cnhttp://sfxhosted.exlibrisgroup.com/sherbrooke?url_ver=Z39.88-2004&rft_val_fmt=info:ofi/fmt:kev:mtx:journal&genre=article&sid=ProQ:ProQ:pqrl&atitle=Fitn
- Davison, K. K. (2004). Activity-related support from parents, peers, and siblings and adolescents' physical activity: Are there gender differences? *Journal of Physical Activity and Health*, 1(4), 363–376. <https://doi.org/10.1123/jpah.1.4.363>
- De Cocker, K., Ketels, M., Bennie, J. A., & Clays, E. (2021). Is device-based total and domain-specific sedentary behaviour associated with psychological distress in Flemish workers? *European Journal of Public Health*, 31(1), 151–156. <https://doi.org/10.1093/eurpub/ckaa144>
- De la Torre-Cruz, M. J., López-Serrano, S., Ruiz-Ariza, A., & Martínez-López, E. J. (2019). Perceived parental support toward physical activity positively predicts physical self-concept in young adolescents. *Educational Psychology*, 39(7), 941–959. <https://doi.org/10.1080/01443410.2019.1620921>
- de Looze, M., Elgar, F. J., Currie, C., Kolip, P., & Stevens, G. W. J. M. (2019). Gender Inequality and Sex Differences in Physical Fighting, Physical Activity, and Injury Among Adolescents Across 36 Countries. *Journal of Adolescent Health*, 64(5), 657–663. <https://doi.org/10.1016/j.jadohealth.2018.11.007>
- de Rezende, L. F. M., Rey-López, J. P., Matsudo, V. K. R., & Luiz, O. do C. (2014). Sedentary behavior and health outcomes among older adults: A systematic review. *BMC Public Health*, 14(1), 9. <https://doi.org/10.1038/492S2a>
- Deci, E. L., & Ryan, R. M. (1990). A motivational approach to self: integration in personality. *Nebraska Symposium on Motivation. Nebraska Symposium on Motivation*, 38(February), 237–288.
- Deci, Edward L, & Ryan, R. M. (1985). *Intrinsic Motivation and Self-Determination in Human Behavior*. New York, NY: Plenum. <https://doi.org/10.1007/978-1-4899-2271-7>
- Deci, Edward L, & Ryan, R. M. (2002). Handbook of self-determination research. In Edward L Deci & R. M. Ryan (Eds.), *Handbook of self-determination research*. University of Rochester Press.
- Dèdelè, A., Miškinytė, A., Andrušaitytė, S., & Bartkutė, Ž. (2019). Perceived stress among different occupational groups and the interaction with sedentary behaviour. *International Journal of Environmental Research and Public Health*, 16(23). <https://doi.org/10.3390/ijerph16234595>
- deJonge, M., Mackowiak, R., Pila, E., Crocker, P. R., & Sabiston, C. M. (2019).

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

The relationship between sport commitment and physical self-concept: Evidence for the self-enhancement hypothesis among adolescent females. *Journal of Sports Sciences*, 37(21), 2459–2466. <https://doi.org/10.1080/02640414.2019.1641381>

Delidou, E., Matsouka, O., & Nikolaidis, C. (2015). Influence of school playground size and equipment on the physical activity of students during recess. *European Physical Education Review*, 22(2), 215–224. <https://doi.org/10.1177/1356336X15598790>

Demetriou, Y., & Höner, O. (2012). Physical activity interventions in the school setting: A systematic review. *Psychology of Sport and Exercise*, 13(2), 186–196. <https://doi.org/10.1016/j.psychsport.2011.11.006>

Demetriou, Y., Sudeck, G., Thiel, A., & Höner, O. (2015). The effects of school-based physical activity interventions on students' health-related fitness knowledge: A systematic review. *Educational Research Review*, 16, 19–40. <https://doi.org/10.1016/j.edurev.2015.07.002>

Department of Health and Children, & Health Service Executive. (2009). The national guidelines on physical activity for Ireland. *Children*.

Deutsch, J., Mahoney, S., Waldera, R., & Hetland, T. (2019). The Effects of the Physical Best Health-Related Fitness Curriculum on Physical Activity Levels of Primary-Aged Physical Education Students. *International Council for Health, Physical Education, Recreation, Sport, and Dance*, 10(2), 13–19.

DHHS), U. D. of H. and H. S. (US. (2018). *Physical Activity Guidelines for Americans*.

Dimas-Castro, J., Tristán, J., Rodenas-Cuenca, L., Pérez-García, J., & López-Walle, J. (2019). Intensity and Duration of Physical Efforts in Physical Education Classes in Primary School. *INTED2019 Proceedings*, 1(March), 7351–7358. <https://doi.org/10.21125/inted.2019.1794>

Dishman, R. K., Hales, D. P., Pfeiffer, K. A., Felton, G. A., Saunders, R., Ward, D. S., Dowda, M., & Pate, R. R. (2006). Physical self-concept and self-esteem mediate cross-sectional relations of physical activity and sport participation with depression symptoms among adolescent girls. *Health Psychology*, 25(3), 396–407. <https://doi.org/10.1037/0278-6133.25.3.396>

Długonski, D., Wójcicki, T. R., McAuley, E., & Motl, R. W. (2011). Social cognitive correlates of physical activity in inactive adults with multiple sclerosis. *International Journal of Rehabilitation Research*, 34(2), 115–120. <https://doi.org/10.1097/MRR.0b013e328342ddc0>

Dobbins, M., Husson, H., DeCorby, K., & LaRocca, R. L. (2013). School-based physical activity programs for promoting physical activity and fitness in children and adolescents aged 6 to 18. *Cochrane Database Syst Rev*, 2(2), 1–259. <https://doi.org/10.1002/14651858.CD007651.pub2>

Doerksen, S. E., Umstattd, M. R., & McAuley, E. (2009). Social cognitive

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

determinants of moderate and vigorous physical activity in college freshmen. *Journal of Applied Social Psychology*, 39(5), 1201–1213. <https://doi.org/10.1111/j.1559-1816.2009.00478.x>

Dowd, K. P., Harrington, D. M., & Donnelly, A. E. (2012). Criterion and Concurrent Validity of the activPAL™ Professional Physical Activity Monitor in Adolescent Females. *PLoS ONE*, 7(10). <https://doi.org/10.1371/journal.pone.0047633>

Dudley, D. A., Okely, A. D., Pearson, P., & Peat, J. (2010). Engaging adolescent girls from linguistically diverse and low income backgrounds in school sport: A pilot randomised controlled trial. *Journal of Science and Medicine in Sport*, 13(2), 217–224. <https://doi.org/10.1016/j.jsams.2009.04.008>

Dudley, D., Okely, A., Pearson, P., & Cotton, W. (2011). A systematic review of the effectiveness of physical education and school sport interventions targeting physical activity, movement skills and enjoyment of physical activity. *European Physical Education Review*, 17(3), 353–378. <https://doi.org/10.1177/1356336X11416734>

Dunn, M. A., Josbeno, D. A., Schmotzer, A. R., Tevar, A. D., DiMartini, A. F., Landsittel, D. P., & Delitto, A. (2016). The gap between clinically assessed physical performance and objective physical activity in liver transplant candidates. *Liver Transplantation*, 22(10), 1324–1332. <https://doi.org/10.1002/lt.24506>

Dunstan, D. W., Barr, E. L. M., Healy, G. N., Salmon, J., Shaw, J. E., Balkau, B., Magliano, D. J., Cameron, A. J., Zimmet, P. Z., & Owen, N. (2010). Television viewing time and mortality: The Australian Diabetes, Obesity and Lifestyle Study (AusDiab). *Circulation*, 121(3), 384–391. <https://doi.org/10.1161/CIRCULATIONAHA.109.894824>

Dunstan, David W, Salmon, J., Owen, N., Armstrong, T., Zimmet, P. Z., Welborn, Timothy A, Cameron, A. J., Dwyer, T., Jolley, D., & Shaw, J. E. (2004). Physical Activity and Television Viewing in Relation to Risk of Undiagnosed. *Diabetes Care*, 27(11), 2603–2609.

Dzewaltowski, D. A., Noble, J. M., & Shaw, J. M. (1990a). Physical Activity Participation: Social Cognitive Theory Versus the Theories of Reasoned Action and Planned Behavior. *Journal of Sport and Exercise Psychology*, 12(1), 388–405.

Dzewaltowski, D. A., Noble, J. M., & Shaw, J. M. (1990b). Physical Activity Participation: Social Cognitive Theory Versus the Theories of Reasoned Action and Planned Behavior. *Journal of Sport & Exercise Psychology*, 12, 388–405. <https://doi.org/10.1017/CBO9781107415324.004>

Edwards, M. K., & Loprinzi, P. D. (2018). *Systemic inflammation as a function of the individual and combined associations of sedentary behaviour, physical activity and cardiorespiratory fitness.* 93–99. <https://doi.org/10.1111/cpf.12388>

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- El-Kholy, T., & Elsayed, E. (2015). Association of physical activity and health status with intelligence quotient of high school students in Jeddah. *Journal of Physical Therapy Science*, 27(7), 2039–2043. <https://doi.org/10.1589/jpts.27.2039>
- Elinder, L. S., Sundblom, E., & Rosendahl, K. I. (2011). Low physical activity is a predictor of thinness and low self-rated health: Gender differences in a Swedish cohort. *Journal of Adolescent Health*, 48(5), 481–486. <https://doi.org/10.1016/j.jadohealth.2010.08.005>
- Erwin, H., Fedewa, A., Beighle, A., & Ahn, S. (2012). A Quantitative Review of Physical Activity, Health, and Learning Outcomes Associated With Classroom-Based Physical Activity Interventions. *Journal of Applied School Psychology*, 28(1), 14–36. <https://doi.org/10.1080/15377903.2012.643755>
- Fairclough, S. J., & Stratton, G. (2006). A review of physical activity levels during elementary school physical education. *Journal of Teaching in Physical Education*, 25(2), 239–257. <https://doi.org/10.1123/jtpe.25.2.240>
- Fairclough, S., & Stratton, G. (2005). Physical activity levels in middle and high school physical education: A review. *Pediatric Exercise Science*, 17(3), 217–236. <https://doi.org/10.1123/pes.17.3.217>
- Fallon, E. A., Hausenblas, H. A., & Nigg, C. R. (2005). The transtheoretical model and exercise adherence: Examining construct associations in later stages of change. *Psychology of Sport and Exercise*, 6(6), 629–641. <https://doi.org/10.1016/j.psychsport.2005.01.003>
- Farmer, M. E., Locke, B. Z., Mościcki, E. K., Dannenberg, A. L., Larson, D. B., & Radloff, L. S. (1988). Physical activity and depressive symptoms: The nhanes I epidemiologic follow-up study. *American Journal of Epidemiology*, 128(6), 1340–1351. <https://doi.org/10.1093/oxfordjournals.aje.a115087>
- Felez-Nobrega, M., Bort-Roig, J., Briones, L., Sanchez-Niubo, A., Koyanagi, A., Puigoriol, E., & Puig-Ribera, A. (2020). Self-reported and activPALTM-monitored physical activity and sedentary behaviour in college students: Not all sitting behaviours are linked to perceived stress and anxiety. *Journal of Sports Sciences*, 38(13), 1566–1574. <https://doi.org/10.1080/02640414.2020.1748359>
- Felton, G. M., Dowda, M., Ward, D. S., Dishman, R. K., Trost, S. G., Saunders, R., & Pate, R. R. (2002). Differences in physical activity between black and white girls living in rural and urban areas. *Journal of School Health*, 72(6), 250–255. <https://doi.org/10.1111/j.1746-1561.2002.tb07338.x>
- Fernández-Bustos, J. G., Infantes-Paniagua, Á., Cuevas, R., & Contreras, O. R. (2019). Effect of physical activity on self-concept: Theoretical model on the mediation of body image and physical self-concept in adolescents. *Frontiers in Psychology*, 10(JULY), 1–11. <https://doi.org/10.3389/fpsyg.2019.01537>
- Fernández-Río, J., Méndez-Giménez, A., & Méndez-Alonso, D. (2013). Effects of three instructional approaches in adolescents' physical self-concept. *Cultura y*

Educacion, 25(4), 509–521. <https://doi.org/10.1174/113564013808906870>

- Ferreira, F. S., Mota, J., & Duarte, J. A. (2014). Patterns of physical activity in Portuguese adolescents. Evaluation during physical education classes through accelerometry. *Archives of Exercise in Health and Disease*, 4(2), 280–285. <https://doi.org/10.5628/aeht.v4i2.135>
- Fiala, B., Rhodes, R. E., Blanchard, C., & Anderson, J. (2013). Using social cognitive constructs to predict preoperative exercise before total joint replacement. *Rehabilitation Psychology*, 58(2), 137–147. <https://doi.org/10.1037/a0032196>
- Field, A. (2005). *Discovering Statistics Using Spss Third Edition*. In Sage (Vol. 2nd, Issue Third Edition). <https://doi.org/10.1016/j.landurbplan.2008.06.008>
- Fishbein, M., & Ajzen, I. (1977). Belief, Attitude, Intention, and Behavior: An Introduction to Theory and Research. *Philosophy and Rhetoric*, 10(2).
- Fitts, W. H., & Warren, W. L. (1996). *Tennessee self-concept scale: TSCS-2*. Western Psychological Services Los Angeles.
- Fortier, M. S., Duda, J. L., Guerin, E., & Teixeira, P. J. (2012). Promoting physical activity: Development and testing of self-determination theory-based interventions. *International Journal of Behavioral Nutrition and Physical Activity*, 9, 1–14. <https://doi.org/10.1186/1479-5868-9-20>
- Fortier, M. S., Sweet, S. N., O’Sullivan, T. L., & Williams, G. C. (2007). A self-determination process model of physical activity adoption in the context of a randomized controlled trial. *Psychology of Sport and Exercise*, 8(5), 741–757. <https://doi.org/10.1016/j.psychsport.2006.10.006>
- Fortier, M. S., Williams, G. C., Sweet, S. N., & Patrick, H. (2009). Self-determination theory: Process models for health behavior change. In *Emerging theories in health promotion practice and research*, 2nd ed. (pp. 157–183). Jossey-Bass/Wiley.
- Fox, K. (1997). The physical self and processes in self-esteem development. *The Physical Self: From Motivation to Well-Being*, October 1997, 111–139. <https://login.proxy.hil.unb.ca/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=1997-08965-005&site=ehost-live>
- Fox, Kenneth R. (1998). Advances in the measurement of the physical self. In J. D. null (Ed.), *Advances in sport and exercise psychology measurement* (pp. 295–310). Morgantown, West Virginia: Fitness Information Technology.
- Fox, Kenneth R., & Corbin, C. B. (1989). The Physical Self-Perception Profile: Development and Preliminary Validation. *Journal of Sport and Exercise Psychology*, 11(4), 408–430. <https://doi.org/10.1123/jsep.11.4.408>
- Fox, Kenneth R. (2000). Self-esteem, Self-perceptions and Exercise. *International Journal of Sport Psychology*, 31, 228–240.
- Fraenkel, J. R., Wallen, N. E., & Hyun, H. H. (2012). How to Design and Evaluate

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Research in Education. In *The McGraw-Hill Companies* (Eighth Ed.). The McGraw-Hill Companies. <https://doi.org/10.1017/CBO9781107415324.004>
- Francis, L. A., Lee, Y., & Birch, L. L. (2003). Parental Weight Status and Girls' Television Viewing, Snacking, and Body Mass Indexes. *Obesity Research*, *11*(1), 143–151. <https://doi.org/10.1038/oby.2003.23>.
- Freedson, P. S., & Evenson, S. (1991). Familial aggregation in physical activity. *Research Quarterly for Exercise and Sport*, *62*(4), 384–389. <https://doi.org/10.1080/02701367.1991.10607538>
- Frigeri, F. (2010). Motivating active lifestyle by low intensity exercises in the workplace. *Frigeri, Fernanda*.
- Fu, Y., Gao, Z., Hannon, J., Shultz, B., Newton, M., & Sibthorp, J. (2013). Influence of a health-related physical fitness model on students' physical activity, perceived competence, and enjoyment. *Perceptual and Motor Skills*, *117*(3), 956–970. <https://doi.org/10.2466/10.06.PMS.117x32z0>
- Galán, I., Boix, R., Medrano, M. J., Ramos, P., Rivera, F., Pastor-Barriuso, R., & Moreno, C. (2013). Physical activity and self-reported health status among adolescents: A cross-sectional population-based study. *BMJ Open*, *3*(5), 1–10. <https://doi.org/10.1136/bmjopen-2013-002644>
- Gall, M. D., Gall, J. P., & Borg, W. R. (2003). Educational research: An introduction. In *Pearson Education, Inc.* (7th Editio). Pearson Education, Inc.
- Gao, Z. (2012). Urban Latino school children's physical activity correlates and daily physical activity participation: A social cognitive approach. *Psychology, Health and Medicine*, *17*(5), 542–550. <https://doi.org/10.1080/13548506.2011.647699>
- Gardner, B., Smith, L., Lorencatto, F., Hamer, M., & Jh, S. (2015). How to reduce sitting time? A review of behaviour change strategies used in sedentary behaviour reduction interventions among adults. *Health Psychology Review*, *7*199(November). <https://doi.org/10.1080/17437199.2015.1082146>
- Garn, A., & Shen, B. (2015). Physical self-concept and basic psychological needs in exercise: Are there reciprocal effects? *International Journal of Sport and Exercise Psychology*, *13*(2), 169–181. <https://doi.org/10.1080/1612197X.2014.940994>
- Garson, G. D. (2013). *Validity & Reliability* (2013 Edit). Statistical Publishing Associates.
- Garza, R., Heredia, R. R., & Cieslicka, A. B. (2016). Male and female perception of physical attractiveness: An eye movement study. *Evolutionary Psychology*, *14*(1), 1–16. <https://doi.org/10.1177/1474704916631614>
- Gea-García, G. M., González-Gálvez, N., Espeso-García, A., Marcos-Pardo, P. J., González-Fernández, F. T., & Martínez-Aranda, L. M. (2020). Relationship Between the Practice of Physical Activity and Physical Fitness in Physical Education Students: The Integrated Regulation As a Mediating Variable.

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Gecas, V. (1982). The Self-Concept. *Annual Review of Sociology*, 8, 1–33.
- Gehris, J., Kress, J., & Swalm, R. (2011). Effects of Adventure-Physical Education on High School Students' Physical Self-Concept and Physical Fitness. *Pennsylvania Journal of Health, Physical Education, Recreation & Dance, Spring*, 21–27.
- Gerber, S., & Voelkl, K. (2005). Using SPSS for Windows. In *Using SPSS for Windows*. <https://doi.org/10.1007/0-387-27604-1>
- Gerovasili, V., Agaku, I. T., Vardavas, C. I., & Filippidis, F. T. (2015). Levels of physical activity among adults 18-64 years old in 28 European countries. *Preventive Medicine*, 81, 87–91. <https://doi.org/10.1016/j.ypmed.2015.08.005>
- Gibbs, B. B., Hergenroeder, A. L., Perdomo, S. J., Kowalsky, R. J., Delitto, A., & Jakicic, J. M. (2018). *Reducing sedentary behaviour to decrease chronic low back pain: the stand back randomised trial*. 1–7. <https://doi.org/10.1136/oemed-2017-104732>
- Gillett, P. A., White, A. T., & Caserta, M. S. (1996). Effect of exercise and/or fitness education on fitness in older, sedentary, obese women. *Journal of Aging and Physical Activity*, 4(1), 42–55. <https://doi.org/10.1123/japa.4.1.42>
- Gjersing, L., Caplehorn, J. R., & Clausen, T. (2010). Cross-cultural adaptation of research instruments: Language, setting, time and statistical considerations. *BMC Medical Research Methodology*, 10. <https://doi.org/10.1186/1471-2288-10-13>
- Glanz, K., Rimer, B. k., & Viswanath, K. (2002). *Health Behavior and Health Education: Theory, Research, and Practice* (C. T. Orleans (Ed.); 4th Editio). Jossey-Bass. A Wiley Imprint.
- Glanz, K., Rimer, B. k., & Viswanath, K. (2008). *Behavior Health and Education Health: Theory, Research, and Practice* (C. T. Orleans (Ed.); 4th Editio). Jossey-Bass. A Wiley Imprint.
- Glatthorn, A. A., Jailall, J. M., & Jailall, J. K. (2016). *The principal as curriculum leader: Shaping what is taught and tested*. Corwin Press.
- Godfrey, A., Culhane, K. M., & Lyons, G. M. (2007). Comparison of the performance of the activPAL™ Professional physical activity logger to a discrete accelerometer-based activity monitor. *Medical Engineering and Physics*, 29(8), 930–934. <https://doi.org/10.1016/j.medengphy.2006.10.001>
- Gopinath, B., Hardy, L. L., Baur, L. A., Burlutsky, G., & Mitchell, P. (2012). Physical activity and sedentary behaviors and health-related quality of life in adolescents. *Pediatrics*, 130(1), e167–e174. <https://doi.org/10.1542/peds.2011-3637>
- Gordon-Larsen, P., Adair, L. S., & Popkin, B. M. (2002). Ethnic differences in

- physical activity and inactivity patterns and overweight status. *Obesity Research*, 10(3), 141–149. <https://doi.org/10.1038/oby.2002.23>
- Gortmaker, S. L., Must, A., Sobol, A. M., Peterson, K., Colditz, G. A., & Dietz, W. H. (1996). Television Viewing as a Cause of Increasing Obesity Among Children in the United States. *Arch Pediatr Adolesc Med.*, 150, 356–362. <http://archpedi.jamanetwork.com/>
- Gouveia, É. R., Ihle, A., Gouveia, B. R., Rodrigues, A. J., Marques, A., Freitas, D. L., Kliegel, M., Correia, A. L., Alves, R., & Lopes, H. (2019). Students' Attitude Toward Physical Education: Relations With Physical Activity, Physical Fitness, and Self-Concept. *The Physical Educator*, 76(4), 945–963. <https://doi.org/10.18666/tpe-2019-v76-i4-8923>
- Graham, C., Richardson, A., King, S., Chiera, B., & Olds, T. (2014). An Initial Exploration of the Association between Psychological Distress and Sedentary Behaviour in First Year Undergraduates. A Practice Report. *The International Journal of the First Year in Higher Education*, 5(2), 95–101. <https://doi.org/10.5204/intjfyhe.v5i2.238>
- Granger, E., Di Nardo, F., Harrison, A., Patterson, L., Holmes, R., & Verma, A. (2017). A systematic review of the relationship of physical activity and health status in adolescents. *European Journal of Public Health*, 27(2), 100–106. <https://doi.org/10.1093/eurpub/ckw187>
- Gray, T.-A., & Oslin, J. (2003). Primary School Students' Choices for a Healthy Active Lifestyle. *Journal of Physical Education, Recreation & Dance*, 74(6), 52–57. <https://doi.org/10.1080/07303084.2003.10609221>
- Gredig, D., Nideröst, S., & Parpan-Blaser, A. (2007). Explaining the condom use of heterosexual men in a high-income country: Adding somatic culture to the theory of planned behaviour. *Journal of Public Health*, 15(2), 129–140. <https://doi.org/10.1007/s10389-007-0091-7>
- Gristwood, J. (2011). Applying the Health Belief Model to Physical Activity Engagement Among Older Adults Applying the Health Belief Model to Physical Activity Engagement Among Older Adults. *Illuminare: A Student Journal In Recreation, Parks Ad Leisure Studies*, 9(1), 59–71.
- Grøntved, A., & Hu, F. B. (2011a). Television viewing and risk of type 2 diabetes, cardiovascular disease, and all-cause mortality: A meta-analysis. *JAMA - Journal of the American Medical Association*, 305(23), 2448–2455. <https://doi.org/10.1001/jama.2011.812>
- Grøntved, A., & Hu, F. B. (2011b). Television Viewing and Risk of Type 2 Diabetes, Cardiovascular Disease, and All-Cause Mortality: A Meta-analysis. *American Medical Association*, 305(23), 2448–2455.
- Grygiel-Górniak, B., Tomczak, A., Krulikowska, N., Przysławski, J., Seraszek-Jaros, A., & Kaczmarek, E. (2016). Physical activity, nutritional status, and dietary habits of students of a medical university. *Sport Sciences for Health*, 12(2), 261–267. <https://doi.org/10.1007/s11332-016-0285-x>

- Guillemin, F., Bombardier, C., & Beaton, D. (1993). Cross-Cultural Adaptation of Health-Related Quality of Life Measures: Literature Review and Proposed Guidelines. *Journal Clinical Epidemiology*, *46*(12), 1417–1432. <https://doi.org/10.1007/s10714-006-0272-7>
- Gustafson, S. L., & Rhodes, R. E. (2006). Parental correlates of physical activity in children and early adolescents. *Sports Medicine*, *36*(1), 79–97. <https://doi.org/10.2165/00007256-200636010-00006>
- Haase, A., Steptoe, A., Sallis, J. F., & Wardle, J. (2004). Leisure-time physical activity in university students from 23 countries: Associations with health beliefs, risk awareness, and national economic development. *Preventive Medicine*, *39*(1), 182–190. <https://doi.org/10.1016/j.ypmed.2004.01.028>
- Haerens, L., Kirk, D., Cardon, G., de Bourdeaudhuij, I., & Vansteenkiste, M. (2010). Motivational profiles for secondary school physical education and its relationship to the adoption of a physically active lifestyle among university students. *European Physical Education Review*, *16*(2), 117–139. <https://doi.org/10.1177/1356336X10381304>
- Hagger, M. S., Biddle, S. J. H., & Wang, C. K. J. (2005). Physical self-concept in adolescence: Generalizability of a multidimensional, hierarchical model across gender and grade. *Educational and Psychological Measurement*, *65*(2), 297–322. <https://doi.org/10.1177/0013164404272484>
- Hagger, M. S., Chatzisarantis, N. L. D., & Biddle, S. J. H. (2002a). A Meta-Analytic Review of The Theories of Reasoned Action and Planned Behavior in Physical Activity: Predictive Validity and the Contribution of Additional Variables. *Journal of Sport & Exercise Psychology*, *24*, 3–32.
- Hagger, M. S., Chatzisarantis, N. L. D., & Biddle, S. J. H. (2002b). The influence of autonomous and controlling motives on physical activity intentions within the Theory of Planned Behaviour. *British Journal of Health Psychology*, *7*, 283–297.
- Hallal, P. C., Andersen, L. B., Bull, F. C., Guthold, R., Haskell, W., Ekelund, U., Alkandari, J. R., Bauman, A. E., Blair, S. N., Brownson, R. C., Craig, C. L., Goenka, S., Heath, G. W., Inoue, S., Kahlmeier, S., Katzmarzyk, P. T., Kohl, H. W., Lambert, E. V., Lee, I. M., ... Wells, J. C. (2012). Global physical activity levels: Surveillance progress, pitfalls, and prospects. *The Lancet*, *380*(9838), 247–257. [https://doi.org/10.1016/S0140-6736\(12\)60646-1](https://doi.org/10.1016/S0140-6736(12)60646-1)
- Hallgren, M., Nguyen, T. T. D., Owen, N., Vancampfort, D., Smith, L., Dunstan, D. W., Andersson, G., Wallin, P., & Ekblom-Bak, E. (2020). Associations of interruptions to leisure-time sedentary behaviour with symptoms of depression and anxiety. *Translational Psychiatry*, *10*(1), 1–8. <https://doi.org/10.1038/s41398-020-0810-1>
- Hamasaki, H. (2016). Daily physical activity and type 2 diabetes: A review. *World Journal of Diabetes*, *7*(12), 243. <https://doi.org/10.4239/wjd.v7.i12.243>
- Hamer, M., Yates, T., Sherar, L. B., Clemes, S. A., & Shankar, A. (2016).

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Association of after school sedentary behaviour in adolescence with mental wellbeing in adulthood. *Preventive Medicine*, 87, 6–10. <https://doi.org/10.1016/j.ypmed.2016.02.021>
- Han, H., Pettee, G., & Kohl, H. (2017). Application of the transtheoretical model to sedentary behaviors and its as...: Discovery Service for Endeavour College of Natural Health Library. *Plos One*, 12(4), 1–13.
- Hannan, T. E., Moffitt, R. L., Neumann, D. L., & Thomas, P. R. (2015). Applying the theory of planned behavior to physical activity: The moderating role of mental toughness. *Journal of Sport and Exercise Psychology*, 37(5), 514–522. <https://doi.org/10.1123/jsep.2015-0074>
- Hardman, K. (2008). Physical education in schools: a global perspective. *Kinesiology*, 40, 5–28.
- Harmon, B. E., Nigg, C. R., Long, C., Amato, K., Anwar, Kutchman, E., Anthamatten, P., Browning, R. C., Brink, L., & Hill, J. O. (2014). What matters when children play: Influence of social cognitive theory and perceived environment on levels of physical activity among elementary-aged youth. *Psychology of Sport and Exercise*, 15(3), 272–279. <https://doi.org/10.1016/j.psychsport.2014.02.001>
- Harper, J. (2020). *Sporting Gender: The History, Science, and Stories of Transgender and Intersex Athletes*. The Rowman & Littlefield Publishing.
- Harrington, D. (2009). Confirmatory Factor Analysis (Pocket Guides to Social Work. In *Confirmatory Factor Analysis (Pocket Guides to Social Work*. Oxford University Press, Inc.
- Harrington, D. M., Dowd, K. P., Bourke, A. K., & Donnelly, A. E. (2011a). Cross-Sectional analysis of levels and patterns of objectively measured sedentary time in adolescent females. *International Journal of Behavioral Nutrition and Physical Activity*. <https://doi.org/10.1186/1479-5868-8-120>
- Harrington, D. M., Dowd, K. P., Bourke, A. K., & Donnelly, A. E. (2011b). Cross-Sectional analysis of levels and patterns of objectively measured sedentary time in adolescent females. *International Journal of Behavioral Nutrition and Physical Activity*, 8(1), 120. <https://doi.org/10.1186/1479-5868-8-120>
- Harvey, J. a, Chastin S, F. M., & Skelton, D. a. (2015). How Sedentary are Older People? A Systematic Review of the Amount of Sedentary Behavior. *Journal of Aging and Physical Activity*, 23(3), 471–487. <https://doi.org/10.1123/japa.2014-0164>
- Haskell, W. L., Lee, I. M., Pate, R. R., Powell, K. E., Blair, S. N., Franklin, B. A., MacEra, C. A., Heath, G. W., Thompson, P. D., & Bauman, A. (2007). Physical activity and public health: Updated recommendation for adults from the American College of Sports Medicine and the American Heart Association. *Medicine and Science in Sports and Exercise*, 39(8), 1423–1434. <https://doi.org/10.1249/mss.0b013e3180616b27>

- Hawkes, A. L., Lynch, B. M., Owen, N., & Aitken, J. F. (2011). Lifestyle factors associated concurrently and prospectively with co-morbid cardiovascular disease in a population-based cohort of colorectal cancer survivors. *European Journal of Cancer*, 47(2), 267–276. <https://doi.org/10.1016/j.ejca.2010.10.002>
- Hawkins, M. S., Sevick, M. A., Richardson, C. R., Fried, L. F., Arena, V. C., & Kriska, A. M. (2011). Association between physical activity and kidney function: National health and nutrition examination survey. *Medicine and Science in Sports and Exercise*, 43(8), 1457–1464. <https://doi.org/10.1249/MSS.0b013e31820c0130>
- Healy, G. N., Matthews, C. E., Dunstan, D. W., Winkler, E. A. H., & Owen, N. (2011). Sedentary time and cardio-metabolic biomarkers in US adults: NHANES 200306. *European Heart Journal*, 32(5), 590–597. <https://doi.org/10.1093/eurheartj/ehq451>
- Herdman, M., Fox-Rushby, J., & Badia, X. (1998). A model of equivalence in the cultural adaptation of HRQoL.pdf. In *Quality of Life Research* (Vol. 7, Issue 7, pp. 323–335). <http://www.jstor.org/stable/4034525> http://www.jstor.org/stable/4034525?seq=1&cid=pdf-reference#references_tab_contents <http://about.jstor.org/terms>
- Higgins, J. W., Gaul, C., Gibbons, S., & van Gyn, G. (2003). Factors influencing physical activity levels among Canadian youth. *Canadian Journal of Public Health*, 94(1), 45–51. <https://doi.org/10.1007/bf03405052>
- Ho, R. (2006). Handbook of univariate and multivariate data analysis and interpretation with SPSS. In *Chapman & Hall/CRC*. Taylor & Francis Group.
- Hoare, E., Milton, K., Foster, C., & Allender, S. (2016). The associations between sedentary behaviour and mental health among adolescents: A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 13(1). <https://doi.org/10.1186/s12966-016-0432-4>
- Hodges, M. G., Kulinna, P. H., van der Mars, H., & Lee, C. (2016). Knowledge in Action: Fitness Lesson Segments That Teach Health-Related Fitness in Elementary Physical Education. *Journal of Teaching in Physical Education*, 35(1), 16–26. <https://doi.org/10.1123/jtpe.2014-0102>
- Hoehner, C. M., Soares, J., Perez, D. P., Ribeiro, I. C., Joshi, C. E., Pratt, M., Legetic, B. D., Malta, D. C., Matsudo, V. R., Ramos, L. R., Simões, E. J., & Brownson, R. C. (2008). Physical Activity Interventions in Latin America. A Systematic Review. *American Journal of Preventive Medicine*, 34(3), 224–233.e4. <https://doi.org/10.1016/j.amepre.2007.11.016>
- Hoseini, H., Maleki, F., Moeini, M., & Sharifirad, G. R. (2014). Investigating the effect of an education plan based on the health belief model on the physical activity of women who are at risk for hypertension. *Iranian Journal of Nursing and Midwifery Research*, 19(6), 647–652.
- Houston, J., & Kulinna, P. (2014). Health-Related Fitness Models in Physical

Education. *Strategies: A Journal for Physical and Sport Educators*, 27(2), 20–26. <https://doi.org/10.1080/08924562.2014.879026>

- Hu, F. B., Leitzmann, M. F., Stampfer, M. J., Colditz, G. A., Willett, W. C., & Rimm, E. B. (2001). Physical activity and television watching in relation to risk for type 2 diabetes mellitus in men. *Archives of Internal Medicine*, 161(12), 1542–1548. <https://doi.org/10.1001/archinte.161.12.1542>
- Hu, F. B., Li, T. Y., Colditz, G. A., Willett, W. C., & Manson, J. A. E. (2003). Television Watching and Other Sedentary Behaviors in Relation to Risk of Obesity and Type 2 Diabetes Mellitus in Women. *Journal of the American Medical Association*, 289(14), 1785–1791. <https://doi.org/10.1001/jama.289.14.1785>
- Huang, Y., Li, L., Gan, Y., Wang, C., Jiang, H., Cao, S., & Lu, Z. (2020). Sedentary behaviors and risk of depression: a meta-analysis of prospective studies. *Translational Psychiatry*, 10(1). <https://doi.org/10.1038/s41398-020-0715-z>
- Humbert, M. L., Chad, K. E., Bruner, M. W., Spink, K. S., Muhajarine, N., Anderson, K. D., Girolami, T. M., Odnokon, P., & Gryba, C. R. (2008). Using a naturalistic ecological approach to examine the factors influencing youth physical activity across grades 7 to 12. *Health Education and Behavior*, 35(2), 158–173. <https://doi.org/10.1177/1090198106287451>
- Husárová, D., Veselská, Z. D., Sigmundová, D., & Madarasová Gecková, A. (2015). Age and gender differences in prevalence of screen based behaviour, physical activity and health complaints among Slovak school-aged children. *Central European Journal of Public Health*, 23(November), S30–S36. <https://doi.org/10.21101/cejph.a4177>
- Huterska, A., Huterski, R., Zdunek-Rosa, E. W. A., & Łapińska, J. (2020). Impact of economic conditions on the physical activity of regional communities in Poland. *Journal of Physical Education and Sport*, 20(2), 1031–1037. <https://doi.org/10.7752/jpes.2020.s2143>
- Iannotti, R. J., Janssen, I., Haug, E., Kololo, H., Annaheim, B., Borraccino, A., Komkov, A., Poulsen, L. H., Henriksen, P. E., Tynjää, J., Vuori, M., Villberg, J., Melkevik, O., Calmeiro, L., Balazsi, R., Inchley, J., Kogan, M., Wang, J., & Roberts, C. (2009). Interrelationships of adolescent physical activity, screen-based sedentary behaviour, and social and psychological health. *International Journal of Public Health*, 54(SUPPL. 2), 191–198. <https://doi.org/10.1007/s00038-009-5410-z>
- Iannotti, R. J., Kogan, M. D., Janssen, I., & Boyce, W. F. (2009). Patterns of Adolescent Physical Activity, Screen-Based Media Use and Positive and Negative Health Indicators in the U.S. and Canada. *Journal of Adolescent Health*, 44(5), 493–499. <https://doi.org/10.1016/j.jadohealth.2008.10.142>
- Inoue, M., Yamamoto, S., Kurahashi, N., Iwasaki, M., Sasazuki, S., & Tsugane, S. (2008). Daily total physical activity level and total cancer risk in men and women: Results from a large-scale population-based cohort study in Japan. *American Journal of Epidemiology*, 168(4), 391–403.

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

<https://doi.org/10.1093/aje/kwn146>

- Institute of Medicine. (2005). Does the Built Environment Influence Physical Activity?: Examining the Evidence - Special Report 282. In *Washington, DC: The National Academies Press*. The National Academies Press. <https://doi.org/10.17226/11203>
- Isanejad, A., Parno, A., Kazemin, A., Eslami, R., Piri, S., & Hoseini, A. (2017). The Effect of Regular Physical Activity on Changes of Brain-Derived Neurotrophic Factor, Intelligence Quotient and Motor Development of Mental Retardation Children's. *Motor Behavior*, 9(28). <https://doi.org/10.22089/mbj.2017.2652.1324>
- Ishii, K., Shibata, A., Adachi, M., Nonoue, K., & Oka, K. (2015). Gender and grade differences in objectively measured physical activity and sedentary behavior patterns among Japanese children and adolescents: A cross-sectional study. *BMC Public Health*, 15(1), 1–9. <https://doi.org/10.1186/s12889-015-2607-3>
- Jaakkola, T., Yli-Piipari, S., Huotari, P., Watt, A., & Liukkonen, J. (2016). Fundamental movement skills and physical fitness as predictors of physical activity: A 6-year follow-up study. *Scandinavian Journal of Medicine and Science in Sports*, 26(1), 74–81. <https://doi.org/10.1111/sms.12407>
- Jago, R., Anderson, C. B., Baranowski, T., & Watson, K. (2005a). Adolescent patterns of physical activity: Differences by gender, day, and time of day. *American Journal of Preventive Medicine*, 28(5), 447–452. <https://doi.org/10.1016/j.amepre.2005.02.007>
- Jago, R., Anderson, C. B., Baranowski, T., & Watson, K. (2005b). Adolescent patterns of physical activity: Differences by gender, day, and time of day. *American Journal of Preventive Medicine*, 28(5), 447–452. <https://doi.org/10.1016/j.amepre.2005.02.007>
- Jago, R., Anderson, C. B., Baranowski, T., & Watson, K. (2005c). Adolescent patterns of physical activity: Differences by gender, day, and time of day. *American Journal of Preventive Medicine*. <https://doi.org/10.1016/j.amepre.2005.02.007>
- Jajat, Sultoni, K., & Suherman, A. (2017a). Barriers to Physical Activity on University Student. *IOP Conference Series: Materials Science and Engineering*, 180, 011001. <https://doi.org/10.1088/1742-6596/755/1/011001>
- Jajat, Sultoni, K., & Suherman, A. (2017b). Barriers to Physical Activity on University Student. *IOP Conf. Series: Materials Science and Engineering*, 180, 1–4. <https://doi.org/10.1088/1742-6596/755/1/011001>
- Jans, M. P., Proper, K. I., & Hildebrandt, V. H. (2007). Sedentary Behavior in Dutch Workers. Differences Between Occupations and Business Sectors. *American Journal of Preventive Medicine*, 33(6), 450–454. <https://doi.org/10.1016/j.amepre.2007.07.033>
- Janssen, I., & Leblanc, A. G. (2010). Systematic review of the health benefits of

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

physical activity and fitness in school-aged children and youth. *International Journal of Behavioral Nutrition and Physical Activity*, 7(40), 1–16.

Jarani, J., Grøntved, A., Muca, F., Spahi, A., Qefalia, D., Ushtelenca, K., Kasa, A., Caporossi, D., & Gallotta, M. C. (2015). Effects of two physical education programmes on health- and skill-related physical fitness of Albanian children. *Journal of Sports Sciences*, 0414(December 2015), 1–12. <https://doi.org/10.1080/02640414.2015.1031161>

Jekauc, D., Wagner, M. O., Herrmann, C., Hegazy, K., & Woll, A. (2017). Does physical self-concept mediate the relationship between motor abilities and physical activity in adolescents and young adults? *PLoS ONE*, 12(1). <https://doi.org/10.1371/journal.pone.0168539>

Jenny, S. E., Manning, R. D., Keiper, M. C., & Olrich, T. W. (2017). Virtual(ly) Athletes: Where eSports Fit Within the Definition of “Sport.” *Quest*, 69(1), 1–18. <https://doi.org/10.1080/00336297.2016.1144517>

Jensen, J. D., Bere, E., De Bourdeaudhuij, I., Jan, N., Maes, L., Manios, Y., Martens, M. K., Molnar, D., Moreno, L. A., Singh, A. S., te Velde, S., & Brug, J. (2012). Micro-level economic factors and incentives in Children’s energy balance related behaviours - findings from the ENERGY European cross-section questionnaire survey. *International Journal of Behavioral Nutrition and Physical Activity*, 9, 1–12. <https://doi.org/10.1186/1479-5868-9-136>

Jewett, A. E. (1980). The status of physical education curriculum theory. *Quest*, 32(2), 163–173. <https://doi.org/10.1080/00336297.1980.10483708>

Jewett, A. E., Bain, L. L., & Ennis, C. D. (1995). *The curriculum process in physical education* (2nd Editio). Brown & Benchmark.

Johansson, G., Johnson, J. V., & Hall, E. M. (1991). Smoking and Sedentary Behavior as Related to Work Organization. *Social Science and Medicine*, 32(7), 837–846. [https://doi.org/10.1016/0277-9536\(91\)90310-9](https://doi.org/10.1016/0277-9536(91)90310-9)

Johnson, P., Fallon, E. A., Harris, B. S., & Burton, B. (2013). Body satisfaction is associated with Transtheoretical Model constructs for physical activity behavior change. *Body Image*, 10(2), 163–174. <https://doi.org/10.1016/j.bodyim.2012.12.002>

Jones, B. A., Arcelus, J., Bouman, W. P., & Haycraft, E. (2017). Sport and Transgender People: A Systematic Review of the Literature Relating to Sport Participation and Competitive Sport Policies. *Sports Medicine*, 47(4), 701–716. <https://doi.org/10.1007/s40279-016-0621-y>

Jones, D., Hoelscher, D. M., Kelder, S. H., Hergenroeder, A., & Sharma, S. V. (2008). Increasing physical activity and decreasing sedentary activity in adolescent girls - The Incorporating More Physical Activity and Calcium in Teens (IMPACT) study. *International Journal of Behavioral Nutrition and Physical Activity*, 5, 1–10. <https://doi.org/10.1186/1479-5868-5-42>

Jones, M., Defever, E., Letsinger, A., Steele, J., & Mackintosh, K. A. (2020). A

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

mixed-studies systematic review and meta-analysis of school-based interventions to promote physical activity and/or reduce sedentary time in children. *Journal of Sport and Health Science*, 9(1), 3–17. <https://doi.org/10.1016/j.jshs.2019.06.009>

Jorvand, R., Tavousi, M., & Ghofranipour, F. (2018). Determinants of the Regular Physical Activity among Employees of Healthcare Network: Application of Health Belief Model. *Journal of Education and Community Health*, 5(3), 4–12. <https://doi.org/10.21859/jech.5.3.4>

Jurak, G., Cooper, A., Leskošek, B., & Kovač, M. (2013). Long-term effects of 4-year longitudinal school-based physical activity intervention on the physical fitness of children and youth during 7-year follow-up assessment. *Central European Journal of Public Health*, 21(4), 190–195. <https://doi.org/10.21101/cejph.a3823>

Justine, M., Azizan, A., Hassan, V., Salleh, Z., & Manaf, H. (2013). Barriers to participation in physical activity and exercise among middle-aged and elderly individuals. *Singapore Medical Journal*, 54(10), 581–586. <https://doi.org/10.11622/smedj.2013203>

Kandola, A., Lewis, G., Osborn, D. P. J., Stubbs, B., & Hayes, J. F. (2020). Depressive symptoms and objectively measured physical activity and sedentary behaviour throughout adolescence: a prospective cohort study. *The Lancet Psychiatry*, 7(3), 262–271. [https://doi.org/10.1016/S2215-0366\(20\)30034-1](https://doi.org/10.1016/S2215-0366(20)30034-1)

Kantomaa, M. T., Tammelin, T., Ebeling, H., Stamatakis, E., & Taanila, A. (2015). High levels of physical activity and cardiorespiratory fitness are associated with good self-rated health in adolescents. *Journal of Physical Activity and Health*, 12(2), 266–272. <https://doi.org/10.1123/jpah.2013-0062>

Katzmarzyk, P. T., Church, T. S., Craig, C. L., & Bouchard, C. (2009). Sitting time and mortality from all causes, cardiovascular disease, and cancer. *Medicine and Science in Sports and Exercise*, 41(5), 998–1005. <https://doi.org/10.1249/MSS.0b013e3181930355>

Kavussanu, M., & Roberts, G. C. (2016). Motivation in Physical Activity Contexts: The Relationship of Perceived Motivational Climate to Intrinsic Motivation and Self-Efficacy. *Journal of Sport and Exercise Psychology*, 20(3), 264–280. <https://doi.org/10.1123/jsep.20.3.264>

Kelly, A. V. (2009). *The Curriculum: Theory and Practice*. In SAGE Publications Ltd; Sixth Edition edition. <https://doi.org/10.1080/02615470802681344>

Kemendikbud. (2014). *Kurikulum 2013 Pedoman Guru Mata Pelajaran Penjasorkes*. PUSAT KURIKULUM DAN PERBUKUAN BADAN PENELITIAN DAN PENGEMBANGAN KEMENTERIAN PENDIDIKAN DAN KEBUDAYAAN.

Kemenkes RI. (2018). *Hasil Utama Riskesdas 2018*.

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Kementerian Kesehatan Republik Indonesia. (2018). *Hasil Utama Riskesdas 2018*.
- Keresztes, N., Piko, B. F., Pluhar, Z. F., & Page, R. M. (2008). Social influences in sports activity among adolescents. *Journal of The Royal Society for the Promotion of Health*, *128*(1), 21–25. <https://doi.org/10.1177/1466424007085228>
- Kernis, M. H., & Goldman, B. M. (2003). Stability and variability in self-concept and self-esteem. In *Handbook of self and identity*. (pp. 106–127). The Guilford Press.
- Kim, H. S., Ahn, J., & No, J. K. (2012). Applying the health belief model to college students' health behavior. *Nutrition Research and Practice*, *6*(6), 551–558. <https://doi.org/10.4162/nrp.2012.6.6.551>
- Kim, J., Tanabe, K., Yokoyama, N., Zempo, H., & Kuno, S. (2013). Objectively measured light-intensity lifestyle activity and sedentary time are independently associated with metabolic syndrome: A cross-sectional study of Japanese adults. *International Journal of Behavioral Nutrition and Physical Activity*, *10*(30), 1–7. <https://doi.org/10.1186/1479-5868-10-30>
- King, A. C., Stokols, D., Talen, E., Brassington, G. S., & Killingsworth, R. (2002). Theoretical approaches to the promotion of physical activity: Forging a transdisciplinary paradigm. *American Journal of Preventive Medicine*, *23*(2 SUPPL. 1), 15–25. [https://doi.org/10.1016/S0749-3797\(02\)00470-1](https://doi.org/10.1016/S0749-3797(02)00470-1)
- King, K. A., Vidourek, R. A., English, L., & Merianos, A. L. (2014). Vigorous physical activity among college students: Using the health belief model to assess involvement and social support. *Archives of Exercise in Health and Disease*, *4*(2), 267–279. <https://doi.org/10.5628/aeht.v4i2.153>
- Kjønniksen, L., Fjørtoft, I., & Wold, B. (2010). Attitude to physical education and participation in organized youth sports during adolescence related to physical activity in young adulthood: A 10-year longitudinal study. *European Physical Education Review*, *15*(2), 139–154. <https://doi.org/10.1177/1356336X09345231>
- Klomsten, A. T., Skaalvik, E. M., & Espnes, G. A. (2004). Physical Self-Concept and Sports: Do Gender Differences Still Exist? *Sex Roles*, *50*(1–2), 119–127. <https://doi.org/10.1023/B:SERS.0000011077.10040.9a>
- Knox, E. C. L., Esliger, D. W., Biddle, S. J. H., & Sherar, L. B. (2013). Lack of knowledge of physical activity guidelines: Can physical activity promotion campaigns do better? *BMJ Open*, *3*(12), 1–6. <https://doi.org/10.1136/bmjopen-2013-003633>
- Kohl, H. W., Craig, C. L., Lambert, E. V., Inoue, S., Alkandari, J. R., Leetongin, G., Kahlmeier, S., Andersen, L. B., Bauman, A. E., Blair, S. N., Brownson, R. C., Bull, F. C., Ekelund, U., Goenka, S., Guthold, R., Hallal, P. C., Haskell, W. L., Heath, G. W., Katzmarzyk, P. T., ... Wells, J. C. (2012). The pandemic of physical inactivity: Global action for public health. *The Lancet*, *380*(9838), 294–305. [https://doi.org/10.1016/S0140-6736\(12\)60898-8](https://doi.org/10.1016/S0140-6736(12)60898-8)

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Kondrič, M., Sindik, J., Furjan-Mandić, G., & Schiefler, B. (2013). Participation motivation and student's physical activity among sport students in three countries. *Journal of Sports Science and Medicine*, *12*(1), 10–18.
- Koolhaas, C. M., Dhana, K., Golubic, R., Schoufour, J. D., Hofman, A., Van Rooij, F. J. A., & Franco, O. H. (2016). Physical Activity Types and Coronary Heart Disease Risk in Middle-Aged and Elderly Persons: The Rotterdam Study. *American Journal of Epidemiology*, *183*(8), 729–738. <https://doi.org/10.1093/aje/kwv244>
- Kramin, T. V., Miftahov, M. R., Andreff, W., & Eroshkina, S. B. (2019). Social and Economic Factors of Sports Activity in Russian Regions. *SHS Web of Conferences*, *71*, 04009. <https://doi.org/10.1051/shsconf/20197104009>
- Kremer, M. M., Reichert, F. F., & Hallal, P. C. (2012). Intensity and duration of physical efforts in Physical Education classes. *Revista de Saude Publica*, *46*(2), 320–326. <https://doi.org/10.1590/S0034-89102012005000014>
- Krishnan, S., Rosenberg, L., & Palmer, J. R. (2009). Physical activity and television watching in relation to risk of type 2 diabetes: The black women's health study. *American Journal of Epidemiology*, *169*(4), 428–434. <https://doi.org/10.1093/aje/kwn344>
- Kubota, Y., Iso, H., Yamagishi, K., Sawada, N., & Tsugane, S. (2017). Daily Total Physical Activity and Incident Stroke. *Stroke*, *48*(7), 1730–1736. <https://doi.org/10.1161/STROKEAHA.117.017560>
- Kulinna, P. H. (2008). Models for Curriculum and Physical Education. *The Elementary School Journal*, *108*(3), 219–227.
- Kvintova, J., Kudlacek, M., & Sigmundova, D. (2016). Active lifestyle as a determinant of life satisfaction among university students. *Anthropologist*, *24*(1), 179–185. <https://doi.org/10.1080/09720073.2016.11892004>
- Kyhälä, A., Reunamo, J., & Ruismäki, H. (2018). Preschool Children are More Physically Active and Less Sedentary on Weekdays Compared with Weekends. *Journal of Early Childhood Education Research*, *7*(1), 100–126.
- Labbrozzi, D., Robazza, C., Bertollo, M., Bucci, I., & Bortoli, L. (2013). Pubertal development, physical self-perception, and motivation toward physical activity in girls. *Journal of Adolescence*, *36*(4), 759–765. <https://doi.org/10.1016/j.adolescence.2013.06.002>
- LaCroix, A. Z., Bellettiere, J., Rillamas-Sun, E., Di, C., Evenson, K. R., Lewis, C. E., Buchner, D. M., Stefanick, M. L., Lee, I. M., Rosenberg, D. E., & LaMonte, M. J. (2019). Association of Light Physical Activity Measured by Accelerometry and Incidence of Coronary Heart Disease and Cardiovascular Disease in Older Women. *JAMA Network Open*, *2*(3), e190419. <https://doi.org/10.1001/jamanetworkopen.2019.0419>
- Lamonte, M. J., Blair, S. N., & Church, T. S. (2005). Physical activity and diabetes prevention. *Journal of Applied Physiology*, *99*(3), 1205–1213.

<https://doi.org/10.1152/jappphysiol.00193.2005>

- Lauderdale, M. E., Yli-Piipari, S., Irwin, C. C., & Layne, T. E. (2015). Gender Differences Regarding Motivation for Physical Activity Among College Students: A Self-Determination Approach. *The Physical Educator*, 72, 153–172. <https://doi.org/10.18666/tpe-2015-v72-i5-4682>
- Le Masurier, G., & Corbin, C. B. (2006). Top 10 Reasons for Quality Physical Education. *Journal of Physical Education, Recreation & Dance*, 77(6), 44–53. <https://doi.org/10.1080/07303084.2006.10597894>
- Leavy, P. (2013). Gender Relations in Sport. In *Gender Relations in Sport*. <https://doi.org/10.1007/978-94-6209-455-0>
- LeBlanc, A. G., Spence, J. C., Carson, V., Connor Gorber, S., Dillman, C., Janssen, I., Kho, M. E., Stearns, J. A., Timmons, B. W., & Tremblay, M. S. (2012). Systematic review of sedentary behaviour and health indicators in the early years (aged 0–4 years). *Applied Physiology, Nutrition, and Metabolism*, 37(4), 753–772. <https://doi.org/10.1139/h2012-063>
- Lee, C. G., Park, S., Lee, S. H., Kim, H., & Park, J. W. (2018). Social Cognitive Theory and Physical Activity Among Korean Male High-School Students. *American Journal of Men's Health*, 12(4), 973–980. <https://doi.org/10.1177/1557988318754572>
- Lee, C. Do, Folsom, A. R., & Blair, S. N. (2003). Physical activity and stroke risk: A meta-analysis. *Stroke*, 34(10), 2475–2481. <https://doi.org/10.1161/01.STR.0000091843.02517.9D>
- Lee, I.-M., Shiroma, E. J., Lobelo, F., Puska, P., Blair, S. N., & Katzmarzyk, P. T. (2012). Impact of Physical Inactivity on the World's Major Non-Communicable Diseases. *Lancet*, 380(9838), 219–229. [https://doi.org/10.1016/S0140-6736\(12\)61031-9](https://doi.org/10.1016/S0140-6736(12)61031-9). Impact
- Lee, I., Ewing, R., & Sesso, H. D. (2009). Physical Activity and Stroke Incidence. *Amepre*, 37(4), 293–298. <https://doi.org/10.1016/j.amepre.2009.06.007>
- Li, J., & Siegrist, J. (2012). Physical activity and risk of cardiovascular disease—a meta-analysis of prospective cohort studies. *International Journal of Environmental Research and Public Health*, 9(2), 391–407. <https://doi.org/10.3390/ijerph9020391>
- Lindquist, C. H., Reynolds, K. D., & Goran, M. I. (1999). Sociocultural Determinants of Physical Activity among Children. *Preventive Medicine*, 29(4), 305–312. <https://doi.org/https://doi.org/10.1006/pmed.1999.0546>
- Lipošek, S., Planinšec, J., Leskošek, B., & Pajtler, A. (2019). Physical Activity of University Students and Its Relation To Physical Fitness and Academic Success. *Annales Kinesiologiae*, 9(2), 89–104. <https://doi.org/10.35469/ak.2018.171>
- Lipschitz, J. M., Yusuf, M., Paiva, A., Redding, C. A., Rossi, J. S., Johnson, S., Blissmer, B., Simay Gokbayrak, N., Velicer, W. F., & Prochaska, J. O. (2015).

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Transtheoretical principles and processes for adopting physical activity: A longitudinal 24-month comparison of maintainers, relapsers, and nonchangers. *Journal of Sport and Exercise Psychology*, 37(6), 592–606. <https://doi.org/10.1123/jsep.2014-0329>
- Lisha, N. E., Martens, M., & Leventhal, A. M. (2011). Age and gender as moderators of the relationship between physical activity and alcohol use. *Addictive Behaviors*, 36(9), 933–936. <https://doi.org/10.1016/j.addbeh.2011.04.003>
- Liu, K. T., Kueh, Y. C., Arifin, W. N., Kim, Y., & Kuan, G. (2018). Application of transtheoretical model on behavioral changes, and amount of physical activity among university's students. *Frontiers in Psychology*, 9(DEC), 1–8. <https://doi.org/10.3389/fpsyg.2018.02402>
- Liu, M., Wu, L., & Ming, Q. (2015). How does physical activity intervention improve self-esteem and self-concept in children and adolescents? Evidence from a meta-analysis. *PLoS ONE*. <https://doi.org/10.1371/journal.pone.0134804>
- Lohbeck, A., Tietjens, M., & Bund, A. (2016). Physical self-concept and physical activity enjoyment in elementary school children. *Early Child Development and Care*, 186(11), 1792–1801. <https://doi.org/10.1080/03004430.2015.1132708>
- Lonsdale, C., Rosenkranz, R. R., Peralta, L. R., Bennie, A., Fahey, P., & Lubans, D. R. (2013). A systematic review and meta-analysis of interventions designed to increase moderate-to-vigorous physical activity in school physical education lessons. *Preventive Medicine*, 56(2), 152–161. <https://doi.org/10.1016/j.ypmed.2012.12.004>
- Lowe, A., Littlewood, C., McLean, S., & Kilner, K. (2017). Physiotherapy and physical activity: A cross-sectional survey exploring physical activity promotion, knowledge of physical activity guidelines and the physical activity habits of UK physiotherapists. *BMJ Open Sport and Exercise Medicine*, 3(1), 1–7. <https://doi.org/10.1136/bmjsem-2017-000290>
- Lubans, D., & Sylva, K. (2006). Controlled evaluation of a physical activity intervention for senior school students: Effects of the lifetime activity program. *Journal of Sport and Exercise Psychology*, 28(3), 252–268. <https://doi.org/10.1123/jsep.28.3.252>
- Luke, M. D., & Sinclair, G. D. (1991). Gender Differences in Adolescents' Attitudes Toward School Physical Education. *Journal of Teaching in Physical Education*, 19(11), 31–46.
- Lyden, K., Kozey Keadle, S. L., Staudenmayer, J. W., & Freedson, P. S. (2012). Validity of two wearable monitors to estimate breaks from sedentary time. *Medicine and Science in Sports and Exercise*, 44(11), 2243–2252. <https://doi.org/10.1249/MSS.0b013e318260c477>
- Lynch, B. M. (2010a). Sedentary behavior and cancer: A systematic review of the

- literature and proposed biological mechanisms. *Cancer Epidemiology Biomarkers and Prevention*, 19(11), 2691–2709. <https://doi.org/10.1158/1055-9965.EPI-10-0815>
- Lynch, B. M. (2010b). Sedentary behavior and cancer: A systematic review of the literature and proposed biological mechanisms. *Cancer Epidemiology Biomarkers and Prevention*, 19(11), 2691–2709. <https://doi.org/10.1158/1055-9965.EPI-10-0815>
- Ma, C., Zhou, L., Xu, W., Ma, S., & Wang, Y. (2020). Associations of physical activity and screen time with suboptimal health status and sleep quality among Chinese college freshmen: A cross-sectional study. *PLoS ONE*, 15(9 September), 1–15. <https://doi.org/10.1371/journal.pone.0239429>
- MacKinnon, H. J., Wilkinson, T. J., Clarke, A. L., Gould, D. W., O’Sullivan, T. F., Xenophontos, S., Watson, E. L., Singh, S. J., & Smith, A. C. (2018). The association of physical function and physical activity with all-cause mortality and adverse clinical outcomes in nondialysis chronic kidney disease: a systematic review. *Therapeutic Advances in Chronic Disease*, 9(11), 209–226. <https://doi.org/10.1177/2040622318785575>
- MacKintosh, K. A., Knowles, Z. R., Ridgers, N. D., & Fairclough, S. J. (2011). Using formative research to develop CHANGE!: A curriculum-based physical activity promoting intervention. *BMC Public Health*, 11(October). <https://doi.org/10.1186/1471-2458-11-831>
- Maïano, C., Ninot, G., & Bilard, J. (2004). Age and Gender Effects on Global Self-Esteem and Physical Self-Perception in Adolescents. *European Physical Education Review*, 10(1), 53–69. <https://doi.org/10.1177/1356336X04040621>
- Mao, H. (2011). Physical education curriculum models to choose - To Jinhua Vocational & Technical College as an example. *Procedia Engineering*, 23, 247–252. <https://doi.org/10.1016/j.proeng.2011.11.2497>
- Markus, H. (1987). The Dynamic Self-Concept: A Social Psychological Perspective. *Annual Review of Psychology*, 38(1), 299–337. <https://doi.org/10.1146/annurev.psych.38.1.299>
- Marsh, C. J. (2004). *Key Concepts for Understanding Curriculum* (Third Edit). Taylor & Francis.
- Marsh, H. W. (1996). Physical self description questionnaire: Stability and discriminant validity. *Research Quarterly for Exercise and Sport*, 67(3), 249–264. <https://doi.org/10.1080/02701367.1996.10607952>
- Marsh, H. W. (2002). A multidimensional physical self-concept: A construct validity approach to theory, measurement and research. *Psychology: The Journal of the Hellenic Psychological Society*, 9(4), 459–493.
- Marsh, H. W. (2005). Self-concept theory, measurement and research into practice: The role of self-concept in educational psychology. In *Durham University. Education Section of the British Psychological Society*.

<http://66.216.90.50/News/Seminars/sem-selfconf.pdf>

- Marsh, H. W., Chanal, J. P., & Sarrazin, P. G. (2006). Self-belief does make a difference: A reciprocal effects model of the causal ordering of physical self-concept and gymnastics performance. *Journal of Sports Sciences*, 24(1), 101–111. <https://doi.org/10.1080/02640410500130920>
- Marsh, H. W., Martin, A. J., & Jackson, S. (2010). Introducing a Short Version of the Physical Self Description Questionnaire: New Strategies, Short-Form Evaluative Criteria, and Applications of Factor Analyses. *Journal of Sport and Exercise Psychology*, 32(4), 438–482. <https://doi.org/10.1123/jsep.32.4.438>
- Marsh, H. W., Papaioannou, A., & Theodorakis, Y. (2006). Causal ordering of physical self-concept and exercise behavior: Reciprocal effects model and the influence of physical education teachers. *Health Psychology*, 25(3), 316–328. <https://doi.org/10.1037/0278-6133.25.3.316>
- Marsh, H. W., & Redmayne, R. S. (1994). A Multidimensional Physical Self-Concept and Its Relations to Multiple Components of Physical Fitness. *Journal of Sport and Exercise Psychology*, 16(1), 43–55. <https://doi.org/10.1123/jsep.16.1.43>
- Marsh, H. W., Richards, G. E., Johnson, S., Roche, L., & Tremayne, P. (1994). Physical Self-Description Questionnaire: Psychometric properties and a multitrait-multimethod analysis of relations to existing instruments. *Journal of Sport & Exercise Psychology*, 16(3), 270–305. <https://doi.org/10.1123/jsep.16.3.270>
- Marsh W, H. (1990). A multidimensional, hierarchical model of self-concept: Theoretical and empirical justification. *Educational Psychology Review*, 2(2), 77–172.
- Marshall, S. J., Biddle, S. J. H., Gorely, T., Cameron, N., & Murdey, I. (2004a). Relationships between media use, body fatness and physical activity in children and youth: A meta-analysis. *International Journal of Obesity*, 28(10), 1238–1246. <https://doi.org/10.1038/sj.ijo.0802706>
- Marshall, S. J., Biddle, S. J. H., Gorely, T., Cameron, N., & Murdey, I. (2004b). Relationships between media use, body fatness and physical activity in children and youth: A meta-analysis. *International Journal of Obesity*, 28(10), 1238–1246. <https://doi.org/10.1038/sj.ijo.0802706>
- Martín-Albo, J., Núñez, J. L., Domínguez, E., León, J., & Tomás, J. M. (2012). Relationships between intrinsic motivation, physical self-concept and satisfaction with life: A longitudinal study. *Journal of Sports Sciences*, 30(4), 337–347. <https://doi.org/10.1080/02640414.2011.649776>
- Martin Ginis, K. A., Latimer, A. E., Arbour-Nicitopoulos, K. P., Bassett, R. L., Wolfe, D. L., & Hanna, S. E. (2011). Determinants of physical activity among people with spinal cord injury: A test of social cognitive theory. *Annals of Behavioral Medicine*, 42(1), 127–133. <https://doi.org/10.1007/s12160-011-9278-9>

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Martin, J. J., Oliver, K., & McCaughtry, N. (2007). The theory of planned behavior: Predicting physical activity in Mexican American children. *Journal of Sport and Exercise Psychology*, 29(2), 225–238. <https://doi.org/10.1123/jsep.29.2.225>
- Martin, R., & Murtagh, E. M. (2017). Effect of Active Lessons on Physical Activity, Academic, and Health Outcomes: A Systematic Review. *Research Quarterly for Exercise and Sport*, 88(2), 149–168. <https://doi.org/10.1080/02701367.2017.1294244>
- Maselli, M., Ward, P. B., Gobbi, E., & Carraro, A. (2018). Promoting Physical Activity Among University Students: A Systematic Review of Controlled Trials. *American Journal of Health Promotion*, 32(7), 1602–1612. <https://doi.org/10.1177/0890117117753798>
- Matthews, C. E., Chen, K. Y., Freedson, P. S., Buchowski, M. S., Beech, B. M., Pate, R. R., & Troiano, R. P. (2008). Amount of time spent in sedentary behaviors in the United States, 2003–2004. *American Journal of Epidemiology*, 167(7), 875–881. <https://doi.org/10.1093/aje/kwm390>
- Matthews, C. E., George, S. M., Moore, S. C., Bowles, H. R., Blair, A., Park, Y., Troiano, R. P., Hollenbeck, A., & Schatzkin, A. (2012). Amount of time spent in sedentary behaviors and cause-specific mortality in US adults. *American Journal of Clinical Nutrition*, 95(2), 437–445. <https://doi.org/10.3945/ajcn.111.019620>
- Mattingly, B. A., McIntyre, K. P., & Jr., G. W. L. (2020). Interpersonal Relationships and the Self-Concept. In G. W. L. Jr. (Ed.), *Springer Nature Switzerland AG*. Springer Nature Switzerland AG. <https://doi.org/10.1007/978-3-030-43747-3>
- McAuley, E., & Blissmer, B. (2000). Self-Efficacy Determinants and Consequences of Physical Activity. *American College and Sport Medicine*, 28(2), 85–88.
- McMinn, A. M., Van Sluijs, E. M. F., Wedderkopp, N., Froberg, K., & Griffin, S. J. (2008). Sociocultural correlates of physical activity in children and adolescents: Findings from the danish arm of the European youth heart study. *Pediatric Exercise Science*, 20(3), 319–332. <https://doi.org/10.1123/pes.20.3.319>
- McNeill, L. H., Kreuter, M. W., & Subramanian, S. V. (2006). Social Environment and Physical activity: A review of concepts and evidence. *Social Science and Medicine*, 63(4), 1011–1022. <https://doi.org/10.1016/j.socscimed.2006.03.012>
- Mehta, P., Sharma, M., & Bernard, A. (2010). Social cognitive theory as a predictor of dietary behavior and leisure time physical activity behavior in middle-aged Asian Indian women residing in United States. *International Quarterly of Community Health Education*, 30(3), 257–269. <https://doi.org/10.2190/IQ.30.3.f>

- Metzler, M. W., McKenzie, T. L., van der Mars, H., Barrett-Williams, S. L., & Ellis, R. (2013). Health Optimizing Physical Education (HOPE): A New Curriculum for School Programs—Part 1: Establishing the Need and Describing the Model. *Journal of Physical Education, Recreation & Dance*, 84(4), 41–47. <https://doi.org/10.1080/07303084.2013.773826>
- Min-hau, C., & Phillips, D. A. (2002). The relationship between attitude toward physical education and leisure time exercise in high school students. *The Physical Educator*, 59(3), 126.
- Mirzaei, E., Azar, F. E. F., Ziapour, A., Azadi, N. A., Qorbani, M., Safari, O., & Mansourian, M. (2021). The Impact of Educational Intervention Based on Theory of Planned Behavior for Promoting Physical Activity Among Middle-Aged Women Referring to Karaj (Iran) Health Centers. *International Quarterly of Community Health Education*, 41(4), 419–426. <https://doi.org/10.1177/0272684X20972849>
- Mitchell, F., Gray, S., & Inchley, J. (2015). ‘This choice thing really works ... ’ Changes in experiences and engagement of adolescent girls in physical education classes, during a school-based physical activity programme. *Physical Education and Sport Pedagogy*, 20(6), 593–611. <https://doi.org/10.1080/17408989.2013.837433>
- Mitchell, M. (2013). Choosing a Physically Active Lifestyle Now! *Strategies: A Journal for Physical and Sport Educators*, 20(4), 8–12. <https://doi.org/10.1080/08924562.2007.10590724>
- Mo, P. K. H., Chong, E. S. K., Mak, W. W. S., Wong, S. Y. S., & Lau, J. T. F. (2016). Physical activity in people with mental illness in Hong Kong: Application of the health belief model. *Journal of Sport and Exercise Psychology*, 38(2), 203–208. <https://doi.org/10.1123/jsep.2015-0061>
- Moholdt, T., Lavie, C. J., & Nauman, J. (2018). Sustained Physical Activity, Not Weight Loss, Associated With Improved Survival in Coronary Heart Disease. *Journal of the American College of Cardiology*, 71(10), 1094–1101. <https://doi.org/10.1016/j.jacc.2018.01.011>
- Morgan, P. J., Okely, A. D., Cliff, D. P., Jones, R. A., & Baur, L. A. (2008). Correlates of objectively measured physical activity in obese children. *Obesity*, 16(12), 2634–2641. <https://doi.org/10.1038/oby.2008.463>
- Motl, R. W., & Goldman, M. (2011). Physical inactivity, neurological disability, and cardiorespiratory fitness in multiple sclerosis. *Acta Neurologica Scandinavica*, 123(2), 98–104. <https://doi.org/10.1111/j.1600-0404.2010.01361.x>
- Motl, Robert W., Dishman, R. K., Ward, D. S., Saunders, R. P., Dowda, M., Felton, G., & Pate, R. R. (2005). Comparison of barriers self-efficacy and perceived behavioral control for explaining physical activity across 1 year among adolescent girls. *Health Psychology*, 24(1), 106–111. <https://doi.org/10.1037/0278-6133.24.1.106>

- Mouchacca, J., Abbott, G. R., & Ball, K. (2013). Associations between psychological stress, eating, physical activity, sedentary behaviours and body weight among women: A longitudinal study. *BMC Public Health*, *13*(1). <https://doi.org/10.1186/1471-2458-13-828>
- Muhammedi. (2016). Perubahan kurikulum di indonesia : studi kritis tentang upaya menemukan kurikulum pendidikan islam yang ideal. *Raudhah*, *IV*(1), 49–70.
- Mullan, B. A., Wong, C., & Kothe, E. J. (2013). Predicting adolescents' safe food handling using an extended theory of planned behavior. *Food Control*, *31*(2), 454–460. <https://doi.org/10.1016/j.foodcont.2012.10.027>
- Muñoz-Vera, T., Sañudo, B., del Pozo-Cruz, B., del Pozo-Cruz, J., Lopez-Lluch, G., & Sánchez-Oliver, A. J. (2017). Influence of the level of physical activity on physical fitness, lipid profile and health outcomes in overweight/obese adults with similar nutritional status. *Science and Sports*, *32*(5), 278–285. <https://doi.org/10.1016/j.scispo.2016.05.006>
- Murcia, J. A. M., Gimeno, E. C., Hernández, M., Lacárcel, J. A. V., & Pérez, L. M. R. (2007). Physical Self-Concept of Spanish Schoolchildren: Differences by Gender, Sport Practice and Levels of Sport Involvement. *Journal Education and Human Development*, *1*(2), 1–17.
- Nakai, T., & Metzler, M. W. (2005). Standards and Practice for K-12 Physical Education in Japan. *Journal of Physical Education, Recreation & Dance*, *76*(7), 17–22. <https://doi.org/10.1080/07303084.2005.10609307>
- NASPE. (2005). *Physical best activity guide elementary level* (2nd editio). Champaign, IL: Human Kinetics.
- NASPE. (2011). *Physical Education for Lifelong Fitness* (3rd ed.). Human Kinetics.
- NASPE. (2012). Instructional Framework for Fitness Education In Physical Education. In *National Association for Sport and Physical Education* (Issue 703). <http://www.shapeamerica.org/standards/guidelines/upload/Instructional-Framework-for-Fitness-Education-in-PE-2012-2.pdf>
- National Health Service. (2015). Physical activity guidelines for adults. *Live Well - NHS Choices*, *11*, 406414. <http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx>
- Naylor, P. J., Nettlefold, L., Race, D., Hoy, C., Ashe, M. C., Wharf Higgins, J., & McKay, H. A. (2015). Implementation of school based physical activity interventions: A systematic review. *Preventive Medicine*, *72*, 95–115. <https://doi.org/10.1016/j.ypmed.2014.12.034>
- NCCA. (1999). Primary School Curriculum Physical education. In *The Stationery Office*. The Stationery Office: Government of Ireland.

Nehl, E., Blanchard, C., Kupperman, J., Sparling, P., Rhodes, R., Torabi, M., & Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Courneya, K. (2012). Exploring Physical Activity by Ethnicity and Gender in College Students Using Social Cognitive Theory. *ICHPER-SD Journal of Research*, 7(2), 11–17.
- Nigg, C. R., Lippke, S., & Maddock, J. E. (2009). Factorial invariance of the theory of planned behavior applied to physical activity across gender, age, and ethnic groups. *Psychology of Sport and Exercise*, 10(2), 219–225. <https://doi.org/10.1016/j.psychsport.2008.09.005>
- Norris, E., Shelton, N., Dunsmuir, S., Duke-Williams, O., & Stamatakis, E. (2015). Physically active lessons as physical activity and educational interventions: A systematic review of methods and results. *Preventive Medicine*, 72, 116–125. <https://doi.org/10.1016/j.ypmed.2014.12.027>
- O’Hea, E. L., Wood, K. B., & Brantley, P. J. (2003). The Transtheoretical Model : Gender. *American Journal of Health Behavior*, 27(6), 645–656.
- Okazaki, K., Okano, S., Haga, S., Seki, A., Suzuki, H., & Takahashi, K. (2014). One-year outcome of an interactive internet-based physical activity intervention among university students. *International Journal of Medical Informatics*, 83(5), 354–360. <https://doi.org/10.1016/j.ijmedinf.2014.01.012>
- Olds, T. S., Maher, C. A., Ridley, K., & Kittel, D. M. (2010). Descriptive epidemiology of screen and non-screen sedentary time in adolescents: A cross sectional study. *International Journal of Behavioral Nutrition and Physical Activity*, 7, 1–9. <http://www.ijbnpa.org/content/7/1/92%5Cnhttp://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=emed9&NEWS=N&AN=2011044182>
- Olivares, P. R., Cossio-Bolaños, M. A., Gomez-Campos, R., Almonacid-Fierro, A., & Garcia-Rubio, J. (2015). Influence of parents and physical education teachers in adolescent physical activity. *International Journal of Clinical and Health Psychology*, 15(2), 113–120. <https://doi.org/10.1016/j.ijchp.2015.01.002>
- Ornstein, A. C., & Hunkins, F. P. (2018). *Curriculum: Foundations, Principles, and Issues* (J. W. Johnston (Ed.); Seventh Ed). British Library.
- Owen, M. B., Curry, W. B., Kerner, C., Newson, L., & Fairclough, S. J. (2017). The effectiveness of school-based physical activity interventions for adolescent girls: A systematic review and meta-analysis. *Preventive Medicine*, 105, 237–249. <https://doi.org/10.1016/j.ypmed.2017.09.018>
- Owen, N., Healy, G. N., Matthews, C. E., & Dunstan, D. W. (2010). Too Much Sitting: The Population-Health Science of Sedentary Behavior. *Exerc Sport Sci Rev*, 38(3), 105–113. <https://doi.org/10.1097/JES.0b013e3181e373a2>.Too
- Owen, N., Leslie, E., Salmon, J., & Fotheringham, M. J. (2000). Environmental Determinants of Physical Activity and Sedentary Behavior. *American College and Sport Medicine*, 28(4), 153–158.
- Pan, C.-Y., Tsai, C.-L., Chu, C.-H., Sung, M.-C., Ma, W.-Y., & Huang, C.-Y.

- (2016). Objectively Measured Physical Activity and Health-Related Physical Fitness in Secondary School-Aged Male Students With Autism Spectrum Disorders. *American Physical Therapy Association*, 96(4), 511–520.
- Parker, M. B., & Curtner-Smith, M. (2005). Health-related fitness in sport education and multi-activity teaching. *Physical Education & Sport Pedagogy*, 10(1), 1–18. <https://doi.org/10.1080/1740898042000334872>
- Pasi, H., Lintunen, T., Leskinen, E., & Hagger, M. S. (2021). Predicting school students' physical activity intentions in leisure-time and school recess contexts: Testing an integrated model based on self-determination theory and theory of planned behavior. *PLoS ONE*, 16(3 March), 1–24. <https://doi.org/10.1371/journal.pone.0249019>
- Pate, R. R., Dowda, M., & Ross, J. G. (1990). Associations Between Physical Activity and Physical Fitness in American Children. *American Journal of Diseases of Children*, 144(10), 1123–1129. <https://doi.org/10.1001/archpedi.1990.02150340069026>
- Pate, R. R., Neill, J. R. O., & Lobelo, F. (2008). *The Evolving Definition of “Sedentary.”* 29208, 173–178.
- Pate, R. R., Ward, D. S., Saunders, R. P., Felton, G., Dishman, R. K., & Dowda, M. (2005). Promotion of physical activity among high-school girls: A randomized controlled trial. *American Journal of Public Health*, 95(9), 1582–1587. <https://doi.org/10.2105/AJPH.2004.045807>
- Patel, A. V., Bernstein, L., Deka, A., Feigelson, H. S., Campbell, P. T., Gapstur, S. M., Colditz, G. A., & Thun, M. J. (2010). Leisure time spent sitting in relation to total mortality in a prospective cohort of US adults. *American Journal of Epidemiology*, 172(4), 419–429. <https://doi.org/10.1093/aje/kwq155>
- Pawlowski, C. S., Tjørnhøj-Thomsen, T., Schipperijn, J., & Troelsen, J. (2014). Barriers for recess physical activity: A gender specific qualitative focus group exploration. *BMC Public Health*, 14(1), 1–10. <https://doi.org/10.1186/1471-2458-14-639>
- Paxton, R. J., Nigg, C. R., Motl, R. W., McGee, K., McCurdy, D., Matthai, C. H., & Dishman, R. K. (2008). Are constructs of the transtheoretical model for physical activity measured equivalently between sexes, age groups, and ethnicities? *Annals of Behavioral Medicine*, 35(3), 308–318. <https://doi.org/10.1007/s12160-008-9035-x>
- Pechter, Ü., Ots, M., Mesikepp, S., Zilmer, K., Kullissaar, T., Vihalemm, T., Zilmer, M., & Maaros, J. (2003). Beneficial effects of water-based exercise in patients with chronic kidney disease. *International Journal of Rehabilitation Research*, 26(2), 153–156. <https://doi.org/10.1097/01.mrr.0000070755.63544.5a>
- Pellicer-Chenoll, M., Garcia-Massó, X., Morales, J., Serra-Añó, P., Solana-Tramunt, M., González, L. M., & Toca-Herrera, J. L. (2015). Physical activity, physical fitness and academic achievement in adolescents: A self-organizing

maps approach. *Health Education Research*, 30(3), 436–448.
<https://doi.org/10.1093/her/cyv016>

Petosa, R. L., Hartz, B. V., Cardina, C. E., & Suminski, R. R. (2005). Social cognitive theory variables associated with physical activity among high school students. *International Journal of Sports Medicine*, 26(2), 158–163.
<https://doi.org/10.1055/s-2004-821135>

Petosa, R. L., Suminski, R., & Hartz, B. (2003). Predicting vigorous physical activity using social cognitive theory. *American Journal of Health Behavior*, 27(4), 301–310. <https://doi.org/10.5993/AJHB.27.4.2>

Phillips, Siobhan M. & McAuley, E. (2014). *Social cognitive influences on PA*. 71(11), 3831–3840. <https://doi.org/10.1002/pon.3074>.Social

Phillips, S. M., & McAuley, E. (2013). Social cognitive influences on physical activity participation in long-term breast cancer survivors. *Psycho-Oncology*, 22(4), 783–791. <https://doi.org/10.1002/pon.3074>

Physiology, C. S. for E. (2017). *Canadian 24-Hour Movement Guidelines for the Early Years (0-4 Years)*: 0–1.

Pierro, A., Mannetti, L., & Livi, S. (2003). Self-Identity and the Theory of Planned Behavior in the Prediction of Health Behavior and Leisure Activity. *Self and Identity*, 2(1), 47–60. <https://doi.org/10.1080/15298860309024>

Plotnikoff, R. C., Costigan, S. A., Williams, R. L., Hutchesson, M. J., Kennedy, S. G., Robards, S. L., Allen, J., Collins, C. E., Callister, R., & Germov, J. (2015). Effectiveness of interventions targeting physical activity, nutrition and healthy weight for university and college students: A systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*, 12(1), 1–10. <https://doi.org/10.1186/s12966-015-0203-7>

Plotnikoff, R. C., Lippke, S., Courneya, K. S., Birkett, N., & Sigal, R. J. (2008). Physical activity and social cognitive theory: A test in a population sample of adults with type 1 or type 2 diabetes. *Applied Psychology*, 57(4), 628–643. <https://doi.org/10.1111/j.1464-0597.2008.00344.x>

Plotnikoff, R. C., Lubans, D. R., Costigan, S. A., Trinh, L., Spence, J. C., Downs, S., & McCargar, L. (2011). A test of the theory of planned behavior to explain physical activity in a large population sample of adolescents from Alberta, Canada. *Journal of Adolescent Health*, 49(5), 547–549. <https://doi.org/10.1016/j.jadohealth.2011.03.006>

Ploughman, M. (2008). Exercise is brain food: The effects of physical activity on cognitive function. *Developmental Neurorehabilitation*, 11(3), 236–240. <https://doi.org/10.1080/17518420801997007>

Portelli, J. P. (1987). On Defining Curriculum. *Journal of Curriculum and Supervision*, 2(4), 354–367.

Praidou, A., Harris, M., Niakas, D., & Labiris, G. (2017). Physical activity and its correlation to diabetic retinopathy. *Journal of Diabetes and Its Complications*,

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

31(2), 456–461. <https://doi.org/10.1016/j.jdiacomp.2016.06.027>

- Prakash, R. S., Voss, M. W., Erickson, K. I., & Kramer, A. F. (2015). Physical Activity and Cognitive Vitality. *Annual Review of Psychology*, 66(January), 769–797. <https://doi.org/10.1146/annurev-psych-010814-015249>
- Prentice-Dunn, H., & Prentice-Dunn, S. (2012). Physical activity, sedentary behavior, and childhood obesity: A review of cross-sectional studies. *Psychology, Health & Medicine*. <https://doi.org/10.1080/13548506.2011.608806>
- Prieto-Benavides, D. H., Correa-Bautista, J. E., & Ramírez-Vélez, R. (2015). Physical activity levels, physical fitness and scree time among children and adolescents from bogotá, Colombia. *Nutricion Hospitalaria*, 32(5), 2184–2192. <https://doi.org/10.3305/nh.2015.32.5.9576>
- Prihantoro, C. R. (2014). The perspective of curriculum in Indonesia on environmental education. *International Journal of Research Studies in Education*, 4(1), 77–83. <https://doi.org/10.5861/ijrse.2014.915>
- Pritchard, T., Hansen, A., Scarboro, S., & Melnic, I. (2015). Effectiveness of the Sport Education Fitness Model on Fitness Levels, Knowledge, and Physical Activity. *Physical Educator*, 72(4), 577–600. <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=111081504&lang=pt-br&site=ehost-live>
- Prochaska, J. O., & DiClemente, C. C. (1983). Stages and processes of self-change of smoking: Toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, 51(3), 390–395. <https://doi.org/10.1037/0022-006X.51.3.390>
- Prochaska, J. O., & Norcross, J. C. (2014). System of Psychotherapy: A Transtheoretical Analysis. In *Cengage Learning* (Eight Edit). Cengage Learning.
- Prochaska, J. O., & Velicer, W. F. (1997). The transtheoretical model of health behavior change. *American Journal of Health Promotion*, 12(1), 38–48. <https://doi.org/10.4278/0890-1171-12.1.38>
- Proper, K. I., Koning, M., Van der Beek, A. J., Hildebrandt, V. H., Bosscher, R. J., & Van Mechelen, W. (2003). The effectiveness of worksite physical activity programs on physical activity, physical fitness, and health. *Clinical Journal of Sport Medicine*, 13(2), 106–117. <https://doi.org/10.1097/00042752-200303000-00008>
- Quan, M., Zhang, H., Zhang, J., Zhou, T., Zhang, J., Zhao, G., Fang, H., Sun, S., Wang, R., & Chen, P. (2018). Preschoolers' Technology-Assessed Physical Activity and Cognitive Function: A Cross-Sectional Study. *Journal of Clinical Medicine*, 7(5), 108. <https://doi.org/10.3390/jcm7050108>
- Rahmati-Najarkolaei, F., Tavafan, S. S., Fesharaki, M. G., & Jafari, M. R. (2015). Factors predicting nutrition and physical activity behaviors due to

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

cardiovascular disease in Tehran university students: Application of health belief model. *Iranian Red Crescent Medical Journal*, 17(3), 1–6. <https://doi.org/10.5812/ircmj.18879>

Ramirez, E., Kulinna, P. H., & Cothran, D. (2012). Constructs of physical activity behaviour in children: The usefulness of Social Cognitive Theory. *Psychology of Sport and Exercise*, 13(3), 303–310. <https://doi.org/10.1016/j.psychsport.2011.11.007>

Ramos, J. M., de Górgolas, M., Cuadros, J., & Malmierca, E. (2011). Physical activity of Canadian children and youth: Accelerometer results from the 2007 to 2009 Canadian Health Measures Survey. *Component of Statistics Canada Catalogue No. 82-003-X Health Reports*, 22(1), 295–304. <https://doi.org/10.1016/j.yspm.2011.03.006>

Raudsepp, L., & Viira, R. (2000). Sociocultural correlates of physical activity in adolescents. *Pediatric Exercise Science*, 12(1), 51–60. <https://doi.org/10.1123/pes.12.1.51>

Raudsepp, Lennart. (2006). The relationship between socio-economic status, parental support and adolescent physical activity. *Acta Paediatrica, International Journal of Paediatrics*, 95(1), 93–98. <https://doi.org/10.1080/08035250500323772>

Recascino, C., & Smith, H. (2003). Competition and intrinsic motivation in physical activity: A comparison of two groups. *Journal of Sport Behavior*, 26(3), 240–254.

Reichenheim, M. E., & Moraes, C. L. (2007). Operationalizing the cross-cultural adaptation of epidemiological. *Rev Saude Publica*, 41(4), 1–9.

Resnick, B., Palmer, M. H., Jenkins, L. S., & Spellbring, A. M. (2000). Path analysis of efficacy expectations and exercise behaviour in older adults. *Journal of Advanced Nursing*, 31(6), 1309–1315. <https://doi.org/10.1046/j.1365-2648.2000.01463.x>

Rhodes, R. E., Janssen, I., Bredin, S. S. D., Warburton, D. E. R., & Bauman, A. (2017). Physical activity: Health impact, prevalence, correlates and interventions. *Psychology and Health*, 32(8), 942–975. <https://doi.org/10.1080/08870446.2017.1325486>

Rhodes, R. E., McEwan, D., & Rebar, A. L. (2019). Theories of physical activity behaviour change: A history and synthesis of approaches. *Psychology of Sport and Exercise*, 42, 100–109. <https://doi.org/10.1016/j.psychsport.2018.11.010>

Rhodes, R. E., & Nigg, C. R. (2011). Advancing physical activity theory: A review and future directions. *Exercise and Sport Sciences Reviews*, 39(3), 113–119. <https://doi.org/10.1097/JES.0b013e31821b94c8>

Richards, G. E. (1988). *Physical Self-Concept Scale*. Australian Outward Bound Foundation.

Richards, J., Jiang, X., Kelly, P., Chau, J., Bauman, A., & Ding, D. (2015). Don't Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

worry, be happy: Cross-sectional associations between physical activity and happiness in 15 European countries. *BMC Public Health*, 15(1), 1–8. <https://doi.org/10.1186/s12889-015-1391-4>

Richardson, C. R., Faulkner, G., McDevitt, J., Skrinar, G. S., Hutchinson, D. S., & Piette, J. D. (2005). Integrating physical activity into mental health services for persons with serious mental illness. *Psychiatric Services*, 56(3), 324–331. <https://doi.org/10.1176/appi.ps.56.3.324>

Rinaldo, N., Bacchi, E., Coratella, G., Vitali, F., Milanese, C., Rossi, A., Schena, F., & Lanza, M. (2017). Effects of Combined Aerobic-Strength Training vs Fitness Education Program in COPD Patients. *International Journal of Sports Medicine*, 38(13), 1001–1008. <https://doi.org/10.1055/s-0043-112339>

Rink, J. E. (2014). *Teaching physical education for learning* (Seventh Ed). McGraw-Hill Companies, Inc.

Rippe, J. M. (2021). Increasing Physical Activity. In *CRC Press* (Vol. 53, Issue 9). CRC Press.

Riskesdas. (2018). *HASIL UTAMA RISKESDAS 2018*. http://www.depkes.go.id/resources/download/info-terkini/materi_rakorpop_2018/Hasil_Riskesdas_2018.pdf

Ritland, S., Foss, N. E., & Gjone, E. (1982). Physical activity in liver disease and liver function in sportsmen. *Scandinavian Journal of Social Medicine*, 10(Suppl. 29), 221–226.

Robbins, L. B., Gretebeck, K. A., Kazanis, A. S., & Pender, N. J. (2006). Girls on the move program to increase physical activity participation. *Nursing Research*, 55(3), 206–216. <https://doi.org/10.1097/00006199-200605000-00007>

Robbins, L. B., Pender, N. J., & Kazanis, A. S. (2003). Barriers to physical activity perceived by adolescent girls. *Journal of Midwifery and Women's Health*, 48(3), 206–212. [https://doi.org/10.1016/S1526-9523\(03\)00054-0](https://doi.org/10.1016/S1526-9523(03)00054-0)

Robbins, L. B., Pfeiffer, K. A., Maier, K. S., Lo, Y.-J., & Wesolek, S. M. (2012). Pilot intervention to increase physical activity among sedentary urban middle school girls: a two-group pretest-posttest quasi-experimental design. *J Sch Nurs.*, 28(4), 302–315. <https://doi.org/10.1177/1059840512438777>

Roberts, V., Maddison, R., Magnusson, J., & Prapavessis, H. (2010). Adolescent physical activity: Does implementation intention have a role? *Journal of Physical Activity and Health*, 7(4), 497–507. <https://doi.org/10.1123/jpah.7.4.497>

Robinson-Cohen, C., Katz, R., Mozaffarian, D., Dalrymple, L. S., De Boer, I., Sarnak, M., Shlipak, M., Siscovick, D., & Kestenbaum, B. (2009). Physical activity and rapid decline in kidney function among older adults. *Archives of Internal Medicine*, 169(22), 2116–2123. <https://doi.org/10.1001/archinternmed.2009.438>

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Robinson-Cohen, C., Littman, A. J., Duncan, G. E., Roshanravan, B., Ikizler, T. A., Himmelfarb, J., & Kestenbaum, B. R. (2013). Assessment of Physical Activity in Chronic Kidney Disease. *Journal of Renal Nutrition*, 23(2), 123–131. <https://doi.org/10.1053/j.jrn.2012.04.008>
- Romain, A. J., Bortolon, C., Gourlan, M., Carayol, M., Decker, E., Lareyre, O., Ninot, G., Boiché, J., & Bernard, P. (2018). Matched or nonmatched interventions based on the transtheoretical model to promote physical activity. A meta-analysis of randomized controlled trials. *Journal of Sport and Health Science*, 7(1), 50–57. <https://doi.org/10.1016/j.jshs.2016.10.007>
- Rosenstock, I. M. (1974a). Historical Origins of the Health Belief Model. *Health Education Monographs*, 2(4), 328–335.
- Rosenstock, I. M. (1974b). The Health Belief Model and Personal Health Behavior. *Health Education Monographs*, 2(4), 354–386. <https://doi.org/10.1177/014572178501100108>
- Rosenstock, I. M. (1974c). The Health Belief Model and Preventive Health Behavior. *Health Education Monographs Winter*, 2(4), 354–386. <https://doi.org/10.1177/109019817400200405>
- Rothon, C., Edwards, P., Bhui, K., Viner, R. M., Taylor, S., & Stansfeld, S. A. (2010). Physical activity and depressive symptoms in adolescents: A prospective study. *BMC Medicine*, 8. <https://doi.org/10.1186/1741-7015-8-32>
- Rovniak, L. S., Anderson, E. S., Winett, R. A., & Stephens, R. S. (2002). Social cognitive determinants of physical activity in young adults: A prospective structural equation analysis. *Annals of Behavioral Medicine*, 24(2), 149–156. https://doi.org/10.1207/S15324796ABM2402_12
- Ruskin, H., & Shamir, B. (1984). Motivation as a factor affecting males participation in physical activity during leisure time. *Loisir et Societe*, 7(1), 141–161. <https://doi.org/10.1080/07053436.1984.10715175>
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68–78. <https://doi.org/10.1037//0003-066x.55.1.68>
- Ryan, R. M., & Frederick, C. (1997). On Energy, Personality, and Health: Subjective Vitality as a Dynamic Reflection of Well-Being. *Journal of Personality*, 65(3), 529–565. <https://doi.org/10.1111/j.1467-6494.1997.tb00326.x>
- Ryan, R. M., Patrick, H., Deci, E. L., & Williams, G. C. (2008). Facilitating health behaviour change and its maintenance: Interventions based on Self-Determination Theory. *The European Health Psychologist*, 10, 2–5.
- Ryan, R. M., Williams, G. C., Patrick, H., & Deci, E. L. (2009). Self-Determination Theory and Physical Activity: The Dynamics of Motivation in Development and Wellness. *Hellenic Journal of Psychology*, 6, 107–124.

Ryan, T. P. (2007). Modern experimental design. In *Jhon Wiley & Sons, Inc. John Jajat, 2022*

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

Wiley & Sons, Inc.

- Sacchetti, R. P., Ceciliani, A. P., Garulli, A. P., Dallolio, Laura PhD, M., Beltami, Patrizia MD, M., Leoni, Erica PhD, M., Sacchetti R, Ceciliani A, Garulli A, Dallolio L, Beltrami P, L. E., Sacchetti, R. P., Ceciliani, A. P., Garulli, A. P., Dallolio, L., Beltrami, P., Leoni, E., R., S., A., C., A., G., L., D., P., B., & E., L. (2013). Effects of a 2-Year School-Based Intervention. *Journal of School Health*, 83(9), 639–646. <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=emed12&NEWS=N&AN=23879783>
- Sacco, R. L., Gan, R., Boden-Albala, B., Lin, I. F., Kargman, D. E., Hauser, W. A., Shea, S., & Paik, M. C. (1998). Leisure-time physical activity and ischemic stroke risk: The Northern Manhattan Stroke Study. *Stroke*, 29(2), 380–387. <https://doi.org/10.1161/01.STR.29.2.380>
- Sáez, I., Solabarrieta, J., & Rubio, I. (2021). Motivation for physical activity in university students and its relation with gender, amount of activities, and sport satisfaction. *Sustainability (Switzerland)*, 13(6). <https://doi.org/10.3390/su13063183>
- Salahshuri, A., Sharifirad, G., Hassanzadeh, A., & Mostafavi, F. (2014). Physical activity patterns and its influencing factors among high school students of Izeh city: Application of some constructs of health belief model. *Journal of Education and Health Promotion*, 3, 25. <https://doi.org/10.4103/2277-9531.127618>
- Sallis, J. F., Conway, T. L., Prochaska, J. J., McKenzie, T. L., Marshall, S. J., & Brown, M. (2001). The association of school environments with youth physical activity. *American Journal of Public Health*, 91(4), 618–620. <https://doi.org/10.2105/AJPH.91.4.618>
- Sallis, J.F., McKenzie, T. L., Alcaraz, J. E., Kolody, B., Faucette, N., & Hovell, M. F. (1997). The Effects of a 2-year Physical Education Program (SPARK) on Physical Activity and Fitness in Elementary School Students. Sports, Play and Active Recreation for Kids. *American Journal of Public Health*, 87(8), 1328–1334. <https://doi.org/10.2105/AJPH.87.8.1328>
- Sallis, James F., McKenzie, T. L., Beets, M. W., Beighle, A., Erwin, H., & Lee, S. (2012). Physical Education's Role in Public Health: Steps Forward and Backward Over 20 Years and HOPE for the Future. *Research Quarterly for Exercise and Sport*, 83(2), 125–135. <https://doi.org/10.5641/027013612800745329>
- Sallis, James F., Prochaska, J. J., & Taylor, W. C. (2000). A review of correlates of physical activity of children and adolescents. *Medicine and Science in Sports and Exercise*, 32(5), 963–975. <https://doi.org/10.1097/00005768-200005000-00014>
- Salmon, J., Crawford, D., Owen, N., Bauman, A., & Sallis, J. F. (2003). Physical activity and sedentary behavior: A population-based study of barriers, enjoyment, and preference. *Health Psychology*, 22(2), 178–188.

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

<https://doi.org/10.1037/0278-6133.22.2.178>

- Salvy, S. J., Roemmich, J. N., Bowker, J. C., Romero, N. D., Stadler, P. J., & Epstein, L. H. (2009). Effect of peers and friends on youth physical activity and motivation to be physically active. *Journal of Pediatric Psychology, 34*(2), 217–225. <https://doi.org/10.1093/jpepsy/jsn071>
- Sampasa-Kanyinga, H., Hamilton, H. A., Willmore, J., & Chaput, J. P. (2017). Perceptions and attitudes about body weight and adherence to the physical activity recommendation among adolescents: the moderating role of body mass index. *Public Health, 146*, 75–83. <https://doi.org/10.1016/j.puhe.2017.01.002>
- Sanchez, A., Norman, G. J., Sallis, J. F., Calfas, K. J., Cella, J., & Patrick, K. (2007). Patterns and Correlates of Physical Activity and Nutrition Behaviors in Adolescents. *American Journal of Preventive Medicine, 32*(2), 124–130. <https://doi.org/10.1016/j.amepre.2006.10.012>
- Santina, T., Godin, G., Gagné, C., & Guillaumie, L. (2017). Psychosocial determinants of physical activity at school among lebanese children: An application of the planned behavior theory. *Journal of Physical Education and Sport, 17*(1), 171–181. <https://doi.org/10.7752/jpes.2017.01026>
- Santos, P., Guerra, S., Ribeiro, J. C., Duarte, J. A., & Mota, J. (2003). Age and gender-related physical activity: A descriptive study in children using accelerometry. *Journal of Sports Medicine and Physical Fitness, 43*(1), 85–89.
- Sattler, K. M., Deane, F. P., Tapsell, L., & Kelly, P. J. (2018). Gender differences in the relationship of weight-based stigmatisation with motivation to exercise and physical activity in overweight individuals. *Health Psychology Open, 5*(1). <https://doi.org/10.1177/2055102918759691>
- Saunders, R. P., Motl, R. W., Dowda, M., Dishman, R. K., & Pate, R. R. (2004). Comparison of social variables for understanding physical activity in adolescent girls. *American Journal of Health Behavior, 28*(5), 426–436. <https://doi.org/10.5993/AJHB.28.5.5>
- Saunders, T. J., Chaput, J., & Tremblay, M. S. (2014). Sedentary Behaviour as an Emerging Risk Factor for Cardiometabolic Diseases in Children and Youth. *Canadian Journal of Diabetes, 38*(1), 53–61. <https://doi.org/10.1016/j.cjcd.2013.08.266>
- Schmidt, M., Valkanover, S., Roebbers, C., & Conzelmann, A. (2013). Promoting a functional physical self-concept in physical education: Evaluation of a 10-week intervention. *European Physical Education Review, 19*(2), 232–255. <https://doi.org/10.1177/1356336X13486057>
- Schneider, M., Dunton, G. F., & Cooper, D. M. (2008a). Physical Activity and Physical Self-Concept among Sedentary Adolescent Females; An Intervention Study. *Psychology of Sport & Exercise, 9*(1), 1–14. <https://doi.org/10.1016/j.psychsport.2007.01.003>. Physical

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Schneider, M., Dunton, G. F., & Cooper, D. M. (2008b). Physical activity and physical self-concept among sedentary adolescent females: An intervention study. *Psychology of Sport and Exercise*, 9(1), 1–14. <https://doi.org/10.1016/j.psychsport.2007.01.003>
- Schuster, C., Petosa, R., & Petosa, S. (1995). Using social cognitive theory to predict intentional exercise in post-retirement adults. *Journal of Health Education*, 26(1), 14–24. <https://doi.org/10.1080/10556699.1995.10603072>
- Seo, H. M., & Hah, Y. S. (2004). A Study of Factors Influencing on Health Promoting Lifestyle in the Elderly: Application of Pender's Health Promotion Model. *J Korean Acad Nurs*, 34(7), 1288–1297. <http://synapse.koreamed.org/DOIx.php?id=10.4040%2Fjkan.2004.34.7.1288>
- Seo, Y.-J., & Ha, Y. (2019). Gender Differences in Predictors of Physical Activity among Korean College Students Based on the Health Promotion Model. *Asian/Pacific Island Nursing Journal*, 4(1), 1–10. <https://doi.org/10.31372/20190401.1000>
- Shafieian, M., & Kazemi, A. (2017). A randomized trial to promote physical activity during pregnancy based on health belief model. *Jurnal of Education and Health Promotion*, 6(40), 1–13. https://doi.org/10.4103/jehp.jehp_19_15
- Shao, C., Wang, J., Liu, J., Tian, F., & Li, H. (2018). Effect of a health belief model-based education program on patients' belief, physical activity, and serum uric acid: A randomized controlled trial. *Patient Preference and Adherence*, 12, 1239–1245. <https://doi.org/10.2147/PPA.S166523>
- SHAPE America. (2013a). Grade-Level Outcomes for K-12 Physical Education. In *Reston, VA: Author*.
- SHAPE America. (2013b). Grade-Level Outcomes for K-12 Physical Education. In *Reston, VA: Author* (pp. 1–45).
- Shavelson, R. J., Hubner, J. J., & Stanton, G. C. (1976). Self-Concept: Validation of Construct Interpretations. *Review of Educational Research*. <https://doi.org/10.3102/00346543046003407>
- Shaver, E. R., McGlumphy, K. C., Gill, A. K., & Hasson, R. E. (2019). Application of the transtheoretical model to physical activity and exercise behaviors in African-American adolescents. *American Journal of Health Behavior*, 43(1), 119–132. <https://doi.org/10.5993/AJHB.43.1.10>
- Shaw, J. E., Sicree, R. A., & Zimmet, P. Z. (2010). Global estimates of the prevalence of diabetes for 2010 and 2030. *Diabetes Research and Clinical Practice*, 87(1), 4–14. <https://doi.org/10.1016/j.diabres.2009.10.007>
- Shen, B., McCaughtry, N., & Martin, J. (2007). The influence of self-determination in physical education on leisure-time physical activity behavior. *Res Q.Exerc.Sport*, 78(0270-1367 (Print)), 328–338. <https://doi.org/10.1080/02701367.2007.10599430>
- Shepard, R. J. (Ed.). (2002). *Gender, Physical Activity, and Aging*. CRC Press.

- Shephard, R. J. (2003). Limits to the measurement of habitual physical activity by questionnaires * Commentary. *British Journal of Sports Medicine*, 37(>3), 197–206. <https://doi.org/10.1136/bjism.37.3.197>
- Sherblom, P. R. (2001). Using a Parents' Fitness night in your fitness Education Course. *Strategies*, 14(5), 23–27. <https://doi.org/10.1080/08924562.2001.10591495>
- Shields, M., & Tremblay, M. S. (2008). Sedentary behaviour and obesity. *Health Reports / Statistics Canada, Canadian Centre for Health Information = Rapports Sur La Santé / Statistique Canada, Centre Canadien d'information Sur La Santé*, 19(2), 19–30. <https://doi.org/10.5040/9781492595861.ch-007>
- Shrestha, N., Grgic, J., Wiesner, G., Parker, A., Podnar, H., Bennie, J. A., Biddle, S. J. H., & Pedisic, Z. (2018). Effectiveness of interventions for reducing non-occupational sedentary behaviour in adults and older adults : a systematic review and meta-analysis. *Br J Sports Med.*, 53(9), 1–9. <https://doi.org/10.1136/bjsports-2017-098270>
- Siedentop, D., & Van der Mars, H. (2004). *Introduction to physical education, fitness, and sport.*
- Siegrist, M., Lammel, C., Haller, B., Christle, J., & Halle, M. (2013). Effects of a physical education program on physical activity, fitness, and health in children: The JuvenTUM project. *Scandinavian Journal of Medicine and Science in Sports*, 23(3), 323–330. <https://doi.org/10.1111/j.1600-0838.2011.01387.x>
- Sigmundová, D., Sigmund, E., Hamrik, Z., & Kalman, M. (2014). Trends of overweight and obesity, physical activity and sedentary behaviour in Czech schoolchildren: HBSC study. *European Journal of Public Health*, 24(2), 210–215. <https://doi.org/10.1093/eurpub/ckt085>
- Silva, M. N., Vieira, P. N., Coutinho, S. R., Minderico, C. S., Matos, M. G., Sardinha, L. B., & Teixeira, P. J. (2010). Using self-determination theory to promote physical activity and weight control: A randomized controlled trial in women. *Journal of Behavioral Medicine*, 33(2), 110–122. <https://doi.org/10.1007/s10865-009-9239-y>
- Silverman, S., & Subramaniam, P. R. (1999). Student Attitude Toward Physical Education and Physical Activity: A Review of Measurement Issues and Outcomes. *Journal of Teaching in Physical Education*, 19, 97–125.
- Simons-Morton, D. G., Calfas, K. J., Oldenburg, B., & Burton, N. W. (1998). Effects of interventions in health care settings on physical activity or cardiorespiratory fitness. *American Journal of Preventive Medicine*, 15(4), 413–430. [https://doi.org/10.1016/S0749-3797\(98\)00078-6](https://doi.org/10.1016/S0749-3797(98)00078-6)
- Singh, A. S., Saliasi, E., Van Den Berg, V., Uijtdewilligen, L., De Groot, R. H. M., Jolles, J., Andersen, L. B., Bailey, R., Chang, Y. K., Diamond, A., Ericsson, I., Etnier, J. L., Fedewa, A. L., Hillman, C. H., McMorris, T., Pesce, C., Pühse, U., Tomporowski, P. D., & Chinapaw, M. J. M. (2019). Effects of physical

activity interventions on cognitive and academic performance in children and adolescents: A novel combination of a systematic review and recommendations from an expert panel. *British Journal of Sports Medicine*, 53(10), 640–647. <https://doi.org/10.1136/bjsports-2017-098136>

Slingerland, M., Borghouts, L. B., & Hesselink, M. K. C. (2012). Physical Activity Energy Expenditure in Dutch Adolescents: Contribution of Active Transport to School, Physical Education, and Leisure Time Activities. *Journal of School Health*, 82(5), 225–232. <https://doi.org/10.1111/j.1746-1561.2012.00691.x>

Smith Anderson-Bill, E., Winett, R. A., & Wojcik, J. R. (2011). Social cognitive determinants of nutrition and physical activity among web-health users enrolling in an online intervention: The influence of social support, self-efficacy, outcome expectations, and self-regulation. *Journal of Medical Internet Research*, 13(1). <https://doi.org/10.2196/jmir.1551>

Snowling, N. J., & Hopkins, W. G. (2006). Effects of different modes of exercise training on glucose control and risk factors for complications in type 2 diabetic patients: A meta-analysis. *Diabetes Care*, 29(11), 2518–2527. <https://doi.org/10.2337/dc06-1317>

Soares-Miranda, L., Siscovick, D. S., Psaty, B. M., Longstreth, W. T., & Mozaffarian, D. (2016). Physical Activity and Risk of Coronary Heart Disease and Stroke in Older Adults. *Circulation*, 133(2), 147–155. <https://doi.org/10.1161/CIRCULATIONAHA.115.018323>

Soemantri, S., Pradono, J., & Hapsari, D. (2001). *SURKESNAS 2001 National Household Health Survey Morbidity Study*.

Sonstroem, R. J. (1998). Physical Self-Concept Assessment and External Validity. *Exercise and Sport Science Reviews*, 26, 133–164.

Spence, J. C., Blanchard, C. M., Clark, M., Plotnikoff, R. C., Storey, K. E., & McCargar, L. (2010). The role of self-efficacy in explaining gender differences in physical activity among adolescents: A multilevel analysis. *Journal of Physical Activity and Health*, 7(2), 176–183. <https://doi.org/10.1123/jpah.7.2.176>

Spruijt-metz, D., Nguyen-michel, S. T., Goran, M. I., & Huang, T. T. (2010). Reducing sedentary behavior in minority girls via a theory-based, tailored classroom media intervention. *NIH Public Access*, 3(4), 240–248. <https://doi.org/10.1080/17477160802113415.Reducing>

Stahl, S. T., & Albert, S. M. (2015). Gender differences in physical activity patterns among older adults who fall. *Preventive Medicine*, 71, 94–100. <https://doi.org/10.1016/j.ypmed.2014.12.016>

Ståhl, T., Rütten, a, Nutbeam, D., Bauman, a, Kannas, L., Abel, T., Lüschen, G., Rodriquez, D. J., Vinck, J., & van der Zee, J. (2001). The importance of the social environment for physically active lifestyle--results from an international study. *Social Science & Medicine* (1982), 52(1), 1–10. [https://doi.org/10.1016/S0277-9536\(00\)00116-7](https://doi.org/10.1016/S0277-9536(00)00116-7)

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Stamatakis, E., Davis, M., Stathi, A., & Hamer, M. (2012). Associations between multiple indicators of objectively-measured and self-reported sedentary behaviour and cardiometabolic risk in older adults. *Preventive Medicine*, 54(1), 82–87. <https://doi.org/10.1016/j.ypmed.2011.10.009>
- Stamatakis, E., Hamer, M., & Dunstan, D. W. (2011). Screen-based entertainment time, all-cause mortality, and cardiovascular events: Population-based study with ongoing mortality and hospital events follow-up. *Journal of the American College of Cardiology*, 57(3), 292–299. <https://doi.org/10.1016/j.jacc.2010.05.065>
- Stamatakis, E., Rezende, L. F. M. De, & Rey-lo, J. P. (2018). Sedentary Behaviour and Cardiovascular Disease. *Springer Series on Epidemiology and Public Health, Springer Ser. Epidemiol. Public Heal.*, 215–243. <https://doi.org/10.1007/978-3-319-61552-3>
- Stavarakakis, N., De Jonge, P., Ormel, J., & Oldehinkel, A. J. (2012). Bidirectional prospective associations between physical activity and depressive symptoms. the TRAILS study. *Journal of Adolescent Health*, 50(5), 503–508. <https://doi.org/10.1016/j.jadohealth.2011.09.004>
- Stebbins, R. A. (1997). Lifestyle as a generic concept in ethnographic research. In *Quality and Quantity* (Vol. 31, Issue 4, pp. 347–360). <https://doi.org/10.1023/A:1004285831689>
- Stephan, Y., Boiché, J., & Le Scanff, C. (2010). Motivation and physical activity behaviors among older women: A self-determination perspective. *Psychology of Women Quarterly*, 34(3), 339–348. <https://doi.org/10.1111/j.1471-6402.2010.01579.x>
- Stephens, T. (1988). Physical activity and mental health in the United States and Canada: Evidence from four population surveys. *Preventive Medicine*, 17(1), 35–47. [https://doi.org/10.1016/0091-7435\(88\)90070-9](https://doi.org/10.1016/0091-7435(88)90070-9)
- Sternberg, R. J., & Sternberg, K. (2010). *The Psychologist's Companion: A Guide to Writing Scientific Papers for Students and Researchers* (5th ed.). Cambridge University Press. <https://doi.org/DOI:10.1017/CBO9780511762024>
- Stolte, E., Hopman-Rock, M., Aartsen, M. J., Van Tilburg, T. G., & Chorus, A. (2017). The theory of planned behavior and physical activity change: Outcomes of the aging well and healthily intervention program for older adults. *Journal of Aging and Physical Activity*, 25(3), 438–445. <https://doi.org/10.1123/japa.2016-0182>
- Strand, B., & Reeder, S. (1996). Increasing Physical Activity through Fitness Integration. *Journal of Physical Education, Recreation & Dance*, 67(3), 41–47. <https://doi.org/10.1080/07303084.1996.10607220>
- Strand, B., Scantling, E., & Johnson, M. (1998). Guiding Principles for Implementing Fitness Education. *Journal of Physical Education, Recreation & Dance*, 69(8), 35–39. <https://doi.org/10.1080/07303084.1998.10605609>

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- Straub, D., & Gefen, D. (2004). Validation Guidelines for IS Positivist Research. *Communications of the Association for Information Systems*, 13(March). <https://doi.org/10.17705/1cais.01324>
- Strong, W. B., Malina, R. M., Blimke, C. J. ., Daniels, S. R., Disman, R. K., Gutin, B., Hergenroeder, A. C., Must, A., Nixon, P. A., Pivarnik, J. M., Rowland, T., Trost, S., & Trudeau, F. (2005). Evidence Based Physical Activity for School-Age Youth. *The Journal of Pediatrics*.
- Stuntz, C. P., & Weiss, M. R. (2010). Motivating Children and Adolescents to Sustain a Physically Active Lifestyle. *American Journal of Lifestyle Medicine*. <https://doi.org/10.1177/1559827610368779>
- Suherman, A. (2009). Revitalisasi pengajaran dalam pendidikan jasmani. *Bandung: CV. Bintang Warli Artika*.
- Suherman, A. (2013). *Membangun Kualitas Hidup Bangsa Melalui Pendidikan Jasmani* (pp. 1–41). Naskah Pidato Guru Besar.
- Sumardiyanto, S., Sultoni, K., & Jajat, J. (2019). Sedentary Behavior among Male and Female Older Adults (Demographic and gender study in West Java). *Atlantis Press*, 11(Icsshpe 2018), 56–58. <https://doi.org/10.2991/icsshpe-18.2019.15>
- Swann, W. B. (1990). To Be Adored or to Be Known? The Interplay of Self-Enhancement and Self-Verification. *Foundations of Social Behavior*, January 1990, 408–448.
- Sweet, S. N., & Fortier, M. S. (2010). Improving physical activity and dietary behaviours with single or multiple health behaviour interventions? a synthesis of meta-analyses and reviews. *International Journal of Environmental Research and Public Health*, 7(4), 1720–1743. <https://doi.org/10.3390/ijerph7041720>
- Takahashi, K., Okazaki, K., Seki, A., Suzuki, H., Haga, S., & Okano, S. (2010). Development and its Evaluation of the Distance and Interactive Proper System for College Students that Promotes Physical Activity through the Internet. *Educational Technology Research*, 33(1), 85–93. <https://doi.org/10.15077/jjet.KJ00006063549>
- Taryana, A. A., Krishnasamy, R., Bohm, C., Palmer, S. C., Wiebe, N., Boudville, N., MacRae, J., Coombes, J. S., Hawley, C., Isbel, N., & Thompson, S. (2019). Physical activity for people with chronic kidney disease: An international survey of nephrologist practice patterns and research priorities. *BMJ Open*, 9(12), 1–8. <https://doi.org/10.1136/bmjopen-2019-032322>
- Tate, N. H., Dillaway, H. E., Yarandi, H. N., Jones, L. M., & Wilson, F. L. (2015). An examination of eating behaviors, physical activity, and obesity in African American adolescents: Gender, socioeconomic status, and residential status differences. *Journal of Pediatric Health Care*, 29(3), 243–254. <https://doi.org/10.1016/j.pedhc.2014.11.005>

- Taymoori, P., Rhodes, R. E., & Berry, T. R. (2010). Application of a social cognitive model in explaining physical activity in Iranian female adolescents. *Health Education Research*, 25(2), 257–267. <https://doi.org/10.1093/her/cyn051>
- Teixeira, P. J., Carraça, E. V., Markland, D., Silva, M. N., & Ryan, R. M. (2012). Exercise, physical activity, and self-determination theory: A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 9. <https://doi.org/10.1186/1479-5868-9-78>
- Telford, R. D. (2007). Low Physical Activity and Obesity: Causes of Chronic Disease or Simply Predictors? *Medicine & Science in Sports & Exercise*, 4287(4), 1233–1240. <https://doi.org/10.1007/s40279-014-0229-z>
- Telford, R. M., Telford, R. D., Olive, L. S., Cochrane, T., & Davey, R. (2016). Why are girls less physically active than boys? Findings from the LOOK longitudinal study. *PLoS ONE*, 11(3), 1–11. <https://doi.org/10.1371/journal.pone.0150041>
- Teychenne, M., Ball, K., & Salmon, J. (2008). Associations between physical activity and depressive symptoms in women. *International Journal of Behavioral Nutrition and Physical Activity*, 5, 1–12. <https://doi.org/10.1186/1479-5868-5-27>
- Teychenne, M., Ball, K., & Salmon, J. (2010). Sedentary behavior and depression among adults: A review. *International Journal of Behavioral Medicine*, 17(4), 246–254. <https://doi.org/10.1007/s12529-010-9075-z>
- Teychenne, M., Costigan, S. A., & Parker, K. (2015). The association between sedentary behaviour and risk of anxiety: A systematic review Health behavior, health promotion and society. *BMC Public Health*, 15(1). <https://doi.org/10.1186/s12889-015-1843-x>
- Teychenne, M., & Hinkley, T. (2016). Associations between screen-based sedentary behaviour and anxiety symptoms in mothers with young children. *PLoS ONE*, 11(5), 1–10. <https://doi.org/10.1371/journal.pone.0155696>
- Thivel, D., Tremblay, A., Genin, P. M., Panahi, S., Rivière, D., & Duclos, M. (2018). Physical Activity, Inactivity, and Sedentary Behaviors: Definitions and Implications in Occupational Health. *Frontiers in Public Health*, 6(October), 1–5. <https://doi.org/10.3389/fpubh.2018.00288>
- Thorp, A. A., Owen, N., Neuhaus, M., & Dunstan, D. W. (2011). Sedentary behaviors and subsequent health outcomes in adults: A systematic review of longitudinal studies, 1996-2011. *American Journal of Preventive Medicine*, 41(2), 207–215. <https://doi.org/10.1016/j.amepre.2011.05.004>
- Tice, D. M., & Baumeister, R. F. (2001). The primacy of the interpersonal self. In *Individual self, relational self, collective self*. (pp. 71–88). Psychology Press.
- Tomás, I., Marsh, H. W., González-Romá, V., Valls, V., & Nagengast, B. (2014). Testing Measurement Invariance across Spanish and English Versions of the

- Physical Self-Description Questionnaire: An Application of Exploratory Structural Equation Modeling. *Journal of Sport and Exercise Psychology*, 36(2), 179–188. <https://doi.org/10.1123/jsep.2013-0070>
- Tremblay, M. (2012). Letter to the editor: Standardized use of the terms “sedentary” and “sedentary behaviours.” *Applied Physiology, Nutrition and Metabolism*, 37(3), 540–542. <https://doi.org/10.1139/H2012-024>
- Trinh, L., Rhodes, R. E., & Ryan, S. M. (2008). Gender differences in belief-based targets for physical activity intervention among adolescents. *Social Behavior and Personality*, 36(1), 77–86. <https://doi.org/10.2224/sbp.2008.36.1.77>
- Trost, S. G., Blair, S. N., & Khan, K. M. (2014). Physical inactivity remains the greatest public health problem of the 21st century: Evidence, improved methods and solutions using the “7 investments that work” as a framework. *British Journal of Sports Medicine*, 48(3), 169–170. <https://doi.org/10.1136/bjsports-2013-093372>
- Trost, S. G., Fees, B., & Dzewaltowski, D. (2008). Feasibility and efficacy of a “move and learn” physical activity curriculum in preschool children. *Journal of Physical Activity and Health*, 5(1), 88–103. <https://doi.org/10.1123/jpah.5.1.88>
- Trost, S. G., Pate, R. R., Dowda, M., Saunders, R., Ward, D. S., & Felton, G. (1996). Gender Differences in Physical Activity and Determinants of Physical Activity in Rural Fifth Grade Children. *Journal of School Health*, 66(4), 145–150. <https://doi.org/10.1111/j.1746-1561.1996.tb08235.x>
- Trost, S. G., Pate, R. R., Dowda, M., Ward, D. S., Felton, G., & Saunders, R. (2002). Psychosocial correlates of physical activity in white and African-American girls. *Journal of Adolescent Health*, 31(3), 226–233. [https://doi.org/10.1016/S1054-139X\(02\)00375-0](https://doi.org/10.1016/S1054-139X(02)00375-0)
- Trost, S. G., Pate, R. R., Sallis, J. F., Freedson, P. S., Taylor, W. C., Dowda, M., & Sirard, J. (2002). Age and gender differences in objectively measured physical activity in youth. *Medicine and Science in Sports and Exercise*, 34(2), 350–355. <https://doi.org/10.1097/00005768-200202000-00025>
- Tudor-Locke, C. E., & Myers, A. M. (2001). Challenges and opportunities for measuring physical activity in sedentary adults. *Sports Medicine*, 31(2), 91–100. <https://doi.org/10.2165/00007256-200131020-00002>
- Uddin, R., Burton, N. W., & Khan, A. (2018). Perceived environmental barriers to physical activity in young adults in Dhaka City, Bangladesh-does gender matter? *International Health*, 10(1), 40–46. <https://doi.org/10.1093/inthealth/ihx057>
- Uddin, R., Burton, N. W., & Khan, A. (2020). Combined Effects of Physical Inactivity and Sedentary Behaviour on Psychological Distress Among University-Based Young Adults: a One-Year Prospective Study. *Psychiatric Quarterly*, 91(1), 191–202. <https://doi.org/10.1007/s11126-019-09697-2>

- Vallance, J. K., Winkler, E. A. H., Gardiner, P. A., Healy, G. N., Lynch, B. M., & Owen, N. (2011). Associations of objectively-assessed physical activity and sedentary time with depression: NHANES (2005-2006). *Preventive Medicine*, 53, 284–288. <https://doi.org/10.1016/j.ypmed.2011.07.013>
- Van Cauwenberghe, E., Jones, R. A., Hinkley, T., Crawford, D., & Okely, A. D. (2012). Patterns of physical activity and sedentary behaviour in preschool children. *International Journal of Behavioral Nutrition and Physical Activity*, 9, 1–11. <https://doi.org/10.1186/1479-5868-9-138>
- Van Uffelen, J. G. Z., Khan, A., & Burton, N. W. (2017). Gender differences in physical activity motivators and context preferences: A population-based study in people in their sixties. *BMC Public Health*, 17(1), 1–11. <https://doi.org/10.1186/s12889-017-4540-0>
- Van Vorst, J. G., Buckworth, J., & Mattern, C. (2002). Physical self-concept and strength changes in college weight training classes. *Research Quarterly for Exercise and Sport*, 73(1), 113–117. <https://doi.org/10.1080/02701367.2002.10608998>
- Vaquero-Solís, M., Gallego, D. I., Tapia-Serrano, M. Á., Pulido, J. J., & Sánchez-Miguel, P. A. (2020). School-based physical activity interventions in children and adolescents: A systematic review. *International Journal of Environmental Research and Public Health*, 17(3). <https://doi.org/10.3390/ijerph17030999>
- Varghese, T., Schultz, W. M., McCue, A. A., Lambert, C. T., Sandesara, P. B., Eapen, D. J., Gordon, N. F., Franklin, B. A., & Sperling, L. S. (2016). Physical activity in the prevention of coronary heart disease: Implications for the clinician. *BMJ Journal*, 102(12), 904–909. <https://doi.org/10.1136/heartjnl-2015-308773>
- Veal, A. J. (2006). The concept of lifestyle : a review The concept of lifestyle : a review. *Leisure Studies*, 12(4), 233–252.
- Vealey, R. S. (2002). Personality and sport behavior. In *Advances in sport psychology, 2nd ed.* (pp. 43–74). Human Kinetics.
- Velez, A., Golem, D. L., & Arent, S. M. (2010). The impact of a 12-week resistance training program on strength, body composition, and self-concept of hispanic adolescents. *Journal of Strength and Conditioning Research*, 24(4), 1065–1073. <https://doi.org/10.1519/JSC.0b013e3181cc230a>
- Verloigne, M., & Lippevelde, W. Van. (2012). Levels of physical activity and sedentary time among 10-to 12-year-old boys and girls across 5 European countries using accelerometers. *Int J Behav Nutr ...*, 9(1), 34. <https://doi.org/10.1186/1479-5868-9-34>
- Vilhjalmsson, R., & Kristjansdottir, G. (2003). Gender differences in physical activity in older children and adolescents: the central role of organized sport. *Social Science & Medicine*, 56(2), 363–374. [https://doi.org/http://dx.doi.org/10.1016/S0277-9536\(02\)00042-4](https://doi.org/http://dx.doi.org/10.1016/S0277-9536(02)00042-4)

- Virgilio, S. J. (2012). *Fitness education for children: a team approach* (2nd ed.). Human Kinetics Publishers, Inc. <http://search.ebscohost.com/login.aspx?direct=true&db=sph&AN=SPH412021&site=ehost-live>
- von Hippel, P. T., & Bradbury, W. K. (2015). The effects of school physical education grants on obesity, fitness, and academic achievement. *Preventive Medicine*, 78, 44–51. <https://doi.org/10.1016/j.ypmed.2015.06.011>
- Wallhead, T. L., Garn, A. C., & Vidoni, C. (2014). Effect of a sport education program on motivation for physical education and leisure-time physical activity. *Research Quarterly for Exercise and Sport*, 85(4), 478–487. <https://doi.org/10.1080/02701367.2014.961051>
- Wang, C. K. J., Chatzisarantis, N. L. D., Spray, C. M., & Biddle, S. J. H. (2002). Achievement goal profiles in school physical education: Differences in self-determination, sport ability beliefs, and physical activity. *British Journal of Educational Psychology*, 72(3), 433–445. <https://doi.org/10.1348/000709902320634401>
- Wang, L., & Wang, L. (2015). Using Theory of Planned Behavior to Predict the Physical Activity of Children: Probing Gender Differences. *BioMed Research International*, 2015. <https://doi.org/10.1155/2015/536904>
- Wang, M. H., Xiao, D. M., Liu, M. W., Lu, Y. A., & He, Q. Q. (2020). Relationship between sedentary behaviour and anxiety symptoms among youth in 24 low-And middle-income countries. *PLoS ONE*, 15(10 October), 1–8. <https://doi.org/10.1371/journal.pone.0241303>
- Wang, W. L., Lee, H. L., & Fetzer, S. J. (2006). Challenges and Strategies of Instrument Translation. *Western Journal of Nursing Research*, 28(3), 310–321. <https://doi.org/10.1177/0193945905284712>
- Ward, D. S., Dowda, M., Trost, S. G., Felton, G. M., Dishman, R. K., & Pate, R. R. (2006). Physical activity correlates in adolescent girls who differ by weight status. *Obesity*, 14(1), 97–105. <https://doi.org/10.1038/oby.2006.12>
- Ward, J. K., Hastie, P. A., Wadsworth, D. D., Foote, S., Brock, S. J., & Hollett, N. (2017). A Sport Education Fitness Season's Impact on Students' Fitness Levels, Knowledge, and In-Class Physical Activity. *Research Quarterly for Exercise and Sport*, 88(3), 346–351. <https://doi.org/10.1080/02701367.2017.1321100>
- Warren, T. Y., Barry, V., Hooker, S. P., Sui, X., Church, T. S., & Blair, S. N. (2010). Sedentary behaviors increase risk of cardiovascular disease mortality in men. *Medicine and Science in Sports and Exercise*, 42(5), 879–885. <https://doi.org/10.1249/MSS.0b013e3181c3aa7e>
- Watson, A., Timperio, A., Brown, H., Best, K., & Hesketh, K. D. (2017). Effect of classroom-based physical activity interventions on academic and physical activity outcomes: A systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*, 14(1).

<https://doi.org/10.1186/s12966-017-0569-9>

- Weatherson, K., Gierc, M., Patte, K., Qian, W., Leatherdale, S., & Faulkner, G. (2020). Complete mental health status and associations with physical activity, screen time, and sleep in youth. *Mental Health and Physical Activity*, *19*(May), 100354. <https://doi.org/10.1016/j.mhpa.2020.100354>
- Webber, L. S., Catellier, D. J., Lytle, L. A., Murray, D. M., Pratt, C. A., Young, D. R., Elder, J. P., Lohman, T. G., Stevens, J., Jobe, J. B., & Pate, R. R. (2008). Promoting Physical Activity in Middle School Girls. Trial of Activity for Adolescent Girls. *American Journal of Preventive Medicine*, *34*(3), 173–184. <https://doi.org/10.1016/j.amepre.2007.11.018>
- Weiller Abels, K., & Bridges, J. M. (2010). Teaching Movement Education: Foundations for Active Lifestyles. In *Teaching Movement Education: Foundations for Active Lifestyles*.
- Weller, I., & Corey, P. (1998). The impact of excluding non-leisure energy expenditure on the relation between physical activity and mortality in women. *Epidemiology*, *9*(6), 632–635. <https://doi.org/10.1097/00001648-199811000-00012>
- Wenthe, P. J., Janz, K. F., & Levy, S. M. (2009). Gender similarities and differences in factors associated with adolescent moderate-vigorous physical activity. *Pediatric Exercise Science*, *21*(3), 291–304. <https://doi.org/10.1123/pes.21.3.291>
- Westerterp, K. R. (2008). Physical activity as determinant of daily energy expenditure. *Physiology and Behavior*, *93*(4–5), 1039–1043. <https://doi.org/10.1016/j.physbeh.2008.01.021>
- White, R. L., Babic, M. J., Parker, P. D., Lubans, D. R., Astell-Burt, T., & Lonsdale, C. (2017). Domain-Specific Physical Activity and Mental Health: A Meta-analysis. *American Journal of Preventive Medicine*, *52*(5), 653–666. <https://doi.org/10.1016/j.amepre.2016.12.008>
- White, S. M., Wójcicki, T. R., & McAuley, E. (2012). Social cognitive influences on physical activity behavior in middle-aged and older adults. *Journals of Gerontology - Series B Psychological Sciences and Social Sciences*, *67* B(1), 18–26. <https://doi.org/10.1093/geronb/gbr064>
- Whitt-Glover, M. C., Taylor, W. C., Floyd, M. F., Yore, M. M., Yancey, A. K., & Matthews, C. E. (2009a). Disparities in physical activity and sedentary behaviors among US children and adolescents: Prevalence, correlates, and intervention implications. *Journal of Public Health Policy*, *30*(SUPPL. 1), 309–334. <https://doi.org/10.1057/jphp.2008.46>
- Whitt-Glover, M. C., Taylor, W. C., Floyd, M. F., Yore, M. M., Yancey, A. K., & Matthews, C. E. (2009b). Disparities in physical activity and sedentary behaviors among US children and adolescents: Prevalence, correlates, and intervention implications. *Journal of Public Health Policy*, *30*(S 1), S309–S334. <https://doi.org/10.1057/jphp.2008.46>

Jajat, 2022

**PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK
DAN PHYSICAL SELF-CONCEPT**

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

- WHO. (2006). *Physical Activity and Health in Europe: Evidence for Action* (N. Cavill, S. Kahlmeier, & F. Racioppi (Eds.)). World Health Organization Europe.
- Wijndaele, K., Brage, S., Besson, H., Khaw, K. T., Sharp, S. J., Luben, R., Bhaniani, A., Wareham, N. J., & Ekelund, U. (2011). Television viewing and incident cardiovascular disease: Prospective associations and mediation analysis in the EPIC norfolk study. *PLoS ONE*, 6(5), 1–9. <https://doi.org/10.1371/journal.pone.0020058>
- Wijndaele, K., Brage, S., Besson, H., Khaw, K. T., Sharp, S. J., Luben, R., Wareham, N. J., & Ekelund, U. (2011). Television viewing time independently predicts all-cause and cardiovascular mortality: The EPIC Norfolk study. *International Journal of Epidemiology*, 40(1), 150–159. <https://doi.org/10.1093/ije/dyq105>
- Wild, S., Roglic, G., Green, A., Sicree, R., & King, H. (2004). Global Prevalence of Diabetes - Estimates for the year 2000 and projections for 2030. *Diabetes Care*, 27(5), 1047–1053.
- Wiles, J. (2008). *Leading curriculum development*. Corwin press.
- Wilkinson, T. J., Clarke, A. L., Nixon, D. G. D., Hull, K. L., Song, Y., Burton, J. O., Yates, T., & Smith, A. C. (2021). Prevalence and correlates of physical activity across kidney disease stages: an observational multicentre study. *Nephrology, Dialysis, Transplantation : Official Publication of the European Dialysis and Transplant Association - European Renal Association*, 36(4), 641–649. <https://doi.org/10.1093/ndt/gfz235>
- Williams, D. M., Anderson, E. S., & Winett, R. A. (2005). A review of the outcome expectancy construct in physical activity research. *Annals of Behavioral Medicine*, 29(1), 70–79. https://doi.org/10.1207/s15324796abm2901_10
- Williams, G. C., Deci, E. L., & Ryan, R. M. (1998). Building health-care partnerships by supporting autonomy: promoting maintained behavior change and positive health outcomes. *Partnerships in Healthcare: Transforming Relational Process, January*, 67–87.
- Wilmot, E. G., Edwardson, C. L., Achana, F. A., Davies, M. J., Gorely, T., Gray, L. J., Khunti, K., Yates, T., & Biddle, S. J. H. (2012). 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>
- Wilson, P. M., & Rodgers, W. M. (2002). The relationship between exercise motives and physical self-esteem in female exercise participants: An application of self-determination theory. *Journal of Applied Biobehavioral Research*, 7(1), 30–43. <https://doi.org/10.1111/j.1751-9861.2002.tb00074.x>
- Wing Kwan, M. Y., Bray, S. R., & Martin Ginis, K. A. (2009). Predicting physical activity of first-year university students: An application of the theory of planned behavior. *Journal of American College Health*, 58(1), 45–55.

<https://doi.org/10.3200/JACH.58.1.45-55>

- Wing, R. R., Goldstein, M. G., Acton, K. J., Birch, L. L., Jakicic, J. M., Sallis, J. F., Smith-West, D., Jeffery, R. W., & Surwit, R. S. (2001). Behavioral science research in diabetes: Lifestyle changes related to obesity, eating behavior, and physical activity. *Diabetes Care*, 24(1), 117–123. <https://doi.org/10.2337/diacare.24.1.117>
- Winters, E. R., Petosa, R. L., & Charlton, T. E. (2003). Using social cognitive theory to explain discretionary, “leisure-time” physical exercise among high school students. *Journal of Adolescent Health*, 32(6), 436–442. [https://doi.org/10.1016/S1054-139X\(03\)00046-6](https://doi.org/10.1016/S1054-139X(03)00046-6)
- Wood, C., & Hall, K. (2015). Physical education or playtime: Which is more effective at promoting physical activity in primary school children? *BMC Research Notes*, 8(1), 8–12. <https://doi.org/10.1186/s13104-015-0979-1>
- World Health Organization. (2018). *The top 10 causes of death*. <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death>
- World Health Organization. (2019). Guidelines on physical activity, sedentary behaviour and sleep for children under 5 years of age. In *World Health Organization*. <http://www.who.int/iris/handle/10665/311664>
- Xu, X., Pu, Y., Sharma, M., Rao, Y., Cai, Y., & Zhao, Y. (2017). Predicting physical activity and healthy nutrition behaviors using social cognitive theory: CROSS-SECTIONAL survey among undergraduate students in chongqing, China. *International Journal of Environmental Research and Public Health*, 14(11). <https://doi.org/10.3390/ijerph14111346>
- Yao, C. A., & Rhodes, R. E. (2015). Parental correlates in child and adolescent physical activity: A meta-analysis. In *International Journal of Behavioral Nutrition and Physical Activity* (Vol. 12, Issue 1). <https://doi.org/10.1186/s12966-015-0163-y>
- Young, M. D., Plotnikoff, R. C., Collins, C. E., Callister, R., & Morgan, P. J. (2014). Social cognitive theory and physical activity: a systematic review and meta-analysis. *Obesity Reviews*, 15(12), 983–995. <https://doi.org/10.1111/obr.12225>
- Yuksel, H. S., Şahin, F. N., Maksimovic, N., Drid, P., & Bianco, A. (2020). School-based intervention programs for preventing obesity and promoting physical activity and fitness: A systematic review. *International Journal of Environmental Research and Public Health*, 17(1). <https://doi.org/10.3390/ijerph17010347>
- Zachopoulou, E., Liukkonen, J., Pickup, I., & Tsangaridou, N. (2010). *Early Steps Physical Education Curriculum*. Human Kinetics Publishers, Inc.
- Zhai, L., Zhang, Y., & Zhang, D. (2015). Sedentary behaviour and the risk of depression: A meta-analysis. *British Journal of Sports Medicine*, 49(11), 705–

Jajat, 2022

PENGARUH MODEL KURIKULUM DAN GENDER TERHADAP AKTIVITAS FISIK DAN PHYSICAL SELF-CONCEPT

Universitas Pendidikan Indonesia | repository.upi.edu | perpustakaan.upi.edu

709. <https://doi.org/10.1136/bjsports-2014-093613>

- Zhang, N., Campo, S., Yang, J., Janz, K. F., Snetselaar, L. G., & Eckler, P. (2015). Effects of Social Support About Physical Activity on Social Networking Sites: Applying the Theory of Planned Behavior. *Health Communication, 30*(12), 1277–1285. <https://doi.org/10.1080/10410236.2014.940669>
- Zhang, Z., & Chen, W. (2019). A Systematic Review of the Relationship Between Physical Activity and Happiness. *Journal of Happiness Studies, 20*(4), 1305–1322. <https://doi.org/10.1007/s10902-018-9976-0>
- Zhou, Y., & Wang, L. (2019). Correlates of Physical Activity of Students in Secondary School Physical Education: A Systematic Review of Literature. *BioMed Research International, 2019*. <https://doi.org/10.1155/2019/4563484>
- Zink, J., Belcher, B. R., Imm, K., & Leventhal, A. M. (2020). The relationship between screen-based sedentary behaviors and symptoms of depression and anxiety in youth: A systematic review of moderating variables. *BMC Public Health, 20*(1). <https://doi.org/10.1186/s12889-020-08572-1>