

## DAFTAR PUSTAKA

- Amiria, C. P., & Abikusno, N. (2016). Hubungan Tingkat Kemandirian Dengan Risiko Jatuh Pada Lansia. *Naskah Publikasi Universitas Trisakti*, 3(16), 89–98.
- Animasahun, V. J., & Chapman, H. J. (2017). Psychosocial health challenges of the elderly in Nigeria: A narrative review. *African Health Sciences*, 17(2), 575–583. <https://doi.org/10.4314/ahs.v17i2.35>
- Arik, G., Varan, H. D., Yavuz, B. B., Karabulut, E., Kara, O., Kilic, M. K., Kizilarlanoglu, M. C., Sumer, F., Kuyumcu, M. E., Yesil, Y., Halil, M., & Cankurtaran, M. (2015). Validation of Katz index of independence in activities of daily living in Turkish older adults. *Archives of Gerontology and Geriatrics*, 61(3), 344–350. <https://doi.org/10.1016/j.archger.2015.08.019>
- Arli, S. K., Yildiz, M., & Bakan, A. B. (2020). Relationship between fall risks and activities of daily living in older individuals. *Frontiers of Nursing*, 7(3), 249–256. <https://doi.org/10.2478/fon-2020-0022>
- Ashar, P. hidayat. (2016). *Gambaran Persepsi Faktor Risiko Jatuh Lansia Di Panti Werdha Budi Mulia 4 Marguna*.
- Berry, S. D., & Miller, R. R. (2008). Falls: Epidemiology, pathophysiology, and relationship to fracture. *Current Osteoporosis Reports*, 6(4), 149–154. <https://doi.org/10.1007/s11914-008-0026-4>
- Bonté, F., Girard, D., Archambault, J. C., & Desmoulière, A. (2019). Skin changes during ageing. In *Subcellular Biochemistry* (Vol. 91, Issue Ea 6309). [https://doi.org/10.1007/978-981-13-3681-2\\_10](https://doi.org/10.1007/978-981-13-3681-2_10)
- Boros, K., & Freemont, T. (2017). Physiology of ageing of the musculoskeletal system. *Best Practice and Research: Clinical Rheumatology*, 31(2), 203–217. <https://doi.org/10.1016/j.berh.2017.09.003>
- Boss, G. R., & Seegmiller, J. E. (1981). Age-related physiological changes and their clinical significance. *Western Journal of Medicine*, 135(6), 434–440.
- BPS. (2020). *BPS Product Search - Result Site*. <https://www.bps.go.id/searchengine/result.html>
- Byberg, L., Melhus, H., Gedeberg, R., Sundström, J., Ahlbom, A., Zethelius, B., Berglund, L. G., Wolk, A., & Michaëlsson, K. (2009). Total mortality after changes in leisure time physical activity in 50 year old men: 35 Year follow-up of population based cohort. *BMJ (Online)*, 338(7700), 936. <https://doi.org/10.1136/bmj.b688>
- Cai, H., McNeilly, A. S., Luttrell, L. M., & Martin, B. (2012). Endocrine function in aging. *International Journal of Endocrinology*, 2012. <https://doi.org/10.1155/2012/872478>
- Colloca, G., Santoro, M., & Gambassi, G. (2010). Age-related physiologic changes

- and perioperative management of elderly patients. *Surgical Oncology*, 19(3), 124–130. <https://doi.org/10.1016/j.suronc.2009.11.011>
- Cuevas-Trisan, R. (2017). Balance Problems and Fall Risks in the Elderly. *Physical Medicine and Rehabilitation Clinics of North America*, 28(4), 727–737. <https://doi.org/10.1016/j.pmr.2017.06.006>
- Damulin, I. V. (2018). *Изменения ходьбы при старении*. 100–104.
- De Souza Urbanetto, J., Creutzberg, M., Franz, F., Ojeda, B. S., da Silva Gustavo, A., Bittencourt, H. R., Steinmetz, Q. L., & Farina, V. A. (2013). *Morse Fall Scale: Tradução e adaptação transcultural para a língua portuguesa*. *Revista Da Escola de Enfermagem*, 47(3), 569–575. <https://doi.org/10.1590/S0080-623420130000300007>
- Dewi, S. R., Komarudin, & Fajriyah, N. A. (2020). Efektifitas Cognitive Behavioral Therapy dalam Memperbaiki Perilaku Makan Lansia. *Jurnal ILKES*, 11(2), 275–284. [www.stikes-khkediri.ac.id](http://www.stikes-khkediri.ac.id)
- Duarte, Y. A. de O., Andrade, C. L. de, & Lebrão, M. L. (2007). O Índice de Katz na avaliação da funcionalidade dos idosos. *Revista Da Escola de Enfermagem Da USP*, 41(2), 317–325. <https://doi.org/10.1590/s0080-62342007000200021>
- Eko Supriyono. (2015). AKTIVITAS FISIK KESEIMBANGAN GUNA MENGURANGI RISIKO JATUH PADA LANSIA. *Jurnal Olahraga Prestasi*, 151, 10–17. <https://doi.org/10.1145/3132847.3132886>
- Gibson, W. (2021). Management of incontinence in the frail elderly. *Obstetrics, Gynaecology and Reproductive Medicine*, 31(3), 63–71. <https://doi.org/10.1016/j.ogrm.2021.01.003>
- Hacihasanoglu, R., Yildirim, A., & Karakurt, P. (2012). Loneliness in elderly individuals, level of dependence in activities of daily living (ADL) and influential faktors. *Archives of Gerontology and Geriatrics*, 54(1), 61–66. <https://doi.org/10.1016/j.archger.2011.03.011>
- Ikhsan, I., Wirahmi, N., & Slamet, S. (2020). Hubungan Aktivitas Fisik Dengan Risiko Jatuh Pada Lansia Di Wilayah Kerja Puskesmas Nusa Indah Kota Bengkulu. *Journal of Nursing and Public Health*, 8(1), 48–53. <https://doi.org/10.37676/jnph.v8i1.1006>
- Khow, K. S. F., & Visvanathan, R. (2017). Falls in the Aging Population. *Clinics in Geriatric Medicine*, 33(3), 357–368. <https://doi.org/10.1016/j.cger.2017.03.002>
- Kurnianto, D. (2015). Menjaga Kesehatan Di Usia Lanjut. *Jurnal Olahraga Prestasi*, 11(2), 115182. <https://doi.org/10.21831/jorpres.v11i2.5725>
- Maresova, P., Hruska, J., Klimova, B., Barakovic, S., & Krejcar, O. (2020). Activities of daily living and associated costs in the most widespread neurodegenerative diseases: A systematic review. *Clinical Interventions in Aging*, 15, 1841–1862. <https://doi.org/10.2147/CIA.S264688>
- Marlita, L., Saputra, R., & Yamin, M. (2018). Faktor- Faktor Yang Mempengaruhi

- Tingkat Kemandirian Lansia Dalam Melakukan *Activity Daily Living* (Adl) Di Upt Pstw Khusnul Khotimah. *Jurnal Keperawatan Abdurrab*, 1(2), 64–68.
- Mlinac, M. E., & Feng, M. C. (2016). Assessment of Activities of Daily Living, Self-Care, and Independence. *Archives of Clinical Neuropsychology*, 31(6), 506–516. <https://doi.org/10.1093/arclin/acw049>
- Montero-Odasso, M. (2019). Preventing Falls and Injuries and Healthy Ageing. *Healthy Aging*, 133–144. [https://doi.org/10.1007/978-3-030-06200-2\\_12](https://doi.org/10.1007/978-3-030-06200-2_12)
- Morse, J. M., Morse, R. M., & Tylko, S. J. (1989). Development of a Scale to Identify the Fall-Prone Patient. *Canadian Journal on Aging / La Revue Canadienne Du Vieillessement*, 8(4), 366–377. <https://doi.org/10.1017/S0714980800008576>
- Mulyaningsih, M., & Tyas Sedyo Arum, R. (2017). Tingkat Depresi Mempengaruhi Kemandirian *Activity Daily Living* (Adl) Lansia. *Gaster*, 15(2), 121. <https://doi.org/10.30787/gaster.v15i2.198>
- Munawwarah, M., & Nindya, P. (2015). Pemberian Latihan Pada Lansia Dapat Meningkatkan Keseimbangan dan Mengurangi Risiko Jatuh Lansia. *Fakultas Fisioterapi Universitas Esa Unggul*, 15(April), 38–44. <http://ejurnal.stikesbaptis.ac.id/index.php/STIKES/article/view/306/279>
- Park, S. H. (2018). Tools for assessing fall risk in the elderly: a systematic review and meta-analysis. *Aging Clinical and Experimental Research*, 30(1), 0. <https://doi.org/10.1007/s40520-017-0749-0>
- PERMENKES. (2015). PERATURAN MENTERI KESEHATAN REPUBLIK INDONESIA NOMOR 65 TAHUN 2015 TENTANG STANDAR PELAYANAN FISIOTERAPI. In 2015 (Vol. 151, pp. 10–17). <https://doi.org/10.1145/3132847.3132886>
- Resnick, B., & Boltz, M. (2019). Optimizing Function and Physical Activity in Hospitalized Older Adults to Prevent Functional Decline and Falls. *Clinics in Geriatric Medicine*, 35(2), 237–251. <https://doi.org/10.1016/j.cger.2019.01.003>
- RIKESDES. (2019). Kementerian Kesehatan Republik Indonesia. In *Kementerian Kesehatan RI* (Vol. 1, Issue 1, p. 1). <https://www.kemkes.go.id/article/view/19093000001/penyakit-jantung-penyebab-kematian-terbanyak-ke-2-di-indonesia.html>
- Ritonga, N. L. (2018). Tingkat Kemandirian Lansia dalam Pemenuhan ADL (*Activity Daily Living*) dengan Metode Katz di Posyandu Lansia Kelurahan Tegal Sari III Medan Area. *Analisis Kesadahan Total Dan Alkalinitas Pada Air Bersih Sumur Bor Dengan Metode Titrimetri Di PT Sucofindo Daerah Provinsi Sumatera Utara*, 44–48. <http://repositori.usu.ac.id/bitstream/handle/123456789/8163/141101139.pdf?sequence=1&isAllowed=y>
- Rugbeer, N., Ramklass, S., Mckune, A., & van Heerden, J. (2017). The effect of group exercise frequency on health related quality of life in institutionalized



- elderly. *Pan African Medical Journal*, 26, 1–14. <https://doi.org/10.11604/pamj.2017.26.35.10518>
- Stevens, J. A., Corso, P. S., Finkelstein, E. A., & Miller, T. R. (2006). The costs of fatal and non-fatal falls among older adults. *Injury Prevention*, 12(5), 290–295. <https://doi.org/10.1136/ip.2005.011015>
- Syah, I., Purnawati, S., & Sugijanto. (2017). Efek Pelatihan Senam Lansia Dan Latihan Jalan Tandem Sosial Tresna Kasih Sayang Ibu Batusangkar Sumatra T He Effect of Combination of Elderly Gymnastics and Tandem Stance Exercise To Increase Elderly Balance At. *Sport and Fitness Journal*, 5(1), 8–16.
- Tabue-Teguo, M., Simo, N., Harmand, M. G. C., Cesari, M., Avila-Funes, J. A., Féart, C., Amiéva, H., & Dartigues, J. F. (2017). Fragilité de la personne âgée : Mise au point. *Geriatric et Psychologie Neuropsychiatrie Du Vieillissement*, 15(2), 127–137. <https://doi.org/10.1684/pnv.2017.0670>
- Tremayne, P., & Harrison, P. (2016). Gastrointestinal care for older people. *Nursing Standard (Royal College of Nursing (Great Britain) : 1987)*, 30(45), 53–63. <https://doi.org/10.7748/ns.2016.e10410>
- Tyagi, S., Perera, S., & Brach, J. S. (2017). Balance and Mobility in Community-Dwelling Older Adults: Effect of Daytime Sleepiness. *Journal of the American Geriatrics Society*, 65(5), 1019–1025. <https://doi.org/10.1111/jgs.14735>
- Vaishya, R., & Vaish, A. (2020). Falls in Older Adults are Serious. *Indian Journal of Orthopaedics*, 54(1), 69–74. <https://doi.org/10.1007/s43465-019-00037-x>
- Viswanathan, A., & Sudarsky, L. (2012). Balance and gait problems in the elderly. In *Handbook of Clinical Neurology* (1st ed., Vol. 103). Elsevier B.V. <https://doi.org/10.1016/B978-0-444-51892-7.00045-0>
- Wallace, M & Shelky, M. (2008). *Katz Index of Independence in Activities of Daily Living | RehabMeasures Database*. <https://www.sralab.org/rehabilitation-measures/katz-index-independence-activities-daily-living>
- Wang, D. X. M., Yao, J., Zirek, Y., Reijnierse, E. M., & Maier, A. B. (2020). Muscle mass, strength, and physical performance predicting activities of daily living: a meta-analysis. *Journal of Cachexia, Sarcopenia and Muscle*, 11(1), 3–25. <https://doi.org/10.1002/jcsm.12502>
- Watson, B. J., Salmoni, A. W., & Zecevic, A. A. (2016). The use of the *Morse Fall Scale* in an acute care hospital. *Clinical Nursing Studies*, 4(2). <https://doi.org/10.5430/cns.v4n2p32>
- WHO. (2014). *Regional strategy for healthy ageing 2013–2018*. <https://apps.who.int/iris/bitstream/handle/10665/205838/B5112.pdf?sequence=1&isAllowed=y>
- Zhang, Q., Wu, Y., Han, T., & Liu, E. (2019). Changes in cognitive function and risk factors for cognitive impairment of the elderly in China: 2005–2014. *International Journal of Environmental Research and Public Health*, 16(16).

<https://doi.org/10.3390/ijerph16162847>

Zhu, L. Y., Chan, R., Kwok, T., Cheng, K. C. C., Ha, A., & Woo, J. (2019). Effects of exercise and nutrition supplementation in community-dwelling older Chinese people with sarcopenia: A randomized controlled trial. *Age and Ageing*, *48*(2), 220–228. <https://doi.org/10.1093/ageing/afy179>

Zingmark, M., & Bernspång, B. (2011). Meeting the needs of elderly with bathing disability. *Australian Occupational Therapy Journal*, *58*(3), 164–171. <https://doi.org/10.1111/j.1440-1630.2010.00904.x>

Zisakis, A. (2009). *Admission : Fall Environment and Settings and Related Injury Patterns in 6357 P ...*