

## DAFTAR PUSTAKA

- Abdillah, M., Prabowo, T., & Prananta, M. S. 2016. Comparison of VO<sub>2</sub> Max Prediction Value, Physiological Response, and Borg Scale between 12-Minute and 3200-Meter Run Fitness Tests among Indonesian Army Soldiers. *International Journal of Integrated Health Sciences*, 4(2), 80–85. <https://doi.org/10.15850/ijih.v4n2.836>
- Benjamin, E. J., Blaha, M. J., Chiuve, S. E., Cushman, M., Das, S. R., Deo, R., De Ferranti, S. D., Floyd, J., Fornage, M., Gillespie, C., Isasi, C. R., Jim'nez, M. C., Jordan, L. C., Judd, S. E., Lackland, D., Lichtman, J. H., Lisabeth, L., Liu, S., Longenecker, C. T., ... Muntner, P. (2017). Heart Disease and Stroke Statistics'2017 Update: A Report from the American Heart Association. In *Circulation* (Vol. 135, Issue 10). <https://doi.org/10.1161/CIR.0000000000000485>
- Boehme, A. K., Esenwa, C., & Elkind, M. S. V. 2017. Stroke Risk Factors, Genetics, and Prevention. *Circulation Research*, 120(3), 472–495. <https://doi.org/10.1161/CIRCRESAHA.116.308398>
- De Carvalho Bastone, A., De Souza Vasconcelos, K. S., Lacerda, A. C. R., Neves, C. D. C., Mendonça, V. A., Dias, J. M. D., & Dias, R. C. 2018. The Use of the Incremental Shuttle Walk Test to Identify Instrumental Activity Daily Living Disability and to Predict Peak Oxygen Consumption in Older Adults: A Methodological Study. *Topics in Geriatric Rehabilitation*, 34(4), 237–244. <https://doi.org/10.1097/TGR.0000000000000200>
- Gezer, H., Karaahmet, O. Z., Gurcay, E., Dulgeroglu, D., & Cakci, A. 2019. The effect of aerobic exercise on stroke rehabilitation. *Irish Journal of Medical Science*, 188(2), 469–473. <https://doi.org/10.1007/s11845-018-1848-4>
- Handayani, D. E., Erika, K. A., & Irwan, A. M. 2020. Efektivitas Intervensi Brisk Walking: Literature Review. *Jurnal Kesehatan*, 13(2), 137. <https://doi.org/10.24252/kesehatan.v1i1.16311>
- Hita, I. P. A. D. (2020). *Efektivitas metode latihan aerobik dan anaerobik untuk menurunkan tingkat overweight dan obesitas 1*. 7(2), 135–142.
- Indrayana, B., & Yuliawan, E. 2019. Penyuluhan Pentingnya Peningkatan Vo<sub>2</sub>Max Guna Meningkatkan Kondisi Fisik Pemain Sepakbola Fortuna FcKecamatan Rantau Rasau. *Jurnal Ilmiah Sport Coaching and Education*, 3(1), 41–50. <https://doi.org/10.21009/jsce.03105>
- Ishak, M. 2018. *Perbedaan Daya Tahan Kardiovaskular Atlet Panjat Tebing Sisपाला 371 Sawerigading Ditinjau Dari Golongan Darah*. 1–12.

Nadhra Assaidah, 2021

**LITERATURE REVIEW : EFEK LATIHAN AEROBIK DALAM MENINGKATKAN KAPASITAS AEROBIK PADA PASIEN PASCA STROKE**

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Fisioterapi

[[www.upnvj.ac.id](http://www.upnvj.ac.id)-[www.library.upnvj.ac.id](http://www.library.upnvj.ac.id)-[www.respository.upnvj.ac.id](http://www.respository.upnvj.ac.id)]

- Johnson, W., Onuma, O., Owolabi, M., & Sachdev, S. 2016. Stroke: A global response is needed. *Bulletin of the World Health Organization*, 94(9), 634A-635A. <https://doi.org/10.2471/BLT.16.181636>
- Kementerian Kesehatan Republik Indonesia. 2018. HASIL UTAMA RISKESDAS 2018 Kesehatan [Main Result of Basic Health Research]. *Riskesdas*, 52. [http://www.depkes.go.id/resources/download/info-terkini/materi\\_rakorpop\\_2018/Hasil\\_Riskesdas\\_2018.pdf](http://www.depkes.go.id/resources/download/info-terkini/materi_rakorpop_2018/Hasil_Riskesdas_2018.pdf)
- Lee, D.-K., Jeong, H.-J., & Lee, J.-S. 2018. Effect of respiratory exercise on pulmonary function, balance, and gait in patients with chronic stroke. *Journal of Physical Therapy Science*, 30(8), 984–987. <https://doi.org/10.1589/jpts.30.984>
- Lund, C., Dalgas, U., Grønberg, T. K., Andersen, H., Severinsen, K., Riemenschneider, M., & Overgaard, K. 2018. Balance and walking performance are improved after resistance and aerobic training in persons with chronic stroke. *Disability and Rehabilitation*, 40(20), 2408–2415. <https://doi.org/10.1080/09638288.2017.1336646>
- Mackay-Lyons, M., Billinger, S. A., Eng, J. J., Dromerick, A., Giacomantonio, N., Hafer-Macko, C., Macko, R., Nguyen, E., Prior, P., Suskin, N., Tang, A., Thornton, M., & Unsworth, K. (2020). Aerobic Exercise Recommendations to Optimize Best Practices in Care after Stroke: AEROBICS 2019 Update. *Physical Therapy*, 100(1), 149–156. <https://doi.org/10.1093/ptj/pzz153>
- Marbun, J. T., Seniman, & Andayani, U. 2018. Classification of stroke disease using convolutional neural network. *Journal of Physics: Conference Series*, 978(1). <https://doi.org/10.1088/1742-6596/978/1/012092>
- Mercola, B. 2014. *Pantangan Makanan Bagi Penderita Stroke*. 2, 1–10.
- Ningrum, T. S. R. 2020. *Perbedaan Pengaruh Latihan Interval Jalan-Jogging Dan Bounce Terhadap Kapasitas Aerobik (Vo 2 max) Pada Adolescents Perempuan Usia 18-20 Tahun*. 68–76.
- Oktaria, D., & Fazriesa, S. 2017. *Dwita Oktaria dan Sabrina Fazriesa | Efektivitas Akupunktur untuk Rehabilitasi Stroke Majority | Volume 6 | Nomor 2 | Maret*.
- Pakaya, D. 2014. *MEDIKA TADULAKO*, Jurnal Ilmiah Kedokteran, Vol. 6 No. 1 Januari 2019. *Jurnal Ilmiah Kedokteran*, 1(2), 45–54.
- Palar, C. M., Wongkar, D., Ticoalu, S. H. R., Manado, S. R., Anatomi, B., Fakultas, H., Universitas, K., & Ratulangi, S. 2015. *MANFAAT LATIHAN OLAHRAGA AEROBIK TERHADAP KEBUGARAN FISIK*

MANUSIA. In *Jurnal e-Biomedik (eBm)* (Vol. 3, Issue 1).

Sakinah, N., Badriyah, T., & Syarif, I. 2020. Analisis Kinerja Algoritma Mesin Pembelajaran untuk Klarifikasi Penyakit Stroke Menggunakan Citra CT Scan. *Jurnal Teknologi Informasi Dan Ilmu Komputer*, 7(4), 833. <https://doi.org/10.25126/jtiik.2020743482>

Sandberg, K., Kleist, M., Falk, L., & Enthoven, P. 2016. Effects of Twice- Weekly Intense Aerobic Exercise in Early Subacute Stroke: A Randomized Controlled Trial. *Archives of Physical Medicine and Rehabilitation*, 97(8), 1244–1253. <https://doi.org/10.1016/j.apmr.2016.01.030>

Serra, M. C., Accardi, C. J., Ma, C., Park, Y., Tran, V. L., Jones, D. P., Hafer-Macko, C. E., & Ryan, A. S. 2019. Metabolomics of Aerobic Exercise in Chronic Stroke Survivors: A Pilot Study. *Journal of Stroke and Cerebrovascular Diseases*, 28(12), 104453. <https://doi.org/10.1016/j.jstrokecerebrovasdis.2019.104453>

Sinaga, J., & Sembiring, E. (n.d.). *PENCEGAHAN STROKE BERULANG MELALUI PEMBERDAYAAN KELUARGA DAN MODIFIKASI GAYA HIDUP*.

Tampubolon, R. N. N., & Simorangkir, S. J. V. 2017. Perbedaan Tingkat Daya Tahan Kardiorespiratory Antara Mahasiswa Bertipe Kepribadian A dan Bertipe B di Universitas HKBP Nommensen Medan. *Journal of Medicine*, 3(2), 75–81.

[https://uhn.ac.id/files/akademik\\_files/1804200845\\_2017\\_Nommensen](https://uhn.ac.id/files/akademik_files/1804200845_2017_Nommensen) Journal of Medicine Vol 3 No 2 November 2017\_9\_Perbedaan Tingkat Daya Tahan Kardiorespirasi Antara Mahasiswa Perempuan Dengan Kepribadian Tipe A dan Kepribadian Tipe B di Universitas HKBP No

Xiao, J., & Molecular, F. (n.d.). *Exercise for Cardiovascular Disease Prevention and Treatment - Moreira-gonçalves - Unknown - Unknown.pdf*