

DAFTAR PUSTAKA

- Alter, M. J. 2008. Tiga Ratus Teknik Peregangan Olahraga. Jakarta: Raja Grafindo Persada.
- Aryana, I. G. P. S. 2021. Sarkopenia Pada Lansia : Problem Diagnosis dan Tatalaksana. Panuduh Atma Waras. ISBN (PDF) : 978-623-97955-8-0
- Badan Pusat Statistik. 2020. Statistik Penduduk Lanjut Usia 2018. Jakarta: Badan Pusat Statistik.
- BAPPENAS. 2019. Transisi Demografi dan Epidemiologi: Permintaan Pelayanan Kesehatan di Indonesia. Jakarta: BAPPENAS.
- Basuki, Aryanto. 2008. Kolerasi Antara Kekuatan Genggan Tangan dengan Tes Timed Up & Go pada Pasien Usia Lanjut di RSUPN Cipto Mangunkusumo Jakarta. 2008. Universitas Indonesia. Jakarta.
- Bohannon, R. W. 2015. *Muscle Strength: Clinical and Prognostic Value of Handgrip. Curr Opin Clin Nutr Metab Care*,18:465–470 DOI:10.1097/MCO.0000000000000202.
- Brunner & Suddarth, Alih bahasa Monica Ester, SKP, 2002; Buku Ajar Keperawatan Medikal Bedah edisi 8, Volume 1, EGC, Jakarta.
- Carmeli E, Patish H, Coleman R. 2003. The Aging Hand. The Gerontological Society of America; 58: M146-52.
- Dhara, Prakash C, Piyali Sengupta, Sujaya De. 2011. Hand Grip Strength of Older Persons in Relation to Body Dimensions and Nutritional Status. Journal of The Indian Academy of Geriatrics; 7:143-149.
- Fabre, J. M., Wood, R. H., Cherry, K. E., Su, J. L., Cress, E. M., King, C. M., Jazwinski, M. S. 2007. *Age-related deterioration in flexibility is associated with health-related quality of life in nonagenarians.* Journal of Geriatric Physical Therapy, 30(1), 16-22.
- Gaikwad, N. R., Gupta, S. J., Samarth, A. R., & Sankalecha, T. H. (2016). Handgrip dynamometry: A surrogate marker of malnutrition to predict the prognosis in alcoholic liver disease. *Annals of Gastroenterology*, 29(4), 509–514. <https://doi.org/10.20524/aog.2016.0049>
- Garber et al. 2010. *Physical and mental health-related correlates of physical function in community dwelling older adults: a cross sectional study.* BMC Geriatrics, 10:6 <http://www.biomedcentral.com/1471-2318/10/6>

- Geremia, J. M., Iskiewicz, M. M., Marschner, R. A., Lehen, T. E., & Lehen, A. M. (2015). Effect of a physical training program using the Pilates method on flexibility in elderly subjects. *Age*, 37(6), 119.
- Graha, A. S. ,& Priyonoadi. B 2012. *Terapi Masase Frirage*. Yogyakarta: FIK UNY. *Dynamometry. Assessment of Nutritional Status and Analytical Methods*, 18, 465-470
- Hurlock, Elizabeth B., 2004. *Psikologi Perkembangan*. Jakarta: Erlangga.
- Jones, C. J., & Rikli, R. E. (n.d.). To design an effective exercise program, you must know your clients' physical state. But choosing the right assessment tools can prove a challenge Measuring functional. In *The Journal on Active Aging*.
- Kementerian Kesehatan RI. (2017). *Analisis Lansia 2017*. Jakarta: Pusat Data dan Informasi Kementerian Kesehatan RI.
- Kesehatan Olahraga, Panduan untuk Pelatih Olahragawan Usia Dini. 2010. *Kementrian Pendidikan Nasional Pusat Pengembangan Kualitas Jasmani*.
- Kurina LM, Gulati M, A Susan, et al. 2004. The Effect of Menopause on Grip and Pinch Strength : Result from Chicago, Illinois, site of the Study of Women's Health Across the Nation. *Am J Epidemiol*, 160: 484-91
- Maryam,R. Siti,dkk. 2008. *Mengenal Usia Lanjut dan Perawatannya*. Salemba Medika. Jakarta.
- Miller, C. A. 2004. *miller, Nursing for Wellness in older adult*.
- Nugroho, Wahjudi. 2008, "Keperawatan Gerontik & Geriatrik". Edisi 3. Jakarta: EGC.
- Papalia, Diane E; Old, Sally W.; Feldman, Ruth D. 2008. *Human Development (Psikologi Perkembangan)*. Jakarta: Kencana Prenada Media Group.
- Primana. Danang A. 1998. *Penilaian Kekuatan Otot dan Fleksibilitas pada Berbagai Komposisi Tubuh Wanita Lanjut Usia*. Universitas Indonesia. Jakarta.
- Pudjiastuti, SS dan Budi Utomo. 2004. *Fisioterapi Pada Lansia*. Edisi Pertama. Jakarta: Penerbit Kedokteran Jakarta, hal.1-17
- Rosmalina, Yuniar, Dewi Permaesih, Effendi Rustan, Fitrah Ernawati, Dangsina Moeloek, dan Susilowati Herman. 2001. Faktor-faktor yang Mempengaruhi Muscle Strength pada Laki-laki Lanjut Usia. *Buletin Penelitian Kesehatan* 29 (4) hal. 184-194.
- Setiorini, A. 2021. Kekuatan Otot pada Lansia. *Anggi Setiorini I Kekuatan Otot Pada Lansia JK Unila* |, 5(3), 69–74.

- Stathokostas, L., McDonald, M. W., Little, R., & Paterson, D. H. (2013). Flexibility of older adults aged 55–86 years and the influence of physical activity. *Journal of aging research*, 2013.
- Stathokostas, L., & Vandervoort, A. A. (2015). *The Flexibility Debate. Annual Review of Gerontology and Geriatrics*, Volume 36, Optimizing Physical Activity and Function Across All Settings, 169
- Suharjana. 2013. *Kebugaran Jasmani*. Yogyakarta: Jogja Global Media
- Sukadiyanto & Muluk, D. 2011. *Pengantar Teori dan Metodologi Melatih Fisik*. Bandung: CV. Lubuk Agung
- Taekema Diana G, Jacobijn Gussekloo, Andrea B.Maier, et al. 2010. Handgrip Strength as a Predictor of Functional, Psychological and Social Health. A Prospective Population-based Study Among the Oldest Old. *Age and Ageing* 39:227-342.
- Tortora GJ, Derrickson B. 2009. *Principles of Anatomy And Physiology: Exercise And Skeletal Muscle Tissu*. 12th ed. Amerika Serikat: Jhon Willwy and Sons. P 324
- Utomo, B. 2010. Hubungan antara Kekuatan Otot dan Daya Tahan Otot Anggota Gerak Bawah dengan Kemampuan Fungsional Lanjut Usia. *Tesis Program Pascasarjana*, 1–63.
- Vermeulen Joan, Jacques CL Neyens, Erik van Rossum, et al. 2011. Predicting ADL Disability in Community-dwelling Elderly People Using Physical Frailty Indicators: A Systematic Review. *BMC Geriatrics* 11:33.
- Wahyunita, Vina Dwi dan Fitrah. 2010. "Memahami Kesehatan Pada Lansia". Cetakan Pertama. Jakarta: TIM.
- Wiśniowska-Szurlej, A., Ćwirlej-Sozańska, A., Wołoszyn, N., Sozański, B., & Wilmowska-Pietruszyńska, A. 2019. Association between handgrip strength, mobility, leg strength, flexibility, and postural balance in older adults under long-term care facilities. *BioMed Research International*, 2019. <https://doi.org/10.1155/2019/1042834>