

DAFTAR PUSTAKA

- Agusrianto, A., Langitan, R. E., Manggasa, D. D. M., Suharto, D. N., Ndama, M., Rantesigi, N., Parwata, N. M. R. N., & Hermanto, R. B. B. (2023). Pelayanan Kesehatan pada Lansia di Panti Sosial Tresna Werdha Madago Tentena. *Poltekita: Jurnal Pengabdian Masyarakat*, 4(4), 1059–1070. <https://doi.org/10.33860/pjpm.v4i4.2877>
- Alfian, S. D., Thurfah, J. N., Griselda, M., & Puspitasari, I. M. (2024). Sleep Disturbances and Depression Levels among General Indonesian Population: A National Survey. *Clinical Practice & Epidemiology in Mental Health*, 20(1). <https://doi.org/10.2174/0117450179326359240903045716>
- Alim, I. Z. (2015). *Uji Validitas dan Reliabilitas Instrumen Pittsburgh Sleep Quality Index Versi Bahasa Indonesia*.
- Aliyah, Indah Permatasari, L., & Akbar, R. (2025). Hubungan Antara Activity Of Daily Living Dengan Kejadian Depresi Pada Lanjut Usia. *Citra Delima Scientific Journal of Citra Internasional Institute*, 8(2). <https://doi.org/10.33862/citradelima>
- Almira, D. M., & Tobing, D. L. (2025). Dukungan Sosial, Kesejahteraan Psikologis, dan Tingkat Kesepian Lansia. *Indonesian Journal of Health Development*, 7(2).
- Balqis-Ali, N. Z., Ahmad, N., Minhat, H. S., & Fattah Azman, A. Z. (2024). Biopsychosocial factors of depression among community-dwelling geriatric population with low perceived social support; a population-based study. *BMC Geriatrics*, 24(1), 685. <https://doi.org/10.1186/s12877-024-05211-x>
- Berete, F., Demarest, S., Charafeddine, R., De Ridder, K., Vanoverloop, J., Van Oyen, H., Bruyère, O., & Van der Heyden, J. (2022). Predictors of Nursing Home Admission in the Older Population in Belgium: A Longitudinal Follow-Up of Health Interview Survey Participants. *BMC Geriatrics*, 22(1), 807. <https://doi.org/10.1186/s12877-022-03496-4>
- Bini, C., Hjelm, C., Hellström, A., Årestedt, K., Broström, A., & Sandlund, C. (2024). How patients with insomnia interpret and respond to the consensus sleep diary: a cognitive interview study. *Journal of Patient-Reported Outcomes*, 8(1), 19. <https://doi.org/10.1186/s41687-024-00695-y>
- BPS. (2022). *Statistik sektoral Pemerintah Provinsi DKI Jakarta tahun 2022*.
- BPS. (2024). *Statistik Penduduk Lanjut Usia 2024*. <https://web-api.bps.go.id/download.php>

- BPS. (2025). *Jumlah Penduduk Menurut Kelompok Umur dan Jenis Kelamin di Provinsi DKI Jakarta 2025*. Badan Pusat Statistik Provinsi DKI Jakarta.
- Cahyaning Ati, N., Agung Budi Setiawan, dr, Fakultas Kedokteran Universitas Wijaya Kusuma Surabaya, M., & Kedokteran Universitas Wijaya Kusuma Surabaya, F. (2021). *Pengaruh Tingkat Depresi terhadap Kualitas Tidur dan Pengaruh Depresi terhadap Kejadian Insomnia pada Lanjut Usia Effect of Depression Level on Sleep Quality and the Effect of Depression on the Incidence of Insomnia in Elderly*.
- Cui, L., Li, S., Wang, S., Wu, X., Liu, Y., Yu, W., Wang, Y., Tang, Y., Xia, M., & Li, B. (2024). Major depressive disorder: hypothesis, mechanism, prevention and treatment. In *Signal Transduction and Targeted Therapy* (Vol. 9, Issue 1). Springer Nature. <https://doi.org/10.1038/s41392-024-01738-y>
- Cui, Y., & Choi, M. (2024). Assessment of the Daily Living Activities of Older People (2004–2023): A Bibliometric and Visual Analysis. *Healthcare*, 12(12), 1180. <https://doi.org/10.3390/healthcare12121180>
- Daely, S., Nuraini, T., Gayatri, D., & Pujasari, H. (2022). Impacts of Age and Marital Status on the Elderly's Quality of Life in An Elderly Social Institution. *Journal of Public Health Research*, 11(2). <https://doi.org/10.4081/jphr.2021.2731>
- Destria Nurti, W., & Zulfitri, R. (2022). *Hubungan Tingkat Kemandirian Lansia Melakukan Activities of Daily Living dengan Kondisi Kesehatan Mental Emosional pada Lansia di Desa Banjar Guntung*. <http://jurnalmedikahutama.com>
- Dewi, L. N., & Hendrati, L. Y. (2022). Hubungan Kualitas Tidur Dengan Depresi Pada Pasien Gagal Ginjal Kronis Yang Menjalani Hemodialisis. *Preventif: Jurnal Kesehatan Masyarakat*, 13(2). <https://doi.org/10.22487/preventif.v13i2.373>
- Dewi, S. R. (2016). *Hubungan Tingkat Ketergantungan Activity Daily Living dengan Depresi Pada Pasien Pasca Stroke di Poliklinik Rumah Sakit Stroke Nasional Bukittinggi Tahun 2016* [Undergraduate Thesis]. Universitas Andalas.
- Dijk, D. J., & Landolt, H. P. (2019). Sleep Physiology, Circadian Rhythms, Waking Performance and the Development of Sleep-Wake Therapeutics. In *Handbook of Experimental Pharmacology* (Vol. 253, pp. 441–481). Springer New York LLC. https://doi.org/10.1007/164_2019_243
- Edemekong, P. F., Bomgaars, D. L., Sukumaran, S., & Schoo, C. (2025). *Activities of Daily Living*.

- Febrianto, R., Hariyanto, T., Ardiyani, V. M., Program, M., Ilmu, S., Fakultas, K., Kesehatan, I., Tribhuwana, U., Malang, T., Program, D., Keperawatan, S., & Malang, P. K. (2017). Hubungan Antara Kualitas Tidur dengan Tingkat Depresi Pada Lansia di Posyandu Lansia Tunggal Wulung Lowokwaru Kota Malang. In *Nursing News* (Vol. 2).
- Figueiro, M. G. (2017). Light, Sleep and Circadian Rhythms in Older Adults With Alzheimer's Disease and Related dementias. In *Neurodegenerative disease management* (Vol. 7, Issue 2, pp. 119–145). <https://doi.org/10.2217/nmt-2016-0060>
- Fitriana, B. L., & Sutarjo, P. (2016). *Hubungan Tingkat Ketergantungan dengan Tingkat Depresi pada Lanjut Usia di Dusun Ngrame Tamantirto, Kasihan, Bantul* [Doctoral dissertation]. Universitas Muhammadiyah Yogyakarta.
- Fong, J. H. (2019). Disability Incidence and Functional Decline Among Older Adults with Major Chronic Diseases. *BMC Geriatrics*, 19(1), 323. <https://doi.org/10.1186/s12877-019-1348-z>
- Franco-O'Byrne, D., Gonzalez-Gomez, R., Morales Sepúlveda, J. P., Vergara, M., Ibañez, A., & Huepe, D. (2023). The impact of loneliness and social adaptation on depressive symptoms: Behavioral and brain measures evidence from a brain health perspective. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1096178>
- Gulyaeva, N. V. (2024). Augmented Cortisol and Antiglucocorticoid Therapy in Mood Disorders: the Hippocampus as a Potential Drug Target. *Journal of Evolutionary Biochemistry and Physiology*, 60(4), 1516–1530. <https://doi.org/10.1134/s0022093024040203>
- Hadiati, A., Purwati, E., & Halimatusyadiah. (2018). Kualitas Tidur Lansia Dengan Penyakit Asam Urat Di Kampung Cilumber Rt 03/Rw 07 Desa Cibogo Kecamatan Lembang. *Jurnal Ilmiah JKA (Jurnal Kesehatan Aeromedika)*, 4(2), 1–5.
- Harjono Hadiwiardjo, Y., & Damayanti, R. (2024). Biopsychosocial factors associated with depression in the elderly: A systematic literature review. *F1000Research*, 11, 1068. <https://doi.org/10.12688/f1000research.121710.2>
- Heck, A. L., Sheng, J. A., Miller, A. M., Stover, S. A., Bales, N. J., Tan, S. M. L., Daniels, R. M., Fleury, T. K., & Handa, R. J. (2020). Social isolation alters hypothalamic pituitary adrenal axis activity after chronic variable stress in male C57BL/6 mice. *Stress*, 23(4), 457–465. <https://doi.org/10.1080/10253890.2020.1733962>

- Hedni, S., & Rapang, Y. Y. (2019). *Hubungan Kemampuan Activity of Daily Living (ADL) dengan Kualitas Hidup Pasien Pasca Stroke Usia Dewasa Muda di Unit Fisioterapi RSUD Haji Makassar* [Undergraduate thesis]. STIK Stella Maris.
- Herawati, N., & Syahrums, S. (2024). Factors Affecting the Quality of Sleep Quality in the Elderly. *Indonesian Journal of Global Health Research*, 6(5), 2853–2862. <https://doi.org/10.37287/ijghr.v6i5.3423>
- Huang, Y., & Zhu, M. (2020). Increased global PSQI score is associated with depressive symptoms in an adult population from the United States. *Nature and Science of Sleep*, 12, 487–495. <https://doi.org/10.2147/NSS.S256625>
- Humaida, A., Fasicha, I. D., Alghifari, M. R., & Lestari, P. S. (2024). *Potensi Industri Halal di Indonesia sebagai Negara Berpenduduk Muslim Terbesar*. 6(1).
- Hunter, S. K., Pereira, H. M., Keenan, K. G., & Hunter, S. K. (2016). Aging and Exercise The aging neuromuscular system and motor performance Downloaded from. *J Appl Physiol*, 121, 982–995. <https://doi.org/10.1152/jappphysiol.00475.2016.-Age-related>
- Indrawan, I. W. (2019). *Tingkat Ketergantungan Lansia di Panti Sosial Tresna Werdha (PSTW) Wana Seraya Denpasar* [Undergraduate Thesis]. Institut Teknologi dan Kesehatan Bali.
- Isehunwa, O. O., Warner, E. T., Spiegelman, D., Huang, T., Tworoger, S. S., Kent, B. V., & Shields, A. E. (2021). Religion, Spirituality and Diurnal Rhythms of Salivary Cortisol and Dehydroepiandrosterone in Postmenopausal Women. *Comprehensive Psychoneuroendocrinology*, 7, 100064. <https://doi.org/10.1016/j.cpnec.2021.100064>
- Jannah, H. I. (2019). *Pengaruh Penggunaan Perangkat Elektronik, Higienitas Tidur, Stres Sekolah, dan Aktivitas Fisik terhadap Kualitas Tidur Siswa*.
- Jepisa, T., Husni, & Wati, L. (2024). *Hubungan Self-Efficacy dan Depresi: Studi pada Lansia di Panti Sosial Tresna Werdha*. <https://journal-mandiracendikia.com/jkmc>
- Julianti, F., Yulendasari, R., & Chrisanto, E. Y. (2025). Hubungan Tingkat Stres dengan Kejadian Hipertensi pada Lansia di Panti Sosial Tresna Werdha Natar. *Jurnal Ilmu Kedokteran Dan Kesehatan Indonesia*, 5(3), 128–134. <https://doi.org/10.55606/jikki.v5i3.7939>

- Kawakami, I., Iga, J.-I., Takahashi, S., Lin, Y.-T., & Fujishiro, H. (2022). *Towards an understanding of the pathological basis of senile depression and incident dementia: Implications for treatment*. <https://doi.org/10.1111/pcn.13485/full>
- Kemenkes. (2023). *Survei Kesehatan Indonesia (SKI) 2023 dalam Angka*.
- Kim, B. J., & Kihl, T. (2021). Suicidal ideation associated with depression and social support: a survey-based analysis of older adults in South Korea. *BMC Psychiatry*, 21(1), 409. <https://doi.org/10.1186/s12888-021-03423-8>
- Kim, J. H., Elkhadem, A. R., & Duffy, J. F. (2022). Circadian Rhythm Sleep–Wake Disorders in Older Adults. In *Sleep Medicine Clinics* (Vol. 17, Issue 2, pp. 241–252). W.B. Saunders. <https://doi.org/10.1016/j.jsmc.2022.02.003>
- Kitayama, A., Miyoshi, K., Saito, S., & Koka, K. (2024a). The Relationship between ADL, Lifestyle Factors, and Stress among Community-Dwelling Elderly Using Home-Visit Rehabilitation Services in Iwaki City, Fukushima Prefecture. *Physiother Rehabil Res*, 1(2).
- Koch, C. E., Leinweber, B., Drenberg, B. C., Blaum, C., & Oster, H. (2017a). Interaction Between Circadian Rhythms and Stress. In *Neurobiology of Stress* (Vol. 6, pp. 57–67). Elsevier Inc. <https://doi.org/10.1016/j.yenstr.2016.09.001>
- Krisdana, M. S. L. (2019). *Pengaruh Kualitas Tidur Terhadap Tingkat Depresi Lansia* [Doctoral dissertation].
- Kumar, V. A. H., & Ratep, N. (2017). Kualitas Tidur pada Geriatri di Panti Jompo Tresna Wana Seraya, Denpasar–Bali. *Intisari Sains Medis*, 8(2), 151–154. <https://doi.org/10.15562/ism.v8i2.132>
- Kusuma, S. P., Mukarromah, N., & Yumni, F. L. (2021). Terapi Musik Dalam Mengurangi Depresi Pada Lansia di Panti Werdha Hargodedali Surabaya. In *Indonesian Academia Health Sciences Journal INAHES* (Vol. 1, Issue 1).
- Lei, A. A., Phang, V. W. X., Lee, Y. Z., Kow, A. S. F., Tham, C. L., Ho, Y. C., & Lee, M. T. (2025). Chronic Stress-Associated Depressive Disorders: The Impact of HPA Axis Dysregulation and Neuroinflammation on the Hippocampus—A Mini Review. In *International Journal of Molecular Sciences* (Vol. 26, Issue 7). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/ijms26072940>
- Li, G., Li, Y., Lam, A. I. F., Tang, W., Seedat, S., Barbui, C., Papola, D., Panter-Brick, C., van der Waerden, J., Bryant, R., Mittendorfer-Rutz, E., Gémes, K., Purba, F. D.,

- Setyowibowo, H., Pinucci, I., Palantza, C., Acarturk, C., Kurt, G., Tarsitani, L., ... Hall, B. J. (2023). Understanding the protective effect of social support on depression symptomatology from a longitudinal network perspective. *BMJ Mental Health, 26*(1). <https://doi.org/10.1136/bmjment-2023-300802>
- Liang, G., Kow, A. S. F., Yusof, R., Tham, C. L., Ho, Y. C., & Lee, M. T. (2024). Menopause-Associated Depression: Impact of Oxidative Stress and Neuroinflammation on the Central Nervous System—A Review. In *Biomedicines* (Vol. 12, Issue 1). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/biomedicines12010184>
- Liebzeit, D., King, B., & Bratzke, L. (2018). Measurement of function in older adults transitioning from hospital to home: an integrative review. *Geriatric Nursing, 39*(3), 336–343. <https://doi.org/10.1016/j.gerinurse.2017.11.003>
- Lisnawati, I., Nurjayanti, M., Rizky Amaliyah, R., Noor Safira, U., & Putri Cayasti, V. (2024). Tingkat Kemandirian Lansia Dalam Pemenuhan ADL Di Desa Sungai Bakung Kabupaten Banjar. *Jurnal Pengabdian Kepada Masyarakat, 138*, 138–146. <https://qjurnal.my.id/index.php/abdicurio>
- Liu, D., Kahathuduwa, C., & Vazsonyi, A. T. (2021). The Pittsburgh Sleep Quality Index (PSQI): Psychometric and clinical risk score applications among college students. *Psychological Assessment, 33*(9), 816–826. <https://doi.org/10.1037/pas0001027>
- Liu, H., Ma, Y., Lin, L., Sun, Z., Li, Z., & Jiang, X. (2023a). Association Between Activities of Daily Living and Depressive Symptoms Among Older Adults in China: Evidence From the CHARLS. *Frontiers in Public Health, 11*. <https://doi.org/10.3389/fpubh.2023.1249208>
- Liu, J., Ning, W., Zhang, N., Zhu, B., & Mao, Y. (2024). Estimation of the Global Disease Burden of Depression and Anxiety between 1990 and 2044: An Analysis of the Global Burden of Disease Study 2019. *Healthcare, 12*(17), 1721. <https://doi.org/10.3390/healthcare12171721>
- Liu-Ambrose, T., & Falck, R. S. (2019). *Sleep, Physical Activity, and Cognitive Health in Older Adults* (pp. 665–676). <https://doi.org/10.1016/B978-0-12-813743-7.00044-X>
- Mahwati, Y. (2017). The Relationship between Spirituality and Depression Among the Elderly in Indonesia. *Makara Journal of Health Research, 21*(1). <https://doi.org/10.7454/msk.v21i1.6206>
- Maryati, & Purnamasari, E. R. W. (2020). Life Review Therapy Menurunkan Tingkat Depresi Lansia pada Warga Binaan Sosial di Panti Sosial Tresna Werdha Budi

- Mulia 3 Jakarta Selatan. *Avicenna: Jurnal Ilmiah*, 15(2), 114–121. <https://doi.org/10.36085/avicenna.v15i2.948>
- Maulani, F. A., Prabowo, E., & Rabia, R. (2023). Hubungan antara Kualitas Tidur dan Depresi pada Komunitas Lansia Wanita di Dahlia Senja Limo Depok. *Wiraraja Medika : Jurnal Kesehatan*, 13(1), 26–33. <https://doi.org/10.24929/fik.v13i1.2445>
- Mikulska, J., Juszczak, G., Gawró Nska-Grzywacz, M., Herbet, M., & Luciano, M. (2021). *Brain Sciences HPA Axis in The Pathomechanism of Depression and Schizophrenia: New Therapeutic Strategies Based on Its Participation*. <https://doi.org/10.3390/brainsci>
- Mohd, T. A. M., Yunus, R. M., Hairi, F., Hairi, N. N., & Choo, W. Y. (2019). Social Support and Depression Among Community Dwelling Older Adults in Asia: A Systematic Review. *BMJ Open*, 9(7), e026667. <https://doi.org/10.1136/bmjopen-2018-026667>
- Monika, R. (2019). Dukungan Sosial dan Kepuasan Hidup Lanjut Usia di Panti Sosial Tresna Werdha di Wilayah Yogyakarta. *DIMENSI*, 8(3), 498–515.
- Murniati, N., & Kamso, S. (2022). The Role of Biopsychosocial Factors on Elderly Depression in Indonesia: Data Analysis of the Indonesian Family Life Survey Wave 5. *The 5th International Conference on Vocational Education Applied Science and Technology 2022*, 19. <https://doi.org/10.3390/proceedings2022083019>
- Mustopo, D. L. (2019). *Uji Kesahihan dan Keandalan Indeks Barthel Modifikasi Shah Versi Bahasa Indonesia dalam Penilaian Kemandirian Penderita Stroke = Validity and Reliability of Indonesian version of Shah's Modified Barthel Index in The Assessment of Stroke Patients Independency in Activity of Daily Living: Vol. FKUI [Specialist thesis, Universitas Indonesia]*. <https://lib.ui.ac.id/detail?id=20500726&lokasi=lokal>
- Nathasya, H., Nuraini, P., Zahara, S., Thohiroh, A., Salma, T., & Rozzaqyah, F. (2024). *Analisis Tingkat dan Faktor Penyebab Depresi Se Asia Tenggara* (Vol. 5, Issue 1).
- Nelson, K. L., Davis, J. E., & Corbett, C. F. (2022). Sleep quality: An evolutionary concept analysis. *Nursing Forum*, 57(1), 144–151. <https://doi.org/10.1111/nuf.12659>
- Niess, L. A., Fonseca, S., Martins De Souza, D. J., Lessa, R. T., Ferreira, T. B., Henrique, L., Abad, S., Barbosa Do Espírito, N., & Mendes, S. (2020). *Revista Brasileira de Neurologia e Psiquiatria*. In *Set./Dez* (Vol. 24, Issue 3). <http://www.revneuropsiq.com.br>

- Niko, N. W., Nurfianti, A., & Murtilita. (2016). Tingkat Kemandirian dalam Activity Daily Living (ADL) dengan Tingkat Depresi pada Lansia di Graha Werdha Marie Joseph Pontianak dan Graha Werdha Kasih Bapa Kabupaten Kubu Raya. *ProNers*, 3(1).
- P, S., & Vellapandian, C. (2024). Hypothalamic-Pituitary-Adrenal (HPA) Axis: Unveiling the Potential Mechanisms Involved in Stress-Induced Alzheimer's Disease and Depression. *Cureus*. <https://doi.org/10.7759/cureus.67595>
- Paneo, I., Lasanuddin, H. V., & Ntoi, N. M. (2025). Hubungan Depresi Dengan Kejadian Demensia Pada Lanjut Usia Di Wilayah Binaan Panti Sosial Griya Lansia Jannati Kota Gorontalo. *Malahayati Nursing Journal*, 7(6), 2516–2529. <https://doi.org/10.33024/mnj.v7i6.20720>
- Pratamita, A. Y., & Arin, E. G. (2023). *Perancangan Panti Werdha di Bekasi dengan Pendekatan Arsitektur Perilaku* [Thesis]. Institut Teknologi Sains Bandung.
- Priyanto, A. N., Wirakhmi, I. N., & Susanto, A. (2022). Gambaran Faktor-Faktor yang Mempengaruhi Tingkat Kemandirian Lansia dalam Pemenuhan Activity of Daily Living. *JCI Jurnal Cakrawala Ilmiah*, 2(1), 173–180. <http://bajangjournal.com/index.php/JCI>
- Pro, L. P.-F., & Con, L. M. (2019). Should Melatonin Be Used as a Sleeping Aid for Elderly People? *Canadian Journal of Hospital Pharmacy*, 72(4). <https://deprescribing.org/>
- Purwantini, D. (2021). *Gambaran Kebugaran Jasmani pada Lanjut Usia*. 4(2).
- Rahmawati, I. (2023). *Pelayanan Sosial dalam Upaya Perubahan Psikososial pada Lanjut Usia Terlantar di Panti Sosial Tresna Werdha Budi Mulia 3 Jakarta Selatan* [Undergraduate thesis]. UIN Syarif Hidayatullah Jakarta.
- Ricco Habil, & Berlianti, B. (2023). Kehidupan Ekonomi, Sosial, dan Kesehatan Lansia dalam Pengasuhan Keluarga di Lingkungan IV Galang Kota. *SOSMANIORA: Jurnal Ilmu Sosial Dan Humaniora*, 2(1), 108–121. <https://doi.org/10.55123/sosmaniora.v2i1.1764>
- Runtu, A. R., Enggune, M., & Kaunang, D. (2023). Tingkat Kemandirian Lansia dalam Pemenuhan Activity Daily Living di Panti Sosial Tresna Wredha “AGAPE” Tondano. *Jurnal Keperawatan Profesional (KEPO)*, 4(2), 115–122. <https://doi.org/10.36590/kepo.v4i2.709>
- Salari, N., Najafi, H., Rasoulpoor, S., Canbary, Z., Heidarian, P., & Mohammadi, M. (2025). The Global Prevalence and Associated Factors of Loneliness in Older

Adults: A Systematic Review and Meta-Analysis. *Humanities and Social Sciences Communications*, 12(1), 985. <https://doi.org/10.1057/s41599-025-05304-x>

Septiarini, I. G. A., Sendratari, L. P., & Maryati, T. (2019). Peran Dan Fungsi Panti Sosial Tresna Werdha Jara Mara Pati Buleleng, Bali Dalam Pemberian Layanan Kepada Lansia (Potensinya Sebagai Sumber Belajar Sosiologi SMA Kelas X). *Jurnal Pendidikan Sosiologi Undiksha*, 1(1), 101–111.

Sharma, P., Maurya, P., & Muhammad, T. (2021). Number of chronic conditions and associated functional limitations among older adults: cross-sectional findings from the longitudinal aging study in India. *BMC Geriatrics*, 21(1). <https://doi.org/10.1186/s12877-021-02620-0>

Shin, C., Park, M. H., Lee, S. H., Ko, Y. H., Kim, Y. K., Han, K. M., Jeong, H. G., & Han, C. (2019). Usefulness of the 15-item geriatric depression scale (GDS-15) for classifying minor and major depressive disorders among community-dwelling elders. *Journal of Affective Disorders*, 259, 370–375. <https://doi.org/10.1016/j.jad.2019.08.053>

Shinozaki, M., Gondo, Y., Satake, S., Tanimoto, M., Yamaoka, A., Takemura, M., Kondo, I., & Arahata, Y. (2024). Moderating Effect of Age on The Relationship Between Physical Health Loss and Emotional Distress Post-Acute Care in Japanese Older Hospitalized Patients. *BMC Geriatrics*, 24(1), 214. <https://doi.org/10.1186/s12877-024-04814-8>

Sholehah, F. S., & Luthfa, I. (2025). Hubungan Antara Fungsi Fisik dengan Kualitas Hidup pada Lansia di Rumah Pelayanan Sosial Pucang Gading Semarang dan Waning Werdoyo Ungaran. *Jurnal Penelitian Medis Berkelanjutan*, 9(2).

Siburian, F. M. C. (2024). *Gambaran Kualitas Tidur pada Lansia di Panti Yayasan Pemenang Jiwa Medan Tahun 2024* [Undergraduate Thesis]. STIKes Santa Elisabeth Medan.

Simanjuntak, T. D., Noveyani, A. E., & Kinanthi, C. A. (2023). Prevalensi dan Faktor-faktor yang Berhubungan dengan Simtom Depresi pada Penduduk di Indonesia (Analisis Data IFLS5 Tahun 2014-2015). *Jurnal Epidemiologi Kesehatan Indonesia*, 6(2). <https://doi.org/10.7454/epidkes.v6i2.6313>

Siswoyo, M. E., & Hardi, J. (2016). *Evaluasi Pasca Huni pada Panti Sosial Tresna Werdha Budi Mulia 3 Jakarta Selatan*.

Smit, D. H., Rehnberg, J., & Fors, S. (2025). The Effect of Loneliness on Depressive Symptoms in the 65+ European Population: A Longitudinal Observational Study Using SHARE Data. *European Journal of Ageing*, 22(1). <https://doi.org/10.1007/s10433-025-00846-0>

- Spellman, T., & Liston, C. (2020). Toward circuit mechanisms of pathophysiology in depression. In *American Journal of Psychiatry* (Vol. 177, Issue 5, pp. 381–390). American Psychiatric Association. <https://doi.org/10.1176/appi.ajp.2020.20030280>
- Sugiyono. (2019). *Metode Penelitian dan Pengembangan Research dan Development*. Alfabeta.
- Tatineny, P., Shafi, F., Gohar, A., & Bhat, A. (2020). *Sleep in The Elderly*.
- Tetsuka, S. (2021). Depression and Dementia in Older Adults: A Neuropsychological Review. In *Aging and Disease* (Vol. 12, Issue 8, pp. 1920–1934). International Society on Aging and Disease. <https://doi.org/10.14336/AD.2021.0526>
- Tobin, E. T. (2016). *Religion And Spirituality In Youth With Asthma: Associations With Coping, Mood, And Diurnal Cortisol*. https://digitalcommons.wayne.edu/oa_dissertations/1598
- Tolentino, J. C., & Schmidt, S. L. (2018a). DSM-5 Criteria and Depression Severity: Implications for Clinical Practice. *Frontiers in Psychiatry*, 9. <https://doi.org/10.3389/fpsy.2018.00450>
- Tubbs, A. S., Dollish, H. K., Fernandez, F., & Grandner, M. A. (2019). The basics of sleep physiology and behavior. In *Sleep and Health* (pp. 3–10). Elsevier. <https://doi.org/10.1016/B978-0-12-815373-4.00001-0>
- Utami, M. W., Rahardjo, T. B. W., & Suratmi, T. (2024). Analisis Proses Adaptasi Sosial dan Pengendalian Depresi dalam Upaya Peningkatan Kualitas Hidup Lansia Terlantar di Sasana Tresna Werdha Dukuh 5, Kramat Jati Tahun 2023-2024. *Jurnal Riset Ilmu Kesehatan Umum Dan Farmasi (JRIKUF)*, 2(4), 38–57. <https://doi.org/10.57213/jrikuf.v2i4.422>
- Vali, C., Dasi, D., Luh, N., Yanti, P. E., Ayu, P., Utami, S., Komang, N., & Sawitri, A. (2025). *Gambaran Kemampuan Personal Genital Hygiene pada Lansia di Panti Sosial Tresna Werda Wana Seraya* (Vol. 13, Issue 2).
- Vitale, E. M., & Smith, A. S. (2022). Neurobiology of Loneliness, Isolation, and Loss: Integrating Human and Animal Perspectives. In *Frontiers in Behavioral Neuroscience* (Vol. 16). Frontiers Media S.A. <https://doi.org/10.3389/fnbeh.2022.846315>
- Wang, Q., Huang, X., Liu, M., Wang, C., Sun, Z., Huang, C., & Tang, S. (2024). Prevalence and Risk Factors of Depression Among Elderly People in Nursing Homes From 2012 to 2022: A Systematic Review and Meta-Analysis. *Aging &*

Mental Health, 28(12), 1569–1580.
<https://doi.org/10.1080/13607863.2024.2367044>

Wängqvist, M., & Eriksson, P. L. (2024). “Every Day has Enough of Its Own Torment”—A Narrative Study of Life’s Greatest Challenge Among Men in Late Adulthood. *Journal of Adult Development*, 31(3), 237–248.
<https://doi.org/10.1007/s10804-023-09458-3>

WHO. (2025). *Ageing: Global population*. World Health Organization.

Wijaya, L., & Rikardo, R. (2024). Faktor-Faktor yang Berhubungan dengan Tingkat Kemandirian pada Lanjut Usia dalam Pemenuhan Activity of Daily Living. *Jurnal Kesehatan Dan Pembangunan*, 14(27).

Wildhan, R. Y., Virlando Suryadinata, R., Bagus, I., & Artadana, M. (2022). Hubungan Tingkat Activity Daily Living (ADL) dan Kualitas Hidup Lansia di Magetan. *Jurnal Ilmiah Kedokteran Wijaya Kusuma*, 11(1), 42–48.

Wojtusiak, J., Asadzadehzanjani, N., Levy, C., Alemi, F., & Williams, A. E. (2021). Computational Barthel Index: An Automated Tool for Assessing and Predicting Activities of Daily Living Among Nursing Home Patients. *BMC Medical Informatics and Decision Making*, 21(1), 17. <https://doi.org/10.1186/s12911-020-01368-8>

Wulandari, L. (2024). *Hubungan Ketergantungan Activity Daily Living Klien Pasca Stroke dengan Beban Family Caregiver di Wilayah Puskesmas Kayon Palangka Raya*.

Yaslina, Y., Maidaliza, M., & Srimutia, R. (2021). Aspek Fisik dan Psikososial terhadap Status Fungsional pada Lansia. In *Prosiding Seminar Kesehatan Perintis E* (Vol. 4, Issue 2).

Young, F., & Maguire, S. (2019). Physiology of ageing. In *Anaesthesia and Intensive Care Medicine* (Vol. 20, Issue 12, pp. 735–738). Elsevier Ltd.
<https://doi.org/10.1016/j.mpaic.2019.10.006>

Yusamah, U. B. (2020). Layanan Dukungan Psikososial Bagi Lanjut Usia di Panti Sosial Tresna Werdha DKI Jakarta (Studi Kasus di PSTW Budi Mulya 3, DKI Jakarta). *Urnal Pembangunan Dan Administrasi Publik*.

Zenebe, Y., Akele, B., W/Selassie, M., & Necho, M. (2021). Prevalence and Determinants of Depression Among Old Age: A Systematic Review and Meta-Analysis. *Annals of General Psychiatry*, 20(1), 55. <https://doi.org/10.1186/s12991-021-00375-x>

- Zhang, D., Lu, Q., Li, L., Wang, X., Yan, H., & Sun, Z. (2023). Loneliness in Nursing Homes: A Qualitative Meta-Synthesis of Older People's Experiences. *Journal of Clinical Nursing*, 32(19–20), 7062–7075. <https://doi.org/10.1111/jocn.16842>
- Zhao, H., He, J., Yi, J., & Yao, S. (2019). Factor structure and measurement invariance across gender groups of the 15-item geriatric depression scale among Chinese elders. *Frontiers in Psychology*, 10(JUN). <https://doi.org/10.3389/fpsyg.2019.01360>
- Zhao, X., Zhang, D., Wu, M., Yang, Y., Xie, H., Li, Y., Jia, J., & Su, Y. (2018). Loneliness and Depression Symptoms Among the Elderly in Nursing Homes: A Moderated Mediation Model of Resilience and Social Support. *Psychiatry Research*, 268, 143–151. <https://doi.org/10.1016/j.psychres.2018.07.011>