

DAFTAR PUSTAKA

- Adryana, N.C. *et al.* (2020) “Perbandingan tingkat stres pada mahasiswa tingkat I, II dan III Fakultas Kedokteran Universitas Lampung,” *Majority*, 9(2), hal. 142–149.
- Akbar, F. *et al.* (2021) “Training and Mentoring of Elderly Posyandu Cadres in Wonomulyo District,” *Jurnal Abdidas*, 2(2), hal. 392–397.
- Anliana, Panguhutan Sitorus, H. dan Silitonga, M. (2025) “The Role of cortisol in the stress response,” *International Journal of Ecophysiology*, 7(1), hal. 48–58. Tersedia pada: <https://doi.org/10.32734/ijoep.v7i1.19118>.
- Arti Febriyani Hutasuhut, Maris Anggraini, reza A. (2020) “3 1,2,3,” 2(1), hal. 60–75.
- Baaten, C.C.F.M.J., Vondenhoff, S. dan Noels, H. (2023) “Endothelial Cell Dysfunction and Increased Cardiovascular Risk in Patients with Chronic Kidney Disease,” *Circulation Research*, 132(8), hal. 970–992. Tersedia pada: <https://doi.org/10.1161/CIRCRESAHA.123.321752>.
- Cha, J., Mazzucato, C.A.- dan Thompson, peter J. (2023) “Pancreatic β -cell senescence in diabetes: mechanisms, markers and therapies,” 14. Tersedia pada: https://www.frontiersin.org/translate/goog/journals/endocrinology/articles/10.3389/fendo.2023.1212716/full?_x_tr_sl=en&_x_tr_tl=id&_x_tr_hl=id&_x_tr_pto=tc.
- Chen, F.Y. *et al.* (2025) “Pathophysiology and blood pressure measurements of hypertension in the elderly,” *Journal of the Formosan Medical Association*, 124(S1), hal. S10–S16. Tersedia pada: <https://doi.org/10.1016/j.jfma.2025.03.027>.
- Chu, B. *et al.* (2024) *Physiology, Stress Reaction*. Treasure Island (FL): StatPearls Publishing.
- D’Amico, D., Amestoy, M.E. dan Fiocco, A.J. (2024) “Psychological Stress across the Lifespan and Cognitive Function among Older Adults: The Moderating Role of a Healthy Lifestyle,” *Canadian Journal on Aging / La Revue canadienne du vieillissement*, 43(3), hal. 427–437. Tersedia pada: <https://doi.org/10.1017/s071498082300079x>.
- Dhani, S.R.A. *et al.* (2025) “DOI: <http://dx.doi.org/10.33846/sf16101> Tingkat Stres Fisik dan Psikologis Pada Lansia Desa Pucangan Kabupaten Sukoharjo Jawa Tengah Sheena Ramadhia Asmara Dhani,” 16(4), hal. 1–4.
- Doris, A. (2024) “Hubungan Tingkat Stres Dan Kadar Gula Darah Dengan Tingkat Kognitif Pada Lansia Yang Menderita Diabetes Mellitus Tipe II,” *Jurnal*

Ilmiah Cerebral Medika, 6(2), hal. 1–8.

- Faizah, A.A., Sholehah, B. dan Hafifah, V.N. (2025) “Jurnal Ilmiah Pamenang - JIP Pengaruh Supportive Group Therapy Terhadap Tingkat Stres Pada Lansia Dengan Hipertensi Di Puskesmas Elderly With Hypertension At Mlandingan Health Center ,” (November 2024), hal. 45–54.
- Geng, R. *et al.* (2023) “Knee osteoarthritis: Current status and research progress in treatment (Review),” *Experimental and Therapeutic Medicine*, 26(4), hal. 1–11. Tersedia pada: <https://doi.org/10.3892/etm.2023.12180>.
- Hahad, O. *et al.* (2024) “Noise and mental health : evidence , mechanisms , and consequences,” *Journal of Exposure Science & Environmental Epidemiology* [Preprint], (January). Tersedia pada: <https://doi.org/10.1038/s41370-024-00642-5>.
- Hasan, S., Ajisuksmo, C.R.P. dan Widayanti, J.R. (2025) “Hubungan Kecemasan , Fungsi Kognitif dengan Kualitas Tidur pada Lansia di Panti Wreda Jakarta dan Tangerang Anxiety , Cognitive Function , and Their Impact on Sleep Quality,” 6(2), hal. 151–160. Tersedia pada: <https://doi.org/10.30872/jsk.v6i2.988>.
- He, Y. dan Wang, Q. (2024) “Prevalence of cognitive impairment and its related factors among Chinese older adults : an analysis based on the 2018 CHARLS data,” (December). Tersedia pada: <https://doi.org/10.3389/fpubh.2024.1500172>.
- Hidayati, E. *et al.* (2025) “Optimalisasi Kemandirian Dan Fungsi Kognitif Lansia Melalui Edukasi Perkembangan Psikososial,” 4(1).
- Hidayati, L.N. dan Harsono, D.M. (2021) “Tinjauan Literatur Mengenai Stres Dalam Organisasi. Jurnal Ilmu Manajemen,” *Jurnal Ilmu Manajemen*, 18(1), hal. 20–30.
- Hinds, J.A. dan Sanchez, E.R. (2022) “The Role of the Hypothalamus–Pituitary–Adrenal (HPA) Axis in Test-Induced Anxiety: Assessments, Physiological Responses, and Molecular Details,” *Stresses*, 2(1), hal. 146–155. Tersedia pada: <https://doi.org/10.3390/stresses2010011>.
- Indira, I.E. (2016) “Stress questionnaire: stress investigation from dermatologist perspective,” *Psychoneuroimmunology in Dermatology*, 1(1), hal. 141–142.
- Issalillah, F. dan Aisyah, N. (2022) “The Elderly and the Determinants of Stress,” *Journal of Social Science Studies (JOS3)*, 2(1), hal. 9–12. Tersedia pada: <https://doi.org/10.56348/jos3.v2i1.19>.
- Izzati, I.D.C., Tentama, F. dan Suyono, H. (2020) “Academic stress scale: a psychometric study for academic stress in senior high school,” *European*

- Journal of Education Studies*, 7(7), hal. 153–168. Tersedia pada: <https://doi.org/10.46827/ejes.v7i7.3161>.
- Klop, M. *et al.* (2025) “Age and orthostatic hypotension are associated with baroreflex sensitivity and cerebral oxygenation after postural change,” 260. Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/40440862/>.
- Kulshreshtha, A. *et al.* (2023) “Association of Stress With Cognitive Function Among Older Black and White US Adults,” *JAMA Network Open*, 6(3), hal. e231860–e231860. Tersedia pada: <https://doi.org/10.1001/jamanetworkopen.2023.1860>.
- Lei, A.A. *et al.* (2022) “Chronic Stress-Associated Depressive Disorders: The Impact of HPA Axis Dysregulation and Neuroinflammation on the Hippocampus—A Mini Review,” 26(7), hal. 1–13.
- Lina, R.K. dan Kurniawan, G.P.D. (2022) “Brain Gym Exercise Give Benefit to Improve Cognitive Function among Elderly: A Systematic Review,” *Jurnal Ilmu dan Teknologi Kesehatan*, 9(2), hal. 261–271. Tersedia pada: <https://doi.org/10.32668/jitek.v9i2.543>.
- Liu, Y. *et al.* (2024) “Cognitive reserve over the life course and risk of dementia : a systematic review and meta-analysis,” (April). Tersedia pada: <https://doi.org/10.3389/fnagi.2024.1358992>.
- Mardiana, K. dan Sugiharto (2022) “Gambaran Fungsi Kognitif Berdasarkan Karakteristik Lansia Yang Tinggal Di Komunitas,” *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*, 8(4), hal. 577–584. Tersedia pada: <https://doi.org/10.33023/jikep.v8i4.1283>.
- Muchsin, E.N. *et al.* (2023) “Tingkat stres pada lansia yang tidak tinggal serumah denga keluarga,” 4(2), hal. 22–28.
- Murharyati, A. *et al.* (2021) *Keperawatan Jiwa: Mengenal Kesehatan Mental*. Diedit oleh Risnawati. Malang: Ahlimedia Book.
- Nabilah, A., Arjuna dan Kurniawan (2025) “Hubungan Tingkat Stres Dan Kadar Gula Darah Dengan Tingkat Kognitif Pada Lansia Yang Menderita Diabetes Mellitus Tipe II,” *90 Jurnal Penelitian Keperawatan*, 11(1), hal. 89–98.
- Nailah, I.H., Delli, A.F. dan Rahmat, Y. (2025) “Cognitive function and stress as determinants of independence among older adults in institutional care: A cross-sectional study,” 6(4), hal. 813–820.
- Nasution, F. *et al.* (2025) “Nasution F, Faustina Am, Saragih Gw, Friansyah I, Shafwani N, Siregar P. Mengelola Stres dan Depresi pada Lansia. *Jurnal Pendidikan Dan Ilmu Sosial*. 2025;3(1),” *Jurnal Pendidikan Dan Ilmu Sosial (Jupendis)*, 3(1), hal. 316–322.

- Nerattin, M. *et al.* (2025) "Sex-specific associations of serum testosterone with gray matter volume and cerebral blood flow in midlife individuals at risk for Alzheimer's disease," 20(1). Tersedia pada: <https://pubmed.ncbi.nlm.nih.gov/39804890/>.
- Nga, H.T., Nguyen, T.L. dan Yi, H.S. (2024) "T-Cell Senescence in Human Metabolic Diseases," *Diabetes and Metabolism Journal*, 48(5), hal. 864–881. Tersedia pada: <https://doi.org/10.4093/dmj.2024.0140>.
- Oichi, T. *et al.* (2020) "Pathomechanism of intervertebral disc degeneration," *JOR Spine*, 3(1), hal. 1–9. Tersedia pada: <https://doi.org/10.1002/jsp2.1076>.
- Oktaviana, R. *et al.* (2019) "Peran Keluarga Terhadap Fungsi Kognitif Lansia Di Desa Pandian Kabupaten Sumenep," *Journal Of Health Science (Jurnal Ilmu Kesehatan)*, 4(2), hal. 13–19.
- Pellecchia, M.T. *et al.* (2025) "Gender-related differences in cognitive performance and cognitive stimulation efficacy in subjects with Parkinson's disease and mild cognitive impairment," (October), hal. 1–11. Tersedia pada: <https://doi.org/10.3389/fnagi.2025.1672084>.
- Permana, I., Rohman, A.A. dan Rohita, T. (2019) "Faktor faktor yang berhubungan dengan penurunan fungsi kognitif pada lansia," *Bina Generasi: Jurnal Kesehatan*, 11(1), hal. 55–62.
- Pragholapati, A., Ardiana, F. dan Nurlianawati, L. (2021) "Gambaran Fungsi Kognitif Pada Lanjut Usia (Lansia)," *Jurnal Mutiara Ners*, 4(1), hal. 14–23. Tersedia pada: <https://doi.org/10.51544/jmn.v4i1.1269>.
- Prastyaningrum, F.D. *et al.* (2024) "Overcoming Anxiety With Tera Exercise Intervention," *Jurnal Riset Kesehatan Nasional*, 8(2), hal. 127–133. Tersedia pada: <https://ejournal.itekes-bali.ac.id/jrkn>.
- Prio, A.Z., Sahar, J. dan Rekawati, E. (2023) "Stres Management in the Elderly with Hypertension: Scoping Review," *Health Information: Jurnal Penelitian*, 15(3), hal. e1197.
- Putra, J.N., Turana, Y. dan Handajani, Y.S. (2024) "Relationship between social participation and cognitive impairment in low-educated older adults based on Indonesian Family Life Survey-5," 46(3), hal. 170–175.
- Rahmawati, E., Nurmala, E.Y.I. dan Rahmawati, N. (2022) "Independent and Healthy through Complementary Therapy for the Elderly at Griya Asih Lawang: Mandiri dan Sehat Melalui Terapi Komplementer bagi Lansia di Griya Asih Lawang," *Jurnal Pengabdian Bidan Nasuha*, 3(1), hal. 1–9.
- Ramli, R. dan Fadhillah, M.N. (2020) "Faktor yang mempengaruhi fungsi kognitif pada lansia," *Window of Nursing Journal*, hal. 23–32.

- Ridderinkhof, K.R. dan Krugers, H.J. (2022) “Horizons in Human Aging Neuroscience: From Normal Neural Aging to Mental (Fr)Agility,” 16. Tersedia pada: https://www-frontiersin-org.translate.google.com/journals/human-neuroscience/articles/10.3389/fnhum.2022.815759/full?_x_tr_sl=en&_x_tr_tl=id&_x_tr_hl=id&_x_tr_pto=tc.
- Safira, F., Wardoyo, S.S.I. dan Bakti, I.S.S. (2025) “Edukasi Fisioterapi dalam Mencegah Gangguan Kognitif pada Lansia di Posyandu Penanggung RW 8 Kota Malang,” *Jurnal Pengabdian Masyarakat Bangsa*, 2(12), hal. 5931–5935. Tersedia pada: <https://doi.org/10.59837/jpmba.v2i12.2109>.
- Safitri, R.P. *et al.* (2024) “Hubungan Stress Keluarga Terhadap Kualitas Hidup Lansia di Sekarbela Mataram,” 12(2). Tersedia pada: <https://doi.org/10.37824/jkqh.v12i2.2024.705>.
- Saroinsong, F.T., Kundre, R.M. dan Toar, J.M. (2023) “Hubungan Tingkat Stres Dengan Kualitas Tidur Pada Lanjut Usia Di Desa Tiniwangko Kecamatan Sinonsayang Kabupaten Minahasa Selatan,” *Mapalus Nursing Science Journal*, 1(1), hal. 39–45.
- Shetty, H.N. dan Hari, G. (2025) “Risk factors and predictors of cognitive impairment in older adults: A retrospective cross-sectional study,” *Archives of Gerontology and Geriatrics Plus*, 2(2), hal. 100154. Tersedia pada: <https://doi.org/https://doi.org/10.1016/j.aggp.2025.100154>.
- Shtroblia, V. *et al.* (2025) “Recent advances in the management of knee osteoarthritis: a narrative review,” *Frontiers in Medicine*, 12(1). Tersedia pada: <https://doi.org/10.3389/fmed.2025.1523027>.
- Silva, F.M. *et al.* (2025) “Effects of combined aerobic-resistance training on health-related quality of life and stress in sedentary adults,” *Frontiers in Aging*, 6(August), hal. 1–11. Tersedia pada: <https://doi.org/10.3389/fragi.2025.1603635>.
- Simfukwe, C. dan An, S.S.A. (2025) “Mechanisms and Impact of Cognitive Reserve in Normal Aging and Alzheimer ’ s Disease,” hal. 1–20.
- Siregar, R. dan Blessery (2024) “Hubungan Kondisi Kesehatan Fisik, Fungsi Kognitif, Dan Tingkat Stress Dengan Kemandirian Lansia Di Medan Sumatera Utara,” *Journal of Public Health Science*, 1(4), hal. 235–242.
- Song, Q. *et al.* (2022) “Neuroprotective Effects of Estrogen Through BDNF-Transient Receptor Potential Channels 6 Signaling Pathway in the Hippocampus in a Rat Model of Perimenopausal Depression,” *Frontiers in Aging Neuroscience*, 14(July), hal. 1–15. Tersedia pada: <https://doi.org/10.3389/fnagi.2022.869274>.

- Spar, J.E. dan Rue, A.L. (2007) *Clinical Manual of Geriatric Psychiatry*. American Psychiatric Pub.
- Susanti, Y. dan PH, L. (2019) "Overview Independence and Cognitive Function of Elderly," *Indonesian Journal of Global Health Research*, 1(1), hal. 81–86. Tersedia pada: <https://doi.org/10.37287/ijghr.v1i1.35>.
- Widyaningsih, H. *et al.* (2024) "Pemberdayaan Lansia Melalui Program Deteksi Dini Gangguan Fungsi Kognitif Empowering the elderly through the early detection program for cognitive function disorders," 2024(6), hal. 88–95.
- Yeap, B.B. dan Flicker, L. (2022) "Testosterone , cognitive decline and dementia in ageing men Testosterone Effects on Atherosclerosis in Aging Men," *Reviews in Endocrine and Metabolic Disorders*, (May), hal. 1243–1257. Tersedia pada: <https://doi.org/10.1007/s11154-022-09728-7>.
- Zaho, T. *et al.* (2025) "Age-sex differences in Alzheimer's and related dementias burden and risk factors in east and Southeast Asia: results from the 2021 GBD study," *Geriatric Nursing*, 62, hal. 155–164. Tersedia pada: <https://doi.org/https://doi.org/10.1016/j.gerinurse.2025.02.005>.
- Zainurridha, Y.A., Sakinah, N.A. dan Azari, A.A. (2021) "Faktor-Faktor yang Mempengaruhi Kemampuan Kognitif Lansia Yuly Abdi Zainurridha," *Jurnal Penelitian Kesehatan Suara Forikes*, 12(3), hal. 287–289. Tersedia pada: <https://doi.org/http://dx.doi.org/10.33846/sf12314>.
- Zhang, Z. *et al.* (2024) "The interaction of BDNF with estrogen in the development of hypertension and obesity, particularly during menopause," *Frontiers in Endocrinology*, 15(November), hal. 1–18. Tersedia pada: <https://doi.org/10.3389/fendo.2024.1384159>.
- Zhong, X. dan et al. (2025) "Global prevalence of stress among older adults: A systematic review and meta-analysis," *BMC Geriatrics*, 25(1), hal. 88. Tersedia pada: <https://doi.org/10.1186/s12877-025-xxxx-x>.
- Ziya, D. dan Tobing, D.L. (2023) "Tingkat stres, kecemasan dan penyesuaian diri pada lansia yang di tinggal pasangan hidup," 5(1), hal. 39–50.