

## DAFTAR PUSTAKA

- d A. Sur. 197“Chair Stand.” 2017. *Test Leg Strength and Endurance*, 2017.
- Charette, S. L., L. McEvoy, G. Pyka, C. Snow-Harter, D. Guido, R. A. Wiswell, and R. Marcus. 1991. “Muscle Hypertrophy Response to Resistance Training in Older Women.” *Journal of Applied Physiology* 70 (5): 1912–16. <https://doi.org/10.1152/jappl.1991.70.5.1912>.
- Colombo, P. J., M. E. Crawley, B. S. East, and A. R. Hill. 2012. “Aging and the Brain.” *Encyclopedia of Human Behavior: Second Edition*, 53–59. <https://doi.org/10.1016/B978-0-12-375000-6.00006-9>.
- Deana, Chiung-ju Liu, Marie Aaron, Fredrick Jessica, Kristen Utley, and Elaine Ewing. 2016. “Predicting Hand Function in Older Adults : Evaluations of Grip Strength , Arm Curl Strength , and Manual Dexterity.” *Aging Clinical and Experimental Research*. <https://doi.org/10.1007/s40520-016-0628-0>.
- dr. Al-Muqsith, M.Si. 2017. “Bentuk & Ukuran Panggul.” *ANATOMI DAN BIOMEKANIKA SENDI PANGGUL*.
- Gusi, N, L Espino, and I Ara. 2019. “IS SITTING TIME RELATED WITH PHYSICAL FITNESS IN SPANISH ELDERLY POPULATION ? THE EXERNET MULTICENTER STUDY.”
- Harvey, Juliet A, Sebastien F M Chastin, and Dawn A Skelton. 2013. “Prevalence of Sedentary Behavior in Older Adults : A Systematic Review,” 6645–61. <https://doi.org/10.3390/ijerph10126645>.
- Irawan, Hendry. 2013. “Gangguan Depresi Pada Lanjut Usia.” *Cermin Dunia Kedokteran-210* 40 (11): 815–19. [http://www.kalbemed.com/Portals/6/06\\_210Gangguan Depresi pada Lanjut Usia.pdf](http://www.kalbemed.com/Portals/6/06_210Gangguan%20Depresi%20pada%20Lanjut%20Usia.pdf).
- Janssen, Bas, Mark Oppe, Simone Kreimeier, and Wolfgang Greiner. 2014. “EQ-5D-Y User Guide,” no. August.
- Junaidi, Said. 2011. “Pembinaan Fisik Lansia Melalui Aktivitas Olahraga Jalan Kaki.” *Media Ilmu Keolahragaan Indonesia* 1 (1).

- Kesehatan, Fakultas Ilmu, Universitas Pesantren, and Tinggi Darul. 2015. "JURNAL" 5 (1).
- Laily Noor Ikhsanto, jurusan teknik mesin. 2020. "Hubungan Faktor Perilaku Lansia Dan Dukungan Keluarga Terhadap Pemanfaat Posyandu Lansia" 21 (1): 1–9.
- Marro, J., A. B. Bortz, M. H. Kalos, J. L. Lebowitz, and 6. "Time Evolution of a Quenched Binary Alloy: Computer Simulation of a Three-Dimensional Model System." *Nucl Metall* 20 (pt 1): 89–95.
- Nawrocka, Agnieszka, Władysław Mynarski, and Jarosław Cholewa. 2017. "Adherence to Physical Activity Guidelines and Functional Fitness of Elderly Women, Using Objective Measurement." *Annals of Agricultural and Environmental Medicine* 24 (4): 632–35. <https://doi.org/10.5604/12321966.1231388>.
- Reid, N., G. N. Healy, J. Gianoudis, M. Formica, P. A. Gardiner, E. E. Eakin, C. A. Nowson, and R. M. Daly. 2018. "Association of Sitting Time and Breaks in Sitting with Muscle Mass, Strength, Function, and Inflammation in Community-Dwelling Older Adults." *Osteoporosis International* 29 (6): 1341–50. <https://doi.org/10.1007/s00198-018-4428-6>.
- Safa'ah, Nurus. 2013. "Pengaruh Latihan Range of Motion Terhadap Peningkatan Kekuatan Otot Lanjut Usia Di UPT Pelayanan Sosial Lanjut Usia ( Pasuruan ) Kec . Babat Kab Lamongan." *Jurnal Sains Medical* 5 (2): 62–65. [https://www.kopertis7.go.id/uploadjurnal/Nurus\\_Safaah\\_stikes\\_nu\\_tuban.pdf](https://www.kopertis7.go.id/uploadjurnal/Nurus_Safaah_stikes_nu_tuban.pdf).
- Setiati, Siti. 2013. "Geriatric Medicine, Sarcopenia, Frailty and Geriatric Quality of Life: Future Challenge in Education, Research and Medical Service in Indonesia." *EJKI* 1 (3): 234–42. <https://doi.org/10.23886/ejki.1.3008>.
- Silva, Fernanda M., João Petrica, João Serrano, Rui Paulo, André Ramalho, Dineia Lucas, José Pedro Ferreira, and Pedro Duarte-Mendes. 2019. "The Sedentary Time and Physical Activity Levels on Physical Fitness in the Elderly: A Comparative Cross Sectional Study." *International Journal of Environmental Research and Public Health* 16 (19): 1–11. <https://doi.org/10.3390/ijerph16193697>.
- Stamatakis, Emmanuel, Joanne Gale, Adrian Bauman, Ulf Ekelund, Mark Hamer, and Ding Ding. 2019. "Sitting Time, Physical Activity, and Risk of Mortality in Adults." *Journal of the American College of Cardiology* 73 (16): 2062–72. <https://doi.org/10.1016/j.jacc.2019.02.031>.
- Stein, Lambok K, Siska Wiramihardja, and Iceu D Kulsum. 2018. "Muscle Mass and Quality of Life of Elderly People in Panti Tresna Werdha in Bandung Faculty of Medicine Padjadjaran University- Hasan Sadikin Hospital

Derio Fakhri Putra, 2020

**LITERATURE REVIEW : Hubungan Durasi Lama Duduk Terhadap Strength Lower And Upper Extremity Pada Lansia**

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Fisioterapi Program Diploma Tiga  
[[www.upnvj.ac.id](http://www.upnvj.ac.id) – [www.library.upnvj.ac.id](http://www.library.upnvj.ac.id) – [www.repository.upnvj.ac.id](http://www.repository.upnvj.ac.id)]

Department of Public Health Faculty of Medicine Padjadjaran University-Hasan Sadikin Hospital Departmen.” *Journal of Medicine and Health* 2 (1): 637–45.

Stunted, Anak, Usia Tahun, and D I Kota. 2017. “Journal of Nutrition College,” 6: 307–12.

Trisnowiyanto, Bambang. 2013. “PENGARUH ABDOMINAL MUSCLE STRENGTHENING,” 440–44.

Utomo, Budi. 2010. “Hubungan Antara Kekuatan Otot Dan Daya Tahan Otot Anggota Gerak Bawah Dengan Kemampuan Fungsional Lanjut Usia.” *Tesis Program Pascasarjana*, 1–63.

Zalukhu, Marta Lisnawati, Agustinus Rudolf Phyma, and Rizaldy Taslim Pinzon. 2016. “Proses Menua , Stres Oksidatif , Dan Peran Antioksidan” 43 (10): 733–36.