

## DAFTAR PUSTAKA

- Al Amin, M. (2017). Klasifikasi Kelompok Umur Manusia Berdasarkan Analisis Dimensi Fraktal Box Counting Dari Citra Wajah Dengan Deteksi Tepi Canny. *MATHunesa (Jurnal Ilmiah Matematika)*, 2(6).
- Allison SJ, Brooke-Wavell K, Folland J.(2018). *High and odd impact exercise training improved physical function and fall risk factors in community-dwelling older men : J Musculoskeletal Neuronal Interact*, 18(1):100-107.
- Ariati, Ni Wayan Atik Sukma, Ni Mde Dwi Ayu Martini and Desak Putu Rinda Dewi.(2021).PENGARUH PEMBERIAN GELASE TERHADAP PENURUNAN TINGKAT RISIKO JATUH LANSIA DI BANJAR KULU:Jurnal Media Keperawatan: Politeknik Kesehatan Makassar,12(2)9-17
- BPS Provinsi Jawa tengah.(2019).*Profil Lansia Provinsi Jawa Tengah 2019*.Semarang:Badan Pusat Statistik Provinsi Jawa Tengah.
- Cartee, G.D., Russel T. Hepple, Marcas M. Bamman and Juleen R. Zierath.(2016).*Exercise Promotes Healthy Aging of Skeletal Muscle*.Cell Metabolism, 23(6) 1034-1047
- Chittrakul, jiraporn, et al.(2020).*Multi-System Physical Exercise Intervention for Fall Prevention and Quality of Life in Pre-Frail Older Adults: A Randomized Cont`xrolled Trial : Environmental Research and Public Health*, 17(3102)1-13
- Colby, L. dan Kisner, C.(2018).*Therapeutic Exercise*. Philadelphia:davis Company, p 251 – 261
- Denney, A. S., & Tewksbury, R. (2013). *How to Write a Literature Review. Journal of Criminal Justice Education*, 24(2), 218–234. <https://doi.org/10.1080/10511253.2012.730617>
- Distefano, Giovanna and Bret H. G.(2018).*Effects of Exercise and Aging on Skeletal Muscle*.Cold Spring Harbor Perspective in Medicine, 8(3)1-15.
- Ferrerira, Cristiane Batisti, et al.(2018).*Effects of a 12-Week Exercise Training Program on Physical Function in Institutionalized Frail Elderly : Journal of Aging Research*,1(2018)1-8
- Guccione, A.(2019). *Geriatric Physical Therapy*. USA: Harcou Company, p.280-285
- Hager, Mittaz, AG., Mathieu, N., Lenoble-Hoskovec, C. et al.(2019). *Effects of three home-based exercise programmes regarding falls, quality of life and exercise adherence in older adults at risk of falling: protocol for a randomized controlled trial : BMC Geriatric*, 19(13)1-11
- Hong J, Kong H, Yoon H.(2018).*Web-Based Telepresence Exercise Program for Community-Dwelling Elderly Women With a High Risk of Falling: Randomized Controlled Trial : JMIR Mhealth Uhealth* , 6(5) 132

- Kuhirunyaratn P., Prasert Prasomrak, Bangonsri Jindawong.(2019).*Effects of a Health Education Program on Fall Risk Prevention among the Urban Elderly: A Quasi-Experimental Study*.Iran J Public Health, 48(1) 103-111.
- Liu-Ambrose T, Davis JC, Best JR, et al.(2019). *Effect of a Home-Based Exercise Program on Subsequent Falls Among Community-Dwelling High-Risk Older Adults After a Fall: A Randomized Clinical Trial* : JAMA, 321(21) 2092–2100.
- Maylasari, Ika dkk.2019.*Statistik Lanjut Usia (2019)*.Jakarta:Badan Pusat Statistik.
- Nachman, K. E., Lam, J., Schinasi, L. H., Smith, T. C., Feingold, B. J., & Casey, J. A. (2017). O'Connor et al. *systematic review regarding animal feeding operations and public health: Critical flaws may compromise conclusions*. *Systematic Reviews*, 6(1), 179. <https://doi.org/10.1186/s13643-017-0575-7>
- Nokham Rachana and Chuthamat Kitisiri.(2017).*Effect of square-stepping exercise on balance in older adults: A systematic review and meta-analysis*.J Phys Fitness Sports Med, 6 (3): 183-190.
- Noorlinda, Erna Ratnasari.(2020).Pengaruh Terapi Balance Exercise terhadap Gangguan Keseimbangan Postural Lansia di Wilayah Kerja Puskesmas Sukaratu Tasikmalaya:Jurnal Kesehatan Pertiwi, 2(B)55-61
- Noorarrtri, Erika Dewi, Ari Septi Leni, dan Ipa Sari Kardi.(2020). Deteksi Dini Resiko Jatuh Pada Lansia Di Posyandu Lansia Ketingan, Kecamatan Jebres, Surakarta. Gemmasika, 4(1),129-135
- Nugroho, W. (2012). Keperawatan Gerontik & Geriatrik, edisi ke-3. Penerbit Buku Kedokteran. Jakarta: EGC
- Padilla. (2013).*Buku Ajar Keperawatan Gerontik*. Yogyakarta: Nuha Medika.
- Pramita, indah and Agus Donny S.(2018).PENGARUH PEMBERIAN SQUARE STEPPING EXERCISE UNTUK MENINGKATKAN KESEIMBANGAN DINAMIS PADA LANSIA:Sport and Fitness Journa, 6(3)1-7
- Ramlis, Ravika.(2018).Faktor-Faktor Yang Berhubungan Dengan Resiko Jatuh Pada Lansia Di BPPLU Kota Bengkulu Tahun 2017.Journal of Nursing and Public Health, 06(1), 63-65.
- Shende E.S., Pranjali M.G.,S.Anandh and Yogita A.P.(2020).*Effect of Exercise Program in Reducing Risk of Fall in Elderly People*.Indian Journal of Public Health Research & Development, 11(01),360-362.
- Siregar, Rinco,Rumondang Gultom and Iin Ivining Sirait.(2020).Pengaruh Latihan Jalan Tandem terhadap Keseimbangan Tubuh Lansia untuk mengurangi Resiko Jatuh di UPT Pelayanan Sosial Lanjut Usia Binjai Sumatera Utara:Journal of Healthcare Technology and Medicine,6(1)318-326
- Suryani, Ulfa.(2018).*Hubungan Tingkat Kemandirian Dalam Aktivitas Sehari-Hari Dengan Resiko Jatuh Pada Lansia Di PSTW Sabai nan Aluih Sicincin Kabupaten Padang Pariaman*.Jurnal Kepemimpinan Dan Pengurusan Sekolah, 3(1) : 89-98.

Susilowati IH., et al.(2020).*Prevalence and risk factors associated with falls among community-dwelling and institutionalized older adults in Indonesia*.*Malaysian Family Physician*, 15(1) : 30-38.

Undang-Undang Republik Indonesia Nomor 13 tahun 1998 tentang Kesejahteraan Lanjut Usia.

United Nations.(2017).*World Population Prospects the 2017 Revision, Key Findings and Advances Tables*.Newyork:United Nation.

Wollesen B, et al.(2017). *Effects of Dual-Task Management and Resistance Training on Gait Performance in Older Individuals: A Randomized Controlled Trial* : *Front. Aging Neurosci.*, 415(9)1-12

Yoshiro Okubo, et al.(2019). *Effect of Reactive Balance Training Involving Repeated Slips and Trips on Balance Recovery Among Older Adults: A Blinded Randomized Controlled Trial* : *The Journals of Gerontology*: 74(9)1489–1496