

DAFTAR PUSTAKA

- Alexandra, H., M. Ing, dan S. Agneta. 2015. "Taking Balance Training for Elderly Adults One Step Further: of a proven balance, training programme." *Clinical Rehabilitation* 2015, Vol. 29(5) 417-425 The Author(s) 2014.
- Alimsardjono, H., Santoso, M.W.A., Subagjo. 2015. *Anatomi 1*. Departemen Anatomi dan Histologi Fakultas Kedokteran Universitas Airlangga Surabaya
- Azizah & Lilik Ma'rifatul. 2011. *Keprawatan Lanjut Usia edisi 1*. Yogyakarta: Graham ilmu.
- Badan Pusat Statistik. 2018. Statistik penduduk lanjut usia. dari http://www.bps.go.id/website/pdf_publicasi/Statistik-Penduduk-Lanjut-Usia-2018.pdf (Diakses 1 November, 2019)
- Budi Utomo dan Nawangsasi Takarini. 2009. Uji Validditas Kriteria Time Up and Go Test (Tug) Sebagai Alat Ukur Keseimbangan Pada Lansia. *Jurnal Fisioterapi* Vol. 9 No. 2, Oktober 2009, di akses tanggal 9 Juli 2020 (<https://ejurnal.esaunggul.ac.id/ind>)
- Budiharjo, S., M. M. Romi, dan D. Prakosa. 2005. "Pengaruh Senam Aerobik Low Impact Intensitas Sedang Terhadap Kelenturan Badan Pada Wanita Lanjut Usia Tidak Trelatih." *Berkala Ilmu Kedokteran* Vol. 37.
- Cenvu, H., dan H. Y. Tzu. 2018. "The Benefit of Taa Chi Exercise on Balance Control in Elderly During Stair to FLOOR Transition." *Department of Physical Education, National Taiwan Normal University*. Taipei, Taiwan.
- Darmojo, B. 2009. *Buku Ajar Geriatri (Ilmu Kesehatan Usia Lanjut)*. Jakarta: FKUJ.
- Depkes, RI.2009. Data Penduduk Sasaran Program Pembangunan Kesehatann. (Online).(http://www.depkes.go.id/downloads/publikasi/Data%20Penduduk%20Sasaran%20Program.pdf , diakses 18 januari 2013).
- Guccione, A. 2001. *Geriatric Physical Therapy*. USA: Harcourt Health Sciences Company, p. 280–285.
- Grassyara P., et al. 2007. "Effects of Power Training on Quality of Live and Postural Stability in Elderly." *Manual Therapy, Posturologi & Rehabilitation Journal*.

- Guyton, A. & Hall, J. 2008. *Fisiologi Kedokteran*. Singapore: Elsevier
- Hansen, D., dan S. Kennelly. 2017. *Plyometric Anatomy*. United State of America: Human Kinetics.
- Herdman. 2007. *Vestibular Rehabilitation*, 3 rd ed. Georgia : Contemporary Perspective in Rehabilitation.
- Jalalin. 2000. “Hasil Latihan Keseimbangan Berdiri Pada Penghuni Panti Wredha Pucang Gading Jl. Plamongan Sari Semarang” (tesis). Semarang: Universitas Diponegoro.
- Jowir, R. 2009. *Latihan Keseimbangan*. (diakses: 14 November 2011) Diunduh dari: <http://seripayku.blogspot.com/2009/04/latihan-keseimbangan.html>
- Irfan, M. 2012. *Fisioterapi Bagi Insan Stroke*. Graha Ilmu. Yogyakarta.
- Kemenkes RI. 2017. Analisis lansia di Indonesia. Jakarta Selatan: Pusat Data dan Informasi Kemenkes RI.
- Kisner, C., dan L. A. Colby. 2013. *Therapeutic Exercise Foundations and Techniques 6th Edition (39)*. Philadelphia, USA.: F.A. Davis Company.
- Komang, I. A., Pascha Paramurthi, dan I Made Dhita Prianthara. 2017. “Senam Aerobik Low Impact Dapat Meningkatkan Keseimbangan Dinamis Pada Lansia.. <http://ejournal.iikmpbali.ac.id/index.php/BHJ>.
- Kusnanto. 2007. “Peningkatan Stabilitas Postural Pada Lansia.” *Balance Exercise (online)*. Diakses Februari 12, 2011. <http://jurnal.pdii.ilipi.go.id>, diakses tanggal 12 Februari 2011.
- Lais, C. D. O. et al. 2016. “Effect of Pilates on Postural Balance and Functional Autonomy of Elderly a Randomised Controller Trial.” *Manual Therapy, Posturologi & Rehabilitation Journal*.
- Lanawati, L. RIna, dan A. T. K. Raden. 2015. “Hubungan Antara Senam Keseimbangan Jasmani Dengan Fungsi Kognitif Keseimbangan Tubuh Lansia di Denpasar.”
- Lewis, Carole B. dan Jennifer M. B. 2008. *Geriatric rehabilitation: a clinical approach*. America: Pearson Education inc.

- Lippert, L. S. 2006. *Clinical Kinesiology and Anatomy Fourth Edition*. Philadelphia, USA: F. A. Davis Company.
- Lumongga, F. 2004. *Sendi Lutut*. Fakultas Kedokteran Universitas Sumatera Utara: USU Digital Library.
- Maryam. 2008. *Mengenal Usia Lanjut dan Perawatannya*. Jakarta: Salemba Medika.
- Maryam, S. R., M. F. Ekasari, Rosidawati, A. Jubaedi, dan I. Batubara. t.thn. Dalam *Mengenal Usia Lanjut dan Perawatannya*, 32. Jakarta: Salemba Medika.
- Melzer, et al. 2004. *Postural Stability in The Elderly A Comparison Between Fallers and Non Fallers*. Diakses Maret 22, 2011. <http://ageing.oxfordjournals.org>.
- Menpora. 2008. *Senam Usia Lanjut*. Jakarta: Kementrian Pendidikan Olahraga.
- Mubarak. 2009. *Ilmu Keperawatan Komunitas dan Aplikasi Buku 2*. Jakarta: Salemba Medika.
- Nils, E. 2016. "Lower Externity Resistance Training on Unstable Surfaces Improved Proxies of Muscles Strength, Power, and Balanced in Healthy Older Adults A Randomized Control Trial." *Department of Training and Movement Science, Institute of Sport and Sports Science* (University of Kassel, Damaschkestrabe 25 ,34121 Kassel, Germany).
- Nitz, J. C., dan S. R. Hourigan. 2004. "The Efficacy of A Spesific Balance Strategy Training Programme for Preventing Falls Among Older People: A pilot randomized controlled trial." *Age Aging* 33, pp. 52-58.
- Nugroho, W. 2008. *Keperawatan Gerontik & GEriatrik Edisi 3*. Jakarta: EGC.
- Seeley, R. R., T. D. Stephens, dan P. Tate. 2008. *Anatomy & Physiology Eight Edition*. New York: McGraw Hill Companies.
- Snell, R. S. 2012. *Anatomi Klinis Berdasarkan Sistem*. Jakarta: EGC.
- Soewolo. 1999. *Fisiologi manusia*. Malang. IMSTEP JICA – Universitas Negeri Malang

- Sri, K., N. Endeh, dan H. Ali. 2018. "Salsa Dance Could Improve Effectively to Body Balance in Elderly with Disk of Fall." (Department, Bandung Health Polytechnic, Indonesia).
- Suroto. 2004. *Buku Pegangan Kuliah Pengertian Senam, Manfaat Senam, dan Urutan Gerakan Senam*. Semarang: Unit Pelaksana Teknis Mata Kuliah Umum Olahraga Undip.
- Thunyanoot, P. et al. t.thn. "The Effect of Virtual Reality Based Balance Training on Motor Learning and Postural Control in Healthy Adults: A Randomized Preliminaris Study." *Department of Electrical Engineering, Faculty of Engineering, Mahidol University, Phuttamonthon 4 Road, Nakhon Pathom 73170, Thailand*.
- WHO. 2007. *WHO Global Report on Falls Prevention in Older Age*. Geneva: WHO Press.
- WHO, 2018. *Launch of New Global Estimates on Levels of Physical Activity In Adults*.<http://www.who.int/ncds/prevention/physical-activity/lancet-global--health-insufficient-physical-activity-2001-2016/en/>.
- Wibowo, D. S., dan W. Paryama. 2009. *Anatomi Tubuh Manusia*. Indonesia: Graha Ilmu Yogyakarta.
- Wilk, J.H., Costill, D.L. 2009. *Physiology of sport and exercise*. Campaign: Human Kinetics Publisher.
- Yves, J. G. et al. 2013. "A Best Practice fall Proventive Exercise Program to Improve Balance Strength/Power, and Psychosocial Health in Older Adults Study Protocol for Randomized Controller Trial." <http://www.biomedcentral.com/1471-2318/13/105>.