

**DAFTAR PUSTAKA**

- Adrc.usc.edu, 2019. *ADRC - Diabetes, Pre-Diabetes and Memory Loss*. [online] Available at: <http://adrc.usc.edu/diabetes-pre-diabetes-and-memory-loss/> [Accessed 3 Jun. 2019].
- Ando, S., Kokubu, M., Kimura, T., Moritani, T. and Araki, M., 2008. ‘Effects of Acute Exercise on Visual Reaction Time’ (abstract), *International Journal of Sports Medicine*, vol. 29(12), pp.994-998.
- Ando, S., Kida, N., and Oda, S., 2002. ‘Practice effects on reaction time for peripheral and central visual fields’. *Perceptual and Motor Skills*, vol. 95(3), pp.747-752.
- American Diabetes Association, 2014. *Common Terms*. [online] Available at: <http://www.diabetes.org/diabetes-basics/common-terms/?loc=db-slidenav> [Accessed 14 May. 2019].
- Armstrong, C., 2014. ‘Practice Guidelines JNC 8 Guidelines for the Management of Hypertension’, *American Family Physician*, vol. 90(7), pp. 503–504.
- Asrizal, C. W., 2018. *Pengaruh Senam Persadia 1 Terhadap Glukosa Darah Puasa, Glukosa Darah 2 Jam Postprandial dan the Homeostasis Model Assessmentofinsulin Resistance (HOMA IR)*. Thesis, Universitas Airlangga, Surabaya.
- Azitha, M., Aprilia, D. and Ilhami, Y, 2018. ‘Hubungan Aktivitas Fisik dengan Kadar Glukosa Darah Puasa pada Pasien Diabetes Melitus yang Datang ke Poli Klinik Penyakit Dalam Rumah Sakit M. Djamil Padang’, *Jurnal Kesehatan Andalas*, vol. 7(3), pp. 400-404.
- Barnes, D. E. and Yaffe, K., 2013, ‘The Projected Impact of Risk Factor Reduction on Alzheimer's Disease Prevalence’, *Lancet Neurol*, vol. 10(9), pp. 819–828
- Brebner, J. T., 1980. ‘Reaction time in personality theory’. In A. T. Welford (Ed.), *Reaction Times*. Academic Press, New York, pp. 309-320.
- Brebner, J. T. and Welford, A. T., 1980. ‘Introduction: an historical background sketch’. In A. T. Welford (Ed.), *Reaction Times*. Academic Press, New York, pp. 1-23.
- Brisswalter, J., Collardeau, M. and René, A., 2002. ‘Effects of acute physical exercise characteristics on cognitive performance’, *Sports Medicine*, vol. 32(9), pp. 555–566.
- Budijanto, D., 2015. *Populasi, Sampling dan Besar Sampel*, Pusdatin-Kemkes RI.
- Collardeau, M., J. Brisswalter, and Audiffren, M., 2001. ‘Effects of a prolonged run on simple reaction time of well-trained runners’. *Perceptual and Motor Skills*, vol. 93(3), p. 679.
- Cukierman, T., Gerstein, H. C. and Williamson, J. D., 2005. ‘Cognitive decline and dementia in diabetes - Systematic overview of prospective observational studies’,

- Diabetologia*, vol. 48(12), pp. 2460–2469.
- Deary, I. J., Der G., and Ford G., 2001. ‘Reaction times and intelligence differences: A population-based cohort study’. *Intelligence*, vol. 29(5), p. 389.
- Doering, T., Resch, K., Steuernagel, B., Brix, J., Schneider, B. and Fischer, G., 1998. ‘Passive and active exercises increase cerebral blood flow velocity in young, healthy individuals’ (abstract), *American Journal of Physical Medicine & Rehabilitation*, vol. 77(6), pp. 490-493.
- Drake, R., Vogl, W. and Mitchell, A., 2012. *Gray's basic anatomy*. pp.434-435.
- Ferris, L., Williams, J. and Shen, C., 2007. ‘The effect of acute exercise on serum brain-derived neurotrophic factor levels and cognitive function’ (abstract), *Medicine & Science in Sports & Exercise*, vol. 39(4), pp. 728-734.
- Gavkare, A.M., 2013. *Auditory Reaction Time, Visual Reaction Time and Whole Body Reaction Times in Athletes*, Indian Medical Gazzete.
- Guslinda, Yolanda Y., Hamdayani D., 2013. *Pengaruh Senam Otak terhadap Fungsi Kognitif pada Lansia dengan Dimensia di Panti Sosial Tresna Werdha Sabai Nan Aluih Sicincin Padang Pariaman Tahun 2013*, Padang.
- Hall, J., 2016. *Guyton and Hall textbook of medical physiology*. 12th ed. Elsevier, p.667.
- Ide, K., and Secher, N. H., 2000. ‘Cerebral blood flow and metabolism during exercise’ (abstract), *Progress in Neurobiology*, vol. 61(4), pp. 397-414.
- International Diabetes Federation, 2017. *Eighth edition 2017, IDF Diabetes Atlas, 8th edition*.
- Jawa Pos, 2017. *Gerakan Ritmis Pas untuk Diabetesi*, 25 Oct., p.36.
- Jensen, A. and Munro, E., 1979. ‘Reaction Time, Movement Time, and Intelligence’, *Intelligence*, vol. 3, pp. 121-126.
- Jernigan, T., Archibald, S., Fennema-Notestine, C., Gamst, A., Stout, J., Bonner, J. and Hesselink, J., 2001. ‘Effects of age on tissues and regions of the cerebrum and cerebellum’, *Neurobiology of Aging*, vol. 22(4), pp. 581–594.
- Kemenkes RI, 2018. *HASIL UTAMA RISKESDAS 2018*, Jakarta, Badan Penelitian dan Pengembangan Kesehatan Departemen Kesehatan Republik Indonesia.
- Kim, M. and Park, J., 2017. ‘Factors affecting cognitive function according to gender in community-dwelling elderly individuals’, *Epidemiology and Health*, vol. 39, p. e2017054.
- Kluding, P., Pasnoor, M., Singh, R., Jernigan, S., Farmer, K., Rucker, J., Sharma, N. and Wright, D., 2012. ‘The effect of exercise on neuropathic symptoms, nerve function, and cutaneous innervation in people with diabetic peripheral

- neuropathy' (abstract), *Journal of Diabetes and its Complications*, vol. 26(5), pp. 424-429
- Kosinski, R.J., 2013. *A Literature Review on Reaction Time*, pp. 1–21.
- Kroll, W., 1973. 'Effects of local muscular fatigue due to isotonic and isometric exercise upon fractionated reaction time components'. *Journal of Motor Behavior*, vol. 5, pp. 81-93.
- Laming, D. R. J., 1968. *Information Theory of Choice-Reaction Times*. Academic Press, London.
- Lemeshow, H. J. S. et al., 1990. 'Part 1: Statistical Methods for Sample Size Determination', *Adequacy of Sample Size in Health Studies*, p. 247.
- Levitt, S., and Gutin B., 1971. 'Multiple choice reaction time and movement time during physical exertion'. *Research Quarterly*, vol. 42, pp. 405-410.
- Li, W., Wang, T. and Xiao, S., 2016. 'Type 2 diabetes mellitus might be a risk factor for mild cognitive impairment progressing to Alzheimer's disease', *Neuropsychiatric Disease and Treatment*, vol. 12, pp. 2489–2495.
- McMorris, T., J. Sproule, S. Draper, and R. Child. 2000. Performance of a psychomotor skill following rest, exercise at the plasma epinephrine threshold and maximal intensity exersie. *Perceptual and Motor Skills*, vol. 91(2), pp. 553-563.
- Mohan, M., Thombre, D., Das, A., Subramanian, N. and Chandrasekar, S., 1984. 'Reaction time in clinical diabetes mellitus.', *Indian Journal of Physiology and Pharmacology*, vol. 28(4), pp. 311–314.
- Morrison, S. et al., 2014. 'Exercise improves gait, reaction time and postural stability in older adults with type 2 diabetes and neuropathy', *Journal of Diabetes and its Complications*. Elsevier Inc., vol. 28(5), pp. 715–722.
- Nettelbeck, T., 1980. 'Factors affecting reaction time: Mental retardation, brain damage, and other psychopathologies'. In A. T. Welford (Ed.), *Reaction Times*. Academic Press, New York, pp. 355-401.
- Nofita, S., Salatoen, C., and Prabaswari, A., 2019. *Analisis Pengaruh Aktivitas Fisik Terhadap Kecepatan Reaksi Calon Asisten Laboratorium XYZ*. [online] Idec.ft.uns.ac.id. Available at: <<https://idec.ft.uns.ac.id/wp-content/uploads/2019/05/ID126.pdf>> [Accessed 14 June 2020].
- Niruba, R. and Maruthy, K., 2011. 'Assessment of Auditory and Visual Reaction Time in Type 2 Diabetics –A Case Control Study', *Al Ameen Journal of Medical Science*, vol. 4(3), pp.274-279.
- PERKENI, 2015. *Pengelolaan dan Pencegahan Diabetes Melitus Tipe 2 di Indonesia*. PB. PERKENI.

- Ploughman, M., 2008. ‘Exercise is brain food: The effects of physical activity on cognitive function’ (abstract), *Developmental Neurorehabilitation*, vol. 11(3), pp. 236-240.
- Pratama, Y. G., 2019. *Pengaruh Senam Persadia 1 terhadap Kadar Malondialdehyde (MDA) dan Kadar Creatine Kinase (CK) Serum pada Perempuan Tidak Terlatih*. Thesis, Universitas Airlangga, Surabaya.
- Rahim, N., Mobiliu, S. and Rahma, S., 2015. *Pengaruh Senam Diabetes Terhadap Penurunan Kadar Gula Darah Sewaktu Pada Pasien dengan DM tipe II di Wilayah Kerja Puskesmas Global Kecamatan Limboto Kabupaten Gorontalo*. Universitas Negeri Gorontalo.
- Ramadhan, E., 2017. *Pengaruh Aktifitas Fisik Intensitas Sedang Terhadap Waktu Reaksi Pada Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Palembang Tahun 2016*. [online] Repository.um-palembang.ac.id. Available at: <<http://repository.um-palembang.ac.id/id/eprint/674/1/SKRIPSI500-170504389.pdf>> [Accessed 15 June 2020].
- Rasmussen, P., Brassard, P., Adser, H., Pedersen, M., Leick, L., Hart, E., Secher, N., Pedersen, B. and Pilegaard, H., 2009. ‘Evidence for a release of brain-derived neurotrophic factor from the brain during exercise’, *Experimental Physiology*, vol. 94(10), pp. 1062–1069.
- Rasyida, I.A., 2015. *Faktor-Faktor yang Berhubungan dengan Fungsi Kognitif pada Anak Diabetes Mellitus tipe 1*, thesis, Universitas Indonesia.
- Richerson, S. J., Robinson, C. J. and Shum, J., 2005. ‘A comparative study of reaction times between type II diabetics and non-diabetics’, *BioMedical Engineering Online*, vol. 4, pp. 1–8.
- Rooks, C., Thom, N., McCully, K. and Dishman, R., 2010. ‘Effects of incremental exercise on cerebral oxygenation measured by near-infrared spectroscopy: A systematic review’ (abstract), *Progress in Neurobiology*, vol. 92(2), pp.134-150.
- Sanders, A. F., 1998. *Elements of Human Performance: Reaction Processes and Attention in Human Skill*, Lawrence Erlbaum Associates, Publishers, Mahwah, New Jersey.
- Seifert, T., Brassard, P., Wissenberg, M., Rasmussen, P., Nordby, P., Stallknecht, B., Adser, H., Jakobsen, A., Pilegaard, H., Nielsen, H. and Secher, N., 2010. ‘Endurance training enhances BDNF release from the human brain’, *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, vol. 298(2), pp. R372–R377.
- Sherwood, L., 2013. *Introduction To Human Physiology*, México, D.F.: BROOKS/COLE Cengage Learning.
- Sinclair, A., 2017. *Diabetes In Old Age*. 4th ed. John Wiley & Sons Ltd., pp.426-434.

- Sjoberg, H., 1975. ‘Relations between heart rate, reaction speed, and subjective effort at different work loads on a bicycle ergometer’, *Journal of Human Stress*, vol. 1, pp. 21-27.
- Sriwahjoiniati, C. F. dan Siswantoyo, 2015. ‘Pengaruh Latihan Interval Aerobik terhadap Penurunan Kadar Gula Darah pada Penderita Diabetes Mellitus Usia Lanjut’, *MEDIKORA*, vol. 11(2).
- Suryanto, 2009. ‘Peran Senam Diabetes Indonesia Bagi Penderita Diabetes Mellitus’, *Medikora*, vol. 5(2), pp. 173–184.
- Susanto, Y., Djojosewarno, P., Rosnaeni, R., 2009. ‘Pengaruh Olahraga Ringan Terhadap Memori Jangka Pendek Pada Wanita Dewasa’, *Maranatha Journal of Medicine and Health*, Universitas Kristen Maranatha, Bandung.
- Syafitri, A.W., Supatmo, Y., dan Indraswari, D.A., 2017. *Perbedaan waktu reaksi tangan antara cabang olahraga permainan dan bela diri*, vol. 6(2), pp.177–187.
- Tarwaka *et al.*, 2014. *Ergonomi Untuk Keselamatan, Kesehatan Kerja dan Produktivitas*, UNIBA PRESS, Surakarta.
- van den Berg, E., Kessels, R., Kappelle, L., de Haan, E. and Biessels, G., 2006. ‘Type 2 diabetes, cognitive function and dementia: Vascular and metabolic determinants’ (abstract). *Drugs of Today*, vol. 42(11), p.741.
- Welford, A. T., 1968. *Fundamentals of Skill*. Methuen, London.
- Welford, A. T., 1980. ‘Choice reaction time: Basic concepts’. In A. T. Welford (Ed.), *Reaction Times*. Academic Press, New York, pp. 73-128.
- Wheelock, T., 2014. *An Introduction To Human Neuroanatomy*. [online] Hbtrc.mclean.harvard.edu. Available at: <http://hbtrc.mclean.harvard.edu/pdf/about/HBTRC-Neuroanatomy-2014.1.pdf> [Accessed 10 Jun. 2019].
- Who.int., 2018. *Diabetes*. [online] Available at: <https://www.who.int/news-room/fact-sheets/detail/diabetes> [Accessed 14 May. 2019].
- Wijaya, M. A., 2019. *Efek Latihan Fisik Akut terhadap Tingkat Konsentrasi pada Remaja (Penelitian Eksperimental)*. Skripsi thesis, Universitas Airlangga.
- Winter, B., Breitenstein, C., Mooren, F., Voelker, K., Fobker, M., Lechtermann, A., Krueger, K., Fromme, A., Korsukewitz, C., Floel, A. and Knecht, S., 2007. ‘High impact running improves learning’ (abstract). *Neurobiology of Learning and Memory*, vol. 87(4), pp.597-609.
- Zalillah, S. I., 2019. *Pengaruh Senam Persadia 1 Terhadap Pengeluaran Energi dan Heart Rate Selama Latihan*. Thesis, Universitas Airlangga, Surabaya.