

## DAFTAR PUSTAKA

- Adhitya, S.D. (2016). *Tingkat Aktivitas Fisik Operator Layanan Internet Mahasiswa Universitas Negeri Yogyakarta*. Karya Tulis Ilmiah Strata 1, Fakultas Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta.
- Ainsworth, B.E., Haskell, W.L., Whitt, M.C., Irwin, M.L., Swartz, A.M., Strath, S.J., O'brien, W.L., Bassett, D.R., Schmitz, K.H., Emplaincourt, P.O., Jacobs, D.R., Leon, A.S. (1993). Compendium of physical activities: classification of energy costs of human physical activities. *Med Sci Sports Exerce*, 71–80
- Arikunto. (2010). *Prosedur Penelitian: Suatu Pendekatan Praktek*. Jakarta: Rineka Cipta.
- Badan Pusat Statistik. (2015). *Statistik Indonesia Statistical Yearbook of Indonesia 2015*. Jakarta
- Bauman, A. E., Reis, R. S., Sallis, J. F., Wells, J. C., Loos, R. J. F., & Martin, B. W. (2012). Correlates of physical activity: Why are some people physically active and others not? *The Lancet*, 380, 258-271.
- Bethell, H. (2010). The Health Benefits Of Exercise For Older People. *Midlife and Beyond*. 539-544
- British Heart Foundation National Centre. (2014). Physical Activity for Children and Young People. *Physical Activity Health*. United Kingdom.
- Budi, R.S. (2016). *Gambaran Aktivitas Fisik Lansia dan Kualitas Tidur Lansia di Balai Pelayanan Sosial Lanjut Usia Dewanata Cilacap*. Karya Tulis Ilmiah Strata 1, Fakultas Ilmu Kesehatan Universitas Muhammadiyah Purwokerto.
- Bull, F.C., Maslin T.S., & Amstrong, T. (2009). Global Physical Activity Questionnaire (GPAQ) Nine Country Reliability and Validity Study. *Journal of Physical Activity and Health*. 6, 790- 804
- Busse, A.L., Gil, G., Santarem, J.M., Filho, W.J.(2009). Physical Activity and Cognition in The Elderly a Review. *Dementia Neuropsychologia*, 3 (3), 204- 208
- Cvecka, J., Tirpakova, V., Sedliak, M., Kern, H., Mayr, W., Hamar, D. (2015). Physical activity in elderly. *Eur J Transl Myol - Basic Appl Myol*, 25 (4), 249-252
- Cleland, C.L., Hunter, R.F., Kee, F., Cupples, M.E., Sallis, J.F., Tully, M.A. (2014). Validity of the Global Physical Activity Questionnaire (GPAQ) in assessing levels and change in moderate- vigorous physical activity and sedentary behaviour. *BMC Public Health*, 14, 1 - 11

- Laelasari, Sari, S.P., Rejeki, Y. F. (2015). *Faktor-Faktor yang Berhubungan dengan Aktifitas Fisik Lansia di Posbindu Anggrek Wilayah Kerja Puskesmas Sindangjaya Kota Bandung*, Karya Tulis Ilmiah Strata 1, STIKes Dharma Husada Bandung.
- Lailiyah, P.I., Rohmawati, N., Sulistiyan. (2018). *Status Gizi dan Kualitas Hidup Lansia yang Tinggal Bersama Keluarga dan pelayanan Sosial Tresna werdha*. Karya Tulis Ilmiah Strata 1, Fakultas Kesehatan Masyarakat Universitas Jember.
- Lee, I.M, Shiroma, E.J., Lobelo, F., Puska, P., Blair, S.N., Katzmarzyk, P.T. (2012). ‘Effect of physical inactivity on major non-communicable diseases worldwide: an analysis of burden of disease and life expectancy’, *The Lancet*, 380: 21929
- Hands, B., Parker, H., Larkin, D., Cantell, M., Rose, E. (2016). Male and Female Differences in Health Benefits Derived from Physical Activity: Implications for Exercise Prescription. *Journal of Women’s Health, Issues & Care*, 5: 4
- Heart Foundation. (2013). Physical Activity After Heart Attack and Heart Surgery. *National Heart Foundation of Australia*: 03
- Hurlock. 2012. *Perkembangan Anak, jilid 2*. Jakarta: Erlangga
- Junaidi, S. (2011). Pembinaan Fisik Lansia melalui Aktivitas Olahraga Jalan Kaki. *Jurnal Media Ilmu Keolahragaan Indonesia*, 1: 17-21
- Kuan-Lang, L., Rong-Jye, T., Bing-Long, W. Hong-Shen, L., Amidon, R.L. and Senyeong, K. (2005) *Health-related quality of life and health utility for the institutional elderly in Taiwan*. Quality of Life Research (14.1169-1180).
- Huang, I-C., Wu, A.W. and Frangak
- Kementrian Kesehatan RI. (2013). *Profil Kesehatan Indonesia Tahun 2013*. Kementrian Kesehatan RI : Jakarta
- Kementrian Kesehatan RI. (2015). *Infodatin Pembinaan Kesehatan Olahraga di Indonesia*. Kementrian Kesehatan RI : Jakarta
- National Institutes of Health. (2013). Impact of Physical Inactivity On the World’s Major Non Communicable Diseases. *Lancet*: 4 - 5
- Notoatmodjo, S. (2010). *Metode Penelitian Kesehatan*. Edisi Revisi. Jakarta : PT. Rineka Cipta.
- Nowak, P.F. (2014). Amateur Sports of the Elderly: A Chance for Health and a Higher Quality of Life. *Advances in Aging Research*, 3, 222- 229
- Morris, M., Schoo, A. (2004). Optimizing Exercise and Physical Activity In Older People. *Butterworth-Heinemann*. Edinburgh

- Muzamil, M.S, Afriwadi, Martini, R.D. (2014). *Hubungan antara aktivitas fisik dengan fungsi kognitif pada usila di kelurahan jati kecamatan padang timur.* Karya Tulis Ilmiah Strata 1, Fakultas Kedokteran Universitas Andalas.
- Pavlova, I., Vovkanych, L., Vynogradskyi, B. (2014). Physical activity of elderly people, *Fizjoterapia*, 33
- Perfil J. (2012) *Trindade da atividade física habitual de idosos residentes na zona urbana e rural do município de São Jerônimo da Serra – PR [Monografia].* Estrato de Escrita Científica 1, Universidade Estadual de Londrina, Centro de Educação Física e Esporte. Londrina: UEL
- Pfeifer, K., Banzer, W., Ferrari, N., Füzéki, E., Geidl, W., Graf, C., Hartung, V., Klamroth, S., Volker, K., Vogt, L. (2016). National Recommendations for Physical Activity and Physical Activity Promotion. *FAU University Pres.*
- Riset Kesehatan Dasar. (2007). *Strategi Nasional Penerapan Pola Konsumsi Makanan dan Aktifitas Fisik untuk Mencegah Penyakit Tidak Menular.* Jakarta. Hal 12-17
- Santoso, H., & Ismail, A. (2009). *Memahami krisis lanjut usia.* Jakarta: Gunung Mulia.
- Stanley dan Beare. (2007). *Buku Ajar Keperawatan Gerontik.* Jakarta, EGC.
- Sumarsono, F.S. (2015). *Analisis Partisipasi Kerja Penduduk Lanjut Usia Di Indonesia.* Karya Tulis Ilmiah Strata 1, Fakultas Ekonomi Dan Bisnis Universitas Brawijaya.
- Takagi, D., Nishida, Y., Fujita, D. (2015). Age-associated changes in the level of physical activity in elderly adults. *Department of Physical Therapy, Health Science University & Department of Physical Therapy, Seirei Christopher University.* Japan
- Tamher, S., Noorkasiani (2009). *Kesehatan Usia Lanjut dengan Pendekatan Asuhan Keperawatan.* Jakarta : Salemba Medika
- Taylor, D. (2014). Physical Activity Is Medicine for Older Adults. *Faculty of Health & Environmental Sciences, Health & Rehabilitation Research Institute.* New Zealand.
- Yudhanti, E. (2016). *Hubungan Aktivitas Fisik Dengan Kejadian Demensia Pada Lansia Di Balai Pelayanan Sosial Tresna Werdha Yogyakarta Unit Budi Luhur.* Karya Tulis Ilmiah Strata 1, Fakultas Ilmu Kesehatan Universitas ‘Aisyiyah Yogyakarta.
- World Health Organization. (2004). *The World Health Organization Quality of Life (WHOQOL)-BREF.* Geneva.

- World Health Organization. (2010). *Global Recommendations on Physical Activity for Health*. Geneva.
- World Health Organization. (2015). *Fact Sheet Physical Activity Global Recommendation on Physical Activity for Health*. Copenhagen
- World Health Organization. (2016). *Global Physical Activity Questionnaire (GPAQ)*. Department of Chronic Diseases and Health Promotion Surveillance and Population-Based Prevention. Geneva.
- Zhao, W., Ukawa, S., Kawamura, T., Wakai, K., Ando, M., Tsushita, K., Tamakoshi, A. (2015). Health Benefits of Daily Walking on Mortality Among Younger-Elderly Men With or Without Major Critical Diseases in the New Integrated Suburban Seniority Investigation Project: A Prospective Cohort Study. *J Epidemiol*, 25(10), 609- 616