

DAFTAR PUSTAKA

- Abduh, B., Tahar, M. M., 2018. The Effectiveness of Brain Gym and Brain Training Intervention on Working Memory Performance of Student with Learning Disability. *Journal of ICSAR*. 2. 105-111. 10.17977/um005v2i22018p105.
- Bidzan-Bluma I., Lipowska M., 2018. Physical Activity and Cognitive Functioning of Children: A Systematic Review. *Int J Environ Res Public Health*. 2018;15(4):800. doi:10.3390/ijerph15040800.
- Bushnell, P.J., 1998. Behavioral approaches to the assessment of attention in animals. *Psychopharmacology*. 138(3-4):231-259.
- Butz, M., Wörgötter, F., Van Ooyen, A., 2009. Activity-dependent structural plasticity. *Brain Research Reviews*, 60(2), 287-305.
- Chiodini, J., 2020. Online learning in the time of COVID-19. *Travel medicine and infectious disease*, 34, 101669.
- Colcombe, S., Kramer, A. F., 2003. Fitness effects on the cognitive function of older adults: a meta-analytic study. *Psychological Science*. Mar, 14(2):125-30.
- Colcombe, S. J., Erickson, K. I., Scalf, P. E., Kim, J. S., Prakash, R., McAuley, et al., 2006. Aerobic exercise training increases brain volume in aging humans. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, 61(11), 1166-1170.
- Cotman, C. W., Berchtold, N. C., 2002. Exercise: a behavioral intervention to enhance brain health and plasticity. *Trends in Neurosciences*, 25(6), 295-301.
- Craft, S., Cherrier, M.M., Matsumoto, A.H., 2003. Cognitive changes associated with supplementation of testosterone or dihydrotestosterone in mildly hypogonadal men: a preliminary report. *Journal of andrology*, 24(4), pp.568-576.
- Demuth, E., 2007. Brain Gym for All: From Pre-birth to Old Age. *Brain Gym® Journal*, XXII(1).
- Dennison, P. E., Dennison, G. E., 2006. *Brain gym*. Jakarta: PT Grasindo.
- Draganski, B., Gaser, C., Busch, V., Schuierer, G., Bogdahn, U., May, A., 2004. Neuroplasticity: changes in grey matter induced by training. *Nature*, 427(6972), 311-312.
- Erickson, K., Gildengers, A. G., Butters, M. A., 2012. Physical activity and brain plasticity in late adulthood: a conceptual and comprehensive review. *Ageing Res*. 3:34-47.
- Ersyanti, E.A., Setyopranoto, I., Setyaningrum, C.T. 2018. *Pengaruh Senam Otak Terhadap Perbaikan Kognitif Lansia Di Pakem Yogyakarta*, Tesis : Universitas Gadjah Mada.

- Festi, P., 2010. Pengaruh Brain Gym terhadap peningkatan fungsi kognitif Lansia di Karang Werdha Peneleh Surabaya. *Manuskrip*. Stal Pengajar FIK UMS Surabaya.
- Gellman, M.D.(Ed.), 2020. Encyclopedia of behavioral medicine. *Cham: Springer International Publishing*.
- Giedd, J. N., Blumenthal, J., Jeffries, N. O., Castellanos, F. X., Liu, H., Zijdenbos, A., Paus, T., Evans, A. C., Rapoport, J. L., 1999. Brain development during childhood and adolescence: a longitudinal MRI study. *Nature neuroscience*, 2(10), 861–863. <https://doi.org/10.1038/13158>.
- Ginting, M.B., Tobing, P.A.L., 2019. The Effect of Brain Gym on the Memory of Kindergarten Children Aged 5-6 Years in Maitreyawira School. In *4th Annual International Seminar on Transformative Education and Educational Leadership (AISTEEL 2019)* (pp. 474-479). Atlantis Press.
- Handajani, Y.S., Widjaja, N.T., Turana, Y., Sasmita, P.K., 2010. Aktivitas Fisik Pada Lansia Meningkatkan Fungsi Kognitif, Keseimbangan, Dan Kualitas Hidup: Studi Eksperimental Di Jakarta. *Neurona*.
- Jain, M, Passi G.R., 2005. Assessment of a modified Mini-Mental Scale for cognitive functions in children. *Indian Pediatr.*;42(9):907-12. PMID: 16208050.
- Marpaung, M.G., Sareharto, T.P., Purwanti, A., Hermawati, D., 2017. Brain Gym To Increase Academic Performance Of Children Aged 10-12 Years Old (Experimental Study In Tembalang Elementary School And Pedalangan Elementary School Semarang). In *IOP Conference Series: Earth and Environmental Science* (Vol. 55, No. 1, p. 012017). IOP Publishing.
- May, A., 2011. Experience-dependent structural plasticity in the adult human brain. *Trends in Cognitive Sciences*, 15(10), 475-482.
- Moreno, S., Marques, C., Santos, A., Santos, M., Castro, S. L., Besson, M., 2009. Musical training influences linguistic abilities in 8-year-old children: more evidence for brain plasticity. *Cerebral Cortex*, 19(3), 712-723.
- Munro, C.A., Winicki, J.M., Schretlen, D. J., Gower, E. W., Turano, K. A., Muñoz, B., et al., 2012. Sex differences in cognition in healthy elderly individuals, *Aging, Neuropsychology, and Cognition*, 19:6, 759-768, DOI: 10.1080/13825585.2012.690366
- Nugroho, W., 2008. *Keperawatan Gerontik*, Edisi 3, EGC, Jakarta.
- Okkywulandari, C. V., Sutarni, S., 2021. Efektivitas Senam Otak Selama 1 Bulan dan 3 Bulan terhadap Perbaikan Skor MoCA-Ina pada Pekerja Industri Batik Kulon Progo yang Mengalami Gangguan kognitif. Tesis : Universitas Gadjah Mada.
- Plassman, B. L., Williams, J. W., Jr, Burke, J. R., Holsinger, T., Benjamin, S., (2010). Systematic review: factors associated with risk for and possible prevention of cognitive decline in later life. *Annals of internal medicine*,

153(3), 182–193. <https://doi.org/10.7326/0003-4819-153-3-201008030-00258>.

- Pratiwi, E., Harjanto, D., Heny, S.P., 2008. Pengaruh Senam Otak Terhadap Kemampuan Daya Ingat Pada Lanjut Usia Di Panti Wredha Budhi Dharma Yogyakarta. Universitas Aisyah Yogyakarta
- Pratiwi, W. N., Pratama, Y. G., 2020. Brain Gym Optimizing Concentration on Elementary Students, *STRADA Jurnal Ilmiah Kesehatan*, 9(2), pp. 1524–1532. doi: 10.30994/sjik.v9i2.498.
- Rizkananda, M., Hariyana, B., Rahmadi, F.A., 2016. *Pengaruh Stimulasi Berbasis Media Interaktif Terhadap Perkembangan Kognitif Anak Usia 2-3 Tahun*. Semarang: Diponegoro University.
- Rohana, S., 2011. Senam Vitalitas Otak Lebih Meningkatkan Fungsi Kognitif Kelompok Lansia Daripada Senam Lansia DI Balai Perlindungan Sosial Provinsi Banten. *Jurnal Fisioterapi* : 15-35
- Saleh, A., Mujahiddin M., 2020. Challenges and Opportunities for Community Empowerment Practices in Indonesia during the Covid-19 Pandemic through Strengthening the Role of Higher Education. *Budapest International Research and Critics Institute (BIRCI-Journal): Humanities and Social Sciences* 3.2 : 1105-1113.
- Salvador L.S., Moura R, Ferreira F.O., 2019. The Mini-Mental Examination for Children (MMC): Evidence of validity for children with learning difficulties. *Dement Neuropsychol.* ;13(4):427-435. doi: 10.1590/1980-57642018dn13-040010. PMID: 31844497; PMCID: PMC6907704.
- Sartika, R.A., 2011. Prevalensi dan Determinan Kelebihan Berat Badan dan Kegemukan pada Anak Berusia 5-15 Tahun. *Kesmas: Jurnal Kesehatan Masyarakat Nasional (National Public Health Journal)* [Online], 5.6 : 262-268. Web.
- Sastroasmoro, S., 2014. *Dasar-Dasar Metodologi Penelitian Klinis*. Jakarta: Sagung Seto.
- Setyaningrum, C. T. S., 2015. Hubungan Antara Polimorfisme Gen Dopamine Receptor D4 (DRD4) Dan Gen Dopamine Transporter 1 (DAT1) Dengan Gambaran Neurologis Dan Neuropsikologi Pada Anak Dengan Attention Deficit/Hyperactivity Disorder (ADHD). Disertasi : *Universitas Gadjah Mada*.
- Setyopranoto, I., 2002. Reliabilitas dan Validitas Mini Mental State Examination untuk Penapisan Demensia. *Logika vol 8 No. 9*.
- Spaulding, L.S., Mostert, M.P., Beam, A.P., 2010. Is Brain Gym an Effective Educational Intervention ? *Exceptionality*, 18(1), 18-30. doi:10.1080/09362830903462508.

- Suanton, Sutarni, S., Setyaningsih, I., 2021. Pengaruh Senam Otak Terhadap Peningkatan Skor Mmse Pekerja Industri Batik Di Lendah Kulon Progo. Tesis: Universitas Gadjah Mada.
- Susanto, A., 2011. *Perkembangan Anak Usia Dini*. Jakarta: Kencana Prenada Media Group.
- Twomey, L.J., 2002. A Study on Brain Gym and Its Effects on Mathematics: Creating a Win-Win Situation in a Canadian Grade School. *Brain Gym® Journal*, Volume XVI, No. 3.
- Van den Broucke, S., 2020. Why health promotion matters to the COVID-19 pandemic, and vice versa. *Health promotion international* vol. 35,2 : 181-186. doi:10.1093/heapro/daaa042.
- Verany, R., Santoso, B., Fanada, M., 2013. Pengaruh Brain Gym Terhadap Tingkat Kognitif Lansia di Panti Sosial Tresna Werdha Warga Tama Indralaya. Palembang : Universitas Sriwijaya.
- Watson, A., Timperio, A., Brown, H., Best, K., & Hesketh, K. D., 2017. Effect of classroom-based physical activity interventions on academic and physical activity outcomes: a systematic review and meta-analysis. *The international journal of behavioral nutrition and physical activity*, 14(1), 114. <https://doi.org/10.1186/s12966-017-0569-9>.
- Widianti, A. T., & Proverawati, A. (2010). *Senam kesehatan*. Yogyakarta: Nuha Medika.
- Yaffee, K., Barnes, D.E., 2009. Epidemiology and Risk Factors. *The Behavioral Neurology of Dementia*. Cambridge Medicine, Cambridge.
- Yusuf, A., Indarwati, R., Jayanto, A., 2017. Brain Gym Improves Cognitive Function for Elderly. *Jurnal Ners*, 5(1), 79-86. doi: <http://dx.doi.org/10.20473/jn.v5i1.3927>.