

DAFTAR PUSTAKA

- Abadi, K., Wijayanti, D., Gunawan, E. A., Rumawas, M. E., & Sutrisna, B., 2013. 'Hipertensi dan Risiko Mild Cognitive Impairment pada Pasien Usia Lanjut'. *Jurnal Kesehatan Masyarakat Nasional*, 8(3), p119-24.
- Alzahrani, S. H., & Alamri, S. H., 2017. 'Prevalence of Malnutrition and Associated Factors Among Hospitalized Elderly Patients isutarton King Abdulaziz University Hospital, Jeddah, Saudi Arabia'. *BMC geriatrics*, 17(1), p136.
- Andrasari, H. R., 2015. 'Hubungan Asupan Vitamin B12 dengan Status Kognitif Anggota Posyandu Lansia Argowaluyo Kota Salatiga 2014'. *Skripsi*. [Online] Dapat Diakses di: <http://repository.ub.ac.id/id/eprint/125223/> [Diakses pada 16 April 2022].
- Arjuna, T., Luscombe-Marsch, N., Soenen, S., Chapman, I., Pramantara, I. D. P., Puspita, N. R. C., 2020. *Health and Nutritional Status of Community-Living Older People in Yogyakarta: A Five Year Follow Up: Protocol Version 2*. Yogyakarta: Universitas Gadjah Mada & Australia: University of Adelaide.
- Arjuna, T., Soenen, S., Hasnawati, R., Lange, K., Chapman, I., & Luscombe-Marsh, N., 2017. 'A Cross-Sectional Study of Nutrient Intake and Health Status among Older Adults in Yogyakarta Indonesia'. *Nutrients*, 9(11), p1240.
- Badan Pusat Statistik, 2018. *Potret Pendidikan Indonesia: Statistik Pendidikan 2018*. Jakarta: Badan Pusat Statistik.
- Badan Pusat Statistik, 2022. *Potret Pendidikan Indonesia: Statistik Pendidikan 2022*. Jakarta: Badan Pusat Statistik.

Banks, J., & Mazzonna, F., 2012. 'The Effect of Education on Old Age Cognitive Abilities: Evidence from a Regression Discontinuity Design', *The Economic Journal*, 122(560), p418-448.

BAPPEDA, 2020. *Indeks Pembangunan Manusia (IPM) Daerah Istimewa Yogyakarta 2016-2020*. [Online] Dapat Diakses di: http://bappeda.jogjaprovo.go.id/dataku/data_dasar/cetak/379-indeks-pembangunan-manusia-i [Diakses pada 1 Juli 2023].

Beydoun, M. A., Kuczmarski, M. F., Kitner-Triolo, M. H., Beydoun, H. A., Kaufman, J. S., Mason, M. S., Evans, M. K., & Zonderman, A. B., 2015. 'Dietary Antioxidant Intake and Its Association with Cognitive Function in An Ethnically Diverse Sample of US Adults'. *Psychosom Med*, 77(1), p68-82.

Borel, P., Desmarchelier, C., Nowicki, M., Bott, R., Tourniaire, F., 2015. 'Can Genetic Variability in α -Tocopherol Bioavailability Explain The Heterogeneous Response to α -Tocopherol Supplements?'. *Antioxid. Redox Signal.*, 22, p669-678.

Borel, P., Preveraud, D., & Desmarchelier, C., 2013. 'Bioavailability of Vitamin E in Humans: An Update. *Nutrition Reviews*, 71(6), p319-331.

Bruins, M. J., Van Dael, P., & Eggersdorfer, M., 2019. 'The Role of Nutrients in Reducing the Risk for Noncommunicable Diseases during Aging'. *Nutrients*, 11(1), p85.

Campbell, D., Bunker, V. W., Thomas, A. J., Clayton, B. E., 1989. 'Selenium and Vitamin E Status of Healthy and Institutionalized Elderly Subjects: Analysis of Plasma, Erythrocytes and Platelets'. *Br. J. Nutr.*, 62, p221-227.

- Chandra, F., Junita, D. D., & Fatmawati, T. Y., 2019. 'Tingkat Pendidikan dan Pengetahuan Ibu Hamil dengan Status Anemia'. *Jurnal Ilmiah Ilmu Keperawatan Indonesia*, 9(04), p653-659.
- Dao, D., Ngo, T., Thong, N., & Nam, P., 2017. 'Is Vitamin A An Antioxidant or A Pro-oxidant?'. *The Journal of Physical Chemistry B*, 121(40), p9348-9357.
- DePhillipo, N. N., Aman, Z. S., Kennedy, M. I., Begley, J. P., Moatshe, G., & LaPrade, R. F., 2018. 'Efficacy of Vitamin C Supplementation on Collagen Synthesis and Oxidative Stress After Musculoskeletal Injuries: A Systematic Review'. *Orthopaedic Journal of Sports Medicine*, 6(10), 2325967118804544. <https://doi.org/10.1177/2325967118804544>
- DePhillipo, N. N., Aman, Z. S., Kennedy, M. I., Begley, J. P., Moatshe, G., & LaPrade, R. F., 2018. 'Efficacy of Vitamin C Supplementation on Collagen Synthesis and Oxidative Stress After Musculoskeletal Injuries: A Systematic Review'. *Orthopaedic Journal of Sports Medicine*, 6(10).
- Ding, K., Zhou, H., Gao, T., Xu, R., Chen, L., Cai, J., Zhang, H., Zhong, F., & Ma, A., 2021. 'Dietary Patterns and Cognitive Function in Older Adults Residing in Rural China'. *Asia Pacific Journal of Clinical Nutrition*, 30(2), p253-262.
- Eggermont, L., Milberg, W. P., Lipsitz, L. A., *et al.*, 2009. 'Physical Activity and Executive Function in Aging: The MOBILIZE Boston Study'. *J Am Geriatr Soc*, 57(10), p1750-1756.
- Ellulu, M. S., Rahmat, A., Patimah, I., Khaza'ai, H., & Abed, Y., 2015. 'Effect of Vitamin C on Inflammation and Metabolic Markers in Hypertensive and/or Diabetic Obese Adults: A Randomized Controlled Trial'. *Drug Design, Development and Therapy*, 9, p3405-3412.

Garcia, K. E., Robinson, E. C., Alexopoulos, D., & Bayly, P. V., *et al.*, 2018.

'Dynamic Patterns of Cortical Expansion During Folding of The Preterm Human Brain'. *PNAS*, 115(12), p3156-3161.

González, R. P., Cruz-Góngora, V. D. L., & Rodríguez, A. S., 2022. 'Serum Retinol Levels Are Associated with Cognitive Function Among Community-Dwelling Older Mexican Adults'. *Nutritional Neuroscience*, 25(9), p1881-1888.

Gupta, C., & Prakash, D., 2015. 'Nutraceuticals For Geriatrics'. *Journal of Traditional and Complementary Medicine*, 5(1), p5-14.

Halliwell, B., 2006. 'Free Radicals in Biochemistry and Medicine'. *Reviews in Cell Biology and Molecular Medicine*.

Harrison, F. E., & May, J. M., 2009. 'Vitamin C Function in The Brain: Vital Role of The Ascorbate Transporter SVCT2'. *Free Radical Biology & Medicine*, 46(6), p719-730. <https://doi.org/10.1016/j.freeradbiomed.2008.12.018>

Harrison, F. E., & May, J. M., 2009. 'Vitamin C Function in The Brain: Vital Role of The Ascorbate Transporter SVCT2'. *Free Radical Biology & Medicine*, 46(6), p719-730. <https://doi.org/10.1016/j.freeradbiomed.2008.12.018>

Hartono. 2008. *Modul Strategi Kognitif*. Surabaya: UNIPA Surabaya.

Hu, C., Yu, D., Sun, X., Zhang, M., Wang, L., and Qin, H. 2017. 'The Prevalence and Progression of Mild Cognitive Impairment Among Clinic and Community Populations: A Systematic Review and Meta-Analysis'. *International Psychogeriatrics*, p1-14.

Hungu, 2007. *Pengertian Jenis Kelamin*. Jakarta: PT. Gramedia.

- Hurlock, E. B., 2006. *Psikologi Perkembangan Suatu Pendekatan Sepanjang Rentang Kehidupan*. Edisi ke-5. Alih bahasa Istiwiidayanti dan Soedjarwo. Jakarta: Erlangga.
- Irianti, T. T., Kuswandi, Nuranto, S., & Purwanto, 2021. *Antioksidan dan Kesehatan*. Yogyakarta: Gadjah Mada University Press.
- Kementrian Kesehatan Republik Indonesia. 2018. *Gizi Pada Lanjut Usia*. Jakarta: Direktur Jendral Pelayanan Kesehatan.
- Kim, J. Y., & Kang, S. W., (2017. 'Relationships between Dietary Intake and Cognitive Function in Healthy Korean Children and Adolescents'. *Journal of lifestyle medicine*, 7(1), p10-17.
- Kohrs, M. B., Dorice, M., Narins, C., & Nordstrom. 1989. *Factors Affecting Nutritional Status of the Elderly: Sociological Factors*. Munro, H. N, & Danford, D. E. (Eds). *Nutrition, Aging, and the Elderly*. New York: Plenum Press.
- Kolleck, I., Schlame, M., Fechner, H., Looman, A. C., Wissel, H., Rüstow, B., 1999. 'HDL is The Major Source of Vitamin E for Type II Pneumocytes'. *Free Radic. Biol. Med.*, 27, p882-890.
- Leonard, S. W., Paterson, E., Atkinson, J. K., Ramakrishnan, R., Cross, C. E., Traber, M. G., 2005. 'Studies in Humans Using Deuterium-Labeled Alpha- and Gamma-Tocopherols Demonstrate Faster Plasma Gamma-Tocopherol Disappearance and Greater Gamma-Metabolite Production'. *Free Radic. Biol. Med.*, 38, p857-866.
- Levin, E. D., Hao, I., Burke, D., Cauley, M., Hall, B. J., Rezvani, A. H., 2014, 'Effects of Tobacco Smoke Constituents, Anabasine and Anatabine, on Memory and Attention in Female Rats'. *J Psychopharmacol*, 28.

- Li, Y., Liu, S., Man, Y., Li, N., & Zhou, Y., 2015. 'Effects of Vitamins E and C Combined with β -carotene on Cognitive Function in The Elderly'. *Experimental and Therapeutic Medicine*, 9, p1489-1493.
<https://doi.org/10.3892/etm.2015.2274>
- Li, Y., Liu, S., Man, Y., Li, N., & Zhou, Y., 2015. 'Effects of Vitamins E and C Combined with β -carotene on Cognitive Function in The Elderly'. *Experimental and Therapeutic Medicine*, 9, p1489-1493.
- Lim, L., Ng, T. P., Ong, A. P., Tan, M. P., Cerina, A. R., Gao, Q., *et al.*, 2018. 'A Novel Language-Neutral Visual Cognitive Assessment Test (VCAT): Validation in Four Southeast Asian Countries'. *Alzheimer's Research & Therapy Journal*, 10(6), p1-9.
- Lloret, A., Esteve, D., Monllor, P., Cervera-Ferri, A., & Lloret, A., 2019. 'The Effectiveness of Vitamin E Treatment in Alzheimer's Disease'. *International Journal of Molecular Sciences*, 20(4), 879.
- Lumbantobing, S. 2008. *Neurologi Klinik pemeriksaan Fisik dan Mental*. Jakarta: FKUI.
- Ma, L. & Chan, P., 2020. 'Understanding the Physiological Links Between Physical Frailty and Cognitive Decline'. *Aging Dis*, 11, p1-14.
- Momtaz, Y. A., Ibrahim, R., Hamid, T. A., Chai, S. T., 2015. 'Smoking and Cognitive Impairment Among Older Persons in Malaysia'. *American Journal of Alzheimer's Disease & Other Dementias*, 30(4), p405-411.
- Nadar, M. S., Hasan, A. M., & Alsaleh, M., 2021. 'The Negative Impact of Chronic Tobacco Smoking on Adult Neuropsychological Function: A Cross-Sectional Study'. *BMC Public Health*, 21, 1278.

- Nieuwenhuis-Mark R. E., 2010. The Death Knoll for The MMSE: Has It Outlived Its Purpose?. *Journal of Geriatric Psychiatry and Neurology*, 23(3), p151-157.
- Noor, C. A., & Merijanti, L. T., 2020. 'Hubungan Antara Aktivitas Fisik dengan Fungsi Kognitif pada Lansia'. *Jurnal Biomedika dan Kesehatan*, 3(1), p8-14.
- Numaliza, & Herlina, S., 2018. 'Hubungan Pengetahuan dan Pendidikan Ibu terhadap Status Gizi Balita'. 1(1), p44-48.
- Ortega, R. M., & others, 1997. 'Dietary Intake and Cognitive Function in A Group of Elderly People'. *The American Journal of Clinical Nutrition*, 66(4), p803-809. <https://doi.org/10.1093/ajcn/66.4.803>
- Pakar Gizi Indonesia, 2016. *Ilmu Gizi: Teori dan Aplikasi*. Jakarta: EGC.
- Parletta, N., Milte, C. M., & Meyer, B. J., 2013. 'Nutritional Modulation of Cognitive Function and Mental Health'. *The Journal of Nutritional Biochemistry*, 24(5), p725-743.
- Passarino, G., De Rango, F., & Montesanto, A., 2016. 'Human Longevity: Genetics or Lifestyle? It Takes Two to Tango'. *Immun Ageing*, 13, 12.
- Permana, I., Rohman, A. A., & Rohita, T., 2019. 'Faktor-Faktor yang Berhubungan dengan Penurunan Fungsi Kognitif pada Lansia'. *Jurnal Kesehatan*, 11(1), p55-62.
- Permana, I., Rohman, A. A., & Rohita, T., 2019. 'Faktor-Faktor yang Berhubungan dengan Penurunan Fungsi Kognitif pada Lansia'. *Biges Jukes*, 11(1), p55-62.

- Pilgrim, A. L., Robinson, S. M., Sayer, A. A., & Roberts, H. C., 2015. 'An Overview of Appetite Decline in Older People'. *Nursing Older People*, 27(5), p29-35. <https://doi.org/10.7748/nop.27.5.29.e697>
- Pullar, J. M., Carr, A. C., Bozonet, S. M., & Vissers, M. C. M., 2018. 'High Vitamin C Status Is Associated with Elevated Mood in Male Tertiary Students'. *Antioxidants (Basel, Switzerland)*, 7(7), p91.
- Pusat Data dan Informasi Kemenkes RI. 2017. *Analisis Lansia di Indonesia*. Jakarta: Kemenkes RI.
- Rahmawati, A., Pramantara, I. D. P., & Purba, M. B., 2012. 'Asupan Zat Gizi Mikro dengan Fungsi Kognitif pada Lanjut Usia'. *Jurnal Gizi Klinik Indonesia*, 8(4), p195-201.
- Richelle, M., Enslin, M., Hager, C., Groux, M., Tavazzi, I., Godin, J. P., Berger, A., Métairon, S., Quaille, S., Piguet-Welsch, C., Sagalowicz, L., Green, H., & Fay, L. B., 2004. 'Both Free and Esterified Plant Sterols Reduce Cholesterol Absorption and The Bioavailability of Beta-Carotene and Alpha-Tocopherol in Normocholesterolemic Humans'. *The American Journal of Clinical Nutrition*, 80(1), p171-177.
- Saenz, J. L., Downer, B., Garcia, M. A., & Wong, R., 2018. 'Cognition and Context: Rural–Urban Differences in Cognitive Aging Among Older Mexican Adults'. *Journal of Aging and Health*, 30(6), p965-986. <https://doi.org/10.1177/0898264317703560>
- Sastroasmoro, S., & Ismael, S., 2016. *Dasar-Dasar Metodologi Penelitian Klinis*. Edisi ke-5. Jakarta: Sagung Seto.

- Sies, H., Stahl, W., & Sundquist, A. R., 1992. 'Antioxidant Functions of Vitamins. Vitamins E and C, Beta-Carotene, and Other Carotenoids'. *Annals of the New York Academy of Sciences*, 669, p7-20.
- Siregar, R. D., Lipoeto, N. I., & Syafrita, Y., 2015. 'Hubungan Konsumsi Antioksidan dari Makanan dengan BetaAmyloid Plasma sebagai Penanda Gangguan Fungsi Kognitif pada Lanjut Usia'. *Jurnal Kesehatan Andalas*, 4(1).
- Stavrinou, P. S., Andreou, E., Aphas, G., Pantzaris, M., Ioannou, M., Patrikios, I. S., & Giannaki, C. D., 2020. 'The Effects of a 6-Month High Dose Omega-3 and Omega-6 Polyunsaturated Fatty Acids and Antioxidant Vitamins Supplementation on Cognitive Function and Functional Capacity in Older Adults with Mild Cognitive Impairment'. *Nutrients*, 12(235), p1-17.
- Sugianto, Faozan, M., & Setyani, A., 2014. *Buku Studi Diet Total: Survei Konsumsi Makanan Individu Daerah Istimewa Yogyakarta 2014*. Jakarta: Badan Penelitian dan Pengembangan Kesehatan.
- Suparmini & Wijayanti, A. T., 2015. *Masyarakat Desa dan Kota (Tinjauan Geografis, Sosiologis dan Historis)*. Universitas Negeri Yogyakarta.
- Syaefudin, 2018. 'Kesadaran Keluarga Petani Terhadap Pentingnya Pendidikan Formal (Studi Kasus di Desa Pogungrejo Bayan Purworejo Jawa Tengah)'. *Jurnal Psikologi Integratif Prodi Psikologi UIN Sunan Kalijaga*, 6(1), p62-80.
- Triasti, A. P., & Pudjonarko, D., 2016. 'Faktor-Faktor yang Mempengaruhi Fungsi Kognitif Penderita Stroke Non Hemoragik'. *Jurnal Kedokteran Diponegoro*, 5(4), p460-474.

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

Vajravelu, H. R., Gnanadurai, T. K., Krishnan, P., & Ayyavoo, S., 2015. 'Impact of
Quantified Smoking Status on Cognition in Young Adults'. *J Clin of Diagn
Res*, 9(12).

Wang C-C, Lu T-H, Liao W-C, Yuan S-C, Kuo P-C, Chuang H-L, et al., 2010.
'Cigarette Smoking and Cognitive Impairment: A 10-Year Cohort Study in
Taiwan'. *Arch Gerontol Geriatr*, 51(2), p143-8.

Wołoszynowska-Fraser, M. U., Kouchmeshky, A., & McCaffery, P., 2020.
'Vitamin A and Retinoic Acid in Cognition and Cognitive Disease'. *Annual
Review of Nutrition*, 40, p247–272. [https://doi.org/10.1146/annurev-nutr-
122319-034227](https://doi.org/10.1146/annurev-nutr-122319-034227)

World Health Organization (WHO), 2010. *Ageing and Health*. [Online] Dapat
Diakses di: [https://www.who.int/news-room/fact-sheets/detail/ageing-and-
health](https://www.who.int/news-room/fact-sheets/detail/ageing-and-health) [Diakses pada 16 April 2022].

Xiang, Y., Zare, H., Guan, C., & Gaskin, D., 2018. 'The Impact of Rural-Urban
Community Settings on Cognitive Decline: Results from A Nationally-
Representative Sample of Seniors in China'. *BMC Geriatrics*, 18(1).