

## DAFTAR PUSTAKA

- Abaraogu, U. O., Duru, D. O., Imaji, B., Ezenwankwo, E. F., & Fawole, H. 2020. Musculoskeletal problems and backpack carriage among students in Nigeria. *Work Reading Mass.* 65(1): 175–180.
- Abrahão, R. F., Ribeiro, I. A. V., & Tereso, M. J. A. 2012. Workload composition of the organic horticulture. *Work Reading Mass.* 41(1): 5355–5360.
- Abrahamová, D., Hlavacka, F., 2008. Age-related changes of human balance during a quiet stance. *Physiology Respiration.* 57: 957–64.
- Afschrift, M., de Groote, F., & Jonkers, I. 2021. Similar sensorimotor transformations control balance during standing and walking. *Public Library of Science Computational Biology.* 17(6): e1008639.
- American College of Sports Medicine. 2018. *ACSM's Guidelines for Exercise Testing and Prescription* (10 ed.). Philadelphia: Wolters Kluwer.
- Andini, L. 2020. *Pengaruh Masa Kerja dan Loyalitas Kerja Terhadap Kinerja Karyawan Pada Kantor Dinas Badan Pertanahan Nasional Kota Medan.* Doctoral dissertation Universitas Medan Area.
- Argata, W. F. 2021. *Hubungan Antara Masa Kerja, Durasi Kerja, Produktivitas Kerja, Dan Sikap kerja Terhadap Nyeri Muskuloskeletal Pada Pekerja Pemetik Teh Di Pt Pagilaran Jati Boja.* Thesis Universitas Diponegoro.
- Arikunto, S., 2010. *Prosedur Penelitian Suatu Pendekatan Praktik.* PT. Bina Aksara, Jakarta.
- Asthan, M.J.A., Alexander, N.B., Endo, M., 2002. Effect of Age and Gender on the Toe Flexor Muscle Strength Biology Science and Medical Science. *Journal of Gerontology.* 57: 392-397.
- Attwells, R.L., Birrell, S.A., Hooper, R.H & Mansfield, N., 2006. Influence of carrying heavy loads on soldier posture, movements and gait. *Ergonomics.* 49 (14): 1527 – 1537.
- Azizah, Nur. 2016. *Hubungan gerakan berulang dengan kelelahan kerja pada pekerja pemetik daun teh di Perkebunan Teh Kemuning Karanganyar.* Laporan Tugas Akhir (D IV) Fakultas Kedokteran UNS.
- Batson, G., 2009. Update On Proprioception Considerations For Dance Education. *Journal of Dance Medical and Science.* 13(2): 35-41.
- Beenken, A., Mohammadi, M., 2009. The FGF family: biology, pathophysiology and therapy. *Nature Review Drugs Discovery.* 8: 235–53.

- Behm, D. G., Blazevich, A. J., Kay, A. D., & McHugh, M. 2015. Acute effects of muscle stretching on physical performance, range of motion, and injury incidence in healthy active individuals: A systematic review. *Applied Physiology, Nutrition and Metabolism*. 41(1): 1–11.
- Ben Moussa Zouita, A., Majdoub, O., Ferchichi, H., Grandy, K., Dziri, C., & Ben Salah, F. Z. 2013. The effect of 8-weeks proprioceptive exercise program in postural sway and isokinetic strength of ankle sprains of Tunisian athletes. *Annals of Physical and Rehabilitation Medicine*. 56(9–10): 634–643.
- Bernard, P.L., Blain, H., Gerazime, A., Maurelli, O., Bousquet, J., Ninot, G. 2018. Relationship between a three-month physical conditioning "posture- balance-motricity and health education" (PBM-HE) program on postural and balance capacities of sedentary older adults: influence of initial motor profile. *European Review of Aging and Physical Activity*. 15: 14.
- Billing, D. C., Silk, A. J., Tofari, P. J., Hunt, A. P., 2015. Effects of military load carriage on susceptibility to enemy fire during tactical combat movements. *Journal of Strength and Conditioning Research*. 29(11): 134–138.
- Bishop, R.D. & Hay, J., 2009. The mechanics of hanging in the air. *Journal of Medical Science and Sports*. 11(3): 274–277.
- Bonnette, S., Riley, M. A., & Verduijn, J. 2013. An alternative perspective on postural stability and variability. *Exercise and Sport Sciences Reviews*. 41(2): 73–74.
- Bouvier, T., Opplert, J., Cometti, C., Babault, N., 2017. Acute effects of static stretching on muscle–tendon mechanics of quadriceps and plantar flexor muscles. *European Journal Applied Physiology*. 117: 1309–1315.
- Brandl, C., Mertens, A., Schlick, C.M., 2017. Ergonomic analysis of working postures using OWAS in semi-trailer assembly, applying an individual sampling strategy. *International Journal of Occupational Safety and Ergonomics*. 23: 110–117.
- Brown, S.P., Miller, W.C., Eason, J., 2006. Neuroanatomy and neuromuscular control of movement exercise physiology. *Journal of Esthetics and Restorative Dentistry*. 13(1): 20-27.
- Buková, A., Chovanová, E., Küchelová, Z., Junger, J., Horbacz, A., Majherová, M., & Duranková, S. 2021. Association between Educational Level and Physical Activity in Chronic Disease Patients of Eastern Slovakia. *Healthcare (Basel, Switzerland)*. 9(11).
- Chang, Y.W., Wu, H.W., Hung, W., Yen, C., 2009. Postural responses in various bases of support and visual conditions in the subjects with functional ankle Instability. *Journal of Sport Science*. 1(4): 87–92.

- Cain, M. S., Ban, R. J., Chen, Y.-P., Geil, M. D., Goerger, B. M., & Linens, S. W. 2020. Four-Week Ankle-Rehabilitation Programs in Adolescent Athletes With Chronic Ankle Instability. *Journal of Athletic Training*. 55(8): 801–810.
- Chatchawan, Uraiwan., Eungpinichpong, Wichai., Plandee, Piyawan., Yamauchi, Junichiro. 2015. Effect of Thai Foot Massage on balance performance. *Medical Science Monitor Basic Research*. 21 : 68-75.
- Cheng, H.S., Law, C.L., Pan, H.F., Hsiao, Y.P., Hu, J.H., Chuang, F.K., 2011. Preliminary results of dancing exercise on postural stability in adolescent females. *Journal of Medical Science*. 27(12): 566–572.
- Choudhary, Y., Bhatia, P., Kumar, M., & Dubey, M. 2022. Prevalence and determinants of musculoskeletal pain among school-going children carrying school bags: A cross-sectional study from Central India. *Journal of Family Medicine and Primary Care*. 11(6): 3045–3050.
- Clarys, J. P., Alewaeters, K., & Zinzen, E., 2001. The influence of geographic variations on muscular activity in selected sports movements. *Journal of Electromyography and Kinesiology*. 11(6): 451–7.
- Cordes, T., Bischoff, L. L., Schoene, D., Schott, N., Voelcker-Rehage, C., Meixner, C., Wollesen, B. 2019. A multicomponent exercise intervention to improve physical functioning, cognition and psychosocial well-being in elderly nursing home residents: a study protocol of a randomized controlled trial in the PROCARE (prevention and occupational health in long-term). *BMC Geriatrics*. 19(1): 369.
- Côté, J. N., 2015. Human posture: from fundamental postural control to workplace interventions. *Gait Posture*. 115(8): 1813-1823.
- Collins, B. C., Laakkonen, E. K., & Lowe, D. A. 2019. Aging of the musculoskeletal system: How the loss of estrogen impacts muscle strength. *Bone*. 123:137–144.
- Dalton, B. H., Rasman, B. G., Inglis, J. T., & Blouin, J. S., 2016. The internal representation of head orientation differs for conscious perception and balance control. *Journal of Physiology*. 13(11): 2995-2998.
- Dankel, S. J., Jessee, M. B., Mattocks, K. T., Mouser, J. G., Counts, B. R., Buckner, S. L., & Loenneke, J. P. 2016. Training to Fatigue: The Answer for Standardization When Assessing Muscle Hypertrophy?. *Sports Medicine*. 47(6): 1021 - 1027.
- Darainy, M., Vahdat, S., Ostry, D. J., 2013. Perceptual learning in sensorimotor adaptation. *Journal of Neuroscience*. 110(9): 2152–2162.

- Das, D. K., Graham, Z. A., & Cardozo, C. P. 2020. Myokines in skeletal muscle physiology and metabolism: Recent advances and future perspectives. *Acta Physiologica*. 228(2): e13367.
- Delshad, M., Ghanbarian, A., Mehrabi, Y., Sarvghadi, F., & Ebrahim, K. 2013. Effect of Strength Training and Short-term Detraining on Muscle Mass in Women Aged Over 50 Years Old. *International Journal of Preventive Medicine*. 4(12): 1386–1394.
- Departemen Kesehatan Republik Indonesia. 2006. *Pos Upaya Kesehatan Kerja*. Jakarta: Depkes RI.
- Dewi, A., 2015. *Perbedaan Aquatic Exercise Therapy Dan Senam Aerobic Low Impact Dalam Meningkatkan Keseimbangan Dinamis Pada Lansia Di Banjar Dharma Santi Denpasar*. Thesis Universitas Udayana, Bali.
- Djarmiko, R. D. 2016. *Keselamatan dan kesehatan kerja*. Deepublish. Yogyakarta.
- Domingues-Faria, C., Vasson, M.-P., Goncalves-Mendes, N., Boirie, Y., & Walrand, S. 2016. Skeletal muscle regeneration and impact of aging and nutrition. *Ageing Research Reviews*. 26:22–36.
- Drake, R.L., Vogl, A.W., Mitchell, A. W., 2012. Gray Anatomy base. *Elsevier*. Churchill Livingstone, Singapore.
- Emery, C., Cassidy, J., Klassen, T., Rosychuk, R., Rowe, B. (2005). Effect of a Home-Based Balance Training Program in Reducing Sports Related Injuries Among Healthy Adolescents: A Cluster Randomized Controlled Trial. *Canadian Medical Association Journal*. 172(6): 749-754.
- Ericsson, P., Björklund, M., & Wahlström, J. 2012. Exposure assessment in different occupational groups at a hospital using Quick Exposure Check (QEC) - a pilot study. *Work Reading Mass*. 41(1): 5718–5720.
- Ferrucci, M., Biagioni, F., Vivacqua, G., Busceti, C. L., Bartalucci, A., Soldani, P., Fornai, F., 2013. The neurobiology of the spinal cord in experimental parkinsonism and parkinson's disease. *Journal of Archives Italiannes de Biology*. 151(4): 219–234.
- Fong, C.-M., Blackburn, J. T., Norcross, M. F., McGrath, M., & Padua, D. A. 2011. Ankle-Dorsiflexion Range of Motion and Landing Biomechanics. *Journal of Athletic Training*. 46(1): 5-10.
- Fuller, G. F. 2000. Falls in the elderly. *American Family Physician*. 61(7): 2159–2168.
- Ganong W.F., 2005. Review of Medical Physiology. *McGraw Hill Companies*. 22<sup>nd</sup> ed.

- Ghahramani, M., Stirling, D., Naghdy, F., Naghdy, G., & Potter, J. 2019. Body postural sway analysis in older people with different fall histories. *Medical & Biological Engineering & Computing*. 57(2): 533–542.
- Gibala, M. J., 2016. Using exercise training to understand control of skeletal muscle metabolism. *Journal of Applied Physiology Nutrition and Metabolism*. 11(3): 251-256.
- Gómez-Galán, M., Pérez-Alonso, J., Callejón-Ferre, Á.-J., & López-Martínez, J. 2017. Musculoskeletal disorders: OWAS review. *Industrial Health*. 55(4): 314–337.
- Granacher, U., Gollhofer, A., Kriemler, S., 2010. Effects of balance training on postural sway, leg extensor strength, and jumping height in adolescents. *Journal Research Quarterly of Exercise Sport*. 81(3): 245–251.
- Grandjean, E 1991. Fatigue. *Encyclopedia of Occupational Health and Safety*, third Edition. ILO, Geneva; 837-839.
- Grimmer, K., Danise, B., Milanese, S., Pirunsan, U., Tront, P., 2002. Adolescent standing postural response to backpack loads : A Randomized Controlled Experimental Study. *Journal of BMC Musculoskeletal Disorder*. 3(10): 10-17.
- Gschwind, Y.J., Kressig, R.W., Lacroix, A., Muehlbauer, T., Pfenninger, B., Granacher, U., 2013. A best practice fall prevention exercise program to improve balance, strength / power, and psychosocial health in older adults: study protocol for a randomized controlled trial. *BMC Geriatr*. 13: 105.
- Guissard, N., Duchateau, J., 2004. Effect of static stretch training on neural and mechanical properties of the human plantar-flexor muscles. *Muscle Nerve* 29: 248–255.
- Gusi, N., Carmelo Adsuar, J., Corzo, H., del Pozo-Cruz, B., Olivares, P.R., Parraca, J.A., 2012. Balance training reduces fear of falling and improves dynamic balance and isometric strength in institutionalized older people: a randomized trial. *Journal of Physiotherapy*. 58: 97–104.
- Guyton, A.C. and Hall, J.E., 2006. *Textbook of Medical Physiology*, in: *Textbook of Medical Physiology*. Elsevier Saunders.
- Ha, M., & Han, D. 2017. The relationship between knee joint angle and knee flexor and extensor muscle strength. *Journal of Physical Therapy Science*. 29(4): 662–664.
- Hajaghazadeh, M., Marvi-milan, H., Khalkhali, H., Mohebbi, I., 2019. Assessing the ergonomic exposure for construction workers during construction of residential buildings. *Journal of Work*. 62: 411–419.

- Hlavenka, T. M., Christner, V. F. K., & Gregory, D. E. 2017. Neck posture during lifting and its effect on trunk muscle activation and lumbar spine posture. *Applied Ergonomics*. 62: 28–33.
- Hamed, A., Bohm, S., Mersmann, F., & Arampatzis, A. 2018. Exercises of dynamic stability under unstable conditions increase muscle strength and balance ability in the elderly. *Scandinavian Journal of Medicine & Science in Sports*. 28(3): 961–971.
- Hamilton, N., Weimar, W. & Luttgens, K., 2008. Kinesiology: Scientific Basic Of Human Motion, 11th ed.
- Hämmig, O. 2020. Work- and stress-related musculoskeletal and sleep disorders among health professionals: a cross-sectional study in a hospital setting in Switzerland. *BMC Musculoskeletal Disorders*. 21(1): 319.
- Han, M.-J., Yuk, G.-C., Gak, H., Suh, S.-R., Kim, S.-G., 2014. Acute Effects of 5 Min of Plantar Flexor Static Stretching on Balance and Gait in the Elderly. *Journal of Physical Therapy and Science*. 26: 131–133.
- Harjanti, E. W., Ismayenti, L., & Sjarifah, I. 2016. *Hubungan Beban Kerja Dengan Kelelahan Kerja Pada Pekerja Pemetik Daun Teh di Perkebunan Teh Kemuning Karanganyar*. Naskah Publikasi Diploma Universitas Sebelas Maret.
- Heinzerling, A., Laws, R. L., Frederick, M., Jackson, R., Windham, G., Materna, B., & Harrison, R. 2020. Risk factors for occupational heat-related illness among California workers, 2000-2017. *American Journal of Industrial Medicine*. 63(12): 1145–1154.
- Hellig, T., Rick, V., Mertens, A., Nitsch, V., & Brandl, C. 2019. Investigation of observational methods assessing workload of static working postures based on surface electromyography. *Journal of Work*. 62(2): 185–195.
- Hendrawan, Arief. 2022. *Segi Praktis Pengukuran Ruang Lingkup Gerak Sendi: Buku Ajar*. Universitas Al- Irsyad : Cilacap.
- Henry, S.M., Fung, J., Horak, F., 2001. Effect of stance width on multidirectional postural responses. *Journal of Neurophysiology*. 85(2): 559–570.
- Heyward, V, Gibson, A. 2014. Advanced Fitness Assessment and Exercise Prescription. *Human Kinetics, 7th Edition*.
- Hignett, S., McAtamney, L., 2000. Rapid entire body assessment (REBA). *Applied Ergonomics*.31: 201–5.

- Hirono, T., Ikezoe, T., Yamagata, M., Kato, T., Kimura, M., & Ichihashi, N. 2021. Relationship between postural sway on an unstable platform and ankle plantar flexor force steadiness in community-dwelling older women. *Gait & Posture*. 84: 227–231
- Hoffmann, C., & Weigert, C. 2017. Skeletal Muscle as an Endocrine Organ: The Role of Myokines in Exercise Adaptations. *Cold Spring Harbor Perspectives in Medicine*. 7(11): a029793.
- Huh, J. Y. 2018. The role of exercise-induced myokines in regulating metabolism. *Archives of Pharmacal Research*. 41(1): 14–29.
- Hwang, S., Agada, P., Kiemel, T., & Jeka, J. J., 2016. Identification of the unstable human postural control system. *Journal of Frontiers System Neuroscience*. 10(8):10-22.
- Hyodo, K., Masuda, T., Aizawa, J., Jinno, T., & Morita, S. 2017. Hip, knee, and ankle kinematics during activities of daily living: a cross-sectional study. *Brazilian Journal of Physical Therapy*. 21(3): 159–166.
- Innocenti, B. 2022. Biomechanics of the knee joint. In *Human Orthopaedic Biomechanics*. 12(4): 239–263.
- International Labour Organization ILO. 2001. *Guideline on Occupational Safety and Health Management System*. Geneva: International Labour Office.
- International Labour Organization (ILO). 2018. *Meningkatkan Keselamatan dan Kesehatan Pekerja Muda*. Jakarta: International Labour Organization.
- Irianto, D., 1999. *Panduan Latihan Kebugaran yang Efektif dan Aman*. Lukman Offset, Jakarta.
- Islami, P. Y. N. 2010. *Marginalisasi perempuan dalam sistem kerja pemetik teh di perkebunan (Studi kasus pemetik teh di PT. Perkebunan Nusantara (PTPN) VIII Gunung Mas, Kecamatan Cisarua, Kabupaten Bogor, Provinsi Jawa Barat)*. Skripsi Institut Pertanian Bogor.
- Iversen, V. M., Norum, M., Schoenfeld, B. J., & Fimland, M. S. 2021. No Time to Lift? Designing Time-Efficient Training Programs for Strength and Hypertrophy: A Narrative Review. *Sports Medicine*. 51(10): 2079–2095.
- Janda, V. 1978. Muscles, Central Nervous Motor Regulation and Back Problems. *The Neurobiologic Mechanisms in Manipulative Therapy*. 27–41.
- Janda, V. 1983. On the Concept of Postural Muscles and Posture in Man. *Australian Journal of Physiotherapy*,. 29(3): 83–84.

- Janda, V., & Jull, G. 1987. Muscles and Motor Control In Low Back Pain: Assessment. *L. T. Twomey and J. R. Taylor, Eds., Physical Therapy of the Low Back.*
- Jannah, E. A., Rahmanto, S., & Lubis, Z. I. 2022. Pengaruh Kombinasi Contract Relax dan Hold Relax Terhadap Penurunan Nyeri Spasme Otot Gastrocnemius pada Pemetik Teh. *Jurnal Fisioterapi Dan Rehabilitasi*, 6(2): 151–160.
- Joudeh, A. A., Alghadir, A. H., Zafar, H., Elwatidy, S. M., Tse, C., & Anwer, S. 2018. Effect of quadriceps and calf muscles fatigue on standing balance in healthy young adult males. *Journal of Musculoskeletal & Neuronal Interactions*. 18(2): 248.
- Kampusch, S., Kaniusas, E., Széles, J.C., 2015. Modulation of Muscle Tone and Sympathovagal Balance in Cervical Dystonia Using Percutaneous Stimulation of the Auricular Vagus Nerve. *Artificial Organs*. 39: 202–212.
- Katayama, Y., Senda, M., Hamada, M., Kataoka, M., Shintani, M., & Inoue, H. 2004. Relationship between postural balance and knee and toe muscle power in young women. *Acta Medica Okayama*. 58(4): 189–195.
- Kee, D. 2020. An empirical comparison of OWAS, RULA and REBA based on self-reported discomfort. *International Journal of Occupational Safety and Ergonomics*. 26(2): 285–295.
- Kee, D. 2022. Systematic Comparison of OWAS, RULA, and REBA Based on a Literature Review. *International Journal of Environmental Research and Public Health*. 19(1): 595.
- Kelly, L. A., Kuitunen, S., Racinais, S., & Cresswell, A. G. 2012. Recruitment of the plantar intrinsic foot muscles with increasing postural demand. *Clinical Biomechanics*. 27(1): 46–51.
- Kementerian Kesehatan, Republik Indonesia. 2013. *Riset Kesehatan Dasar (Riskesdas)*. Jakarta: Kementerian Kesehatan.
- Kementerian Kesehatan, Republik Indonesia. 2017. *Profil Kesehatan Indonesia Tahun 2016*. Jakarta: Kementerian Kesehatan RI.
- Kementerian Kesehatan, Republik Indonesia. 2018. *Pencegahan dan Pengendalian Penyakit Tidak Menular*. Jakarta: Kementerian Kesehatan.
- Kementerian Kesehatan, Republik Indonesia. 2018. *Riset Kesehatan Dasar (Riskesdas)*. Jakarta: Kementerian Kesehatan.
- Kent, C., 2011. Equilibrium of the human body and the gravity lines: the basics. *Journal of European Spine*. 20(5): 558-63.

- Kesuma, H. F. 2022. Hubungan Tingkat Kebugaran Jasmani Dengan Kualitas Tidur Pada Mahasiswa Fakultas Kedokteran Universitas Kristen Duta Wacana Angkatan 2017. Skripsi Universitas Kristen Duta Wacana.
- Khalili, Z., Tosanloo, M.P., Safari, H., Khosravi, B., Zakerian, S.A., Servatian, N., Nodeh, F.H., 2018. Effect of educational intervention on practicing correct body posture to decrease musculoskeletal disorders among computer users. *Journal of Education Health and Promotion*. 7: 166.
- Kim, S. G., & Kim, W. S. 2018. Effect of ankle range of motion (ROM) and lower-extremity muscle strength on static balance control ability in young adults: A regression analysis. *Medical Science Monitor*. 24: 3168–3175.
- Kim, B., & Yim, J. 2020. Core Stability and Hip Exercises Improve Physical Function and Activity in Patients with Non-Specific Low Back Pain: A Randomized Controlled Trial. *The Tohoku Journal of Experimental Medicine*. 251(3):193–206.
- Kimm, B.J., Robinson, C., 2005. Postural control and detection of slip or fall initiation in the elderly population. *Journal of Ergonomics*. 48(9):1065–1085.
- Kirkhorn, S. R., Earle-Richardson, G., & Banks, R. J. 2010. Ergonomic risks and musculoskeletal disorders in production agriculture: recommendations for effective research to practice. *Journal of Agromedicine*. 15(3): 281–299.
- Koltan, A., 2009. An ergonomics approach model to prevention of occupational musculoskeletal injuries. *International Journal of Occupational Safety and Ergonomics*. 15: 113–124.
- Konrad, A., Stafilidis, S., & Tilp, M. 2017. Effects of acute static, ballistic, and PNF stretching exercise on the muscle and tendon tissue properties. *Scandinavian Journal of Medicine & Science in Sports*. 27(10): 1070–1080.
- Koskimies, K., Sutinen, P., Aalto, H., Starck, J., Toppila, E., Hirvonen, T., et al, 1997. Postural Stability, Neck Proprioception And Tension Neck. *Acta otolaryngol*. 529:95-97.
- Kucera, K. L., & Lipscomb, H. J. 2010. Assessment of physical risk factors for the shoulder using the Posture, Activity, Tools, and Handling (PATH) method in small-scale commercial crab pot fishing. *Journal of Agromedicine*. 15(4): 394–404.
- Kulmala, J.-P., Korhonen, M. T., Ruggiero, L., Kuitunen, S., Suominen, H., Heinonen, A., Avela, J., 2016. Walking and running require greater effort from ankle than knee extensor muscles. *Journal of Medical Science Sport and Exercise*. 48(11): 2181- 2189.

- Kurniawati, A. (2011). Rancang Bangun Alat Pendeteksi Keseimbangan Tubuh Manusia. *Jurnal Teknologi Informasi*, 2(2), 181–190.
- Kurz, A., Lauber, B., Franke, S., & Leukel, C. 2021. Balance Training Reduces Postural Sway and Improves Sport-specific Performance in Visually Impaired Cross-Country Skiers. *Journal of Strength and Conditioning Research*. 35(1): 247–252.
- Kusumawati, Y., Limpung, B. P., 2012. Peran Ganda Perempuan Pemetik Teh. *Jurnal Komunitas*. 4(2): 30- 39.
- Laurens, C., Bergouignan, A., & Moro, C. 2020. Exercise-Released Myokines in the Control of Energy Metabolism. *Frontiers in Physiology*. 11: 91.
- Landesa-Piñeiro, L., & Leirós-Rodríguez, R. 2022. Physiotherapy treatment of lateral epicondylitis: A systematic review. *Journal of Back and Musculoskeletal Rehabilitation*. 35(3): 463–477.
- Lazarou, L., Kofotolis, N., Pafis, G., & Kellis, E. 2018. Effects of two proprioceptive training programs on ankle range of motion, pain, functional and balance performance in individuals with ankle sprain. *Journal of Back and Musculoskeletal Rehabilitation*. 31(3): 437–446.
- Leblanc, D. R., Schneider, M., Angele, P., Vollmer, G., & Docheva, D. 2017. The effect of estrogen on tendon and ligament metabolism and function. *The Journal of Steroid Biochemistry and Molecular Biology*. 172: 106–116.
- Lee, T. H., & Han, C. S. 2013. Analysis of Working Postures at a Construction Site Using the OWAS Method. *International Journal of Occupational Safety and Ergonomics*. 19(2): 245–250.
- Lempke, L., Wilkinson, R., Murray, C., & Stanek, J. 2018. The Effectiveness of PNF Versus Static Stretching on Increasing Hip-Flexion Range of Motion. *Journal of Sport Rehabilitation*. 27(3):289–294.
- Lesinski, M., Hortobágyi, T., Muehlbauer, T., Gollhofer, A., Granacher, U., 2015. Effects of Balance Training on Balance Performance in Healthy Older Adults: A Systematic Review and Meta-analysis. *Sports Medicine*. 45: 1721–1738.
- Liao, Z. H., Huang, T., Xiao, J. W., Gu, R. C., Ouyang, J., Wu, G., & Liao, H. 2019. Estrogen signaling effects on muscle-specific immune responses through controlling the recruitment and function of macrophages and T cells. *Skeletal Muscle*. 9(1): 15.
- Lippert, L.S., 2011. 2011. *A Textbook Clinical Kinesiology and Anatomy*. 5th rev.ed, pp: 27.
- Londhe, P., Guttridge, D.C., 2015. Inflammation induced loss of skeletal muscle. *Bone*. 80: 131–142.

- Luciano, T.F., de Oliveira Marques, S., da Silva Pieri, B.L., Roxo de Souza, D., Araújo, L. V, Nesi, R.T., da Luz Scheffer, D., Comin, V.H., Pinho, R.A., Muller, A.P., de Souza, C.T., 2016. Responses of skeletal muscle hypertrophy in Wistar rats to different resistance exercise models. *Physiology Respiration*. 66(2): 317- 323.
- Lusardi, M. M., Fritz, S., Middleton, A., Allison, L., Wingood, M., Phillips, E., Chui, K. K. 2017. Determining Risk of falls in community dwelling older adults: A systematic review and meta-analysis using posttest probability. *Journal of Geriatric Physical Therapy*. 40:1–36.
- Maeda, N., Urabe, Y., Tsutsumi, S., Numano, S., Morita, M., Takeuchi, T., Iwata, S., Kobayashi, T., 2016. Effect of Semi-Rigid and Soft Ankle Braces on Static and Dynamic Postural Stability in Young Male Adults. *Journal of Sports Science Medicine*. 15: 352–357.
- Magon, S., Donath, L., Gaetano, L., Thoeni, A., Radue, E.-W., Faude, O., Sprenger, T., 2016. Striatal functional connectivity changes following specific balance training in elderly people: MRI results of a randomized controlled pilot study. *Gait Posture*. 49: 334–339.
- Makino, H., Hwang, E.J., Hedrick, N.G., Komiyama, T., 2016. Circuit Mechanisms of Sensorimotor Learning. *Journal of Neuron*. 92: 705–721.
- Makmuriyah, S. 2013. Iontophoresis Diclofenac Lebih Efektif Dibandingkan Ultrasound Terhadap Pengurangan Nyeri Pada Myofascial Syndrome Musculus Upper Trapezius. *Jurnal Fisioterapi*. 13(1): 643.
- Marzolini, S., Oh, P., Corbett, D., Dooks, D., Calouro, M., MacIntosh, B.J., Goodman, R., Brooks, D., 2016. Prescribing Aerobic Exercise Intensity without a Cardiopulmonary Exercise Test Post Stroke: Utility of the Six-Minute Walk Test. *Journal of Stroke Cerebrovascular and Disease*. 25(9): 2222- 2231.
- Masitoh, I., 2013. *Fenomena Balance Exercise Untuk Meningkatkan Keseimbangan Postural Lanjut Usia*. Naskah Publikasi Universitas Muhammadiyah Surakarta, Surakarta.
- Maurits, Lientje Setyawati. 2017. *Selintas Tentang Kelelahan Kerja*. Yogyakarta:Amara Books.
- McAtamney, L., Nigel Corlett, E., 1993. RULA: a survey method for the investigation of work-related upper limb disorders. *Applied Ergonomics*. 24: 91–9.
- Mohammadipour, F., Pouranjbar, M., Naderi, S., & Rafie, F. 2018. Work-related Musculoskeletal Disorders in Iranian Office Workers: Prevalence and Risk Factors. *Journal of Medicine and Life*. 11(4): 328–333.

- Moore, K.L. & Dalley, A., 1999. *Posture in Clinically Oriented Anatomy. J.B Lippincott. Wilkins, Philadelphia, 4th ed.*
- Moore, K.L. & Dalley, A., 2006. *Clinically Oriented Anatomy. Lippincott Williams & Wilkins, 5th ed.*
- Muñoz-Cánoves, P., Scheele, C., Pedersen, B. K., & Serrano, A. L. 2013. Interleukin-6 myokine signaling in skeletal muscle: a double-edged sword? *The Federation of European Biochemical Societies Journal*. 280(17): 4131–4148.
- Nasir, S. M., Darainy, M., & Ostry, D. J., 2013. Sensorimotor adaptation changes the neural coding of somatosensory stimuli. *Journal of Neurophysiology*. 109(8): 2077– 2085.
- Nejati, P., Lotfian, S., Moezy, A., & Nejati, M. 2015. The study of correlation between forward head posture and neck pain in Iranian office workers. *International Journal of Occupational Medicine and Environmental Health*. 28(2): 292- 303.
- Nepocaty, S., Ketcham, C.J., Vallabhajosula, S., Balilionis, G., 2016. The effects of unstable surface balance training on postural sway, stability, functional ability and flexibility in women. *Journal of Sports Medicine Physic and Fitness*. 58(1-2): 27- 34.
- Neubert, M. S., Karukunchit, U., & Puntumetakul, R. 2017. Identification of influential demographic and work-related risk factors associated to lower extremity pain perception among rice farmers. *Journal of Work*. 58(4): 489–498.
- Nieman, D. 2012. *Exercise Testing and prescription a health related approach* (7th ed.). McGraw-Hill International Edition.
- Notoatmodjo, S., 2005. *Metodologi Penelitian Kesehatan* (Edisi Revisi). Jakarta: Rineka Cipta.
- Nur Aisyah, N. 2022. *Faktor-Faktor Yang Berhubungan Dengan Nyeri Musculoskeletal Disorders Pada Pemetik Teh Di Pt.Mitra Kerinci Kabupaten Solok Selatan Tahun 2022*. Diploma Sekolah Tinggi Ilmu Kesehatan Alifah Padang.
- Oliv, S., Gustafsson, E., Baloch, A. N., Hagberg, M., & Sandén, H. 2019. The Quick Exposure Check (QEC) - Inter-rater reliability in total score and individual items. *Applied Ergonomics*. 76: 32–37.
- Oosterwijk, A. M., Disseldorp, L. M., van der Schans, C. P., Mouton, L. J., & Nieuwenhuis, M. K. 2019. Joint flexibility problems and the impact of its operationalisation. *Burns*. 45(8): 1819–1826.

- Page, P. 2006. Sensorimotor training: A “global” approach for balance training. In *Journal of Bodywork and Movement Therapies*. 10(1): 77–84.
- Page, P. 2012. Current concepts in muscle stretching for exercise and rehabilitation. *International Journal of Sports Physical Therapy*. 7(1): 109–119.
- Pan, J., Liu, C., Zhang, S., & Li, L., 2016. Tai Chi can improve postural stability as measured by resistance to perturbation related to upper limb movement among healthy older adults. *Journal of Evidence Based Complement Alternative Medicine*. 55(11): 1–9.
- Patti, A., Bianco, A., Şahin, N., Sekulic, D., Paoli, A., Iovane, A., Messina, G., Gagey, P. M., & Palma, A. 2018. Postural control and balance in a cohort of healthy people living in Europe: An observational study. *Medicine*. 97: 52.
- Pedersen, B. K., Steensberg, A., & Schjerling, P. 2001. Muscle-derived interleukin-6: possible biological effects. *The Journal of Physiology*. 536(2): 329–337.
- Pendianto, H. 2012. *Latihan Beban Luar dan Latihan Beban Dalam Terhadap Pukulan*. Naskah Publikasi Universitas Negeri Yogyakarta. Yogyakarta.
- Peterka, R. J., 2002. Sensorimotor Integration in Human Postural Control. *Journal of Physiology*. 88(3): 1097–1118.
- Petersen, A. M. W., & Pedersen, B. K. 2005. The anti-inflammatory effect of exercise. *Journal of Applied Physiology*. 98(4):1154–1162.
- Pizzigalli, L., Micheletti Cremasco, M., Mulasso, A., & Rainoldi, A. 2016. The contribution of postural balance analysis in older adult fallers: A narrative review. *Journal of Bodywork and Movement Therapies*. 20(2): 409–417.
- Prata, M.G., Scheicher, M.E., 2015. Effects of strength and balance training on the mobility, fear of falling and grip strength of elderly female fallers. *Journal of Bodywork Movement and Therapies*. 19: 646–650.
- Kusuma, S.P. 2018. *Keselamatan Kerja dan Pencegahan Kecelakaan* (2nd ed.). Jakarta: PT.Gunung Agung.
- Qu, X., & Nussbaum, M., 2009. Effects Of External Loads On Balance Control During Upright Stance: Experimental Results And Model-Based Predictions. *Journal of Gait Posture*. 29(1): 23–30.
- Rakhmayanti, A., 2014. *Pengaruh Budaya Terhadap Kinerja Pemetik Teh di Pagilaran, Batang*. Naskah Publikasi Universitas Diponegoro. Semarang.
- Reynolds, W., 2010. Sprained Ankle Injury Avoidance and Recovery Exercises. *Journal of Clinical Sports Medicine*. 29(1): 156-167.

- Rivera-Brown, A. M., & Frontera, W. R. 2012. Principles of Exercise Physiology: Responses to Acute Exercise and Long-term Adaptations to Training. *PM&R*. 4(11): 797–804.
- Robertson, L., 2003. Continuing, balance and falls in nursing courses in paramedic, education course in continuing Education course for Nurse. *Journal of Medical Science*. 12(3): 234-237.
- Rogers, M. E., Page, P., Takeshima, N., 2013. Balance training for the older athlete. *Journal of Research Quartile Exercise Sports*. 8(4): 517–530.
- Rugelj, D., & Sevšek, F. 2011. The effect of load mass and its placement on postural sway. *Applied Ergonomics*. 42(6): 860–866.
- Sadeghi, H., Jehu, D. A., Daneshjoo, A., Shakoor, E., Razeghi, M., Amani, A., Yusof, A. 2021. Effects of 8 Weeks of Balance Training, Virtual Reality Training, and Combined Exercise on Lower Limb Muscle Strength, Balance, and Functional Mobility Among Older Men: A Randomized Controlled Trial. *Sports Health*. 13(6): 606–612.
- Salawati, L. 2015. Penyakit akibat kerja dan pencegahan. *Jurnal Kedokteran Syiah Kuala*. 15(2): 91-95.
- Sarto, F., Franchi, M. V., Rigon, P. A., Grigoletto, D., Zoffoli, L., Zanuso, S., & Narici, M. V. 2020. Muscle activation during leg-press exercise with or without eccentric overload. *European Journal of Applied Physiology*. 120(7): 1651–1656.
- Sastroasmoro, S. 2010. *Dasar-dasar Metodologi Penelitian Klinis*. Sagung Seto: Bandung.
- Scanlon, T.C., Fragala, M.S., Stout, J.R., Emerson, N.S., Beyer, K.S., Oliveira, L.P., Hoffman, J.R., 2014. Muscle architecture and strength: Adaptations to short-term resistance training in older adults. *Muscle and Nerve*. 49: 584–592.
- Schiepatti, M., Nardone, A., Schmid, M., 2013. Neck muscle fatigue affects postural control in man. *Journal of Neuroscience*. 121(2): 277–285.
- Schwartz, J., Oh, P., Takito, M. Y., Saunders, B., Dolan, E., Franchini, E., Warburton, D. E. R. 2021. Translation, Cultural Adaptation, and Reproducibility of the Physical Activity Readiness Questionnaire for Everyone (PAR-Q+): The Brazilian Portuguese Version. *Frontiers in Cardiovascular Medicine*. 8: 712696.
- Seay, J. F. 2015. Biomechanics of load carriage--historical perspectives and recent insights. *Journal of Strength and Conditioning Research*. 29(1): 129–33.

- Septiani, A., Achiraeniwati, E., Asad, N. R., & Rejeki, Y. S. 2022. Upaya Perbaikan Teknik Pengangkatan Beban Yang Ergonomis Bagi Pekerja Pemetik Daun Teh Di Perkebunan Teh Pangalengan. *Jurnal Penelitian Dan Pengabdian Kepada Masyarakat*. 10(1): 85–92.
- Serra-Rexach, J. A., Bustamante-Ara, N., Hierro Villarán, M., González Gil, P., Sanz Ibáñez, M. J., Blanco Sanz, N., Lucia, A., 2011. Short-Term, Light- to Moderate-Intensity Exercise Training Improves Leg Muscle Strength in the Oldest Old: A Randomized Controlled Trial. *Journal of the American Geriatric Society*. 59(4): 594– 602.
- Setiorini, A., Agustiniingsih, D., Yunus, J., & Budiharjo, S. 2021. Effect Vladimir Janda Balance Training on Postural Sway and Leg Muscle Strength. *Open Access Macedonian Journal of Medical Sciences*. 9(A): 477–482.
- Shams, F., Mehraban, A. H., & Taghizadeh, G. 2011. The effects of multisensory balance training on postural control in older adults. *Iranian Journal of Ageing*. 6(3): 7- 12.
- Shariat, A., Cleland, J. A., Danaee, M., Kargarfard, M., Moradi, V., & Bahri Mohd Tamrin, S. 2018. Relationships between Cornell Musculoskeletal Discomfort Questionnaire and Online Rapid Office Strain Assessment Questionnaire. *Iranian Journal of Public Health*. 47(11): 1756–1762.
- Sherrington, C., Fairhall, N. J., Wallbank, G. K., Tiedemann, A., Michaleff, Z. A., Howard, K., Lamb, S. E. 2019. Exercise for preventing falls in older people living in the community. *Cochrane Database of Systematic Reviews*. 31(1): CD012424.
- Sherwood, 1996. Fisiologi Manusia dari Sel ke Sistem. ECG, pp. 119–131. Jakarta.
- Shim, J., Jung, J., Kim, H., 2015. The effects of plantar flexor static stretching and dynamic stretching using an aero-step on foot pressure during gait in healthy adults: a preliminary study. *Journal of Physical Therapy Science*. 27: 2155–2157.
- Shokrollahzadeh F, M.A., 2015. The Role of Vision on The Body Balance. Simpson, K.M., Munro, B.J. & Steele, J., 2011. Effect Of Load Mass On Posture, Heart Rate And Subjective Responses Of Recreational Female Hikers To Prolonged Load Carriage. *Applied Ergonomics*. 42(3): 403-410.
- Sibson, B. E., Tobolsky, V. A., Kistner, T. M., Holowka, N. B., Jemutai, J., Sigei, T. K., Lieberman, D. E. (2021). Trunk muscle endurance, strength and flexibility in rural subsistence farmers and urban industrialized adults in western Kenya. *American Journal of Human Biology*. 34(2): 23611.
- Simanungkalit, J. N., & Siagian, S. H. 2022. Bahaya Potensial dan Pengendalian Bahaya di Perkebunan Teh. *Penelitian Perawat Profesional*. 4(1): 35-44.

- Simpson, K.M., Munro, B.J., Steele, J., 2011. Effect of load mass on posture, heart rate and subjective responses of recreational female hikers to prolonged load carriage. *Journal of Applied Ergonomics*. 42(3): 403–410.
- Siregar, N. P., Arfian, N., & Budiharjo, S. 2021. Pengaruh Latihan Keseimbangan Metode Vladimir Janda Terhadap Kekuatan Otot Pada Pelajar Laki - Laki Smp Negeri 15 Medan. *Prima Medical Jurnal*. 6(2): 18-22.
- Skelton, D. 2005. Tailored group exercise (Falls Management Exercise -- FaME) reduces falls in community-dwelling older frequent fallers (an RCT). *Age and Ageing*. 34(6): 636–639.
- Son, J.S., Chae, S.A., Testroet, E.D., Du, M., Jun, H., 2018. Exercise-induced myokines: a brief review of controversial issues of this decade. *Expert Review of Endocrinology and Metabolism*. 13: 51–58.
- Sopiyudin, D. M., 2010. *Langkah-langkah Membuat Proposal Penelitian Bidang kedokteran dan Kesehatan*. Jakarta: CV Sagung Seto.
- Sozzi, S., Honeine, J.-L., Do, M.-C., & Schieppati, M. 2013. Leg muscle activity during tandem stance and the control of body balance in the frontal plane. *Clinical Neurophysiology*. 124(6): 1175–1186.
- Steinberg, N., Hershkovitz, I., Zeev, A., Rothschild, B., & Siev-Ner, I. 2016. Joint Hypermobility and Joint Range of Motion in Young Dancers. *Journal of Clinical Rheumatology : Practical Reports on Rheumatic & Musculoskeletal Diseases*. 22(4): 171–178.
- Sugiono. 2006. *Statistik untuk Kesehatan*. Bandung: Alfabeta.
- Sumarna, U., Sumarni, N., & Rosidin, U. 2018. *Bahaya Kerja Serta Faktor-faktor yang Mempengaruhinya*. Yogyakarta. Deepublish.
- Svenningsen, F. P., Kaalund, E., Christensen, T. Å., Helsinghoff, P. H., Gregersen, N. Y. J. B., Kersting, U. G., & Oliveira, A. S. 2017. Influence of anterior load carriage on lumbar muscle activation while walking in stable and unstable shoes. *Human Movement Science*. 56(Pt B): 20–28.
- Swat, K. 1998. Ergonomic aspects in the prevention of occupational cumulative trauma disorders of the locomotor system. *Medycyna Pracy*. 49(6): 589–602.
- Talis, V. L., & Kazennikov, O. v. 2019. Effects of body turn on postural sway during symmetrical and asymmetrical standing. *Experimental Brain Research*. 237(9): 2231–2237.
- Tanaka, T., Takeda, H., Izumi, T., Ino, S., Ifu, K., 2000. Effect on the location of the centre of gravity and the foot pressure contribution to standing balance associated with aging. *Journal of Ergonomics*. 42(7): 997–1010.

- Tarwaka, Sholichul, Lilik Sudiajeng, 2004. *Ergonomi Untuk Keselamatan, Kesehatan Kerja dan Produktivitas*. UNIBA PRESS. Surakarta.
- Taylor, N.A.S., Peoples, G.E., Petersen, S.R., 2016. Load carriage, human performance, and employment standards. *Journal of Applied Physiology, Nutrition and Metabolism*. 41: 131-147.
- Terada, M., Pietrosimone, B. G., & Gribble, P. A. 2013. Therapeutic Interventions for Increasing Ankle Dorsiflexion After Ankle Sprain: A Systematic Review. *Journal of Athletic Training*. 48(5): 696–709.
- Terra, M. B., da Silva, R. A., Bueno, M. E. B., Ferraz, H. B., & Smaili, S. M. 2020. Center of pressure-based balance evaluation in individuals with Parkinson's disease: a reliability study. *Physiotherapy Theory and Practice*. 36(7): 826–833.
- Tian, M., Park, H., Li, J., Koo, H., & Xu, Q. 2018. Effects of load carriage and work boots on lower limb kinematics of industrial workers. *International Journal of Occupational Safety and Ergonomics*. 24(4): 582–591.
- Ting, M., and McPherson, J., 2005. A Limited Set of Muscle Synergies for Force Control During a Postural Task. *Journal of Neurophysiology*. 93(1): 609-613.
- Toprak Çelenay, Ş., & Özer Kaya, D. 2017. An 8-week thoracic spine stabilization exercise program improves postural back pain, spine alignment, postural sway, and core endurance in university students: a randomized controlled study. *Turkish Journal Of Medical Sciences*. 47: 504–513.
- Tsuraya, M., Zulfitri, R., & Arneliawati. 2018. Gambaran Mekanisme Koping Wanita Dalam Menghadapi Perubahan Fisik Akibat Menopause. *Jurnal Online Mahasiswa Studi Ilmu Keperawatan*. 5(2): 164–173.
- Undang- Undang Republik Indonesia. 2003. UU No.3 tahun 2003 tentang ketenagakerjaan. Republik Indonesia. Jakarta.
- Untung, M., 2015. *Hubungan Antara Beban Kerja Pemetik Teh Dengan Kejadian Nyeri Otot Upper Trapezius Di Perkebunan Teh Kemuning Karanganyar Tawangmangu*. Naskah Publikasi Universitas Muhammadiyah Surakarta, Surakarta.
- Utami, R. F., Munawarah, S., & Khairunissa, H. 2022. Hubungan Gerakan Repetitif Terhadap Kejadian Carpal Tunnel Syndrome (CTS) Pada Pemetik Daun Teh Di PT. Mitra Kerinci Kabupaten Solok Selatan Tahun 2021. *Jurnal Fisioterapi Dan Rehabilitasi*. 6(1): 42–47.
- Verhagen, E., Van der Beek, A, Twisk, J, Bouter, V, Bahr, R., W. van M., 2004. The Effect of a Proprioceptive Balance Board Training Program for the Prevention of Ankle Sprains. *Journal of Sports Medicine*. 32(6): 1385-1393.

- Vernon, H. 1983. An assessment of the intra- and inter-reliability of the posturometer. *Journal of Manipulative and Physiological Therapeutics*. 6(2): 57–60.
- Venetsanou, F. 2009. Effect of an exercise program emphasizing coordination on preschoolers's motor proficiency. *European Psychomotricity Journal*. 2(1): 46–55.
- Victor, J., Labey, L., Wong, P., Innocenti, B., & Bellemans, J. 2009. The influence of muscle load on tibiofemoral knee kinematics. *Journal of Orthopaedic Research*. 28(4): 419-428.
- Ward, R.S., Hayes-Lundy, C., Reddy, R., Brockway, C., Mills, P., 1992. Influence of pressure supports on joint range of motion. *Burns*. 18: 60–2.
- Watson, M.A., & Black, F.O., 2008. The Human Balance System-A Complex Coordination of Central and Peripheral Systems. *Journal of Vestibular*. 19(9): 238- 243.
- Wedell-Neergaard, A.-S., Lang Lehrskov, L., Christensen, R. H., Legaard, G. E., Dorph, E., Larsen, M. K. Krogh-Madsen, R. 2019. Exercise-Induced Changes in Visceral Adipose Tissue Mass Are Regulated by IL-6 Signaling: A Randomized Controlled Trial. *Cell Metabolism*. 29(4): 844-855.
- Wedderkopp, M., Kaltoft, B., Lundgaard, M., Rosndahi, K., F., 1999. Prevention of Injuries in Young Female Players in European Teams. Handball a Prospective Intervention Study. *Journal of Medical Science and Sport*. 9(1): 41–47.
- Whitney, S. L., 2007. The reliability, validity and classification of the four square step test for people with balance deficits secondary to a vestibular disorder. *Journal of Archives Physical Medicine and Rehabilitation*. 88(3): 99–104.
- World Health Organization. 2011. *The World Medicine Situation 2011 3ed*. Rational Use of Medicine. Geneva.
- Yaggie, J. A., & Campbell, B. M. 2006. Effects of Balance Training on Selected Skills. *The Journal of Strength and Conditioning Research*. 20(2): 422.
- Yazdanirad, S., Khoshakhlagh, A., Habibi, E., Zare, A., Zeinodini, M., Dehghani, F., 2018. Comparing the effectiveness of three ergonomic risk assessment methods—RULA, LUBA, and NERPA—to predict the upper extremity musculoskeletal disorders. *Indian Journal of Occupation Environment and Medicine*. 22: 17.

- Yulitania, D. D., 2015. *Perbedaan Pengaruh Peregangan dan William Flexion Exercise Terhadap Nyeri Punggung Bawah Non Spesifik Pada Pemetik Teh di Perkebunan Teh Jamus*. Thesis Universitas Muhammadiyah Surakarta, Surakarta.
- Zhang, L., Liu, G., Han, B., Wang, Z., Yan, Y., Ma, J., & Wei, P. 2020. Knee Joint Biomechanics in Physiological Conditions and How Pathologies Can Affect It: A Systematic Review. *Applied Bionics and Biomechanics*. 2020(3): 7451683.
- Zagyapan, R, Iyem, C, Kurkcuoglu, A, Pelin, C, M. A. T., 2012. The relationship between balance, muscles, and anthropomorphic features in young adults. *Journal of Anatomy and Research International*. 14(10):60-63.
- Zech, A., Hübscher, M., Vogt, L., Banzer, W., Hänsel, F., Pfeifer, K., 2010. Balance training for neuromuscular control and performance enhancement: a systematic review. *Journal of Athletic Training*. 45(4):392–40