

## DAFTAR PUSTAKA

- Abdel-aziem, A.A., Abdelraouf, O.R., El-Basatiny, H.M.Y., & Draz, A.H. (2021). The Effects of Stabilization Exercises Combined With Pelvic Floor Exercise in Women With Nonspecific Low Back Pain: A Randomized Clinical Study. *J. Chiropr. Med.* 20 : 229–238.
- Agustina, A., & Nawati, N. (2021). Hubungan Kecemasan Terhadap Keluhan Menopause Pada Wanita Usia 45-50 Tahun di Kecamatan Tanah Sereal Kota Bogor. *J. Ris. Kesehat. Poltekkes Depkes Bandung* 13 : 457–465.
- Åhlund, S., Nordgren, B., Wilander, E.L., Wiklund, I., & Fridén, C. (2013). Is home-based pelvic floor muscle training effective in treatment of urinary incontinence after birth in primiparous women? A randomized controlled trial. *Acta Obstet. Gynecol. Scand.* 92 : 909–915.
- Al-Safi, Z.A., & Polotsky, A.J. (2015). Obesity and Menopause. *Best Pract. Res. Clin. Obstet. Gynaecol.* 29 : 548–553.
- Ali, M., L, A.B.B., & Febriana, F. (2021). Pengaruh Latihan Mckenzie terhadap Derajat Nyeri pada Dewasa dengan Non-Spesifik Kronik Nyeri Punggung Bawah (Studi Literatur). *J. Fisioter. dan Kesehat. Indones.* 1 : 1–12.
- Allegri, M., Montella, S., Salici, F., Valente, A., Marchesini, M., Compagnone, C., et al. (2016). Mechanisms of low back pain: a guide for diagnosis and therapy. *F1000Research* 5 : 1530.
- Andarmayo, S. (2018). Laporan Akhir Ipteks Bagi Masyarakat (IbM) Internal Tahun 2017 / 2018. Universitas Muhammadiyah Ponorogo.
- Andini, F. (2015). Fauzia Andini| Risk Factors of Low Back Pain in, Workers J MAJORITY |.
- Ayu, D., Trisya, K., Putri, A., & Purnawati, S. (2017). Hubungan Kekuatan Otot Genggam dan Kemampuan Fungsional Pada Lansia Wanita di Posyandu Lansia Desa Dauh Puri Kelod Denpasar Barat.
- Bardin, L.D., King, P., & Maher, C.G. (2017). Diagnostic triage for low back pain: A practical approach for primary care. *Med. J. Aust.* 206 : 268–273.
- Bento, T.P.F., Genebra, C.V. dos S., Maciel, N.M., Cornelio, G.P., Simeão, S.F.A.P., & Vitta, A. de (2020). Low back pain and some associated factors: is there any difference between genders? *Brazilian J. Phys. Ther.* 24 : 79–87.
- Blagosklonny, M. V. (2011). Cell cycle arrest is not senescence. *Aging (Albany. NY).* 3 : 94–101.
- Chiarotto, A., & Koes, B.W. (2022). Nonspecific Low Back Pain. *N. Engl. J. Med.* 386 : 1732–1740.
- Cho, K.J., & Kim, J.C. (2020). Management of urinary incontinence with underactive bladder: A review. *Int. Neurourol. J.*
- Cho, S.T., & Kim, K.H. (2021). Pelvic floor muscle exercise and training for coping

- with urinary incontinence. *J. Exerc. Rehabil.* 17 : 379–387.
- 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.
- Eldeeb, A.M., Abd-Ghafar, K.S., Ayad, W.A., & Sabbour, A.A. (2019). Effect of segmental stabilizing exercises augmented by pelvic floor muscles training on women with postpartum pelvic girdle pain: A randomized controlled trial. *J. Back Musculoskelet. Rehabil.* 32 : 693–700.
- Farahpour, N., Jafarnezhadgero, A.A., Allard, P., & Majlesi, M. (2018). Muscle activity and kinetics of lower limbs during walking in pronated feet individuals with and without low back pain. *J. Electromyogr. Kinesiol.* 39 : 35–41.
- Green, B.N., Johnson, C.D., Haldeman, S., Griffith, E., Clay, M.B., Kane, E.J., *et al.* (2018). A scoping review of biopsychosocial risk factors and comorbidities for common spinal disorders. *PLoS One*.
- Grøn, S., Jensen, R.K., Jensen, T.S., & Kongsted, A. (2019). Back beliefs in patients with low back pain: A primary care cohort study. *BMC Musculoskelet. Disord.* 20.
- Hannibal, K.E., & Bishop, M.D. (2014). Chronic Stress, Cortisol Dysfunction, and Pain: A Psychoneuroendocrine Rationale for Stress Management in Pain Rehabilitation. *Phys. Ther.* 94 : 1816–1825.
- Herlin, C., Kjaer, P., Espeland, A., Skouen, J.S., Leboeuf-Yde, C., Karppinen, J., *et al.* (2018). Modic changes—Their associations with low back pain and activity limitation: A systematic literature review and meta-analysis. *PLoS One*.
- Hoy, D., March, L., Brooks, P., Blyth, F., Woolf, A., Bain, C., *et al.* (2014). The global burden of low back pain: Estimates from the Global Burden of Disease 2010 study. *Ann. Rheum. Dis.* 73 : 968–974.
- Jafarnezhadgero, A.A., Alavi-Mehr, S.M., & Granacher, U. (2019). Effects of anti-pronation shoes on lower limb kinematics and kinetics in female runners with pronated feet: The role of physical fatigue. *PLoS One* 14.
- Jauhar, M., Lestari, R.P., & Surachmi, F. (2021). Studi Literatur : Senam Kegel Menurunkan Frekuensi Berkemih Pada Lansia. *BIMIKI (Berkala Ilm. Mhs. Ilmu Keperawatan Indones.* 9 : 29–38.
- Karimi, M., & Brazier, J. (2016). Health, Health-Related Quality of Life, and Quality of Life: What is the Difference? *Pharmacoeconomics* 34 : 645–649.
- Karjoyo, J.D., Onibala, F., & Pangemanan, D. (2017). Pengaruh Senam Kegel Terhadap Frekuensi Inkontinensia Urine Pada Lanjut Usia Di Wilayah Kerja Puskesmas Tumpaan Minahasa Selatan. *J. Keperawatan UNSRAT* 5 : 107046.
- Karvinen, S., Juppi, H.K., Le, G., Cabelka, C.A., Mader, T.L., Lowe, D.A., *et al.* (2021). Estradiol deficiency and skeletal muscle apoptosis: Possible

contribution of microRNAs. *Exp. Gerontol.* 147 : 1–27.

- Kazeminia, M., Rajati, F., & Rajati, M. (2023). The effect of pelvic floor muscle-strengthening exercises on low back pain: a systematic review and meta-analysis on randomized clinical trials. *Neurol. Sci.*
- Khorasani, F., Ghaderi, F., Bastani, P., Sarbakhsh, P., & Berghmans, B. (2020). The Effects of home-based stabilization exercises focusing on the pelvic floor on postnatal stress urinary incontinence and low back pain: A randomized controlled trial. *Int. Urogynecol. J.* 31 : 2301–2307.
- Kim, H., Shim, J., Seo, Y., Lee, C., & Chang, Y. (2021). What is fecal incontinence that urologist need to know? *Int. Neurourol. J.* 25 : 23–33.
- Krol, J., Loedige, I., & Filipowicz, W. (2010). The widespread regulation of microRNA biogenesis, function and decay. *Nat. Rev. Genet.* 11 : 597–610.
- Lestari, W. (2013). Perbandingan Senam Kegel 1X Seminggu Dengan 3X Seminggu Terhadap Penurunan Frekuensi Buang Air Kecil Pada Wanita Dewasa Usia 50-60 Tahun Dengan Stress Urinary Incontinence. *Maj. Ilm. Fisioter. Indones.* 1 : 1–11.
- Li, W., Gong, Y., Liu, J., Guo, Y., Tang, H., Qin, S., *et al.* (2021). Peripheral and central pathological mechanisms of chronic low back pain: A narrative review. *J. Pain Res.*
- Lovejoy, J., CM Champagne, Jonge, L. de, Xie, H., & Smith, and S. (2008). Increased visceral fat and decreased energy expenditure during the menopausal transition. *Bone* 23 : 1–7.
- Malhotra, N., & Chahal, A. (2018). Effect of pelvic floor exercise on non-specific lower back pain in post-partum women. *Biosci. Biotechnol. Res. Commun.* 11 : 469–475.
- Marini, M., Bendinelli, B., Assedi, M., Occhini, D., Castaldo, M., Fabiano, J., *et al.* (2017). Low back pain in healthy postmenopausal women and the effect of physical activity: A secondary analysis in a randomized trial. *PLoS One* 12 : 1–12.
- Mattiuzzi, C., Lippi, G., & Bovo, C. (2020). Current epidemiology of low back pain. *J. Hosp. Manag. Heal. Policy* 4 : 15–15.
- Merdekawati, D., Dasuki, D., & Melany, H. (2019). Perbandingan Validitas Skala Ukur Nyeri VAS dan NRS Terhadap Penilaian Nyeri di IGD RSUD Raden Mattaher Jambi. *Ris. Inf. Kesehat.* 7 : 114.
- Mosabbir, A. (2023). Mechanisms behind the Development of Chronic Low Back Pain and Its Neurodegenerative Features. *Life.*
- Na, H.R., & Cho, S.T. (2020). Relationship between Lower Urinary Tract Dysfunction and Dementia. *Dement. Neurocognitive Disord.* 19 : 77.
- Newman, D.K. (2014). Pelvic floor muscle rehabilitation using biofeedback. *Urol. Nurs.*

- Newman, D.K., Borello-France, D., & Sung, V.W. (2018). Structured behavioral treatment research protocol for women with mixed urinary incontinence and overactive bladder symptoms. *Neurourol. Urodyn.*
- Ogwumike, O.O., Adeniyi, A.F., & Orogbemi, O.O. (2016). Musculoskeletal pain among postmenopausal women in Nigeria: Association with overall and central obesity. *Hong Kong Physiother. J.* 34 : 41–46.
- Olivieri, F., Ahtiainen, M., Lazzarini, R., Pöllänen, E., Capri, M., Lorenzi, M., *et al.* (2014). Hormone replacement therapy enhances IGF-1 signaling in skeletal muscle by diminishing miR-182 and miR-223 expressions: A study on postmenopausal monozygotic twin pairs. *Aging Cell* 13 : 850–861.
- Patrick, N., Emanski, E., & Knaub, M.A. (2014). Acute and chronic low back pain. *Med. Clin. North Am.*
- Peake, C.M. (2019). Low back pain in adults. *InnovAiT Educ. Inspir. Gen. Pract.* 12 : 643–649.
- Praptika, O.T., Rimawati, R., & Kurniajati, S. (2021). Latihan Dasar Panggul Menurunkan Derajat Inkontinensia Urin Pada Lanjut Usia. *J. Penelit. Keperawatan* 7 : 47–55.
- Raine-Fenning, N.J., Brincat, M.P., & Muscat-Baron, Y. (2003). Skin aging and menopause: Implications for treatment. *Am. J. Clin. Dermatol.* 4 : 371–378.
- Rijal, R., Hardianti, H., & Adliah, F. (2019). Pengaruh Pemberian Kombinasi Kegrel Exercsie dan Bridging Exercsie Terhadap Perubahan Frekuensi Inkontinensia Urin Pada Lanjut Usia di Yayasan Batara Hati Mulia Gowa. *J. Ilm. Kesehat. SANDI HUSADA* 7 : 26–29.
- Saimin, J., Hudfaizah, C., Hafizah, I., Obstetri dan Ginekologi, B., Kedokteran, F., Halu Oleo, U., *et al.* (2016). Kecemasan Wanita Premenopause dalam Menghadapi Masa Menopause, Sebuah Studi Crossectional, Juminten Saimin dkk| Kecemasan Wanita Premenopause dalam Menghadapi Masa Menopasue JK Unila |.
- Senington, B., Lee, R.Y., & Williams, J.M. (2020). Biomechanical risk factors of lower back pain in cricket fast bowlers using inertial measurement units: A prospective and retrospective investigation. *BMJ Open Sport Exerc. Med.* 6.
- Shayan, A., Farshchian, F., Masoumi, S.Z., Soltani, F., Mohammadi, Y., Sepehr, M., *et al.* (2020). The Effect of Pelvic Floor Exercises to Episiotomy in Nulliparous Women in Hamadan. *Pajouhan Sci. J.* 18 : 13–19.
- Srisuharny, M., Diyah, M., Mahtuti A A Prodi, Y., Keperawatan, S., Maharani, S., Kemenkes, P., *et al.* (2020). Perbedaan Tingkat Activity of Daily Living (ADL) antara Lansia Aktif dengan Lansia Tidak Aktif Melakukan Kunjungan ke Posyandu Lansia, PROFESIONAL HEALTH JOURNAL.
- Stirone, C., Duckles, S.P., Krause, D.N., & Procaccio, V. (2005). Estrogen increases mitochondrial efficiency and reduces oxidative stress in cerebral blood vessels. *Mol. Pharmacol.* 68 : 959–965.

- Su, Z., Yang, Z., Xu, Y., Chen, Y., & Yu, Q. (2015). MicroRNAs in apoptosis, autophagy and necroptosis. *Oncotarget* 6 : 8474–8490.
- Teymuri, Z., Hosseinifar, M., & Sirousi, M. (2018). The Effect of Stabilization Exercises on Pain, Disability, and Pelvic Floor Muscle Function in Postpartum Lumbopelvic Pain: A Randomized Controlled Trial. *Am. J. Phys. Med. Rehabil.* 97 : 885–891.
- Urits, I., Burshtein, A., Sharma, M., Testa, L., Gold, P.A., Orhurhu, V., *et al.* (2019). Low Back Pain, a Comprehensive Review: Pathophysiology, Diagnosis, and Treatment. *Curr. Pain Headache Rep.*
- Van Dieën, J.H., Peter Reeves, N., Kawchuk, G., Van Dillen, L.R., & Hodges, P.W. (2019). Analysis of motor control in patients with low back pain: A key to personalized care? *J. Orthop. Sports Phys. Ther.*
- Velarde, M.C. (2013). Pleiotropic actions of estrogen: A mitochondrial matter. *Physiol. Genomics* 45 : 106–109.
- Vlaeyen, J.W.S., Maher, C.G., Wiech, K., Van Zundert, J., Meloto, C.B., Diatchenko, L., *et al.* (2018). Low back pain. *Nat. Rev. Dis. Prim.*
- Wahyuddin, W., Ivanali, K., & Harun, A. (2016). Adaptasi Lintas Budaya Modifikasi Kuesioner Disabilitas Untuk Nyeri Punggung Bawah (Modified Oswestry Low Back Pain Disability Questionnaire/ODI) Versi Indonesia. *J. Fisioter.* 16 : 66–70.
- Wardani, D.A. (2019). Hubungan Dukungan Suami Dengan Kualitas Hidup Perempuan Menopause. *J. Med. Karya Ilm. Kesehat.* 4.
- Yulizawati, & Yulika, M. (2022). Mengenal fase menopause. *J. Ilm. Kedokt. Wijaya Kusuma* 17–24.
- Zaitun, Rizkiyah, D., Nurmasiyah, Z.A.Q., & Muna, K. (2020). Penerapan dalam Menghadapi Menopause Pada Ibu Usia 40-45 Tahun di Kemukiman Unoe Kecamatan Glumpang Baro Kabupaten Pidie. *J. Pengabd. Kpd. Masy.* 2.