

## DAFTAR PUSTAKA

- Ali, N. et al. (2020) "Effect of intradialytic exercise on quality of life of patients with end-stage renal disease on hemodialysis," *The Scientific Journal of Al-Azhar Medical Faculty*, 4(3). Available at: [https://doi.org/10.4103/sjamf.sjamf\\_38\\_20](https://doi.org/10.4103/sjamf.sjamf_38_20).
- Angraini, R. (2021) "Faktor-Faktor yang Mempengaruhi Kualitas Hidup Pasien Penyakit Ginjal Kronik yang Menjalani Hemodialisa," Universitas Aisyiyah Yogyakarta [Preprint]. Available at: [https://digilib.unisayogya.ac.id/5661/1/RISKI%20ANGRAINI\\_1710201161\\_S1%20KEPERAWATAN\\_NASKAH%20PUBLIKASI%20MEDIKAL%20BEDAH%20-%20Riski%20Angraini.pdf](https://digilib.unisayogya.ac.id/5661/1/RISKI%20ANGRAINI_1710201161_S1%20KEPERAWATAN_NASKAH%20PUBLIKASI%20MEDIKAL%20BEDAH%20-%20Riski%20Angraini.pdf) (Accessed: November 21, 2024).
- Apriandini, R. and Bahri, T. (2017) "Kualitas Hidup Pasien Gagal Ginjal Stadium Akhir yang Menjalani Hemodialisis," *Jurnal Ilmiah Mahasiswa Fakultas Keperawatan*, 2(4). Available at: <https://jim.usk.ac.id/FKep/article/view/4727> (Accessed: November 21, 2024).
- Ashby, D. et al. (2019) "Renal Association Clinical Practice Guideline on Haemodialysis," *BMC Nephrology*, 20(1), p. 379. Available at: <https://doi.org/10.1186/s12882-019-1527-3>.
- Bennett, N., Borg, W.R. and Gall, M.D. (1984) "Educational Research: An Introduction," *British Journal of Educational Studies*, 32(3), p. 274. Available at: <https://doi.org/10.2307/3121583>.
- Chang, H.-C., Chen, C.-H. and Cheng, Y.-Y. (2022) "Therapeutic Effects of Intradialytic Exercise on Life Quality of Patients with End-Stage Renal Disease: Study Protocol for a Randomized Control Trial," *Healthcare*, 10(6). Available at: <https://doi.org/10.3390/healthcare10061103>.
- Chow, S.K.Y. and Tam, B.M.L. (2014) "Is the kidney disease quality of life-36 (KDQOL-36) a valid instrument for Chinese dialysis patients?," *BMC Nephrology*, 15(1), p. 199. Available at: <https://doi.org/10.1186/1471-2369-15-199>.
- Courbalay, A. et al. (2021) "Direct and Indirect Relationships Between Physical Activity, Fitness Level, Kinesiophobia, and Health-Related Quality of Life in Patients with Rheumatic and Musculoskeletal Diseases: A Network Analysis," *Journal of Pain Research*, Volume 14, pp. 3387–3399. Available at: <https://doi.org/10.2147/JPR.S323424>.

- Dahlan, M. (2010) *Besar Sampel dan Cara Pengambilan Sampel dalam Penelitian Kedokteran dan Kesehatan*. 3rd edn. Jakarta: SalembaMedika.
- Dialysis (2023) National Kidney Foundation. Available at: <https://www.kidney.org/kidney-topics/dialysis> (Accessed: November 21, 2024).
- End Stage Renal Disease (ESRD) (2023) John Hopkins Medicine. Available at: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/end-stage-renal-failure#:~:text=End%2Dstage%20renal%20failure%2C%20also,longer%20function%20on%20their%20own.> (Accessed: November 21, 2024).
- Farhud, D.D. (2015) "Impact of Lifestyle on Health.," *Iranian journal of public health*, 44(11), pp. 1442–4. Available at: <https://pmc.ncbi.nlm.nih.gov/articles/PMC4703222/#:~:text=Problems%20like%20metabolic%20diseases%2C%20joint,in%20life%20of%20all%20people.> (Accessed: November 21, 2024).
- Fielding, C. (2019) "Haemodialysis," in *Renal Nursing*. Wiley, pp. 179–233. Available at: <https://doi.org/10.1002/9781119413172.ch8>.
- Gupta, R., Woo, K. and Yi, J.A. (2021) "Epidemiology of end-stage kidney disease," *Seminars in Vascular Surgery*, 34(1). Available at: <https://doi.org/10.1053/j.semvascsurg.2021.02.010>.
- Harmilah et al. (2020) "Latihan Intradialitik Mempertahankan Tanda-Tanda Vital dan Meningkatkan Kualitas Hidup Pasien Hemodialisis," *Poltekkes Kemenkes Yogyakarta* [Preprint]. Available at: <http://eprints.poltekkesjogja.ac.id/id/eprint/5023> (Accessed: November 21, 2024).
- Hashmi, M., Benjamin, O. and Lappin, S. (2023) *End-Stage Renal Disease*. Statpearls Publishing. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK499861/> (Accessed: November 21, 2024).
- Hastjarjo, T.D. (2019) "Rancangan Eksperimen-Kuasi," *Buletin Psikologi*, 27(2), p. 187. Available at: <https://doi.org/10.22146/buletinpsikologi.38619>.
- Hedayati, S.S. et al. (2008) "Death or hospitalization of patients on chronic hemodialysis is associated with a physician-based diagnosis of depression," *Kidney International*, 74(7), pp. 930–936. Available at: <https://doi.org/10.1038/ki.2008.311>.

- Hemodialysis (2024) National Kidney Foundation. Available at: <https://www.kidney.org/kidney-topics/hemodialysis> (Accessed: November 21, 2024).
- Hu, H. et al. (2023) “Effects of Different Exercises on Physical Function, Dialysis Adequacy, and Health-Related Quality of Life in Maintenance Hemodialysis Patients: A Systematic Review and Network Meta-Analysis,” *American Journal of Nephrology*, 54(9–10), pp. 379–390. Available at: <https://doi.org/10.1159/000532109>.
- Hudoyo, M. (2018) “Validitas dan Reliabilitas Kidney Disease Quality of Life-36 (KDQOL-36) Pada Pasien Dengan Hemodialisis di Rumah Sakit Akademik Universitas Gadjah Mada Yogyakarta,” Universitas Gadjah Mada [Preprint].
- James, M.T. et al. (2019) “Incidence and Prognosis of Acute Kidney Diseases and Disorders Using an Integrated Approach to Laboratory Measurements in a Universal Health Care System,” *JAMA Network Open*, 2(4). Available at: <https://doi.org/10.1001/jamanetworkopen.2019.1795>.
- Jeong, J.H. et al. (2019) “Results from the randomized controlled IHOPE trial suggest no effects of oral protein supplementation and exercise training on physical function in hemodialysis patients,” *Kidney International*, 96(3), pp. 777–786. Available at: <https://doi.org/10.1016/j.kint.2019.03.018>.
- Johansen, K.L. et al. (2000) “Physical activity levels in patients on hemodialysis and healthy sedentary controls,” *Kidney International*, 57(6). Available at: <https://doi.org/10.1046/j.1523-1755.2000.00116.x>.
- Johansen, K.L. (2007) “Exercise in the End-Stage Renal Disease Population,” *Journal of the American Society of Nephrology*, 18(6). Available at: <https://doi.org/10.1681/ASN.2007010009>.
- Levey, A.S. et al. (2005) “Definition and classification of chronic kidney disease: A position statement from Kidney Disease: Improving Global Outcomes (KDIGO),” *Kidney International*, 67(6), pp. 0–0. Available at: <https://doi.org/10.1111/j.1523-1755.2005.00365.x>.
- Lin, Chia-Huei et al. (2021) “Effects of Intradialytic Exercise on Dialytic Parameters, Health-Related Quality of Life, and Depression Status in Hemodialysis Patients: A Randomized Controlled Trial,” *International Journal of Environmental Research and Public Health*, 18(17), p. 9205. Available at: <https://doi.org/10.3390/ijerph18179205>.
- López, M.T.M. et al. (2022) “Factors associated with quality of life and its prediction in kidney patients on haemodialysis,” *Nefrología (English*

- Edition), 42(3), pp. 318–326. Available at: <https://doi.org/10.1016/j.nefro.2022.07.007>.
- Mang, C.S. et al. (2013) “Promoting Neuroplasticity for Motor Rehabilitation After Stroke: Considering the Effects of Aerobic Exercise and Genetic Variation on Brain-Derived Neurotrophic Factor,” *Physical Therapy*, 93(12), pp. 1707–1716. Available at: <https://doi.org/10.2522/ptj.20130053>.
- March, D.S. et al. (2021) “A Cost-Effective Analysis of the CYCLE-HD Randomized Controlled Trial,” *Kidney International Reports*, 6(6), pp. 1548–1557. Available at: <https://doi.org/10.1016/j.ekir.2021.02.036>.
- Martins, P. et al. (2021) “Association between physical activity and mortality in end-stage kidney disease: a systematic review of observational studies,” *BMC Nephrology*, 22(1). Available at: <https://doi.org/10.1186/s12882-021-02407-w>.
- Moeinzadeh, F., Shahidi, S. and Shahzeidi, S. (2022) “Evaluating the effect of intradialytic cycling exercise on quality of life and recovery time in hemodialysis patients: A randomized clinical trial,” *Journal of Research in Medical Sciences*, 27(1), p. 84. Available at: [https://doi.org/10.4103/jrms.jrms\\_866\\_21](https://doi.org/10.4103/jrms.jrms_866_21).
- Nandikasari, D. (2020) “Pengaruh Latihan Intradialisis terhadap Kelelahan Pasien Gagal Ginjal Kronik dengan Hemodialisis di RSUD Tidar Magelang,” *Repository Universitas Ndugi Waluyo [Preprint]*. Available at: <http://repository2.unw.ac.id/id/eprint/691> (Accessed: November 21, 2024).
- Oh-Park, M. et al. (2002) “Exercise for the Dialyzed,” *American Journal of Physical Medicine & Rehabilitation*, 81(11), pp. 814–821. Available at: <https://doi.org/10.1097/00002060-200211000-00003>.
- Reina-Gutiérrez, S. et al. (2022) “The type of exercise most beneficial for quality of life in people with multiple sclerosis: A network meta-analysis,” *Annals of Physical and Rehabilitation Medicine*, 65(3), p. 101578. Available at: <https://doi.org/10.1016/j.rehab.2021.101578>.
- Report of Indonesian Renal Registry (2018). Bandung. Available at: <https://www.indonesianrenalregistry.org/data/IRR> (Accessed: November 21, 2024).
- Ritianingsih, N. and Sahat, C.S. (2019) “Pengaruh Latihan Fisik Terhadap Kualitas Hidup Pasien Hemodialisis,” *Jurnal Riset Kesehatan Poltekkes*

- Depkes Bandung, 6(2), pp. 91–96. Available at: <https://doi.org/10.34011/juriskesbdg.v6i2.715>.
- Salhab, N. et al. (2019) “Effects of intradialytic aerobic exercise on hemodialysis patients: a systematic review and meta-analysis,” *Journal of Nephrology*, 32(4), pp. 549–566. Available at: <https://doi.org/10.1007/s40620-018-00565-z>.
- Schatell, D. and Witten, B. (2012) “Measuring Dialysis Patients’ Health-Related Quality of Life with the KDQOL-36TM,” *KDQOL Complete* [Preprint]. Available at: <https://www.kdqol-complete.org/> (Accessed: November 21, 2024).
- Schousboe, J.T. et al. (2019) “Depressive Symptoms and Total Healthcare Costs: Roles of Functional Limitations and Multimorbidity,” *Journal of the American Geriatrics Society*, 67(8), pp. 1596–1603. Available at: <https://doi.org/10.1111/jgs.15881>.
- Setiati, S. et al. (eds) (2014) *Buku Ajar Ilmu Penyakit Dalam*. 6th edn. Jakarta Pusat: InternaPublishing.
- Shukla, L. and Shukla, L.H. (2017) “The effects of intradialytic exercises on quality of life of older hemodialysis patients,” *MedPulse International Journal of Physiotherapy*, 3(1). Available at: <https://doi.org/10.26611/1017312>.
- Silverman, M.N. and Deuster, P.A. (2014) “Biological mechanisms underlying the role of physical fitness in health and resilience,” *Interface Focus*, 4(5), p. 20140040. Available at: <https://doi.org/10.1098/rsfs.2014.0040>.
- Sugiyono (2014) *Metode Penelitian Kuantitatif Kualitatif dan R & D*. Bandung: Alfabeta.
- Sujarweni, W. (2019) *Metodologi Penelitian Bisnis Ekonomi*. 1st edn. Yogyakarta: PT Pustaka Barupress.
- Teoli, D. and Bhardwaj, A. (2022) *Quality of Life*, StatPearls. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK536962/> (Accessed: November 21, 2024).
- The Top 10 Causes of Death (2020) World Health Organization. Available at: <https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death> (Accessed: November 21, 2024).
- Thurlow, J.S. et al. (2021) “Global Epidemiology of End-Stage Kidney Disease and Disparities in Kidney Replacement Therapy,” *American Journal of Nephrology*, 52(2). Available at: <https://doi.org/10.1159/000514550>.

- Usmadi (2020) “Pengujian Persyaratan Analisis (Uji Homogenitas dan Uji Normalitas),” *Inovasi Pendidikan*, 7(1). Available at: <https://doi.org/https://doi.org/10.31869/ip.v7i1.2281>.
- Wahida, A.Z., Rumahorbo, H. and Murtiningsih (2023) “The effectiveness of intradialytic exercise in ameliorating fatigue symptoms in patients with chronic kidney failure undergoing hemodialysis: A systematic literature review and meta-analysis,” *Journal of Taibah University Medical Sciences*, 18(3), pp. 512–525. Available at: <https://doi.org/10.1016/j.jtumed.2022.11.004>.
- WHOQOL: Measuring Quality of Life (2012) World Health Organization. Available at: <https://iris.who.int/handle/10665/63482> (Accessed: November 21, 2024).
- Yan, M.-T., Chao, C.-T. and Lin, S.-H. (2021) “Chronic Kidney Disease: Strategies to Retard Progression,” *International Journal of Molecular Sciences*, 22(18), p. 10084. Available at: <https://doi.org/10.3390/ijms221810084>.
- Yang, J. and He, W. (eds) (2020) *Chronic Kidney Disease*. Singapore: Springer Singapore. Available at: <https://doi.org/10.1007/978-981-32-9131-7>.
- Yonata, A. et al. (2022) “Factors Affecting Quality of Life in Hemodialysis Patients,” *International Journal of General Medicine*, Volume 15, pp. 7173–7178. Available at: <https://doi.org/10.2147/IJGM.S375994>.