

Daftar Pustaka

- Absor, M. U., McDonald, P., & Utomo, A. (2023). Economic disadvantage among older people in rural Indonesia: Risk and protective factors. *Population Ageing*, 16, 919–937. <https://doi.org/10.1007/s12062-022-09406-1>
- Aldao, A., Nolen-Hoeksema, S., & Schweizer, S. (2010). Emotion-regulation strategies across psychopathology: A meta-analytic review. *Clinical Psychology Review*, 30(2), 217–237. <https://doi.org/10.1016/j.cpr.2009.11.004>
- Aldea, M. A., & Rice, K. G. (2006). The role of emotional dysregulation in perfectionism and psychological distress. *Journal of Counseling Psychology*, 53(4), 498–510. <https://doi.org/10.1037/0022-0167.53.4.498>
- Ambrose, A. F., Paul, G., & Hausdorff, J. M. (2013). Risk factors for falls among older adults: a review of the literature. *Maturitas*, 75(1), 51–61. <https://doi.org/10.1016/j.maturitas.2013.02.009>
- Anderson, J. C., & Gerbing, D. W. (1988). Structural equation modeling in practice: A review and recommended two-step approach. *Psychological Bulletin*, 103(3), 411–423. <https://doi.org/10.1037/0033-2909.103.3.411>
- Arovah, N. I., & Heesch, K. C. (2020). Reliability and validity of the Indonesian version of the SF-36 questionnaire. *Journal of Preventive Medicine & Public Health*, 53(4), 232–240. <https://doi.org/10.3961/jpmph.20.120>
- Arywibowo, J. D., & Rozi, H. F. (2024). Kualitas hidup lansia yang tinggal di panti wreda dan faktor-faktor yang memengaruhinya: Tinjauan pustaka pada lansia di Indonesia. *Jurnal Empati*, 13(2), 129–142. <https://doi.org/10.14710/empati.2024.43336>
- Asmamaw, A. T. (2024). Emotion regulation across the lifespan: Adapting interventions for children, adults, and older adults. *IntechOpen*. <https://doi.org/10.5772/intechopen.1006518>
- Asmorowati, S., Schubert, V., & Supeno, E. (2024). Stretching the social protection system beyond capacity: Tensions between governance capacity and conceptualisations of elder care in nursing homes in Indonesia. *International Journal of Sociology and Social Policy*, 44(11-12), 1200–1218. <https://doi.org/10.1108/IJSSP-12-2023-0322>
- Asosiasi LBH APIK Indonesia. (2021). *Buku saku mengenal hak dasar lansia*. https://lbhapik.or.id/wp-content/uploads/2021/02/Buku-Saku_Mengenal-Hak-Dasar-Lansia.pdf
- Azwar, S. (2015). *Penyusunan skala psikologi*. Pustaka Pelajar.
- Badan Pusat Statistik. (2019). *Statistik Indonesia 2019* (Nomor katalog: 1101001; Nomor publikasi: 03220.1911). Badan Pusat Statistik.
- Beames, J. R., Gordon, L., Seal, M. L., & Schwartz, O. S. (2021). Anxiety, depression, and quality of life—A systematic review of evidence from longitudinal observational studies. *Translational Psychiatry*, 11(1), 1–14. <https://doi.org/10.1038/s41398-021-01620-8>
- Bolding, D. J., & Corman, E. (2019). Falls in the Geriatric Patient. *Clinics in geriatric medicine*, 35(1), 115–126. <https://doi.org/10.1016/j.cger.2018.08.010>
- Borglin, G., Edberg, A.-K., & Hallberg, I. R. (2005). The experience of quality of life among older people. *Journal of Aging Studies*, 19(1), 201–220. <https://doi.org/10.1016/j.jaging.2004.04.001>



- (2025). Kenali risiko jatuh (fall risk) dan cara mencegahnya. Halodoc. <https://www.halodoc.com/artikel/kenali-risiko-jatuh-fall-risk-dan-cara-mencegahnya?srsltid=AfmBOoooDU0IeehQIILazzujwef0YEG7oyOIKT8jndKLOshRMeL6uCVf>
- Carstensen, L. L., Funk, H. H., & Charles, S. T. (2003). Socioemotional selectivity theory and the regulation of emotion in the second half of life. *Motivation and Emotion*, 27(2), 103–123. <https://doi.org/10.1023/A:1024569803230>
- Centers for Disease Control and Prevention. (2023). Functional limitation. National Center for Health Statistics. <https://www.cdc.gov/nchs/hus/topics/functional-limitation.htm>
- Charles, S. T., & Carstensen, L. L. (2010). Social and emotional aging. *Annual Review of Psychology*, 61, 383–409. <https://doi.org/10.1146/annurev.psych.093008.100448>
- Christanti, D., Prasetyo, E., & Tedjawidjaja, D. (2024). Kualitas hidup mahasiswa: Tinjauan dari peran dukungan sosial keluarga, teman, dan significant others. *Jurnal Psikologi Tabularasa*, 19(1), 59–72. <https://doi.org/10.26905/jpt.v19i1.10721>
- Christopher, G., & Facal, D. (2023). Editorial: Emotion regulation and mental health in older adults. *Frontiers in Psychology*, 14, Article 1173314. <https://doi.org/10.3389/fpsyg.2023.1173314>
- Djamhari, E. A., Ramdlaningrum, H., Layyinah, A., Chrisnahutama, A., & Prasetya, D. (2021). Kondisi kesejahteraan lansia dan perlindungan sosial lansia di Indonesia. <https://repository.theprakarsa.org/publications/337888/>
- Fernández-Gómez, E., García-García, E., & Díaz-Rodríguez, L. (2023). Meshing anxiety, depression, quality of life, and functionality in chronic disease. *Healthcare*, 13(5), 539. <https://doi.org/10.3390/healthcare13050539>
- Fleischmann, M., Xue, B., & Head, J. (2020). Mental health before and after retirement—Assessing the relevance of psychosocial working conditions: The Whitehall II prospective study of British civil servants. *The Journals of Gerontology: Psychological Sciences and Social Sciences*, 75(2), 403–413. <https://doi.org/10.1093/geronb/gbz042>
- Fredrickson, B. L. (2001). The role of positive emotions in positive psychology. The broaden-and-build theory of positive emotions. *The American Psychologist*, 56(3), 218–226. <https://doi.org/10.1037//0003-066x.56.3.218>
- Fresco, D. M., Mennin, D. S., Heimberg, R. G., & Ritter, M. (2013). Emotion Regulation Therapy for Generalized Anxiety Disorder. *Cognitive and Behavioral Practice*, 20(3), 282–300. <https://doi.org/10.1016/j.cbpra.2013.02.001>
- Furtado, G. E., Caldo, A., Vieira-Pedrosa, A., Letieri, R. V., Hogervorst, E., Teixeira, A. M., & Ferreira, J. P. (2020). Emotional well-being and cognitive function have robust relationship with physical frailty in institutionalized older women. *Frontiers in Psychology*, 11, 1568. <https://doi.org/10.3389/fpsyg.2020.01568>
- Gopalakrishnan, N., & Blane, D. (2008). Quality of life in older ages. *British Medical Bulletin*, 85(1), 113–126. <https://doi.org/10.1093/bmb/ldn003>
- Guralnik, J. M., Ferrucci, L., Simonsick, E. M., Salive, M. E., & Wallace, R. B. (1995). Lower-extremity function in persons over the age of 70 years as a predictor of subsequent disability. *New England Journal of Medicine*, 332(9), 556–562. <https://doi.org/10.1056/NEJM199503023320902>
- Gyasi, R. M., Asante, F., Hambali, M. G., Odei, J., Jacob, L., Obeng, B., Peprah, P., Asamoah, E., Agyemang-Duah, W., Abass, K., Asiki, G., & Adam, A. M. (2023). Mobility limitations and emotional dysfunction in old age: The moderating effects of physical

- activity and social ties. *International Journal of Geriatric Psychiatry*, 38(7), e5969. <https://doi.org/10.1002/gps.5969>
- Gross, J. J. (1998). Antecedent- and response-focused emotion regulation: Divergent consequences for experience, expression, and physiology. *Journal of Personality and Social Psychology*, 74(1), 224–237. <https://doi.org/10.1037/0022-3514.74.1.224>
- Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85(2), 348–362. <https://doi.org/10.1037/0022-3514.85.2.348>
- Haghighat, M., & Huo, M. (2022). When love hurts: Ambivalent ties influence the link between functional limitations and well-being. *Innovation in Aging*, 6(Suppl. 1), Article 308. <https://doi.org/10.1093/geroni/igac059.1219>
- Huxhold, O., Fiori, K. L., & Windsor, T. D. (2013). The dynamic interplay of social network characteristics, subjective well-being, and health: The costs and benefits of socio-emotional selectivity. *Psychology and Aging*, 28(1), 3–16. <https://doi.org/10.1037/a0030170>
- Idris, H., & Nurafni. (2023). Inpatient care utilization among elderly in Indonesia: A cross-sectional study from Indonesia Family Life Survey. *The Indonesian Journal of Public Health*, 18(2), 242–252. <https://doi.org/10.20473/ijph.v18i2.2023.242-252>
- Ingrand, I., Paccalin, M., Liuu, E., Gil, R., & Ingrand, P. (2018). Positive perception of aging is a key predictor of quality-of-life in aging people. *PLOS ONE*, 13(10), e0204044. <https://doi.org/10.1371/journal.pone.0204044>
- James, P., Nadarajah, Y., Haive, K., & Stead, V. (2012). Engaged theory and social mapping. In *Sustainable communities, sustainable development: Other paths for Papua New Guinea* (pp. 32–57). University of Hawai'i Press. <https://doi.org/10.21313/hawaii/9780824835880.003.0002>
- Jette, A. M. (2006). Toward a common language for function, disability, and health. *Physical Therapy*, 86(5), 726–734. <https://doi.org/10.1093/ptj/86.5.726>
- Jung, H., Tanaka, S., Iwamoto, Y., Yamasaki, M., & Tanaka, R. (2021). Relationship between mobility-related activities of daily living and health-related quality of life among healthy older adults: A cross-sectional study using structural equation modeling. *Journal of Physical Therapy Science*, 33(5), 395–400. <https://doi.org/10.1589/jpts.33.395>
- Kim, B. R., & Hwang, H.-H. (2022). Analysis of major factors affecting the quality of life of the elderly in Korea in preparation for a super-aged society. *International Journal of Environmental Research and Public Health*, 19(15), 9618. <https://doi.org/10.3390/ijerph19159618>
- Kim, K. S. (2017). Effects of the health status and health behavior on health-related quality of life of the elderly living alone and living with their families: Using data from the 2014 Community Health Survey. *Journal of Korean Academy of Community Health Nursing*, 28(1), 78–87. <https://doi.org/10.12799/jkachn.2017.28.1.78>
- Kim, M. Y., Bigman, Y., & Tamir, M. (2015). Emotion regulation. In J. D. Wright (Ed.), *International Encyclopedia of the Social & Behavioral Sciences* (2nd ed., pp. 452–456). Elsevier. <https://doi.org/10.1016/B978-0-08-097086-8.25055-1>
- Kwan, E., & Straus, S. E. (2014). Assessment and management of falls in older people. *CMAJ : Canadian Medical Association journal = journal de l'Association medicale canadienne*, 186(16), E610–E621. <https://doi.org/10.1503/cmaj.131330>
- Lamers, S. M. A., Westerhof, G. J., Bohlmeijer, E. T., ten Klooster, P. M., & Keyes, C. L. M. (2011). Mental health and quality of life in older adults: Its association with

- emotional distress and psychological wellbeing. *International Journal of Geriatric Psychiatry*, 26(6), 556–563. <https://doi.org/10.1002/gps.2588>
- Lestari, M. D., Septiani, A., Gabby, P. G., Wulandari, C., Ditasari, N., & Ariyanti, S. (2025). Literature review: Hubungan aktivitas fisik dengan penurunan gejala depresi pada lansia. *Jurnal Mahasiswa Kreatif*, 3(1), 130–140. <https://doi.org/10.59581/jmk-widyakarya.v3i1.4557>
- Liu, C., & Shiroy, D. M. (2024). Is functional training functional? A systematic review of its effects in community-dwelling older adults. *European Review of Aging and Physical Activity*, 21(3), 1–15. <https://doi.org/10.1186/s11556-024-00366-3>
- Luhath, B. J. T., Djoar, R. K., & Prastyawati, I. Y. (2024). KUALITAS HIDUP PADA LANSIA DENGAN HIPERTENSI. *JPK : Jurnal Penelitian Kesehatan*, 14(1), 37–43. <https://doi.org/10.54040/jpk.v14i1.260>
- Luo, J., Zhao, D., Gao, T., He, J., & Zhou, C. (2024). Activities of daily living limitations and the use of physical examination among older adults with informal care in China: Do gender and residence make differences? *BMC Geriatrics*, 24(1), 673. <https://doi.org/10.1186/s12877-024-04673-3>
- López-Torres Hidalgo, J. (2023). The effect of lifestyle interventions on anxiety, depression, and stress: A systematic review and meta-analysis of randomized clinical trials. *Journal of Clinical Medicine*, 12(8), 3145. <https://doi.org/10.3390/jcm12083145>
- Luong, G., Charles, S. T., & Fingerman, K. L. (2011). Better with age: Social relationships across adulthood. *Journal of Social and Personal Relationships*, 28(1), 9–23. <https://doi.org/10.1177/0265407510391362>
- Magee, L., Scerri, A., & James, P. (2012). Measuring social sustainability: A community-centred approach. *Applied Research in the Quality of Life*, 7(3), 239–261. <https://doi.org/10.1007/s11482-012-9166-x>
- Magnis-Suseno, F. (1984). *Etika Jawa: Sebuah analisa falsafi tentang kebijaksanaan hidup Jawa*. PT Gramedia.
- Miller, C. A. (2012). *Nursing for wellness in older adults* (6th ed.). Wolters Kluwer/Lippincott Williams & Wilkins.
- Mitchell, T. (n.d.). The retirement process: A psychological and emotional journey. University of Washington Retirement Association. <https://retirees.uw.edu/resources/retirement-transitions/the-retirement-process-a-psychological-and-emotional-journey/>
- Mulder, N. (2001). *Mistisisme Jawa*. LKIS Pelangi Aksara. ISBN 978-979-8966-77-4
- Netuveli, G., & Blane, D. (2008). Quality of life in older ages. *British Medical Bulletin*, 85(1), 113–126. <https://doi.org/10.1093/bmb/ldn003>
- Nugroho, W. (2014). *Keperawatan gerontik & geriatric*. Jakarta: EGC.
- Nusa, G. A., & Masnina, R. (2021). Hubungan tingkat depresi terhadap tingkat kemandirian lansia di panti sosial tresna werdha nirwana puri samarinda. *Borneo Studies and Research*, 2(3), 1866–1872. <https://journals.umkt.ac.id/index.php/bsr/article/view/1884>
- Petelewicz, M. (2016). *Jakość życia dzieci, a status społeczno-ekonomiczny rodziny. Teoria i badania*. Wydawnictwo UŁ. <https://doi.org/10.18778/8088-458-8.01>
- Purba, F. D., Hunfeld, J. A. M., Iskandarsyah, A., Fitriana, T. S., Sadarjoen, S. S., Passchier, J., & Busschbach, J. J. V. (2018). Quality of life of the Indonesian general population: Test-retest reliability and population norms of the EQ-5D-5L and WHOQOL-BREF. *PLOS ONE*, 13(5), e0197098. <https://doi.org/10.1371/journal.pone.0197098>



- Rakhmawati, I., Nurhalimah, N., & Utami, T. W. (2024). Improving the quality of life and resilience of the elderly with emotion regulation exercises. *Jurnal Keperawatan*, 9(1), 1–12. <https://doi.org/10.32668/jkep.v9i1.1087>
- Rensa, R., Setiati, S., Laksmi, P. W., & Rinaldi, I. (2019). Factors Associated with Physical Frailty in Elderly Women with Low Socioeconomic Status in Urban Communities: A Cross-Sectional Study. *Acta medica Indonesiana*, 51(3), 220–229.
- Rodriguez, M., & Kross, E. (2023). Sensory emotion regulation. *Trends in Cognitive Sciences*, 27(4), 379–390. <https://doi.org/10.1016/j.tics.2023.01.008>
- Salim, O. C., Sudharma, N. I., Kusumaratna, R. K., & Hidayat, A. (2007). Validitas dan reliabilitas World Health Organization Quality of Life-BREF untuk mengukur kualitas hidup lanjut usia. *Universa Medicina*, 26(1), 27–38.
- Samadarshi, S. C. A., Taechaboonsersak, P., Tipayamongkholgul, M., & Yodmai, K. (2022, January 13). Quality of life and associated factors amongst older adults in a remote community, Nepal. *Journal of Health Research*, 36(1), 56–67. <https://doi.org/10.1108/JHR-01-2020-0023>
- Scheibe, S., & Carstensen, L. L. (2010). Emotional aging: Recent findings and future trends. *The Journals of Gerontology: Series B, Psychological Sciences and Social Sciences*, 65B(2), 135–144. <https://doi.org/10.1093/geronb/gbp132>
- Scheibe, S., Spieler, I., & Kuba, K. (2016). An older-age advantage? Emotion regulation and emotional experience after a day of work. *Work, Aging and Retirement*, 2(3), 403–418. <https://doi.org/10.1093/workar/waw010>
- Sincihu, Y., & Prawesti, G. N. (2019). The elderly's quality of life based on individual characteristics determinants in the elderly population of Surabaya, Indonesia. *Aging Medicine and Healthcare*, 10(2), 62–71. <https://doi.org/10.33879/amh.2019.1778>
- Skevington, S. M., Lotfy, M., O'Connell, K. A., & WHOQOL Group. (2004). The World Health Organization's WHOQOL-BREF quality of life assessment: Psychometric properties and results of the international field trial. *Quality of Life Research*, 13(2), 299–310. <https://doi.org/10.1023/B:QURE.0000018486.91360.00>
- Swastika, G. M., & Prastuti, E. (2021). Perbedaan regulasi emosi berdasarkan jenis kelamin dan rentang usia pada remaja dengan orangtua bercerai. *Psikologika: Jurnal Pemikiran dan Penelitian Psikologi*, 26(1), 19–34. <https://doi.org/10.20885/psikologika.vol26.iss1.art2>
- Verbrugge, L. M., & Jette, A. M. (1994). The disablement process. *Social Science & Medicine*, 38(1), 1–14. [https://doi.org/10.1016/0277-9536\(94\)90294-1](https://doi.org/10.1016/0277-9536(94)90294-1)
- Widhiarso, W. (2012). Tanya Jawab tentang Uji Normalitas. Fakultas Psikologi UGM
- Widihapsari, Y. C. G. (2020). Peran Dukungan Sosial dan Regulasi Emosi Terhadap Kualitas Hidup Lansia (Skripsi, Universitas Gadjah Mada).
- Widyastuti, D., & Amraini, M. (2023). Jaringan perawatan lansia di Indonesia [Care networks for older people in Indonesia]. University of Southampton. https://eprints.soton.ac.uk/480478/2/Care_Project_BI_print_version_030123.pdf
- WMS, E., & Ramadhani, G. (2024). Nrimo (Kemiskinan Ngayogyakarta) ing Pandum. *Balairungpress*. <https://www.balairungpress.com/2024/01/nrimo-kemiskinan-ngayogyakarta-ing-pan-dum/>
- World Health Organization. (1996). Doctors for health: A WHO global strategy for changing medical education and medical practice for health for all. World Health Organization. <https://apps.who.int/iris/handle/10665/62997>



- World Health Organization. (2001). International classification of functioning, disability and health (ICF). World Health Organization. <https://iris.who.int/handle/10665/42407>
- World Health Organization. (2024). Physical activity [Fact sheet]. <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
- Yuvita, L., & Santoso, B. R. (2023). Ansietas berhubungan dengan depresi pada lansia yang ditinggal pasangan hidup. *Jurnal Keperawatan*, 15(3), 967–974. <https://doi.org/10.32583/keperawatan.v15i3.984>
- Zhang, Y., Ren, Y., Shi, Y., & Zeng, Q. (2023). Psychological resilience and quality of life among middle-aged and older adults hospitalized with chronic diseases. *BMC Geriatrics*, 23, Article 473. <https://doi.org/10.1186/s12877-023-04473-1>