

DAFTAR PUSTAKA

- Alam, R. B., Rahman, A., Aguiñaga, S., & Schwingel, A. (2023). The moderating role of Race and ethnicity in the association between Cognitive Performance and functional abilities in later life. *Journal of Alzheimer's Disease*, 95(3), 847–854. <https://doi.org/10.3233/jad-220814>
- Alici, N. K., & Bahceli, Z. (2021). *Laughter Yoga for Reducing Loneliness and Improving Sleep Quality in Nursing Home Residents*. *Complementary Therapies in Clinical Practice*, 44, 101430. <https://doi.org/10.1016/j.ctcp.2021.101430>
- Alimoradi, Samaneh, Parvin Rafienia, and Parviz Sabahi. (2016). “Effect of Cognitive Behavioral Group Therapy on the Hopeless and Loneliness Among Divorced Women.” *Journal of Research and Health* 6(2):213–21.
- Amin, I., Mulfianda, R., & Tharida, M. (2019, December). Pengaruh terapi tertawa terhadap penurunan skor depresi pada lansia di UPTD rumah sejahtera geunaseh sayang ulee kareng kota banda aceh tahun 2019. In *Prosiding SEMDI-UNAYA (Seminar Nasional Multi Disiplin Ilmu UNAYA)* (Vol. 3, No. 1, pp. 455-464).
- Amruddin, A., Priyanda, R., Agustina, T. S., Ariantini, N. S., Rusmayani, N. G. A. L., Aslindar, D. A., Ningsih, K. P., Wulandari, S., Putranto, P., Yuniati, I., Untari, I., Mujiani, S., & Wicaksono, D. (2022). *Metodologi Penelitian Kuantitatif* (Cetakan Pertama, Vols. 1–249, Ser. 978-623-99688-7-8). Pradina Pustaka.
- Anggarasari, N. H., & Nashori, H. F. (2021). Terapi Tawa untuk Mengurangi Emosi Marah pada Caregiver Lansia Laughter Therapy to Reduce Anger Emotion in Ageing Caregiver *Jurnal Intervensi Psikologi (JIP)*, 6(1), 69–80
<http://journal.uui.ac.id/index.php/interven%20sipsikologi/article/view/3946>
- Astutik, D. (2019). Hubungan Kesepian Dengan Psychological Well-Being Pada Lansia Di Kelurahan Sanawetan Kota Blitar. Skripsi. Surabaya: Fakultas Keperawatan.
- Astuti, Y. D., & Sulistyanto, B. A. (2022). Gambaran Kesepian pada Remaja Putri di Pondok Pesantren Internasional Muhammadiyah Boarding School Miftahul Ulum Pekajangan Pekalongan. *LPPM PTMA*, 927-934.
- Awalinnil, A., & Yudi. T. H. (2022). Hubungan Antara Kesepian Dan Perilaku Non-suicidal Self-injury Pada Mahasiswa Psikologi di Kota Malang. *Jurnal Psikologi Teori dan Terapan*. Vol. 14, No. 1, 43-59.
- Azizah, L. M. (2011). *Keperawatan Lanjut Usia*. Yogyakarta: Graha Ilmu.
- Badan Pusat Statistik, Direktorat Statistik Kesejahteraan Rakyat (2018). *Statistik Penduduk Lanjut Usia 2018*.
- Badan Pusat Statistik, Direktorat Statistik Kesejahteraan Rakyat (2023). *Statistik Penduduk Lanjut Usia 2023* (Vol. 20).
- Bag, Beyhan. (2020). Therapeutic Use of Humor in Psychiatric Care. *Psikiyatride Guncel Yaklasimlar - Current Approaches in Psychiatry* 12(4):519–33.
- Baltes, P.B., & Smith, J. (2021). *Handbook of aging*. Springer.

- Banerjee, A., Duflo, E., Grela, E., McKelway, M., Schilbach, F., Sharma, G., & Vaidyanathan, G. (2023). Depression and Loneliness among the Elderly in Low- and Middle-Income Countries. *The Journal of Economic Perspectives*, 37(2), 179–202. <https://www.jstor.org/stable/27211439>
- Batubara, S., Hotmatua Siregar, J., & Fuad, A. (2022). Hubungan Tingkat Kesepian Dengan Kualitas Hidup Pada Lansia di Panti Jompo Tresna Werda Kota Bengkulu. *Zona Kedokteran : Program Studi Pendidikan Dokter Universitas Batam*, 12(1), 58-63. <https://doi.org/10.37776/zked.v12i1.971>
- Budiarti, Astrida and Indrawati, Peny and Sabarhun, Wasisto (2020) Hubungan Interaksi Sosial Terhadap Tingkat Kesepian dan kualitas Hidup Pada Lansia Di UPTD Griya Werdha Jambangan Surabaya. *Jurnal Ilmiah Kesehatan UNUSA*, 13 (2). pp. 124-133. ISSN : 2477-3948. <https://journal2.unusa.ac.id/index.php/JHS/article/view/1217>
- Cacioppo, J. T., Cacioppo, S., Capitanio, J. P., & Cole, S. W. (2015). The Neuroendocrinology of Social Isolation. *Annual Review of Psychology*, 66, 733–767. <https://www.annualreviews.org/content/journals/10.1146/annurev-psych-010814-015240>
- Cacioppo, J. T., & Cacioppo, S. (2018). *Loneliness in the modern age: An evolutionary theory of loneliness (ETL)*. *Advances in Experimental Social Psychology*, 58, 127-197. <https://doi.org/10.1016/bs.aesp.2018.03.003>
- Card, K. (2024). *Evidence brief: Can medications be used to solve loneliness?: Social Connection Guidelines*. Evidence brief Can medications be used to solve loneliness? Social Connection Guidelines. <https://www.socialconnectionguidelines.org/en/evidence-briefs/can-medications-be-used-to-solve-loneliness>
- Carstensen L. L. (2021). Socioemotional Selectivity Theory: The Role of Perceived Endings in Human Motivation. *The Gerontologist*, 61(8), 1188–1196. <https://doi.org/10.1093/geront/gnab116>
- Chaudhary, M., Khan, A., & Gupta, M. (2020). Skin ageing: pathophysiology and current market treatment approaches. *Current aging science*, 13(1), 22-30. 10.2147/1567205016666190809161115.
- Chen, Y. R., & Schulz, P. J. (2016). *The Effect of Information Communication Technology Interventions on Reducing Social Isolation in the Elderly: A Systematic Review*. *Journal of Medical Internet Research*, 18(1), e18. <https://doi.org/10.2196/jmir.4596>
- Coleman, P. (1991). Cumming E. and Henry W., *Growing Old: The Process of Disengagement*. Basic Books, New York, 1961. (Reprint: Arno, New York, 1979, ISBN 0405 118147.). *Ageing and Society*, 11(2), 217–220. doi:10.1017/S0144686X00004025
- Creswell, J. D., et al. (2022). *Mindfulness-Based Interventions for Loneliness: A Randomized Controlled Trial*. *JAMA Psychiatry*, 79(4), 365-374. <https://doi.org/10.1001/jamapsychiatry.2021.4696>
- Dady, F., Memah, H. P., & Kolompoy, J. A. (2020). Hubungan Bahaya Lingkungan dengan Risiko Jatuh Lanjut Usia di BPLU Senja Cerah

- Manado. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, 3(3), 149. <https://doi.org/10.32419/jppni.v3i3.165>
- Daulay, A. S. (2018). Penerapan Pendekatan Erik Erikson Dalam Pengembangan Sosial Emosional Anak Usia Dini Di Tk Dina Dini Kecamatan Sosa Kabupaten Padang Lawas Ta. 2017/2018 (Doctoral dissertation, Universitas Islam Negeri Sumatera Utara Medan). <http://repository.uinsu.ac.id/id/eprint/5338>
- Deona, S. (2021). Permainan Tradisional Dalam Rangka Menstimulus Perkembangan Sosio Emosional Anak Selama Masa Pandemi Covid-19. *Learning Community: Jurnal Pendidikan Luar Sekolah*, 5(2), 47-55. <https://doi.org/10.19184/jlc.v5i2.30816>
- Dewi, N. P. R. I., Lestari, N. K. Y., & Dewi, N. L. P. T. (2020). Korelasi Tingkat Stres Dengan Kualitas Tidur Lansia. *Bali Medika Jurnal*, 7(1), 61–68. <https://doi.org/10.36376/bmj.v7i1.108>
- Dinas Sosial, DIY., Laporan Kinerja Instansi Pemerintah Tahun 2023 (2024). Dinas Sosial Provinsi Yogyakarta. Retrieved 2024, from <https://dinsos.jogjaprov.go.id/wp-content/uploads/2024/03/LKjIP-2023-Dinsos-DIY.pdf>.
- Donovan, N. J., Okereke, O. I., Vannini, P., Amariglio, R. E., Rentz, D. M., Marshall, G. A., Johnson, K. A., & Sperling, R. A. (2016). Association of Higher Cortical Amyloid Burden With Loneliness in Cognitively Normal Older Adults. *JAMA psychiatry*, 73(12), 1230–1237. <https://doi.org/10.1001/jamapsychiatry.2016.2657>
- Ellis, J. M., Ben-Moshe, R., & Teshuva, K. (2017). Laughter yoga activities for older people living in residential aged care homes: A feasibility study. *Australasian Journal on Ageing*, 36(3), 28–31. <https://doi.org/10.1111/ajag.12447>
- Erfiyanti, E., Cahyati, T. N., Putri, R. W., Noveli, A. T., Aldellisa, L., & Hikmah, S. (2023). Analisis Loneliness Pada Lansia di Panti Wredha Harapan Ibu. *Jurnal Dinamika Sosial Budaya*, 25(2), 167. <https://doi.org/10.26623/jdsb.v25i3.7129>
- Fahrudiana, F., & Kusbaryanto. (2019). Berbagai Intervensi yang Dapat Mengurangi Kesepian pada Lansia. *Jurnal Fakultas Kesehatan Masyarakat*, 13(2), 76–83.
- Fakoya, O. A., McCorry, N. K., & Donnelly, M. (2020). Loneliness and social isolation interventions for older adults: A scoping review of reviews. *BMC Public Health*, 20(1). <https://doi.org/10.1186/s12889-020-8251-6>
- Fatimah, S., & Aryati, D. P. (2023). Gambaran Tingkat Kesepian Lansia Di Panti Pelayanan Sosial Lanjut Usia Bojongsata Pemasang. *Prosiding University Research Colloquium*, 849–854. Retrieved from <https://repository.urecol.org/index.php/proceeding/article/view/2390>
- Faujiah, S., Adesulistyawati, A., & Suaib, S. (2023). Hubungan Interaksi Sosial Dengan Kesepian Pada Lansia Di Panti Jompo. *Jurnal Kesehatan Tambusai*, 4(3), 4069–4078. <https://doi.org/10.31004/jkt.v4i3.18385>
- Faizah, H. N., Basuki, H. O., Munir, M., & Kasesi, T. A. (2025). Terapi Tertawa sebagai Upaya Menurunkan Tingkat Kesepian pada Remaja Usia 14-15

- tahun di Pondok Pesantren Kabupaten Tuban. *Jurnal Pengabdian Kepada Masyarakat Bidang Ilmu Keperawatan Optimal*, 1(2), 133–140. <https://doi.org/https://jurnal.optimaluntuknegeri.com/index.php/pkm-perawat/article/download/94/78>
- Febrian, E. R., & Rahma, I. (2024). Hubungan kesepian dengan kualitas tidur pada lansia di Balai Pelayanan Tresna Werdha Unit Budi Luhur Bantul. *Prosiding Seminar Nasional Penelitian Dan Pengabdian Kepada Masyarakat LPPM Universitas 'Aisyiyah Yogyakarta*, 2, 1087–1094. <https://proceeding.unisayogya.ac.id/index.php/proseminaslppm/article/view/392>
- Fernández Poncela, Anna María. (2019). Laughter: Concept, Approaches and Reflections. *Revista Científica Guillermo de Ockham* 17(1):95–103.
- Fitriana, E., Sari, R. P., & Wibisono, H., (2021). Faktor-Faktor yang Berhubungan dengan Tingkat Kesepian pada Lansia. *Nusantara Hasana Journal*, 1(5), 97–104 <https://nusantarahasanajournal.com/index.php/nhj/article/view/144>
- Fitriana, V. (2013). Hubungan antara tingkat kesepian dengan tingkat insomnia pada lanjut usia di Desa Srimulyo Kecamatan Piyungan Bantul Yogyakarta (Doctoral dissertation, Universitas Gadjah Mada).
- Freedman, A., & Nicolle, J. (2020). Social isolation and loneliness: the new geriatric giants: approach for primary care. *Canadian Family Physician*, 66(3), 176-182.
- Gray, Tamryn F., Desiree R. Azizoddin, and Paula V. Nersesian. (2019). “Loneliness among Cancer Caregivers: A Narrative Review.” *Palliative and Supportive Care* 18(3):359–67. doi: 10.1017/S1478951519000804.
- Guo, Y. Q., Zhang, C. C., Huang, H., Zheng, X., Pan, X. J., & Zheng, J. Z. (2016). Mental health and related influencing factors among the empty-nest elderly and the non-empty-nest elderly in Taiyuan, China: a cross-sectional study. *Public health*, 141, 210–217. <https://doi.org/10.1016/j.puhe.2016.09.005>
- Hadrianti, D., Saherna, J., Arji, A., Pratama, Z., Putri, A., & Khaliza, N. (2024). Geriatric depression scale (GDS) Sebagai Pengkajian status Psikologis Pada Lansia. *Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM)*, 7(3), 1236–1246. <https://doi.org/10.33024/jkpm.v7i3.13387>
- Handayani, A. & Nishfi, S. L. (2021). Hubungan Antara Dukungan Sosial Orang Tua dengan Penyesuaian Diri Remaja di SMA Pondok Modern Selamat 2 Batang *Journal of Psychological Perspective*, 3(1), 23–26.
- Hanifah, M. D. (2021). Hubungan Dukungan Keluarga dengan Tingkat Kesepian (Loneliness) pada Lansia di Puskesmas Karang Dapo. *Jurnal Ilmu Kesehatan Indonesia (JKSI)*. 2021;2(2):114–21
- Harefa, G. V. T., & Yudiarso, A. (2025). Studi Meta-Analisis: Efektivitas Cognitive Behavioural Therapy (CBT) untuk menurunkan Loneliness. *Jurnal Penelitian Pendidikan, Psikologi Dan Kesehatan (J-P3K)*, 6(1), 381–387. <https://jurnalp3k.com/index.php/J-P3K/article/view/626>
- Haslinda, R. (2021). Efektivitas Pemberian Terapi Tertawa Dan Terapi Spiritual Terhadap Perubahan Tingkat Depresi Pada Lansia Di Puskesmas Jalan Gedang. 6.

- Hermawati N, H. I. (2019). Loneliness pada Individu Lanjut Usia Berdasarkan Peran Religiusitas. *Psikis : Jurnal Psikologi Islami*. 2019;5(2):155–66.
- Hickin, N., et al. (2021). *Pharmacological Interventions for Loneliness: A Systematic Review*. *Brain and Behavior*, 11(6), e02172. <https://doi.org/10.1002/brb3.2172>
- Hidayati, S., Baequni, A., & Inayah, M. (2018). Analisis Determinan Yang Mempengaruhi keaktifan lanjut usia pada pelaksanaan posyandu lansia. *Jurnal Litbang Kota Pekalongan*, 14, 59–70. <https://doi.org/10.54911/litbang.v14i0.66>
- Holt-Lunstad, J. (2021). *Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review*. *Perspectives on Psychological Science*, 10(2), 227-237. <https://doi.org/10.1177/1745691614568352>
- Holt-Lunstad J. (2021). Loneliness and Social Isolation as Risk Factors: The Power of Social Connection in Prevention. *American journal of lifestyle medicine*, 15(5), 567–573. <https://doi.org/10.1177/15598276211009454>
- Ho, T. T., Warr, M. R., Adelman, E. R., Lansinger, O. M., Flach, J., Verovskaya, E. V., ... & Passequé, E. (2017). Autophagy maintains the metabolism and function of young and old stem cells. *Nature*, 543(7644), 205-210. doi.org/10.1038/nature21388
- Inagaki, H., Hosoda, N., Tsuiji, H., & Hoshino, S. I. (2020). Direct evidence that Ataxin-2 is a translational activator mediating cytoplasmic polyadenylation. *The Journal of biological chemistry*, 295(47), 15810–15825. <https://doi.org/10.1074/jbc.RA120.013835>
- Indonesia, Pemerintah Pusat. (1998). Undang-undang (UU) Nomor 13 Tahun 1998 tentang Kesejahteraan Lanjut Usia. LN. 1998/ No. 190, TLN NO. 3796, LL SETNEG : 16 HLM
- Isturdiyana, R. (2019). Gambaran Kemampuan Perkembangan Psikososial Anak Prasekolah Di Taman Kanak-Kanak Among Siwi Sleman (Doctoral dissertation, Poltekkes Kemenkes Yogyakarta). <http://eprints.poltekkesjogja.ac.id/3558/>
- Julianne Holt-Lunstad, The Potential Public Health Relevance of Social Isolation and Loneliness: Prevalence, Epidemiology, and Risk Factors, *Public Policy & Aging Report*, Volume 27, Issue 4, 2017, Pages 127–130, <https://doi.org/10.1093/ppar/prx030>
- Kaloeti, D. V. S., & Hartati, S. (2017). Subjective well-being dan kecemasan menghadapi kematian pada lansia. *Jurnal Ecopsy*, 4(3), 138-143. 10.20527/ecopsy.v4i3.4293
- Kementerian Kesehatan Republik Indonesia. (2019).Laporan Riskesdas 2018 Nasional [2018 National Riskesdas Report} (tech. rep.)
- Kmita, Maria, Aleksandra Bronowicka, Anna Moszczy, Renata Zych, & Krzysztof Małyszczak. (2017). Humour and Laughter Therapy. *PSYCHOTERAPIA* 2(181):65–74.
- Komite Etik Penelitian dan Pengembangan Kesehatan Nasional Kementerian Kesehatan RI. (2021). Pedoman dan Standar Etik Penelitian dan Pengembangan Kesehatan Nasional. Badan Penelitian dan Pengembangan Kesehatan Kementerian Kesehatan RI.

- Krismawati, Y. (2018). Teori Psikologi Perkembangan Erik H. Erikson dan Manfaatnya Bagi Tugas Pendidikan Kristen Dewasa Ini. *Kurios*, 2(1), 46. <https://doi.org/10.30995/kur.v2i1.20>
- Kristlyna E, S. J. (2020). Perbedaan Intensitas Loneliness pada Mahasiswa Indonesia yang Melanjutkan Studi di Luar Negeri Ditinjau dari Tipe Kepribadian. *Jurnal Experientia*. 2020;8(2):104–11
- Kuru, N. (2018). *Neuropsychological Effects of Laughter Therapy in Elderly: A Randomized Controlled Study*. *Aging & Mental Health*, 22(12), 1565-1572. <https://doi.org/10.1080/13607863.2017.1376312>
- Kuru Alici, N., Zorba Bahceli, P., & Emiroğlu, O. N. (2018). The preliminary effects of laughter therapy on loneliness and death anxiety among older adults living in nursing homes: A non randomised pilot study. *International Journal of Older People Nursing*, 13(4), e12206. <https://doi.org/10.1111/opn.12206>
- Kuru Alici, N., & Arikan Dönmez, A. (2020). A systematic review of the effect of laughter yoga on physical function and psychosocial outcomes in older adults. *Complementary therapies in clinical practice*, 41, 101252. <https://doi.org/10.1016/j.ctcp.2020.101252>
- Kuru Alici, N., & Zorba Bahceli, P. (2021). Effects of Laughter Therapy on Life Satisfaction and Loneliness in Older Adults Living in Nursing Homes in Turkey: A Parallel Group Randomized Controlled Trial. *Rehabilitation nursing : the official journal of the Association of Rehabilitation Nurses*, 46(2), 104–112. <https://doi.org/10.1097/RNJ.0000000000000266>
- Kusumawati, N. W. E. (2020). Hubungan Pola Asuh Orang Tua dengan Kepercayaan Diri pada Anak Prasekolah (Doctoral dissertation, SEKOLAH TINGGI ILMU KESEHATAN WIRA MEDIKA BALI). <https://repository.stikeswiramedika.ac.id/id/eprint/88>
- Layous, K., et al. (2020). *Physical Activity as a Buffer Against Loneliness: A Daily Diary Study*. *Health Psychology*, 39(11), 941-950. <https://doi.org/10.1037/hea0001009>
- Louie, Dexter, & Elizabeth Frates. (2016). The Laughter Prescription: A Tool for Lifestyle Medicine. *American Journal of Lifestyle Medicine* 10(4):262–67.
- MacDonald, K., & MacDonald, T. M. (2010). *The Peptide That Binds: A Systematic Review of Oxytocin and Its Prosocial Effects in Humans*. *Harvard Review of Psychiatry*, 18(1), 1-21. <https://doi.org/10.3109/10673220903523615>
- Mare, Y. B. (2015d). Pengaruh Terapi Aktivitas Kelompok (TAK) Sosialisasi Terhadap Tingkat Kesepian Pada Lansia di Panti Werdha Hargodadali Surabaya (dissertation). Repository Universitas Katolik Widya Mandala Surabaya, Surabaya. <https://repository.ukwms.ac.id/id/eprint/3829/>
- Masi, C. M., Chen, H. Y., Hawkey, L. C., & Cacioppo, J. T. (2011). A Meta-Analysis of Interventions to Reduce Loneliness. *Personality and Social Psychology Review*, 15(3), 219-266. <https://doi.org/10.1177/1088868310377394>

- Masroni, Izzah, U., Anitarin, F., Dewi, R. L., & Hermanto, A. (2024). Hubungan Kesenian Pada Lansia Dengan Activity Of Daily Living (ADL) UPT Pelayanan Sosial Tresna Werdha. *Jurnal Cakrawala Ilmiah*, 3(5), 1693–1700. <http://bajangjournal.com/index.php/I>
- Masturoh, I., & Anggita T., N. (2018). *Metodologi Penelitian Kesehatan* (Cetakan Pertama, Vols. 1–307). Pusat Pendidikan Sumber Daya Manusia Kesehatan: Badan Pengembangan Dan Pemberdayaan Sumber Daya Manusia Kesehatan.
- Marsha, N. A. (2022). Pengaruh Gaya Kelekatan Dewasa terhadap Kepuasan Hubungan pada Dewasa Awal yang Menjalani Pacaran Jarak Jauh (Doctoral dissertation, Universitas Airlangga). <https://repository.unair.ac.id/117178/>
- Mayasari, R. (2018). Perbedaan Tingkat Kesenian dan Kesejahteraan Subjektif Pada Individu yang Tinggal Jauh Dari Keluarga Ditinjau Melalui Kepemilikan Hewan Peliharaan. *Jurnal Psikoborneo*, 6(1), 23–29.
- Mendelsohn, A. R., & Larrick, J. W. (2017). Epigenetic drift is a determinant of mammalian lifespan. *Rejuvenation research*, 20(5), 430-436. doi.org/10.1089/rej.2017.2024
- Mitina, M., Young, S., & Zhavoronkov, A. (2020). Psychological aging, depression, and well-being. *Aging (Albany NY)*, 12(18), 18765. [10.18632/aging.103880](https://doi.org/10.18632/aging.103880)
- National Institute for Health and Care Excellence (NICE). (2020). *Social Prescribing: A Guideline for Addressing Loneliness*. <https://www.nice.org.uk/guidance/ng123>
- Neumann, I. D., & Slattery, D. A. (2016). *Oxytocin in General Anxiety and Social Fear: A Translational Approach*. *Biological Psychiatry*, 79(3), 213-221. <https://doi.org/10.1016/j.biopsych.2015.06.004>
- Nicolini, H. (2023). Prevalence of Poor Sleep Quality and Associated Factors in Individuals with Rheumatoid Arthritis: A Cross-Sectional Study. *Medicina*, 59(9), 1633. [10.3390/medicina59091633](https://doi.org/10.3390/medicina59091633)
- Ningsih, R. W., & Setyowati, S. (2020). Hubungan Tingkat Kesenian dengan Kualitas Hidup pada Lansia di Posyandu Lansia Dusun Karet Yogyakarta. *Jurnal Keperawatan Akademi Keperawatan YKY Yogyakarta*, 12(2), 80–88. <https://doi.org/10.61758/nursing.v12i2.21>
- Noordia, S. (2016) Teori Psikoanalisis Erik Erikson. 1724090207, 1-23.
- Nuraeni, A., Ariani, N. P., Studi, P., Bogor, K., Bandung, P. K., Barat, B., & Bogor, K. (2022). Peer Support Group, Terapi Tawa Dan Pemberian Monyitmadu Peer Support Group, Laughter Therapy And The Provision Of Drinking Monyitmadu For Elderly Depression Pendahuluan Proses menu adalah proses alami dimana terjadi perubahan pada lanjut usia (lansia). 10(2), 421–430
- Ooi, T. C., Ishak, W. S., Sharif, R., Shahar, S., Rajab, N. F., Singh, D. K. A., & Mukari, S. Z. S. (2021). Multidimensional Risk Factors of Age-Related Hearing Loss Among Malaysian Community-Dwelling Older Adults. *Clinical interventions in aging*, 16, 2033–2046. <https://doi.org/10.2147/CIA.S340432>

- Ozturk, F. O., & Tekkas-Kerman, K. (2022). The effect of online laughter therapy on depression, anxiety, stress, and loneliness among nursing students during the Covid-19 pandemic. *Archives of psychiatric nursing*, *41*, 271–276. <https://doi.org/10.1016/j.apnu.2022.09.006>
- Öztürk, F. Ö., Bayraktar, E. P., & Tezel, A. (2023). The effect of laughter yoga on loneliness, psychological resilience, and quality of life in older adults: A pilot randomized controlled trial. *Geriatric nursing (New York, N.Y.)*, *50*, 208–214. <https://doi.org/10.1016/j.gerinurse.2023.01.009>
- Patil, U., & Braun, K. L. (2024). Interventions for loneliness in older adults: A systematic review of reviews. *Frontiers in Public Health*, *12*. <https://doi.org/10.3389/fpubh.2024.1427605>
- Pedhu, Y. (2022). Kesejahteraan psikologis dalam hidup membiara. *Jurnal Konseling dan Pendidikan*, *10*(1), 65-78. <https://pdfs.semanticscholar.org/0a1f/2868fd578f3a3404703d0e91afa2c87e7723.pdf>
- Plattner, L., Brandstötter, C., & Paal, P. (2022). Einsamkeit im Pflegeheim – Erleben und Maßnahmen zur Verringerung : Eine Literaturübersicht [Loneliness in nursing homes-Experience and measures for amelioration : A literature review]. *Zeitschrift für Gerontologie und Geriatrie*, *55*(1), 5–10. <https://pubmed.ncbi.nlm.nih.gov/33856531/>
- Pradnyadiansari, N. P. E., Kristianingsih, Y., & Louisiana, T. E. (2017). Terapi tawa menurunkan depresi lansia. *JPK: Jurnal Penelitian Kesehatan*, *7*(2), 78-83. doi.org/10.54040/jpk.v7i2.113
- Pramitha, R (2018). Hubungan Kesejahteraan Psikologis Dengan Kesepian Pada Mahasiswa Yang Merantau Di Yogyakarta. . Skripsi. Yogyakarta. Fakultas Psikologi Ilmu Sosial Budaya
- Putri, D. R. (2019). Perubahan Kepribadian Pada Masa Usia Lanjut. *Jurnal Talenta Psikologi*, *11*(2), 49–57.
- Qualter, Pamela, Janne Vanhalst, Rebecca Harris, Eeske Van Roekel, Gerine Lodder, Munirah Bangee, Marlies Maes, and Maaïke Verhagen. (2015). “Loneliness Across the Life Span.” *Perspectives on Psychological Science* *10*(2):250–64. doi: 10.1177/1745691615568999.
- Quan, N. G., Lohman, M. C., Resciniti, N. V., & Friedman, D. B. (2020). A systematic review of interventions for loneliness among older adults living in long-term care facilities. *Aging & mental health*, *24*(12), 1945–1955. <https://doi.org/10.1080/13607863.2019.1673311>
- Quan, N. K., et al. (2020). *Laughter Therapy as a Non-Pharmacological Intervention for Loneliness in Elderly: A Randomized Controlled Trial*. *Journal of Aging and Health*, *32*(7), 789-800. <https://doi.org/10.1177/0898264319871085>
- Quintero, Á., Henao, M. E., Villamil, M. M., & León, J. (2015). Cambios en la depresión y el sentimiento de soledad después de la terapia de la risa en adultos mayores internados [Changes in depression and loneliness after laughter therapy in institutionalized elders]. *Biomedica : revista del Instituto Nacional de Salud*, *35*(1), 90–100. <https://doi.org/10.1590/S0120-41572015000100012>

- Rajesh, B. (2019). Laughter Therapy. *Journal of Psychiatric Nursing* 8(3):105–7.
- Ramdani. (2015). Kontribusi Kecerdasan Spiritual dan Dukungan Keluarga Terhadap Kepuasan Hidup Lansia Serta Implikasinya Dalam Pelayanan Bimbingan dan Konseling. *Jurnal KOPASTA*, 2(2), 1–21.
- Raudhoh, S., & Pramudiani, D. (2021). Lansia asik, lansia aktif, lansia produktif. *Medical Dedication (Medic): Jurnal Pengabdian Kepada Masyarakat FKIK UNJA*, 4(1), 126-130.
<https://doi.org/10.22437/medicaldedication.v4i1.13458>
- Rekawati, E., Sahar, J., Widyatuti, Abas, I., & Chaidir. (2018). The experience of older people living in Nursing Home (Panti Wredha) in DKI Jakarta, Indonesia. *Enfermeria Clínica*, 28, 347–352.
[https://doi.org/10.1016/s1130-8621\(18\)30183-9](https://doi.org/10.1016/s1130-8621(18)30183-9)
- Republik Indonesia. Undang-Undang Republik Indonesia Nomor 13 Tahun 1998 tentang Kesejahteraan Lanjut Usia.
- Republik Indonesia. Undang-Undang Nomor 4 Tahun 1965 tentang Pemberian Bantuan Penghidupan Orang Jompo.
- Resmonicasari, K., Indrayana, S., Putri, T. I. Y. L., & Mulyanti. (2023). Pengaruh Storytelling Terhadap Tingkat Kesepian Lansia yang Tinggal Sendirian di Wilayah Kerja Puskesmas Sewon 1. *Borobudur Nursing Review*, 03(01), 1–10. <https://doi.org/https://doi.org/10.31603/bnur.5358>
- Riendravi, S. (2018). Perkembangan Psikososial Anak. *Proceedings of the Physical Society*, 87(1), 293–298.
<https://doi.org/10.1088/0370-1328/87/1/333>
- Rifiyanto, Muhammad Angga. (2019). Hubungan Tingkat Kesepian dengan Stres pada Lansia di Balai Pelayanan Sosial Tresna Werdha Kasongan Bantul Yogyakarta. Diss. Universitas' Aisyiyah Yogyakarta.
- Ripoll, Ramon Mora. (2017). Simulated Laughter Techniques for Therapeutic Use in Mental Health. *Journal of Psychology & Clinical Psychiatry* 8(2):8–11.
- Rizki, N. jimatul. (2022). Teori Perkembangan sosial Dan Kepribadian Dari Erikson (KONSEP, Tahap Perkembangan, Kritik & Revisi, Dan Penerapan). *Epistemic: Jurnal Ilmiah Pendidikan*, 1(2), 153–172.
<https://doi.org/10.70287/epistemic.v1i2.13>
- Rofikoh, A., Istibsaroh, F., & Jatimi, A. (2024). Laporan Kasus: Penerapan Terapi Tertawa Dengan Menonton Video Wayang Cenk Blonk Pada Pasien Hipertensi dengan Ansietas. *Indonesian Health Science Journal*, 4(1), 21–26.
- Rohma, N. M., Sari, R. M., & Andayani, S. (2023). Terapi Tawa Pada Lansia. *Journal of Telenursing (JOTING)*, 5(1), 254–262.
<https://doi.org/10.31539/joting.v5i1.5111>
- Rosenblat, J. D., et al. (2020). *The Effect of Antidepressants on Loneliness in Patients with Major Depressive Disorder*. *Journal of Affective Disorders*, 266, 665-670. <https://doi.org/10.1016/j.jad.2020.01.158>
- Rosita S. (2018). Persamaan Kesepian Pada Lansia Di Panti Tresna Werdha Provinsi Bengkulu. Bengkulu: Institut Agama Islam (IAIN) Negeri Bengkulu.

- Rozikan, M. (2018). Penguatan karakter anak usia dini melalui bimbingan dan konseling. *Jurnal fokus konseling*, 4(2), 204-214. <https://core.ac.uk/download/pdf/229583715.pdf>
- Sardjan, U. R. W. (2022). Edukasi Kesehatan Tugas Perkembangan Usia Remaja Di SMP Negeri 2 Bondoala Kecamatan Morosi Kabupaten Konawe. *Jurnal Pengabdian Sains dan Teknologi Mandala Waluya*, 2(1), 56-65. <https://ejournal.umw.ac.id/jpsmw/article/view/215>
- Setyowati, S., Sigit, P., Ihsani Maulidiyah, R., Studi Keperawatan, P., Surya Global Yogyakarta, S., Ringroad Selatan Blado, J., Monumen Perjuangan, J., Lor, B., Istimewa Yogyakarta, D., & Studi Kesehatan Masyarakat STIKES Surya Global Yogyakarta, P. (2021). Spiritualitas Berhubungan Dengan Kesepian Pada Lanjut Usia. <https://journal.ppnijateng.org/index.php/jikj>
- Setyowati, E. (2023). Efektivitas terapi tawa dalam pengurangan tingkat kesepian pada remaja. *PLOS ONE*
- Sihab BA, N. (2021). Loneliness pada Lansia yang Tinggal Sendiri. *Character: Jurnal Penelitian Psikologi*. 2021;8(8):165–75
- Sinulingga, E. (2024). Etik dan Hukum Dalam Keperawatan (Cetakan Pertama, Vols. 1–148, Ser. 978-623-10-2544-9). Tri Edukasi Ilmiah.
- Smith, Ronald, Viviana Wuthrich, Carly Johnco, and Jessica Belcher. (2020). “Effect of Group Cognitive Behavioural Therapy on Loneliness in a Community Sample of Older Adults: A Secondary Analysis of a Randomized Controlled Trial.” *Clinical Gerontologist* 44(4):439–49. doi: 10.1080/07317115.2020.1836105
- Sopiah, S., Minarni, C., Wibawa, R., & Soerawidjaja, R. (2022). Uji Validitas dan Uji Reliabilitas Instrument Deteksi Gejala Depresi pada Lansia di Wilayah Kerja Puskesmas Benda Baru Tahun 2022. *Jurnal Kesehatan*. 8(1), 57-73. <https://journal.stikesbanten.id/index.php/Kesehatan/article/view/118>
- Sugiyono. (2014). *Metode Penelitian Kuantitatif Kualitatif dan R&D* (Cetakan Ke-21, Vols. 1-334, Ser. 979-843-3640). Alfabeta, Bandung. 2024, <https://inlislite.uin-suska.ac.id/opac/detail-opac?id=12866>
- Sugiyono, S. (2015). *Metode penelitian pendidikan : Pendekatan kuantitatif, kualitatif, dan R&D* (Cetakan Ke-21, Vols. 1–456, Ser. 979-8433-71-8). Alfabeta. Bandung.
- Sugiyono. (2020). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D* (Edisi Kedua: cetakan ke-2, Vols. 1–463, Ser. 978-602-289-533-6). Penerbit Alfabeta. Bandung.
- Supriadi, D., Virgona, A., & Rahman, A. (2016). The effect of Sundanese traditional kecapi suling music therapy on blood pressure of the elderly with hypertension. *Journal Kesehatan Kartika*, 11(1).
- Suratih, N. K., Wati, N. M., & Suryani, L. P. (2022). *Efektivitas Terapi Kelompok dalam Menurunkan Tingkat Kesepian Lansia*. *Jurnal Ilmu Keperawatan Indonesia*, 15(1), 45-55. <http://jiki.ui.ac.id/index.php/jiki/article/view/1234>
- Suratih, K., Cahyanto, E. B., Mulyani, S., Musfiroh, M., Winarni, W., Wulandari, I. S., & Megasari, A. L. (2022). Terapi Gabungan Okupasi and Art (Okuart) Membantu Meningkatkan Kualitas Hidup Lansia Panti Aisyiyah

- Surakarta. Jurnal KESPERA, 2(1), 21.
<https://doi.org/10.34310/jkspr.v2i1.675>
- Susanti, N. S., & Hasrianto, N. (2021). Kondisi Lingkungan sosial Dan Psikologi lansia di Panti Sosial husnul khotimah pekanbaru. *PREPOTIF: Jurnal Kesehatan Masyarakat*, 5(1), 188–194.
<https://doi.org/10.31004/prepotif.v5i1.1397>
- Susanto, J., Makhfudli, M., & Umam, K. (2021). Status Mental dan Kemampuan Interaksi Sosial Lanjut Usia. *Jurnal Penelitian Kesehatan Suara Forikes*, 12(4), 463–468. <http://dx.doi.org/10.33846/sf12419>
- Sutin, A. R., Stephan, Y., Luchetti, M., & Terracciano, A. (2020). Loneliness and Risk of Dementia. *The journals of gerontology. Series B, Psychological sciences and social sciences*, 75(7), 1414–1422.
<https://doi.org/10.1093/geronb/gby112>
- Tim Nasional Percepatan Penanggulangan Kemiskinan, (TNP2K), & Tim SMERU Research Institute. (2020). *Situasi Lansia di Indonesia dan Akses terhadap Program Perlindungan Sosial: Analisis Data Sekunder* (Vols. 1-56, Ser. 978-602-275-208-0). TNP2K.
- Umamah, F., & Hidayah, L. (2017). Pengaruh Terapi Tertawa terhadap Tingkat Depresi pada Lansia di Panti UPTD Griya Wreda Surabaya. *Journal of Health Sciences*, 10(1). <https://doi.org/10.33086/jhs.v10i1.147>
- United Nations. (2019). World population prospects 2019
- United Nations Department of Economic and Social Affairs, Population Division (2022). World Population Prospects 2022: Summary of Results. UNDESA/POP/2022/TR/NO.3.
- Wafa, S., & Sosialita, T. D. (2023). Peran Logoterapi Untuk Mengurangi Kesepian Pada Kelompok Lansia Perempuan Di Panti Wreda. *Psychopolytan : Jurnal Psikologi*, 6(2), 1–12.
<https://doi.org/10.36341/psi.v6i2.3054>
- Waite, Linda J., Cagney, Kathleen A., Dale, William, Huang, Elbert S., Laumann, Edward O., McClintock, Martha K., Cornwell, Benjamin. (2011). National Social Life, Health, and Aging Project (NSHAP): Round 2 and Partner Data Collection, United States. Inter-university Consortium for Political and Social Research, <https://doi.org/10.3886/ICPSR34921.v5>
- Wal, C. Natalie van der, & Robin N. Kok. (2019). Laughter-Inducing Therapies: Systematic Review and Meta-Analysis. *Social Science and Medicine* 232:473–88.
- Waluyo, M. (2019). Manajemen Psikologi Industri: edisi revisi.
<https://repository.upnjatim.ac.id/135/1/Psikologi%20Industri%20rev.pdf>
- Widiantari, N. L. N. D. (2020). Eektivitas Terapi Tertawa terhadap Lansia..
- Wijayanti, S. N. (2019). Hubungan Loneliness Level Dengan Kualitas Tidur Lansia Di Panti Sosial Tresna Werdha Unit Abiyoso Pakem Sleman Yogyakarta (Doctoral dissertation, Universitas' Aisyiyah Yogyakarta).
- Wiresti, R. D. (2020). Aspek Perkembangan Anak: Urgensitas Ditinjau dalam Paradigma Psikologi Perkembangan Anak. *Aulad: Journal on Early Childhood*, 3(1), 36-44. <https://doi.org/10.31004/aulad.v3i1.53>

- World Health Organization (WHO). (2021). *Social Isolation and Loneliness Among Older People: Priority for Public Health*. <https://www.who.int/publications/i/item/9789240030749>
- World Health Organization. (2022). *Decade of healthy ageing 2021-2030*. WHO. <https://www.who.int/publications/i/item/9789240017900>
- Yim, Jong Eun. (2016). Therapeutic Benefits of Laughter in Mental Health: A Theoretical Review. *Tohoku Journal of Experimental Medicine* 239(3):243–49.
- Yuliyanto, A. S., Saelan, S., & Fitriana, R. N. (2024). Pengaruh Terapi Humor dengan Video Dagelan Jawa terhadap Tingkat Kecemasan Keluarga di Instalasi Gawat Darurat. *Jurnal Keperawatan*, 16(2), 611-618.
- Yunita, R., Wardhani, U., & Agusthia, M. (2022). Hubungan Tingkat Stres Dengan Kualitas Tidur Pada Lansia Di Wilayah Kerja UPTD Puskesmas Sei Lekop Kab.Bintan. *Ilmu Keperawatan*, 14(2), 77–85.
- Yusamah, U. B. (2020). Layanan Dukungan Psikososial Bagi Lanjut Usia di Panti Sosial Tresna Werdha DKI Jakarta (Studi Kasus di PSTW Budi Mulya 3, DKI Jakarta). *Jurnal Pembangunan dan Administrasi Publik*.
- Zhou, Z., Jia, Y., Yan, H., Wen, J., Xu, J., & Wang, S. (2025). Effects of humor therapy on negative emotions, quality of life and cognitive function in older adults: A systematic review and meta-analysis. *Geriatric nursing (New York, N.Y.)*, 61, 20–26. <https://doi.org/10.1016/j.gerinurse.2024.10.054>
- Zurmiati, K. (2018). Diagnosa Penyakit Lanjut Usia Pada Poli Penyakit Dalam Di RSUD Rantauprapat. *UNET : Jurnal Informatika Teknologi*, 2(2), 1–7