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DAFTAR SINGKATAN

5-HT1A	: <i>5-Hydroxytryptamine-1A receptor</i>
5XSST	: <i>Five-Times Sit-to-Stand Test</i>
Aβ	: <i>Amyloid-beta</i>
ADL	: <i>Activities of Daily Living</i>
ASMI	: <i>Appendicular Skeletal Muscle Mass Index</i>
AWGS	: <i>Asian Working Group for Sarcopenia</i>
BCAA	: <i>Branched-Chain Amino Acids</i>
BDNF	: <i>Brain-Derived Neurotrophic Factor</i>
BIA	: <i>Bioelectrical Impedance Analysis</i>
CES-D	: <i>Center for Epidemiologic Studies Depression Scale</i>
CHARLS	: <i>China Health and Retirement Longitudinal Study</i>
CI	: <i>Confidence Interval</i>
CRP	: <i>C-Reactive Protein</i>
DDR	: <i>DNA-Damage Response</i>
DHEA	: <i>Dehydroepiandrosteron</i>
DNA	: <i>Deoxyribonucleic Acid</i>
DXA	: <i>Dual-Energy X-ray Absorptiometry</i>
EWGSOP	: <i>European Working Group on Sarcopenia in Older People</i>
GDS	: <i>Geriatric Depression Scale</i>

GH	: <i>Growth Hormone</i>
HPA	: <i>Hypothalamic–Pituitary–Adrenal axis</i>
IFN-α	: <i>Interferon-alpha</i>
IGF-1	: <i>Insulin-Like Growth Factor-1</i>
IL-1	: <i>Interleukin-1</i>
IL-1 β	: <i>Interleukin-1-beta</i>
IL-6	: <i>Interleukin-6</i>
IMT	: <i>Indeks Massa Tubuh</i>
KOLASE	: <i>Kuat Ototnya Lansia Sehat</i>
LLD	: <i>Late-Life Depression</i>
MAPK	: <i>Mitogen-Activated Protein Kinase</i>
MuRF	: <i>Muscle RING-Finger protein</i>
mTOR	: <i>Mechanistic Target of Rapamycin</i>
mTORC	: <i>Mechanistic Target of Rapamycin Complex</i>
NF-κB	: <i>Nuclear Factor kappa-B</i>
NMDA	: <i>Reseptor N-Methyl-D-Aspartat</i>
NMJ	: <i>Neuromuscular Junction</i>
OR	: <i>Odds Ratio</i>
p70^{S6K}	: <i>p70 Ribosomal S6 Kinase</i>
PI3K	: <i>Phosphoinositide-3-Kinase</i>
PKB/AKT	: <i>Protein-Kinase B</i>

PPOK	: Penyakit Paru Obstruktif Kronik
RNA	: <i>Ribonucleic Acid</i>
RONs	: <i>Reactive Oxygen and Nitrogen Species</i>
ROS	: <i>Reactive Oxygen Species</i>
SKILAS	: Skrining Lansia Sederhana
SPPB	: <i>Short Physical Performance Battery</i>
Smad	: <i>Mothers Against Decapentaplegic Homolog</i>
TGF-β	: <i>Transforming Growth Factor-beta</i>
TNF-α	: <i>Tumor Necrosis Factor-alpha</i>
T2DM	: <i>Type-2 Diabetes Mellitus</i>