

DAFTAR PUSTAKA

- Aleixo, G. F. P., Shachar, S. S., Nyrop, K. A., Muss, H. B., Battaglini, C. L., & Williams, G. R. (2020). Bioelectrical Impedance Analysis for the Assessment of Sarcopenia in Patients with Cancer: A Systematic Review. *The Oncologist*, *25*(2), 170–182. <https://doi.org/10.1634/theoncologist.2019-0600>
- Atherton, P. J., Smith, K., Etheridge, T., Rankin, D., & Rennie, M. J. (2010). Distinct anabolic signalling responses to amino acids in C2C12 skeletal muscle cells. *Amino Acids*, *38*(5), 1533–1539. <https://doi.org/10.1007/s00726-009-0377-x>
- Badan Pusat Statistik. (2023). Statistik penduduk lanjut usia 2023. Badan Pusat Statistik. <https://www.bps.go.id/id/publication/2023/12/29/5d308763ac29278dd5860fad/statistik-penduduk-lanjut-usia-2023.html>
- Basat, S. (2021). The Relationship Between Osteoarthritis and Sarcopenia in Geriatric Diabetic Patients. *SiSli Etfal Hastanesi Tip Bulteni / The Medical Bulletin of Sisli Hospital*. <https://doi.org/10.14744/semb.2021.42890>
- Bayraktar, E., Tasar, P. T., Binici, D. N., Karasahin, O., Timur, O., & Sahin, S. (2020). Relationship between sarcopenia and mortality in elderly inpatients. *Eurasian Journal of Medicine*, *52*(1), 29–33. <https://doi.org/10.5152/eurasianjmed.2020.19214>
- Blanquet, M., Massoulié, G., Boirie, Y., Guiguet-Auclair, C., Mulliez, A., Anker, S., Boiteux, M. C. d. A., Jean, F., Combaret, N., Souteyrand, G., Riocreux, C., Pereira, B., Motreff, P., Rossignol, P., Clerfond, G., & Eschalié, R. (2022). Handgrip strength to screen early-onset sarcopenia in heart failure. *Clinical Nutrition ESPEN*, *50*, 183–190. <https://doi.org/10.1016/j.clnesp.2022.05.019>
- Chalermisri, C., Aekplakorn, W., & Srinonprasert, V. (2022). Body Mass Index Combined With Possible Sarcopenia Status Is Better Than BMI or Possible Sarcopenia Status Alone for Predicting All-Cause Mortality Among Asian Community-Dwelling Older Adults. *Frontiers in Nutrition*, *9*. <https://doi.org/10.3389/fnut.2022.881121>
- Chen, H., Huang, X., Dong, M., Wen, S., Zhou, L., & Yuan, X. (2023). The Association Between Sarcopenia and Diabetes: From Pathophysiology Mechanism to Therapeutic Strategy. In *Diabetes, Metabolic Syndrome and Obesity* (Vol. 16, pp. 1541–1554). Dove Medical Press Ltd. <https://doi.org/10.2147/DMSO.S410834>
- Chen, L. K., Woo, J., Assantachai, P., Auyeung, T. W., Chou, M. Y., Iijima, K., Jang, H. C., Kang, L., Kim, M., Kim, S., Kojima, T., Kuzuya, M., Lee, J. S. W., Lee, S. Y., Lee, W. J., Lee, Y., Liang, C. K., Lim, J. Y., Lim, W. S., ... Arai, H. (2020). Asian Working Group for Sarcopenia: 2019 Consensus Update on Sarcopenia Diagnosis and Treatment. *Journal of the American Medical Directors Association*, *21*(3), 300–307.e2. <https://doi.org/10.1016/j.jamda.2019.12.012>

- Cochet, C., Belloni, G., Buondonno, I., Chiara, F., & D'Amelio, P. (2023). The Role of Nutrition in the Treatment of Sarcopenia in Old Patients: From Restoration of Mitochondrial Activity to Improvement of Muscle Performance, a Systematic Review. In *Nutrients* (Vol. 15, Issue 17). Multidisciplinary Digital Publishing Institute (MDPI). <https://doi.org/10.3390/nu15173703>
- Cruz-Jentoft, A. J., & Sayer, A. A. (2019). Sarcopenia. In *The Lancet* (Vol. 393, Issue 10191, pp. 2636–2646). Lancet Publishing Group. [https://doi.org/10.1016/S0140-6736\(19\)31138-9](https://doi.org/10.1016/S0140-6736(19)31138-9)
- Curtis, M., Swan, L., Fox, R., Warters, A., & O'Sullivan, M. (2023). Associations between Body Mass Index and Probable Sarcopenia in Community-Dwelling Older Adults. *Nutrients*, *15*(6). <https://doi.org/10.3390/nu15061505>
- De Carvalho, D. H. T., Scholes, S., Santos, J. L. F., De Oliveira, C., & Alexandre, T. D. S. (2019). Does Abdominal Obesity Accelerate Muscle Strength Decline in Older Adults? Evidence from the English Longitudinal Study of Ageing. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*, *74*(7), 1105–1111. <https://doi.org/10.1093/gerona/gly178>
- dos Santos, L., Cyrino, E. S., Antunes, M., Santos, D. A., & Sardinha, L. B. (2017). Sarcopenia and physical independence in older adults: the independent and synergic role of muscle mass and muscle function. *Journal of Cachexia, Sarcopenia and Muscle*, *8*(2), 245–250. <https://doi.org/10.1002/jcsm.12160>
- Draganidis, D., Jamurtas, A. Z., Chondrogianni, N., Mastorakos, G., Jung, T., Grune, T., Papadopoulos, C., Papanikolaou, K., Papassotiriou, I., Papaevgeniou, N., Poulos, A., Batrakoulis, A., Deli, C. K., Georgakouli, K., Chatzinikolaou, A., Karagounis, L. G., & Fatouros, I. G. (2021). Low-Grade Systemic Inflammation Interferes with Anabolic and Catabolic Characteristics of the Aged Human Skeletal Muscle. *Hindawi Oxidative Medicine and Cellular Longevity*, *2021*, 14. <https://doi.org/10.48350/162928>
- Elendu, C., Amaechi, D. C., Elendu, T. C., Fiemotonghan, B. E., Okoye, O. K., Aguben, C. M., Onyekweli, S. O., Amapu, D. A., Ikpegbu, R., Asekhauno, M., Pius, E., Bayo-Shodipo, A. T., Okezie-Okoye, C. A., Bello, N., Oguine, C., Edochie, P., Dike, N., Amos, I., Asekhauno, J., ... Adebayo, M. (2024). A comprehensive review of heart failure: Unraveling the etiology, decoding pathophysiological mechanisms, navigating diagnostic modalities, exploring pharmacological interventions, advocating lifestyle modifications, and charting the horizon of emerging therapies in the complex landscape of chronic cardiac dysfunction. In *Medicine (United States)* (Vol. 103, Issue 3, p. E36895). Lippincott Williams and Wilkins. <https://doi.org/10.1097/MD.00000000000036895>
- Flint B, Tadi P. Physiology, Aging. [Updated 2023 Jan 4]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK556106/>
- Guo, J., Huang, X., Dou, L., Yan, M., Shen, T., Tang, W., & Li, J. (2022). Aging and aging-related diseases: from molecular mechanisms to interventions and

- treatments. In *Signal Transduction and Targeted Therapy* (Vol. 7, Issue 1). Springer Nature. <https://doi.org/10.1038/s41392-022-01251-0>
- Hsu, Y. H., Liang, C. K., Chou, M. Y., Liao, M. C., Lin, Y. T., Chen, L. K., & Lo, Y. K. (2014). Association of cognitive impairment, depressive symptoms and sarcopenia among healthy older men in the veterans retirement community in southern Taiwan: A cross-sectional study. *Geriatrics and Gerontology International*, *14*(SUPPL.1), 102–108. <https://doi.org/10.1111/ggi.12221>
- Kandayah, T., Safian, N., & Shah, S. A. (2025). Prevalence and risk factors of sarcopenia and effect of sarcopenia on functional status and falls incidents among the elderly in Selangor. *PeerJ*, *13*, e20175. <https://doi.org/10.7717/peerj.20175>
- Keller, J., Gomez, R., Williams, G., Lembke, A., Lazzeroni, L., Murphy, G. M., & Schatzberg, A. F. (2017). HPA axis in major depression: Cortisol, clinical symptomatology and genetic variation predict cognition. *Molecular Psychiatry*, *22*(4), 527–536. <https://doi.org/10.1038/mp.2016.120>
- Li, Q., Cen, W., Yang, T., & Tao, S. (2024). Association between depressive symptoms and sarcopenia among middle-aged and elderly individuals in China: the mediation effect of activities of daily living (ADL) disability. *BMC Psychiatry*, *24*(1). <https://doi.org/10.1186/s12888-024-05885-y>
- Li, Y. H., Wang, X. H., Ya, S., Jiaoling, H., & Hua, N. (2024). The optimal cut-off value of five-time chair stand test for assessing sarcopenia among Chinese community-dwelling older adults. *Journal of Cachexia, Sarcopenia and Muscle*, *15*(2), 756–764. <https://doi.org/10.1002/jcsm.13441>
- Li, Z., Tong, X., Ma, Y., Bao, T., & Yue, J. (2022). Prevalence of depression in patients with sarcopenia and correlation between the two diseases: systematic review and meta-analysis. In *Journal of Cachexia, Sarcopenia and Muscle* (Vol. 13, Issue 1, pp. 128–144). John Wiley and Sons Inc. <https://doi.org/10.1002/jcsm.12908>
- Liguori, I., Russo, G., Aran, L., Bulli, G., Curcio, F., Della-Morte, D., Gargiulo, G., Testa, G., Cacciatore, F., Bonaduce, D., & Abete, P. (2018). Sarcopenia: Assessment of disease burden and strategies to improve outcomes. In *Clinical Interventions in Aging* (Vol. 13, pp. 913–927). Dove Medical Press Ltd. <https://doi.org/10.2147/CIA.S149232>
- Lim, J. U., Lee, J. H., Kim, J. S., Hwang, Y. Il, Kim, T. H., Lim, S. Y., Yoo, K. H., Jung, K. S., Kim, Y. K., & Rhee, C. K. (2017). Comparison of World Health Organization and Asia-Pacific body mass index classifications in COPD patients. *International Journal of COPD*, *12*, 2465–2475. <https://doi.org/10.2147/COPD.S141295>
- Lim, J. Y., Low, N. A., & Merchant, R. A. (2020). Prevalence of sarcopenia in pre-frail community dwelling older adult and utility of SARC-F, SARC-CalF and calf circumference in case finding. *Journal of Frailty, Sarcopenia and Falls*, *05*(03), 53–56. <https://doi.org/10.22540/jfsf-05-053>
- Liu, J., & Chen, X. (2023). Comparison between bioelectrical impedance analyses and dual-energy X-ray absorptiometry for accuracy in assessing appendicular skeletal muscle mass and diagnosing sarcopenia in hospitalized Chinese older adults.

- Medicine (United States)*, 102(39), E35250.
<https://doi.org/10.1097/MD.00000000000035250>
- López-Otín, C., Blasco, M. A., Partridge, L., Serrano, M., & Kroemer, G. (2023). Hallmarks of aging: An expanding universe. In *Cell* (Vol. 186, Issue 2, pp. 243–278). Elsevier B.V. <https://doi.org/10.1016/j.cell.2022.11.001>
- Louka, M. (2022). Sarcopenia in CKD: The effect of CKD on muscle mass. *Journal of Research and Practice on the Musculoskeletal System*, 06(04), 106–110. <https://doi.org/10.22540/jrpms-06-106>
- Malgaroli, M., Calderon, A., & Bonanno, G. A. (2021). Networks of major depressive disorder: A systematic review. In *Clinical Psychology Review* (Vol. 85). Elsevier Inc. <https://doi.org/10.1016/j.cpr.2021.102000>
- Mas, M. F., González, J., & Frontera, W. R. (2020). Stroke and Sarcopenia. In *Current Physical Medicine and Rehabilitation Reports* (Vol. 8, Issue 4, pp. 452–460). Springer Science and Business Media B.V. <https://doi.org/10.1007/s40141-020-00284-2>
- Moreira, V. G., Perez, M., & Lourenço, R. A. (2019). Prevalence of sarcopenia and its associated factors: The impact of muscle mass, gait speed, and handgrip strength reference values on reported frequencies. *Clinics*, 74. <https://doi.org/10.6061/clinics/2019/e477>
- Pasco, J. A., Williams, L. J., Jacka, F. N., Stupka, N., Brennan-Olsen, S. L., Holloway, K. L., & Berk, M. (2015). Sarcopenia and the Common Mental Disorders: a Potential Regulatory Role of Skeletal Muscle on Brain Function? In *Current Osteoporosis Reports* (Vol. 13, Issue 5, pp. 351–357). Current Medicine Group LLC 1. <https://doi.org/10.1007/s11914-015-0279-7>
- Peng, P., Wu, J., Fang, W., Tian, J., He, M., Xiao, F., Lin, K., Xu, X., He, W., Liu, W., & Wei, Q. (2024). Association between sarcopenia and osteoarthritis among the US adults: a cross-sectional study. *Scientific Reports*, 14(1). <https://doi.org/10.1038/s41598-023-50528-z>
- Peng, T. C., Chen, W. L., Wu, L. W., Chang, Y. W., & Kao, T. W. (2020). Sarcopenia and cognitive impairment: A systematic review and meta-analysis. *Clinical Nutrition*, 39(9), 2695–2701. <https://doi.org/10.1016/j.clnu.2019.12.014>
- Petermann-Rocha, F., Balntzi, V., Gray, S. R., Lara, J., Ho, F. K., Pell, J. P., & Celis-Morales, C. (2022). Global prevalence of sarcopenia and severe sarcopenia: a systematic review and meta-analysis. In *Journal of Cachexia, Sarcopenia and Muscle* (Vol. 13, Issue 1, pp. 86–99). John Wiley and Sons Inc. <https://doi.org/10.1002/jcsm.12783>
- Poudyal Bachelor, U., Poudyal, A., Kuhanen, T., & Yabal, C. (2012). *DEPRESSION AND MALNUTRITION AMONG ELDERLY IN LONG-TERM CARE-A Literature Review Degree Programme in Nursing School of Health and Social Studies DEPRESSION AND MALNUTRITION AMONG ELDERLY IN LONG-TERM CARE-A Literature Review Degree Programme Degree Programme in Nursing.*

- Rutledge, C. A. (2024). Molecular mechanisms underlying sarcopenia in heart failure. In *Journal of Cardiovascular Aging* (Vol. 4, Issue 1). OAE Publishing Inc. <https://doi.org/10.20517/jca.2023.40>
- Salveti, A., Brogi, G., Legge, V. Di, & Bernini, G. P. (1993). The Inter-Relationship between Insulin Resistance and Hypertension. In *Drugs* (Vol. 46, Issue 2).
- Sotello Batista, F., Grace, I., De, A., Gomes, O., Liberalesso, A., Iii, N., Guariento, M. E., Cintra, F. A., Da Luz, M., De Sousa, R., José D', M., & Vii, E. (2012). Relationship between lower-limb muscle strength and frailty among elderly people. *Relação entre força muscular de membros inferiores e fragilidade em idosos*. In *Sao Paulo Med J* (Vol. 130, Issue 2).
- Szymkowicz, S. M., Gerlach, A. R., Homiack, D., & Taylor, W. D. (2023). Biological factors influencing depression in later life: role of aging processes and treatment implications. In *Translational Psychiatry* (Vol. 13, Issue 1). Springer Nature. <https://doi.org/10.1038/s41398-023-02464-9>
- van den Helder, J., Verreijen, A. M., van Dronkelaar, C., Memelink, R. G., Engberink, M. F., Engelbert, R. H. H., Weijts, P. J. M., & Tieland, M. (2022). Bio-Electrical Impedance Analysis: A Valid Assessment Tool for Diagnosis of Low Appendicular Lean Mass in Older Adults? *Frontiers in Nutrition*, 9. <https://doi.org/10.3389/fnut.2022.874980>
- Vitale, G., Cesari, M., & Mari, D. (2016). Aging of the endocrine system and its potential impact on sarcopenia. In *European Journal of Internal Medicine* (Vol. 35, pp. 10–15). Elsevier B.V. <https://doi.org/10.1016/j.ejim.2016.07.017>
- Vitriana, Defi, I. R., Irawan, G. N., & Setiabudiawan, B. (2016). Prevalensi Sarkopenia pada Lansia di Komunitas (Community Dwelling) berdasarkan Dua Nilai Cut-off Parameter Diagnosis. *Majalah Kedokteran Bandung*, 48(3), 164–170. <https://doi.org/10.15395/mkb.v48n3.417>
- Widjanantie, S. C., Lestari, F., Nudwinuringtyas, N., & Susanto, A. D. (2024). Rehabilitation Management for Sarcopenia in Chronic Obstructive Pulmonary Disease: A Literature Review. *Respiratory Science*, 4(3), 232–250. <https://doi.org/10.36497/respirsci.v4i3.136>
- World Health Organization. (2022). Ageing and health. <https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>
- World Health Organization. (2025). Depressive disorder (depression). <https://www.who.int/news-room/fact-sheets/detail/depression>
- World Health Organization. (2024). Hypertension. <https://www.who.int/news-room/fact-sheets/detail/hypertension>
- Xing, E., & Wan, C. (2022). Prevalence of and factors associated with sarcopenia among elderly individuals with hypertension. *Journal of International Medical Research*, 50(7). <https://doi.org/10.1177/03000605221110490>
- Yeung, S. S. Y., Reijnierse, E. M., Pham, V. K., Trappenburg, M. C., Lim, W. K., Meskers, C. G. M., & Maier, A. B. (2019). Sarcopenia and its association with falls and fractures in older adults: A systematic review and meta-analysis. In

- Journal of Cachexia, Sarcopenia and Muscle* (Vol. 10, Issue 3, pp. 485–500). Wiley Blackwell. <https://doi.org/10.1002/jcsm.12411>
- Yogesh, M., Dave, A., Kagathara, J., Gandhi, R., & Lakkad, D. (2025). Prevalence of Sarcopenia and Its Association with Mental Health Status in Elderly Patients: A Comparative Cross-sectional Study. *Journal of Mid-Life Health*, 16(1), 51–59. https://doi.org/10.4103/jmh.jmh_154_24
- Yuenyongchaiwat, K., & Boonsinsukh, R. (2020). Sarcopenia and Its Relationships with Depression, Cognition, and Physical Activity in Thai Community-Dwelling Older Adults. *Current Gerontology and Geriatrics Research*, 2020. <https://doi.org/10.1155/2020/8041489>
- Zhang, H. Y., Chong, M. C., Tan, M. P., Chua, Y. P., & Zhang, J. H. (2022). The Association Between Depressive Symptoms and Sarcopenia Among Community-Dwelling Older Adults: A Cross-Sectional Study. *Journal of Multidisciplinary Healthcare*, 15, 837–846. <https://doi.org/10.2147/JMDH.S355680>
- Zhao, Y., Wu, X., Tang, M., Shi, L., Gong, S., Mei, X., Zhao, Z., He, J., Huang, L., & Cui, W. (2023). Late-life depression: Epidemiology, phenotype, pathogenesis and treatment before and during the COVID-19 pandemic. In *Frontiers in Psychiatry* (Vol. 14). Frontiers Media SA. <https://doi.org/10.3389/fpsy.2023.1017203>
- Zhong, Q., Jiang, L., An, K., Zhang, L., Li, S., & An, Z. (2023). Depression and risk of sarcopenia: a national cohort and Mendelian randomization study. *Frontiers in Psychiatry*, 14. <https://doi.org/10.3389/fpsy.2023.1263553>
- Zhou, H., Ding, X., & Luo, M. (2024). The association between sarcopenia and functional disability in older adults. *Journal of Nutrition, Health and Aging*, 28(1). <https://doi.org/10.1016/j.jnha.2023.100016>