

DAFTAR PUSTAKA

- Angka Kecukupan Gizi (AKG). (2019). *Peraturan Menteri Kesehatan Republik Indonesia Nomor 28 Tahun 2019 tentang Angka Kecukupan Gizi yang Dianjurkan untuk Masyarakat Indonesia*. Jakarta: Kementerian Kesehatan Republik Indonesia.
- Antonia, M., Handayani, M. D. N., Rensa, A., & Vetinly, V. (2021). Pentingnya rasio extracellular mass/body cell mass pada lansia. *Damianus Journal of Medicine*, 20(2), 111-119.
- Alpay, K.C., Heybeli, C., Bilgic, I., Tanriverdi, I., Beydilli, S.B., Behzad, A. and Soysal, P. (2025). Appetite loss in older adults without undernutrition: associated factors and clinical implications. *BMC geriatrics*, 25(1), p.641.
- Amarya, S., Singh, K., & Sabharwal, M. (2015). Changes during aging and their association with malnutrition. *Journal of Clinical Gerontology and Geriatrics*, 6(3), 78-84.
- Amisi, M.D., Sanggelorang, Y. and Rahman, A. (2020). Korelasi antara asupan energi dan protein dengan indeks massa tubuh penduduk lansia. *Jurnal Ilmiah Manusia Dan Kesehatan*, 3(1), pp.114-121.
- Aprilatutini, T., Yustisia, N. and Novianti, G.A. (2021). Status nutrisi lansia di panti sosial tresna werda kota bengkulu. *Jurnal Ilmu Keperawatan Indonesia*, 2(2).
- Ardiani, H. (2019). Faktor-faktor yang berhubungan dengan kualitas hidup lansia di Kelurahan Mugarsari Kecamatan Tamansari Kota Tasikmalaya Tahun 2014. *Healthcare Nursing Journal*, 1(1).
- Astuti, A. D. (2019). Status perkawinan meningkatkan kualitas hidup lansia di PSTW Sinta Rangkang Tangkiling Kalimantan Tengah. *Jurnal Keperawatan Dan Kesehatan Masyarakat Cendekia Utama*, 8(1), 1-8.
- Aulia, N. R. (2021). Peran pengetahuan gizi terhadap asupan energi, status gizi dan sikap tentang gizi remaja. *Jurnal Ilmiah Gizi Kesehatan (JIGK)*, 2(02), 31-35.
- Badan Pusat Statistik. (2023). *Statistik penduduk lanjut usia*. Badan Pusat Statistik.
- Badan Pusat Statistik. (2024). *Statistik Penduduk Lanjut Usia 2024*. Badan Pusat Statistik.
- Bai, H., Sun, J., Chen, M., Xie, H., Xu, D., & Chen, Y. (2018). Relationship between calf circumference and skeletal muscle mass, strength and function in the elderly. *Chinese Journal of Clinical Nutrition*, 284-287.
- Caesar, A. C., Sukanto, E., & Utami, R. P. (2023). Hubungan konsumsi dan daya terima makanan dengan status gizi lansia berdasarkan LILA dan MNA di Panti Sosial Tresna Werdha Nirwana Puri. *Sanitas: Jurnal Teknologi dan Seni Kesehatan*, 14(1).
- Chapman, I. M. (2007). The anorexia of aging. *Clinics in geriatric medicine*, 23(4), 735-756.
- Diniyati, L.S. and Aulia, A.A. (2021). Stimulasi nafsu makan balita dengan pijat bayi di Kampung Cijulang. *Prosiding Simposium Nasional Multidisiplin (SinaMu)*, 2.
- Djafar, M. and Sulistyowati, H. (2016). Hubungan nafsu makan, pengetahuan gizi dengan asupan energi, protein dan status gizi di rumkital dr. mintohardjo tahun 2016: The correlation among patient appetive, nutrition knowledge

- and energy intake protein and nutrition status at dr. Mintohardjo in 2016. *Jurnal Impuls Universitas Binawan*, 2(1), pp.22-30.
- Donini, L. M., Poggiogalle, E., Piredda, M., Pinto, A., Barbagallo, M., Cucinotta, D., & Sergi, G. (2013). Anorexia and eating patterns in the elderly. *PLoS one*, 8(5), e63539.
- Douglas, S. M., & Leidy, H. J. (2019). Novel methodological considerations regarding the use of visual analog scale (VAS) appetite questionnaires in tightly controlled feeding trials. *Current developments in nutrition*, 3(6), nzz061.
- Duran, S., Özdiñ, S., Gelik, Ö. M., SelHuk, H., & Sönmez, Z. S. (2019). Comparison of nutritional habits, physical activity levels and quality of life among normal cognition elderly individuals living in nursing homes or at their residence. *International Journal of Gerontology*, 13(4), 339-343.
- Farapti, F., Wangi, M.P. and Adiningsih, S. (2023). The assessment of daily menus in nursing home residents for improving intake and nutritional status in elderly. *Energy (kcal)*, 1(193.9), pp.69-03.
- Fatie, S. D., Briliannita, A., & Florensia, W. (2021). Gambaran asupan zat gizi makro dan status gizi mahasiswa Poltekkes Kemenkes Sorong pada masa pandemi Covid-19. *Nursing Arts*, 15(2).
- Fitria, I., Maritalia, D., Tambunan, H., Rahmadani, N., Turrahmi, A., Herdianti, P. and Fuada, S. (2023). Sosialisasi dan edukasi pengelolaan nutrisi dan gizi untuk meningkatkan kesehatan lansia. *LOSARI: Jurnal Pengabdian Kepada Masyarakat*, 5(2), pp.184-189.
- Fitria, S. (2016). Pengaruh musik rock dalam meningkatkan nafsu makan. *Jurnal Majority*, 5(1).
- Gangadharan, K. R. (2025). Geriatric care centers and its role in elderly care. In *Handbook of Aging, Health and Public Policy: Perspectives from Asia* (pp. 3185-3206). Singapore: Springer Nature Singapore.
- Gorji, H.A., Alikhani, M., Mohseni, M., Moradi-Joo, M., Ziaifor, H. and Moosavi, A. (2017). The prevalence of malnutrition in Iranian elderly: a review article. *Iranian journal of public health*, 46(12), p.1603.
- Gunawan, T. K. (2018). *Penerimaan diri pada lanjut usia di panti wreda* (Doctoral dissertation, Universitas Gadjah Mada).
- Hamsah, I. A. (2020). Gambaran nutrisi lansia di Desa Banua Baru. *Jurnal Ilmiah Kesehatan Sandi Husada*, 9(1), 1-7.
- Handayani, M. D. N., Adrianto, N., Dewi, R., Pakpahan, H. A., & Siswanto, F. M. (2024). Massa otot berkorelasi positif dengan total air tubuh pada lansia: studi observasional. *Media Penelitian dan Pengembangan Kesehatan*, 34(3), 537-543.
- Hasibuan, M. U. Z., & Palmizal, A. (2021). Sosialisasi penerapan indeks massa tubuh (IMT) di Suta club: Socialization of the application of body mass index (IMT) at Suta Club. *Cerdas Sifa Pendidikan*, 10(2), 84-89.
- Ismayanti, N., & Solikhah, S. (2012). Hubungan antara pola konsumsi dan aktivitas fisik dengan status gizi pada Lansia di Panti Sosial Tresna Werdha Unit Abiyoso Yogyakarta. *Kes Mas: Jurnal Fakultas Kesehatan Masyarakat Universitas Ahmad Dahlan*, 6(3), 24972.
- Jakobsen, M.U., Madsen, L., Skjøth, F., Berentzen, T.L., Halkjær, J., Tjønneland, A., Schmidt, E.B., Sørensen, T.I., Kristiansen, K. and Overvad, K. (2017). Dietary intake and adipose tissue content of long-chain n-3 PUFAs and subsequent 5-y change in body weight and waist

- circumference. *The American journal of clinical nutrition*, 105(5), pp.1148-1157.
- Kawakami, R., Tanisawa, K., Nakamura, N., Ito, T., Usui, C., Inoue, Y., Chen, Y., Watanabe, D., Miyachi, M., Torii, S. and Midorikawa, T. (2025). Relationship between longitudinal changes in calf circumference and skeletal muscle mass. *Clinical Nutrition ESPEN*, 68, 447-450.
- Khaira, F., Andayani, D. E., & Witjaksono, F. (2022). The Cutoff Point of Mid–Upper Arm Circumference in the Supine Position to Detect Malnutrition in Patients with Cancer. *Topics in Clinical Nutrition*, 37(1), 24-32.
- Kim, S., Lee, J. S., Hong, K. H., Yeom, H. S., Nam, Y. S., Kim, J. Y., & Park, Y. K. (2018). Development and relative validity of semi-quantitative food frequency questionnaire for Korean adults. *Journal of Nutrition and Health*, 51(1), 103-119.
- Kinoshita, H., Kobayashi, M., Kajii, Y., Satonaka, A., & Suzuki, N. (2021). Calf circumference positively correlates with calf muscle thickness and negatively correlates with calf subcutaneous fat thickness and percent body fat in non-obese healthy young adults. *The Journal of Sports Medicine and Physical Fitness*, 62(3), 343-349.
- Lau, S., Pek, K., Chew, J., Lim, J.P., Ismail, N.H., Ding, Y.Y., Cesari, M. and Lim, W.S. (2020). The Simplified Nutritional Appetite Questionnaire (SNAQ) as a screening tool for risk of malnutrition: optimal cutoff, factor structure, and validation in healthy community-dwelling older adults. *Nutrients*, 12(9), p.2885.
- Lemeshow S, Hosmer DW, Klar J, Lwanga SK.(1997). Adequacy of sample size in health studies. Edisi terjemahan. Yogyakarta: Gadjah Mada University Press.
- Lichwan, M. (2021). *Hubungan tingkat nafsu makan dengan asupan energi protein dan status gizi pada pasien penyakit ginjal kronik dengan hemodialisis rutin di RSUD Sleman* (Doctoral dissertation, Universitas Gadjah Mada).
- Mao, Y., Wu, J., Liu, G., Yu, Y., Chen, B., Liu, J., Wang, J., Yu, P., Zhang, C., Wu, J. (2022). Chinese expert consensus on prevention and intervention for the elderly with malnutrition (2022). *Aging Medicine*, 5(3), pp.191-203.
- Méjean, C., Deglaire, A., Kesse-Guyot, E., Hercberg, S., Schlich, P. and Castetbon, K.(2014). Association between intake of nutrients and food groups and liking for fat (The Nutrinet-Sante Study). *Appetite*, 78, pp.147-155.
- Melanson, E. L., Astrup, A., & Donahoo, W. T. (2009). The relationship between dietary fat and fatty acid intake and body weight, diabetes, and the metabolic syndrome. *Annals of nutrition & metabolism*, 55(1/3), 229-243.
- Mila, R., Abellana, R., Padro, L., Basulto, J., & Farran, A. (2012). High consumption foods and their influence on energy and protein intake in institutionalized older adults. *The Journal of nutrition, health and aging*, 16(2), 115-122.
- Mulyasari, I., Maryanto, S., & Purbowati, P. (2023). The accuracy of mid-upper-arm circumference to estimate body mass index in Indonesian adults. In *The 6th International Conference On Energy, Environment, Epidemiology And Information System (Icenis) 2021: Topic*

- Of Energy, Environment, Epidemiology, And Information System* (Vol. 2683, No. 1, p. 040017). AIP Publishing LLC.
- Nabila, B.I., Kurniawan, W.E. and Maryoto, M. (2022) . Gambaran tingkat demensia pada lansia di Rojinhom Ikedaen Okinawa Jepang. *Jurnal Studi Keperawatan*, 3(2), pp.28-36.
- Neumann, C.G., Jiang, L., Weiss, R.E., Grillenberger, M., Gewa, C.A., Siekmann, J.H., Murphy, S.P. and Bwibo, N.O.(2013). Meat supplementation increases arm muscle area in Kenyan schoolchildren. *British Journal of Nutrition*, 109(7), 1230-1240.
- Nurchayani, I. D., Suaib, F., & Istejo, I. (2020). Pengaruh edukasi gizi terhadap peningkatan asupan energi dan protein pada remaja putri SMP Al-Ishlah Maros. Ghidza: *Jurnal Gizi Dan Kesehatan*, 4(1), 100-106.)
- Nurhayati, I., Yuniarti, T., & Putri, A. P. (2019). Tingkat pengetahuan keluarga dalam pemberian gizi pada lansia Cepogo, Boyolali. *Jurnal Riset Gizi*, 7(2), 125-130.
- Oliveira, C. M., Kubrusly, M., Lima, A. T., Torres, D. M., Cavalcante, N. M., Jerônimo, A. L., & Oliveira, T. C. (2015). Correlation between nutritional markers and appetite self-assessments in hemodialysis patients. *Journal of Renal Nutrition*, 25(3), 301-307.
- Patimbano, B. L., Kapantow, N. H., & Punuh, M. I. (2021). Gambaran asupan zat gizi makro mahasiswa semester II FKM Unsrat saat pembatasan sosial pada masa pandemi COVID-19. *KESMAS: Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, 10(2).
- Putri, R.F. (2023). *Hubungan asupan zat gizi dan nafsu makan dengan status gizi pasien kanker lansia di RSUP dr. Sardjito* (Doctoral dissertation, Universitas Gadjah Mada).
- Putriningtyas, N.D., Romadhoni, W.N. and Candra, A.R.D. (2021). Hubungan asupan makan dan lingkaran pinggang dengan status gizi pada lansia di Panti Wreda Rindang Asih I. *Darussalam Nutrition Journal*, 5(1), pp.49-54.
- Ratumanan, S. P., Achadiyani, A., & Khairani, A. F. (2023). Metode antropometri untuk menilai status gizi: *sebuah studi literatur*. *Health Information: Jurnal Penelitian*.
- Riyadi, H., & Sukandar, D. (2015). Analysis of factors affecting nutritional status of elderly at state nursing home and non-governmental organization. *Pakistan Journal of Nutrition*, 14(3), 180-187.
- Sahin, G. A., & Caferoglu, Z. (2022). The food service quality and its effects on nutritional status in nursing home residents. *Clinical nutrition ESPEN*, 47, 233-239.
- Saragih, I.D.R. (2021). *Hubungan antara perubahan asupan energi dan protein terhadap perubahan status gizi lansia di Daerah Istimewa Yogyakarta* (Doctoral dissertation, Universitas Gadjah Mada).
- Schaap, L. A., Quirke, T., Wijnhoven, H. A., & Visser, M. (2018). Changes in body mass index and mid-upper arm circumference in relation to all-cause mortality in older adults. *Clinical Nutrition*, 37(6), 2252-2259.
- Schreiber, B., & Hackl, J. M. (2010). Study on the Nutrition of Elderly Peoples in Nursing Homes in Vorarlberg (Austria). *Aktuelle Ernährungsmedizin*, 35(04), 200-206.
- Sholekah, L.A., Soesanto, E. and Aisah, S. (2022). Hubungan faktor fisiologis pada lansia dengan resiko jatuh di Dusun Wangil Desa Sambonganyar

- Kabupaten Blora. *Jurnal Keperawatan dan Kesehatan Masyarakat Cendekia Utama*, 11(2), pp.174-182.
- Simamora, S. N., Naningsi, N. S., & Rosyidah, H. N. (2025). Metode pengukuran status gizi pada lansia yang tidak mampu berdiri: studi literatur. *Jurnal Pustaka Padi (Pusat Akses Kajian Pangan dan Gizi)*, 4(2), 34-37.
- Sojcher, R., Fogerite, S.G. and Perlman, A. (2012). Evidence and potential mechanisms for mindfulness practices and energy psychology for obesity and binge-eating disorder. *Explore*, 8(5), pp.271-276.
- Sulmont-Rossé, C., & Wymelbeke, V. V. (2019). Determinants of a low protein intake in the institutionalized elderly people.
- Susetyowati, S., Winarti, H., Roselani, A., Handayani, S., Getare Sanubari, N., & Sholikhati, A. S. (2024). Utilization of mini nutrition assessment-short form to identify nutritional status of hospitalized elderly patients at Dr Sardjito General Hospital, Yogyakarta. *Amerta Nutrition*, 8(2).
- Suzuki, F., Okamoto, S., Nakai, S., Miyagi, S., Tsujiguchi, H., Hara, A., Nguyen, T.T.T., Shimizu, Y., Hayashi, K., Suzuki, K. and Kasahara, T.(2024). Association between animal protein intake, oral frailty and calf circumference in middle-aged and older adults: a cross-sectional analysis from the Shika study. *BMJ open*, 14(2), p.e078129.
- Tsai, A. C., Chang, T. L., Wang, Y. C., & Liao, C. Y. (2010). Population-specific short-form mini nutritional assessment with body mass index or calf circumference can predict risk of malnutrition in community-living or institutionalized elderly people in taiwan. *Journal of the American Dietetic Association*, 110(9), 1328-1334.
- Van Der Meij, B. S., Wijnhoven, H. A., Finlayson, G. S., Oosten, B. S., & Visser, M. (2015). Specific food preferences of older adults with a poor appetite. A forced-choice test conducted in various care settings. *Appetite*, 90, 168-175.
- Van Wymelbeke, V., Sulmont-Rossé, C., Feyen, V., Issanchou, S., Manckoundia, P., & Maître, I. (2020). Optimizing sensory quality and variety: An effective strategy for increasing meal enjoyment and food intake in older nursing home residents. *Appetite*, 153, 104749.
- Vijay, A., Mohan, L., Taylor, M. A., Grove, J. I., Valdes, A. M., Aithal, G. P., & Shenoy, K. T. (2020). The evaluation and use of a food frequency questionnaire among the population in Trivandrum, South Kerala, India. *Nutrients*, 12(2), 383.
- Widayanti, J. R., Barus, J. F. A., Djuartina, T., Vanessa, I., Enumbi, M. A. Y., Setiati, S., & MI, W. (2025). Status nutrisi, komorbiditas dan fungsi kognitif pada lansia perempuan di panti wreda. *Jurnal Sains dan Kesehatan*, 6(2), 20-28.
- Wijaya, S. A., Sitoayu, L., & Pakpahan, T. H. (2017). Analisis sistem penyelenggaraan makanan dan hubungan daya terima, asupan makanan terhadap status gizi lansia. *Jurnal Sains Kesehatan*, 24(1), 1-8.
- Wilson, M.M.G., Thomas, D.R., Rubenstein, L.Z., Chibnall, J.T., Anderson, S., Baxi, A., Diebold, M.R. and Morley, J.E. (2005). Appetite assessment: simple appetite questionnaire predicts weight loss in community-dwelling adults and nursing home residents. *The American journal of clinical nutrition*, 82(5), pp.1074-1081.

- Woi, F.M., Jutomo, L. and Toy, S.M. (2025). Kajian masalah kesehatan, tingkat konsumsi energi dan protein, serta status gizi lansia di Kota Ende. *SEHATMAS: Jurnal Ilmiah Kesehatan Masyarakat*, 4(1), pp.91-103.
- Workshop Nasional Pangan dan Gizi (WNPG). (2018). Kementerian Kesehatan Republik Indonesia. Jakarta: Kementerian Kesehatan RI.
- Xu, S., Jin, X., Liu, C., Jin, Y., Xu, Y., Chen, L., Xu, S., Tang, H., Yan, J (2017). Investigating the prevalence of dementia and its associated risk factors in a Chinese nursing home. *Journal of clinical neurology*, 13(1), 10-14.
- Yuniar, D. (2016). Identifikasi status nutrisi dan risiko malnutrisi pada lanjut usia di Panti Sosial Tresna Werdha Minaula, Kota Kendari. *Dunia Keperawatan: Jurnal Keperawatan dan Kesehatan*, 4(2), 93-99.