

DAFTAR PUSTAKA

- Aguilera, J.S.L., Torres, J.M.C., Cuenca, A.I.C., Pinillos, F.G., Roman, A.L., 2019. Handgrip Strength is Associated with Psychological Functioning, Mood and Sleep in Women over 65 Years. *International Journal of Environment Research and Public Health* 16: 873.
- Alfaro, A.A., Al Snih, S., Raji, M.A., Kuo, Y.F., Markides, K.S., Ottenbacher, K.J., 2006. Handgrip strength and cognitive decline in older Mexican Americans. *J Gerontol A Biol Sci Med Sci* 61:859-65.
- Aliabadi, S., Moodi, M., Reza, M., Tahergorabi, Z., Mohammadi, R., 2017. Sleep Quality and Its Contributing Factors Among Elderly People: A Descriptive-Analytical Study. *Mod Care J.* 14(1): e64493.
- Arjatmo, T., Hendra, U., 2001. Ilmu Penyakit Dalam Jilid I. Jakarta : Balai Penerbit FK UI.
- Avenell, A., Handoll, H.H., 2005. Nutritional supplementation for hip fracture aftercare in older people. *Cochrane Database Syst Rev.* (2):CD001880.
- Bartali, B., Salvini, S., Turrini, A., et al. 2003. Age and disability affect dietary intake. *J Nutr* 133: 2868–73.
- Bassey, E.J., Harries, U.J., 1993, Normal values for handgrip strength in 920 men and women aged over 65 years, and longitudinal changes over 4 years in 620 survivors, *Clin Sci (Colch)*, 84: 331–37.
- Boss, G. R., Seegmiller, J. E., 1981, Age-related physiological changes and their clinical significance, In: *Geriatric Medicine, West J Med*, 135:434-40.
- Bourdel-Marchasson, I., Joseph, P.A., Dehail, P., Biran, M., Faux, P., Rainfray, M., et al. 2001. Functional and metabolic early changes in calf muscle occurring during nutritional repletion in malnourished elderly patients. *Am J Clin Nutr* 73:832e8.
- Budiman, H., Nany, D., 2005. Status Gizi dan Pola Makan Kelompok Lanjut Usia di DKI Jakarta. *Majalah Kesehatan Perkotaan.* Pusat Penelitian Kesehatan Universitas Katolik Atma Jaya :12.
- Buys, D.R., Roth, D.L., Ritchie, C.D., Sawyer, P., Allman, R.M., Funkhouser E.M., Hovater, M., Locher, J.L., 2013. Nutritional Risk and Body Mass Index Predict Hospitalization, Nursing Home Admissions, and Mortality in Community-Dwelling Older Adults : Results From the UAB Study of Aging With 8.5 Years of Follow Up. *Journals of Gerontology* 69(9): 1146-153.
- Chandra, R.K., 2002. Nutrition and the immune system from birth to old age. *Eur J Clin Nutr* 56(Suppl 3):S73–6.
- Chilima, D.M., Ismal, S.J., 2000. Nutrition and Handgrip Strength of Older Adults in Rural Malawi, *Public Health Nutrition*: 4(1), 11-17
- Collins, C.E., Kershaw, J., Brockington, S., 2005. Effect of nutritional supplements on wound healing in home-nursed elderly: a randomized trial. *Nutrition* 21:147–55.

- Compher, C., Kim, J.N., Bader, J.G., 1998. Nutritional requirements of an aging population with emphasis on subacute care patients. *AACN Clin Issues* 9:441–50.
- Confortin, S.C., Ono, L.M., Meneghini, V., Pastorio, A., Barbosa, A.R., d'ORSI, E., 2016. Factors associated with handgrip strength in older adults residents in Florianopolis, Brasil : EpiFloripa Aging Study. *Rev Nutr* 31 (4): 385-395.
- Cuesta-Vargas, Pérez-Cruzado, D., 2014. Relationship between barthel index with physical tests in adults with intellectual disabilities. *Springerplus* 3:543.
- DallaDéa, V.H.S., Duarte, E., Rebelatto, J.R., Castro, A.P. 2009. Muscle Strength in Older People with and without Depression Participating in a Gym Program. *Acta Ortop Bras* 17(6):322-5.
- Dahlan, M. Sopiudin. 2014. Statistik untuk Kedokteran dan Kesehatan Seri 1 (Ed.6). Jakarta : Epidemiologi Indonesia.
- Dambach, B., Salle, A., Marteau, C., et al. 2005. Energy requirements are not greater in elderly patients suffering from pressure ulcers. *J Am Geriatr Soc* 53:478–82.
- Darmojo., & Boedhi., 2011. Buku Ajar Geriatri Ilmu Kesehatan Lanjut Usia (Ed. 4). Jakarta: Balai Penerbit FKUI.
- Depkes RI 1994
- Doherty, T.J., 2003, Invited review: aging and sarcopenia. *J Appl Physiol* 95: 1717–1727.
- Dryden, G., Ritchie, C.S., Finucane, T.E., et al. 2002. Nutrition in the elderly. Clinical Nutrition Scientific Update. *A report based on presentations at Nutrition Week; 2002 Feb 24–27; San Diego, CA, USA.*
- Duchateau, J., Enoka, R.M., 2011. Human Motor Unit Recordings : Origins and Insight into the Integrated Motor System. *Brain Res* 1409: 42-61.
- Eddington, J., Boorman, J., Durrant, E.R., Perkins, A., et al. 2000. Prevalence of Malnutrition on Admission to Four Hospitals in England. The Malnutrition Prevalence Group. *Clin Nutr* 19 (3): 191-5.
- Fatmah. 2010. Gizi Usia Lanjut. Erlangga : Jakarta
- Feriawan, 2010. Dinas Sosial Daerah Istimewa Yogyakarta Balai Pelayanan Sosial Tresna Werdha Yogyakarta. <http://www.dinsos.jogjaprov.go.id/> (diakses 20 Februari 2021)
- Forest Mitchell, K.W., Williams, J., Atherton. P., Larvin, M., Lund, J., Narici, M., 2012. Sarcopenia, dynapenia and the impact of advancing age on human skeletal muscle size and strength; a quantitative review. *Frontiers Physiol* 3:1-18.
- Formayoza. 2006. Hubungan Karakteristik, Tingkat Pendidikan, Status Ekonomi, Aktifitas Fisik dan Riwayat Sakit dengan Status Gizi Lansia. Puskesmas Kecamatan Nanggalo Kota Padang. Propinsi Sumatera Barat. Tesis. Fakultas Kesehatan Masyarakat Universitas Indonesia
- Foss, M.L., Keteyian, S.J., 1998. Fox's Physiological Basis for Exercise and Sport. 6th Edition, McGraw-Hill, Boston.
- Gibney, M.J., 2009. Gizi Kesehatan Masyarakat. Jakarta: EGC.
- Gill, P., K., S., Sandhu, R., Dimple, Arora, A., K., 2015. Hand Grip Strength in type 2 Diabetics and Non-Diabetics. *Pak J Physiol* 11(3).

- Grimby, G., 1995. Muscle performance and structure in the elderly as studied cross-sectionally and longitudinally. *J. Gerontol* : 50A (special issue): 17±22.
- Griszek, JD., Szuster, K., Szewieczek, J., 2017. Grip Strength as a Frailty Diagnostic Component in Geriatric Inpatients. *Clinical Interventions in Aging* 12 :1151-1157.
- Guerra, R.S., Fonseca, I., Sousa, A.S., Jesus, A., 2016. ESPEN Diagnostic Criteria for Malnutrition – A Validation Study in Hospitalized Patients. *Clinical Nutrition* 36 (5).
- Hailemariam, H., Singh, P., Fekadu, T., 2016. Evaluation of mini nutrition assessment (MNA) tool among community dwelling elderly in urban community of Hawassa city, Southern Ethiopia. *BMC Nutrition* 2:11.
- Harris, T., 1997, Muscle and strength : relation to function in population studies. *American Society and Nutritional Sciences* : 1004-1006.
- Hazzard, W.R., Bierman, E.L., Blass, J.P., et al. 1994. Principles of geriatric medicine and gerontology. 3rd ed. McGraw Hill, New York.
- Hepple, R.T., Rice, C.L., 2016. Innervation and Neuromuscular Control in Ageing Skeletal Muscle. *Journal Physiology* 594 (4):1965-1978.
- Hidayat, G., 2010. Anemia sebagai faktor resiko penurunan kekuatan genggam tangan pada usia lanjut di panti werdha propinsi DIY, hasil seminar hasil ujian akhir PPDS Ilmu Penyakit Dalam FK UGM, Yogyakarta.
- High, K.P., 2001. Nutritional strategies to boost immunity and prevent infection in elderly individuals. *Clin Infect Dis* 33:1892–900.
- Himes, D., 1999. Protein-calorie malnutrition and involuntary weight loss: the role of aggressive nutritional intervention in wound healing. *Ostomy Wound Manage* 45:46–55.
- Houwing, R.H., Rozendaal, M., Wouters-Wesseling, W., et al. 2003. A randomised, double-blind assessment of the effect of nutritional supplementation on the prevention of pressure ulcers in hip-fracture patients. *Clin Nutr* 22:401–5.
- Jamar hydraulic Hand Dynamometer, 2003, Owner's Manual.
- Jensen, G.L., McGee, M., Binkley, J., 2001. Nutrition in the elderly. *Gastroenterol Clin North Am* 30:313–34.
- Ji, C., Zheng, L., Zhang, R., Wu, Q., Zhao, Y., 2018. Handgrip strength is positively related to blood pressure and hypertension risk: results from the national health and nutrition examination survey[J]. *Lipids Health Disangkal* ;17(1):86. doi:10.1186/s12944-018-0734 4.
- Jorgensen, M.G., Ryg, J., Danielsen, M.B., Madeleine, P., Andersen, S., 2018. Twenty weeks of isometric handgrip home training to lower blood pressure in hypertensive older adults: a study protocol for a randomized controlled trial[J]. *Trials* .;19(1):97.doi:10.1186/s13063 018-2441-x.
- Kamarul, T., Ahmad, T.S., Loh. W.Y.C., 2006. Hand Grip Strength in The Adult Malaysian Population. *Journal of Orthopaedic Surgery* 14(2): 172-77.
- Kim, CR., Jeon, YJ., Jeong, T., 2019. Risk Factors Associated with Low Handgrip Strength in older Korean Population. *Plos ONE* 14 (3): e0214612.

- Kim, KH., Park, SK., Lee, DR., Lee, J., 2017. The Relationship between Handgrip Strength and Cognitive Function in Elderly Koreans Over 8 Years: A Prospective Population-Based Study Using Korean Logitudinal Study of Ageing. *Korean Journal of Family Medicine* 40: 9-15.
- Kozakai, R., 2017. Grip Strength and healthy aging. *J Phys Fitness Sports Med* 6 (3): 145-149.
- Krystal AD. *Sleep Med Rev* 2008; in press.
- Kuh, D., Bassey, E.J., Butterworth, S., Hardy, R., Wadsworth, M.E., 2005. Musculoskeletal Study T. Grip strength, postural control, and functional leg power in a representative cohort of British men and women: associations with physical activity, health status, and socioeconomic conditions. *The journals of gerontology Series A, Biological sciences and medical sciences* 60(2):224–31.
- Lam, W.N., Goh, T. H., Kamaruzzaman S.B., Chin, A.V., Phoi J., Tan, P., 2016. Normative data for hand grip strength and key pinch strength, stratified by age and gender for a multiethnic Asian population. *Singapore Med J* 57(10): 578-584.
- Lamboley, C.R., Wyckelsma, V.L., Dutka, T.L., et al. 2015. Contractile Properties and Sarcoplasmic Reticulum Calcium Content in Type I and Type II Skeletal Muscle Fibres in Active Aged Humans. *Journal of Physiology* 593: 2499-2514.
- Lee, M., Choi, E. K., Jung, I. K., & Kwak, D.I. 2000. Epidemiological study of geriatric depression in a Korean urban area. *Korean Journal of Geriatric Psychiatry* 6 :154-63.
- Lewa, A.F., 2010. Faktor Risiko Hipertensi Sistolik Terisolasi pada Lanjut Usia. *Berita Kedokteran Masyarakat* 26:171-178.
- Ling, C.H.Y., Taekema, D., de Craen, A.J.M., Gussekloo, J., Westendorp, R.G.J., Maier, A.B., 2010. Handgrip strength and mortality in the oldest old population: the Leiden 85-Plus Study. *CMAJ* 182: 429 – 435.
- Lino, V.T.S., Rodrigues, N., C., O'Dwyer, G., Andrade, M.KdN., Mattos, I.E., Portela, M.C., 2016. Handgrip Strength and Factors Associated in Poor Elderly Assisted at Primary Care Unit in Rio de Janeiro, Brazil. *Plus ONE* 11 (11): e0166373.
- Logan, S.L., Gottlieb, B.H., Maitland, S.B., Meegan, D., Spriet, L.L., 2013. The physical Activity Scale for the Elderly (PASE) Questionnaire ; Does It Predict Physical Health ?, *Int.J. Environ.Res. Public Health* : 3967-3986.
- Lopes.J., Russell, D.M., Whitwell, J., Jeejeebhoy, K.N., 1982. Skeletal muscle function in malnutrition. *Am J Clin Nutr* 1982;36:602e10
- Lumbatoruan, S.E.P., Vitriana, Dwipa, L., 2017. Three-Year Study of Geriatric Skeletal Muscle Strength at a Top Referral General Hospital, West Java, Indonesia. *Althea Medical Journal* 4(3) : 439-443.
- Madapallimattam, A.G., Law, L., Jeejeebhoy, K.N., 2002. Effect of hypoenergetic feeding on muscle oxidative phosphorylation and mitochondrial complex IeIV activities in rats. *Am J Clin Nutr* :1031e9.
- Manini, T.M., 2011. Development of physical disability in older adults. *Curr Aging Sci* 4:184–91.

- Maylasari, I., Sulistyowati, R., Ramadani, K. D., Annisa, L., 2018. Statistik penduduk lanjut usia 2017. Badan Pusat Statistik.
- McLoughlin, D.M., Spargo, E., Wassif, W.S., Newham, D.J., Peters, T.J., Lantos, P.L., et al., 1998. Structural and functional changes in skeletal muscle in anorexia nervosa. *Acta Neuropathol (Berl)* 95:632e40.
- Mid arm muscle area. (n.d.) McGraw-Hill Concise Dictionary of Modern Medicine. (2002). Retrieved February 16 2021 from <https://medical-dictionary.thefreedictionary.com/mid+arm+muscle+area>
- Millar, P.J., MCGowan, C.L., Cornelissen, V.A., Araujo, C.G., Swaine, I.L., 2014. Evidence for the role of isometric exercise training in reducing blood pressure: potential mechanisms and future directions[J]. *Sports Med* ;44(3):345–56. doi:10.1007/s40279-013-0118-x.
- Miller, R.A., 2009. Biology of aging and longevity, in Halter, J.B., Ouslander, J.G., Tinetti, M.E., Studenski, S., High, K.P., Asthana, S. (editors) *Hazzard's Geriatric Medicine and Gerontology Sixth Edition*. The McGraw-Hill Companies, Inc, New York.
- Morais, J.A., Heydecke, G., Pawliuk, J., et al. 2003. The effects of mandibular two-implant overdentures on nutrition in elderly edentulous individuals. *J Dent Res* 82:53–8.
- Morley, J.E., 1997. Anorexia of aging: physiologic and pathologic. *Am J Clin Nutr* 66:760–73.
- Muhlberg, W., Weidemann, G., Stedtfeld, H.W., et al. 2004. Low total protein increases injury risk in the elderly. *J Am Geriatr Soc* 52:324–5.
- Nair, K.S., 2005. Aging Muscle. *The American Journal of Clinical Nutrition*. 81(5):953-63.
- National Institutes of Health NH, Lung, and Blood Institute in Cooperation with National Institute of Diabetes, Digestive, and Kidney Diseases. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: the Evidence Report. Washinton, DC: NIH, Publication No. 98-4083; 1998. http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.pdf. Accessed March 1, 2011.
- Newman, A.B., Yanez, D., Harris, T., et al. 2001. Weight change in old age and its association with mortality. *J Am Geriatr Soc* 49:1309–18.
- Norman, K., Stobäus, N., Gonzalez, MC, et al. 2011. Hand Grip Strength: Outcome Predictor and Marker Of Nutritional Status. *Clinical Nutrition* 30: 135- 142.
- Nosek, J., 1982. General Theory of Training. Lagos : National Institute for Sport Nurachamah, E. (2001). *Nutrisi dalam Keperawatan*. Sagung Seto: Jakarta.
- Nygaard, L.A., Mundal, I., Dahl, L., et al. 2018. Nutritional and physical performance in older people- effects of marine protein hydrolysates to prevent decline in physical performance : a randomised controlled trial protocol. *BMJ open* 8:e023845.
- Oktariyani, 2012. *Gambaran Status Gizi Pda Lanjut Usia di Panti Sosial Tresna Werdha (PSTW) Budi Mulya 01 dan 03 Jakarta Timur*. Jakarta : skripsi FIK UI

- Paillaud, E., Merlier, I., Dupeyron, C., et al. 2004. Oral candidiasis and nutritional deficiencies in elderly hospitalised patients. *Br J Nutr* 92:861–7.
- Palmer, C.A., 2003. Gerodontic nutrition and dietary counseling for prosthodontic patients. *Dent Clin North Am* 47:355–71.
- Peolsson, A., Hedlund, H., Oeberg, B. 2001. Intra and Inter Tester Reliability and Reference Values for Hand Strength. *J Rehab Med* 33: 36–41.
- Perier, C., Triouleyre, P., Terrat, C., et al. 2004. Energy and nutrient intake of elderly hospitalized patients in a steady metabolic status versus catabolic status. *J Nutr Health Aging* 8:518–20.
- Pical, F.I., 2011. Prevalensi dan Determinan Hipertensi di Posyandu Lansia Wilayah Kecamatan Pasar Rebo Jakarta Timur tahun 2010. FKM-UI
- Pieterse, S., Manandhar, M., Ismail, S. 2002. The association between nutritional status and handgrip strength in older Rwanda refugees. *European Journal of Clinical Nutrition* 56: 933-939.
- Potter, J.M., Roberts, M.A., McColl, J.H., et al. 2001. Protein energy supplements in unwell elderly patients – a randomized controlled trial. *JPEN J Parenteral Enteral Nutr* 25:323–9.
- Price, R., Daly, F., Pennington, C.R., McMurdo, M.E., 2005. Nutritional supplementation of very old people at hospital discharge increases muscle strength: a randomised controlled trial. *Gerontology* 51:179e85.
- Quan, S.A., Jeong, J.Y., Kim, D.H., 2013. The Relationship between Soking, Socioeconomic Status and Grip Strength among Community-dwelling Elderly Men in Korea : Hallym Aging Study. *Epidemiology and Health* 35: e201300.
- Queiroz, B.M., Coqueiro, R.S., Schettino, L., et al. 2014. Nutritional status and handgrip strength in elderly living at low human development index community. *Medicina (Ribeirao Preto)* 47(1) : 36-42.
- Ranganathan, V.K., Siemionow, V., Sahgal, V., Yue, G.H. 2001. Effects of Aging on Hand Function. *American Geriatrics Society* 49: 1478-1484.
- Ranhoff, A.H., Gjøen, A.U., Mowé, M., 2005. Screening for malnutrition in elderly acute medical patients: the usefulness of MNA-SF. *J Nutr Health Aging* 9:221–5.
- Rantanen, T., Guralnik, J.M., Foley, D., et al. 1999. Midlife hand grip strength as a predictor of old age disability. *JAMA* 281(6): 558–560.
- Refai, W., Seidner, D.L., 1999. Nutrition in the elderly. *Clin Geriatr Med* 15:607–25.
- Reuben, D.B., Herr, K.A., Pacala, J.T., et al. 2004. Geriatrics at your fingertips. 6th ed. Malden, MA: Blackwell Publishing.
- Rigaud, D., Moukaddem, M., Cohen, B., Malon, D., Reveillard, V., Mignon, M., 1997. Refeeding improves muscle performance without normalization of muscle mass and oxygen consumption in anorexia nervosa patients. *Am J Clin Nutr* 65:1845e51.
- RISKESDAS, 2019. Laporan Provinsi DI Yogyakarta RISKESDAS 2018. Jakarta : Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan

- Riviati, N., Setiati, S., Laksmi, P.W., dan Abdullah, M., 2017. Factors Related with Handgrip Strength in Elderly Patients. *Acta Med Indonesia – Indonesia Journal Intern Medicine*. Vol 49. Number 3.
- Robinson, M.K., Trujillo, E.B., Mogensen, K.M., et al. 2003. Improving nutritional screening of hospitalized patients: the role of prealbumin. *JPEN J Parenter Enteral Nutr* 27:389–95.
- RSUP Dr. Sardjito, 2020. Alur Skrining Covid 19. Available at : https://sardjito.co.id/sardjitowp/wp-content/uploads/2020/04/POSTER-covid_STRUKTUR-1-724x1024.jpg (Accessed: 3 Februari 2021)
- Rubenstein, L.Z., Harker, J.O., Salvà, A., et al. 2001. Screening for undernutrition in geriatric practice: developing the short-form mininutritional assessment (MNA-SF). *J Gerontol A Bio Sci Med Sci* 56A:M366–72.
- Santos, J.L., Albala, C., Lera, L., et al. 2004. Anthropometric Measurements in the Elderly Population of Santiago, Chile. *Nutrition* 20:452–457.
- Secher, M., Soto, M.E Villars, H., van Kan, G.A., Vellas, B., 2007. The Mini Nutritional Assessment (MNA) after 20 years of research and clinical practice. *Review in Clinical Gerontology* 17; 293-310.
- Setiati, S., Alwi, I., Sudaya, A.W., et al. 2014. Buku Ajar Ilmu Penyakit Dalam Edisi VI. Jakarta: Interna Publishing.
- Setiati, S., Akbar, F., 2018. Correlation between Handgrip Strength and Nutritional Status in Elderly Patients. *Journal of Physics: Conf. Series* 1073 (2018) 042032.
- Setiati, S., Harimurti, K., Govinda A., 2014. Proses menua dan implikasi kliniknya dalam Buku Ajar Ilmu Penyakit Dalam. Hal : 3669-3679.
- Setiawan, D., Setiowati, A., 2014. Hubungan Indeks Massa Tubuh (IMT) Terhadap Kekuatan Ottot pada Lansia di Pati Wredha Rindang Asih III Kecamatan Boja. *Journal of Sport Sciences and Fitness* 3(3).
- Sharkey, J.R., Haines, P.S., 2002. Nutrition risk screening of home-delivered meal participants: relation of individual risk factors to functional status. *J Nutr Elder* 22:15–34.
- Shatri, H., 2009. Kiat Diagnosis dan Tatalaksana Depresi terselubung. Naskah Lengkap Pertemuan Ilmiah Penyakit Dalam 2009. Pusat penerbitan FKUI. Hal. 155-68.
- Shechtman, O., Mann, W.C., Justiss, M.D., Tomita, M., 2004. Grip strength in the frail elderly. *Am J Phys Med Rehabil* 83: 819-826.
- Sheng, Z.X., Hua, L.Y., Yong, Z., et al. 2017. Handgrip Strength as a Predictor of Nutritional Status in Chinese Elderly Inpatients at Hospital Admission. *Biomed Environ Sci* 30(11): 802-810.
- Shimizu, Y., Sato, S., Koyamatsu, J., Yamanashi, H., Nagayoshi, M., Kadota, K., Kawashiri, S.Y., Inoue, K., Nagata, Y., Maeda, T., 2017. Handgrip strength and subclinical carotid atherosclerosis in relation to platelet levels among hypertensive elderly Japanese. *[J]. Oncotarget* ;8(41):69362–69. doi:10.18632/oncotarget.20618.
- Simanjuntak, E., 2010. Status Gizi Lanjut Usia Di Daerah Pedesaan Kecamatan Porsea Kabupaten Toba Samosir Provinsi Sumatera Utara, S2 Magister Kesehatan Masyarakat FKM UI. Tesis.

- St John P, Montgomery, P., Tyas, S.L., 2002. Alcohol misuse, gender and depressive symptoms in community-dwelling seniors. *Geriatr Today J Can Geriatr Soc* 5:121.
- Statistik Penduduk D.I.Yogyakarta. 2020. Jumlah Penduduk DI Yogyakarta Semester II menurut Golongan Usia . Available at : <https://kependudukan.jogjapro.go.id/statistik/penduduk/golonganusia/15/5/00/00/34.ez> (Accessed : 15 Februari 2021)
- Sullivan, D.H., Liu, L., Roberson, P.K., et al. 2004. Body weight change and mortality in a cohort of elderly patients recently discharged from the hospital. *J Am Geriatr Soc* 52:1696–701.
- Susilo Herawati. 2004. Hubungan Kekuatan Otot, Daya Tahan, Tingkat Daya Tahan Kardiorespirasi. Yogyakarta: Skripsi FIK UNY
- Syahri, A., Siswanto, A., Pramantara, I.D.P., 2014. Correlation between Depressive Symptom Score and Geriatric Handgrip Strength at Nursig Home Province of Yogyakarta. *The Journal of Internal Medicine, Acta Interna*, Volume 4 : 29-39.
- Taekema, D.G., Gussekloo, J., Maier, A.B., Westendorp, R.G., de Craen, A.J., 2010. Handgrip strength as a predictor of functional, psychological and social health. A prospective population-based study among the oldest old. *Age Ageing* 39(3):331–7.
- Taekema DG, Maier AB, Westendorp RGJ. de Craen A J M. Higher blood pressure is associated with higher handgrip strength in the oldest old.[J]. *Am J Hypertens*. 2011;24(1):83–89.doi:10.1038/ajh.2010.185.
- Thompson, B., 2013. Hand Grip Strength as an Indicator of Nutritional Status in Patients in a Rural Hospital. Health Southern New South Wales Local Health District Final Report.
- Touthy, T.A., Jett, K.F. 2010. Ebersole & Hess gerontological nursing & healthy aging 3rd ed. St. Louis Missouri; Mosby Elsevier.
- Tsai, A.C., Chang, T.L., Yang, T.W., Lee, S.N.C., Tsay, S.F., 2010. A Modified Mini Nutritional Assessment Without BMI Predicts Nutritional Status of Community-Living Elderly in Taiwan. *Journal of Nutrition, Health & Aging*. 14(3):183–9.
- Wallace, J.I., Schwartz, R.S., LaCroix, A.Z., et al. 1995. Involuntary weight loss in older outpatients: incidence and clinical significance. *J Am Geriatr Soc* 43:329–37.
- Wells, J.L., Dumbrell, A.C., 2006. Nutrition And aging : assessment and treatment of compromised nutritional status in frail elderly patients. *Clinical Interventions in Aging* 1 (1):67-79.
- Westenhoefer, J., 2005. Age and gender dependent profile of food choice. *Forum Nutr* 57:44–51.
- WHO. 2008. Age-friendly Primary Health Care Centres. World Health Organization, Geneva.
- Xiaoxia, Z., Lingling, H., Peng, X., Yixian, X., Xinyu, B., Junxuan, H., & Peixi, W. 2019. Association of handgrip strength with hypertension among middle-aged and elderly people in Southern China : A cross-sectional study. *Clinical and Experimental Hypertension*.

- Yamada, M., Nishiguci,S., Fukutani,N., Aoyama, T., Arai,H., 2015. Mail-Based Intervention for Sarcopenia Prveention Increased Anabolic Hormone and Skeletal Mucle Mass in Community-Dwelling Japanese Older Aduks: The INE (Intervention by Nutrition and Exercise) Study. *Jamda* 16 (8).
- Yanagita, M., Willcox, B. J., Masaki, K. H., Chen, R., He, Q., Rodriguez, B. L., et al., 2006. Disability and depression: Investigating a complex relation using physical performance measures. *The American Journal of Geriatric Psychiatry: Official Journal of the American Association for Geriatric Psychiatry* 14(12): 1060–1068.
- Yao, K.W., Yu, S., Cheng, S.P., Chen, I.J.,2008. Relationships between personal, depression and social network factors and sleep quality in community-dwelling older adults. *J Nurs Res* 16(2):131-9.