

## DAFTAR PUSTAKA

- Abrahamova, D., Hlavacka, F. (2008). Age-Related Changes of Human Balance During Quiet Stance. *Physiological Research*, 57, 957-964
- Achmanagara, A.A. (2012). Hubungan Faktor Internal dan Eksternal dengan keseimbangan Lansia di Desa Pamijen Sokaraja Banyumas. *Tesis*. Fakultas Ilmu Keperawatan UI, Depok
- Andersson, A.G., Kamwendo, K., Seiger, A., Appelros, P. (2006). How to Identify Potential Fallers in A Stroke Unit: Validity Indexes of Four Test Methods. *J Rehabil Med*, 38, 186-191
- Aslan, U.B., Cavlak, U., Yagci, N., Akdag, B. (2008). Balance Performance, Aging and Falling: A Comparative Study Based on a Turkish Sample. *Arch. Gerontol. Geriatr.* 46, 283–292.
- Aydin, Z.D., Ersoy, I.H., Basturk, A., Kutlucan, A., Goksu, S.S., Gungor, G., Tamer, M.N. (2009). Determinants of limitation in activities of daily living in community dwelling elderly. *Geriatric Geriatrik Noropsikiyatri*, 2, 9–18
- Barin, K., Dodson, E.E. (2011). Dizziness in The Elderly. *Otolaryngol Clin North Am*, 44, 437–454.
- Batson, G. (2009). Update on Proprioception Considerations for Dance Education. *Journal of Dance Medicine and Science*, 13(2), 35-41
- Becker, C., & Rapp, K. (2010). Fall Prevention in Nursing Homes. *Clinics in Geriatric Medicine*, 26, 693–704.
- Berg, K., Wood-Dauphinee, S., Williams, J.I., Gayton, D. (1989). Measuring Balance in Elderly: Preliminary Development of An Instrument. *Physiotherapy Canada*, 41(6), 304-311
- Bougie, J.D., Morghental, A.P. (2001). *The Aging Body*. New York : McGraw-Hill, 45-64
- Brach, J.S., VanSwearingen, J.M. (2002). Physical Impairment and Disability: Relationship to Performance of Activities of Daily Living in Community-Dwelling Older Men. *Journal of Physical Therapy*, 82(8)
- Budiyati, W., Sumarni, Mulyani, S. (2015). Hubungan Dukungan Sosial dengan Activity of Daily Living (ADL) pada Lansia Pasca Erupsi Merapi di Hunian Tetap Kuwang Cangkringan Sleman. *Skripsi*. Fakultas Kedokteran UGM, Yogyakarta
- Burge, E., Gouten, A.V., Berchtold, A. (2013). Factors Favoring A Degradation or An Improvement in Activities of Daily Living (ADL) Performance among Nursing Home (NH) Residents: A Survival Analysis. *Archives of Gerontology and Geriatrics*, 56, 250–257

- Chalise, H.N., Saito, T., Kai, I. (2008). Functional disability in activities of daily living and instrumental activities of daily living among Nepalese Newar elderly. *Public Health*, 122, 394–396
- Chu, L.W., Chiu, A.Y., Chi, I. (2006). Impact of Falls on The Balance, Gait, and Activities of Daily Living Functioning in Community-dwelling Chinese Older Adults. *J Gerontol A Bio Sci Med*, 61(4), 399-404
- Cingil, D., Bodur, S. (2008). The investigation of demographic and medical properties and levels of dependent in activities of daily living of older adults living in Karaman. *Ataturk Universitesi Hemsirelik Yuksekokulu Dergisi*, 11, 33–39
- Colloca, G., Santoro, M., Gambassi, G. (2010). Age-Related Physiology Changes and Perioperative Management of Elderly Patients. *Journal Surgical Oncology*, 19, 124-130
- Daniel, F.N.R., Vale, R.G.S., Giani, T.S., Bacella, S., Escobar, T., Stoutenberg, M., *et al.* (2011). Correlation between static balance and functional autonomy in elderly women. *Gerontology and Geriatrics*, 52, 111–114
- Dewi, S.R. (2014), *Buku Ajar Keperawatan Gerontik*. Yogyakarta: Deepublish
- Downs, S., Marquez, J., Chiarelli, P. (2013). The Berg Balance Scale Has High Intra- and Inter-rater Realibility but Absolute Reliability Varies Across The Scale: A Systematic Review. *Journal of Pshysioteraphy*, 59, 93-99
- Efendi, F., Makhfudli. (2009). *Keperawatan Kesehatan Komunitas Teori dan Praktik dalam Keperawatan*. Jakarta: Salemba Medika
- Eichenbaum, J.W. (2012). Geriatric Vision Loss due to Cataracts, Macular Degeneration, and Glaucoma. *Mt Sinai J Med*, 79, 276–294
- Eliopoulos, C. (2010). *Gerontological Nursing 7<sup>th</sup> Edition*. Philadelphia: Lippincolt William & Wilkins.
- Fong, K.N.K., Siu, A.M.H., Yeung, K.A., Cheung S.W.S., Chan, C.H. (2011). Falls Among the Community-living Elderly People in Hong Kong: A Retrospective Study. *Hong Kong J Occup Ther*, 21, 33-40
- Gai, J., Gomes, L., Nobrega, O.T., Rodrigues, M.P. (2010). Factor Related to Falls Among Elderly Women Resident in A Community. *Assoc Med Brasil Journal*, 56(3), 327-323
- Gauchard, G.C., Chau, N., Tournon, C., Banamghar, L., dehane, D., Perrin, Mur, J.M. (2003). Individual Characteristic in Occupational Accidents due to Imbalance: A Case-control Study of The Employees of A Railway Company. *Occup Environ Med*, 60, 330-335
- Gazzola, J.M., Perracini, M.R., Gananca, M.M., Gananca, F.F. (2006). Functional Balance Assosiated Factors iin The Elderly with Chronic Vestibular Disorder. *Brazilian Journal of Otorhinolaryngology*, 72(5), 683-690

- Graf, C. (2006). Functional Decline in Hospitalized Older Adults. *AJN*, 106(1), 52-62
- Granacher, U., Muehlbauer, T., Gollhofer, A., Kressig, R. W., & Zahner, L. (2011). An Intergenerational Approach in The Promotion of Balance and Strength for Fall Prevention – A Mini-Review. *Gerontology*, 57, 304–315.
- Grundstrom, A.C., Guse, C.E., Layde, P.M. (2012). Risk Factors for falls and Fall-Related Injuries in Adult 85 Years of Age and Older. *Archives of Gerontology and Geriatrics*, 54, 421–428
- Hacihasanoglu, R., Yildirim, A., Karakurt, P. (2012). Loneliness in elderly individuals, level of dependence in activities of daily living (ADL) and influential factors. *Archives of Gerontology and Geriatrics*, 54, 61–66
- Harsono. (2009). *Kapita Selekta Neurologi*. Yogyakarta: Gadjah Mada University Press
- Heinrich, S., Weigelt, I., Rapp, K., et al. (2012). Fall and fracture prevention based on the National Expert Standard. Implementation and costs in a real world setting in nursing homes. *Z Gerontol Geriatr*, 45, 128–37
- Hidayat, A. (2004). *Penerapan Konsep Dasar Keperawatan*. Jakarta: Salemba Medika
- Hu, J., Xia, Q., Jiang, Y., Zhou, P., Li, Yuhua. (2015). Risk Factors of Indoor Fall Injuries in Community-Dwelling Older Women: A Prospective Cohort Study. *Archives of Gerontology and Geriatrics*
- Jacobs, M., Fox, T. (2008). Using “The Timed Up and Go/TUG” Test to Predict Risk of Falls. *Assisted Living Consult*, 16-17
- Kane, R.L., Ouslander, J.G., Abrass, I.B., Resnick, B. (2009). *Essentials of Clinical Geriatric Sixth Edition*. USA: McGraw-Hill
- Karahan, A., Guven, S. (2002). Homecare for elderly. *Turk J Geriatr*, 5, 155–159
- Kirsebom, M., Hedstroöm, M., Wadenste, B., & Poöder, U. (2014). The Frequency of and Reasons for Acute Hospital Transfers of Older Nursing Home Residents. *Archives of Gerontology and Geriatrics*, 58, 115–120.
- Kondo, N., Kazama, M., Suzuki, K., Yamagata, Z. (2008). Impact of Mental Health on Daily Living Activities of Japanese Elderly. *Preventive Medicine*, 46, 457–462
- Landefeld, C.S., Palmer, R.M., Johnson, M.A., Johnston, B., Lyons, W.L. (2004). *Current Geriatric Diagnosis & Treatment*. USA: McGraw-Hill
- Langley, F.A., Mackintosh, S.F.H. (2007). Functional Balance Assessment Review of The Literature. *The Internet Journal of Allied Health Science and Practice*, 5(4)
- Lawton, M.P., Brody, E.M. (1969). Assessment of Older People: Self-maintaining and Instrumental Activities of Daily Living. *The Gerontologist*, 9(3), 179-186

- Lord, S.R., Dayhew, J. (2001). Visual risk factors for falls in older people. *J Am Geriatr Soc*, 49, 508-515.
- Lord, S.R., Sherrington, C., Menz, H.B., Close, J.C.T. (2007). *Falls in Older People*. New York: Cambridge University Press
- Maryam, R.S., Ekasari, M.F., Rosidawati, Jubaedi, A., Batubara, I. (2008). *Mengenal Usia Lanjut dan Perawatannya*. Jakarta: Salemba Medika
- Maryam, R.S. Sahar, J., Nasution, Y. (2009). Pengaruh Latihan Keseimbangan Fisik terhadap Keseimbangan Tubuh Lansia di Panti Sosial Tresna Wredha Wilayah Pemda DKI Jakarta. *Tesis*. Fakultas Ilmu Keperawatan Universitas Indonesia
- Millan-Calenti, J.C., Tubio, J., Pita-Fernandez, S., Gonzales-Abraldes, I., Lorenzo, T., Fernandez-Arruty, T., *et al.* (2010). Prevalence of functional disability in activities of daily living (ADL), instrumental activities of daily living (IADL) and associated factors, as predictors of morbidity and mortality. *Archives of Gerontology and Geriatrics*, 50, 306–310
- Montejo, P., Montenegro, M., Fernandez, M.A., Maestu, F. (2012). Memory Complaints in The Elderly: Quality of Life and Daily Living Activities. A Population Based Study. *Archives of Gerontology and Geriatrics*, 54, 298–304
- Mugiono. (2009). *Spiritualitas Usia Lanjut*. Diakses pada tanggal 27 Januari 2015 Available: <http://rehsos.kemsos.go.id/modules.php?name=New&file=article&sid=409>
- Muttaqin, A. (2008). *Asuhan Keperawatan Klien Gangguan Sistem Muskuloskeletal*. Jakarta: EGC
- Nakatani, T., Nadamoto, M., Mimura, K., Itoh, M. (2002). Validity of a 30-sec chairstand test for evaluating lower extremity muscle strength in Japanese elderly adults. *Japan. Soc. Phys. Educ.* 47, 451–461
- National Institute of Aging. (2010). *Exercise & Physical Activity*. Gaithersburg: National Institutes of Health.
- Notoatmodjo, S. (2012). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Oghalal, J.S., Manolidis, S., Barth J.L., Stewart, M.G., Jenkins, H.A. (2000). Unrecognized benign Paroxymal Position Vertigo in Elderly Patients. *Otolaryngology-Head and Neck Surgery*, 122(5), 630-634
- Oliver, D. (2007). Older People Who fall: Why They Matter and What You Can Do. *British Journal of Community Nursing*, 12(11), 500–507.
- Outermans, J.C., van Peppen, R.P., Wittink, H., Takken, T., kwakkel, G. (2011). Effect A High-Intensity Task-Oriented Training on Gait Performance Early After Stroke: A Pilot Study. *Clin Rehabil*, 24(11), 979-987

- Ozcan, A., Doyat, H., Gelecek, N., Ozdirenc, M., Karadibak, D. (2005). The relationship between risk factors for falling and the quality of life in older adults. *BMC Public Health* 2005, 5(90)
- Pemerintah Kabupaten Sleman. (2015). Lansia Moyudan Tetap Produktif di Usia Senja. Diakses tanggal 10 Februari 2015. Available:  
<http://www.slemankab.go.id/category/berita>
- Phillips, J.O. 2011. Find your balance. *Hearing Health Magazine*, 27(4), 20-22. Diakses tanggal 17 Juni 2015. Available:  
[http://issuu.com/hearinghealthmagazine/docs/hh\\_fall2011\\_single\\_bxls\\_rev](http://issuu.com/hearinghealthmagazine/docs/hh_fall2011_single_bxls_rev)
- Phillips, L.J., Rantz, M., Petroski, G.F. (2011). Indicators of A New Depression Diagnosis in Nursing Home Residents. *Journal of Gerontological Nursing*, 37, 42-52
- Ping, Y., Xiaohua, W. (2012). Risk factors for accidental falls in the elderly and intervention strategy. *Journal of Medical Colleges of PLA*, 27, 299-305
- Podsiadlo, D., Richardson, S. (1991). The Timed "Up & Go" A Test of Basic Functional Mobility for Frail Elderly Persons. *J Am Geriatr Soc*, 39(2) 142-148
- Potter, A., Perry, A.G. (2005). *Buku Ajar Fundamental Keperawatan: Konsep, Proses, dan Praktik. Edisi 4 Vol 1*. Jakarta: EGC Kedokteran
- Punakallio, A. (2005). Balance Abilities of Workers in Physically Demanding Jobs, With Special Reference to Firefighters of Different Ages. *J Sport Science & Medicine*, 25(8)
- Putri, I.H., Krisnatuti, D. (2011). Hubungan Kemandirian dan Dukungan Sosial dengan Tingkat Stres Lansia. *Skripsi*. Departemen Ilmu Keluarga Dan Konsumen Fakultas Ekologi Manusia Institut Pertanian Bogor
- Rencana Kerja Pemerintah Daerah Kabupaten Sleman. (2014). Evaluasi Pelaksanaan RKPD Tahun Lalu dan Capaian Kinerja Penyelenggaraan Pemerintah. Diakses tanggal 14 Januari 2015. Available:  
[http://bappeda.slemankab.go.id/wpcontent/uploads/2013/07/babII.pdf&ved=0CC0QFjAE&usq=AFQjCNFsVzOr1QupiUBRhhpdg\\_rV1CO53w](http://bappeda.slemankab.go.id/wpcontent/uploads/2013/07/babII.pdf&ved=0CC0QFjAE&usq=AFQjCNFsVzOr1QupiUBRhhpdg_rV1CO53w)
- Riani, N.K.S., Purwanta, Probosuseno. (2010). Hubungan Antara Hasil Pemeriksaan Keseimbangan Tubuh dengan Riwayat Jatuh pada Lansia di PSTW Unit Budhi Luhur Yogyakarta. *Skripsi*. Fakultas Kedokteran Universitas Gadjah Mada
- Riset Kesehatan Dasar (Riskesdas). (2013). Badan Penelitian dan Pengembangan Kesehatan, Kementerian Kesehatan RI. Diakses pada tanggal 11 Februari 2015  
[http://www.litbang.depkes.go.id/sites/download/rkd2013/Laporan\\_Riskesdas\\_2013.PDF](http://www.litbang.depkes.go.id/sites/download/rkd2013/Laporan_Riskesdas_2013.PDF)
- Rose, D.J. (2003). *Berg Balance Scale*. Diakses pada tanggal 2 Februari 2015 Available: [http://www.aahf.info/pdf/Berg\\_Balance\\_Scale.pdf](http://www.aahf.info/pdf/Berg_Balance_Scale.pdf)

- Sainbury, A., Seebass, G., Bansal, A., Young, J.B. (2005). Realibility of The Barthel Index When Used With Older People. *Age and Ageing*, 34, 228-232
- Santoso, H., Ismail, A. (2009). *Memahami Krisi Lanjut Usia: Uraian Medis dan Pedagogis-Pastoral*. Jakarta: Gunung Mulia
- Sasroasmoro, S., Ismael, S. (2011). *Dasar-dasar Metodologi Penelitian Klinis Edisi Keempat*. Jakarta: Sagung Seto
- Scheffer, A.C., Schuurmans, M.J., van Dijk, N., van der Hooft, T., de Rooij, S.E. (2008). Fear of Falling: Measurement Strategy, Prevalence, Risk Factors and consequences among Older Persons. *Age Ageing*, 37, 19–24
- Scott, V., Lord, S., Donaldson, M., Khan, K. (2006). Best Practice for Fall Risk Assessment Tool Use, BC Injury Prevention Conference, USA
- Shin, K.R., Kang, Y., Hwang E.H., Jung, D. (2009). The Prevalence Characteristics and Correlates of Falls in Korean Community-dwelling Older Adults. *International Nursing Review*, 56, 387-392
- Smulders, E., Enkelaar, L., Weerdesteyn, V., Geurts, A. C., & Schrojenstein Lantman-de Valk, H. (2012). Falls in Older persons with Intellectual Disabilities: Fall Rate, Circumstances and Consequences. *Journal of Intellectual Disability Research*
- Southard, V., Dave, M., Davis, M.G., Blanco, J., Hofferber, A. (2005). The Multiple Tasks Test as A Predictor of Falls in Older Adults. *Gait Posture*, 22(4), 351-355
- Steiberg, F.U., Felsenthal, G., Garrison, S.J. (2001). *Rehabilitation of aging and elderly patient*. Baltimore: William & Wilkins, 243-250.
- Stevens, J.A., Ballesteros, M.F., Mack, K.A., Rudd, R.A., DeCaro, E., Adler, G. (2012). Gender Difference in Seeking Care for Falls in the Aged Medicare Population. *Am J Prev Med*, 43(1), 59-62
- Stevens, J. A., Corso, P. S., Finkelstein, E. A., & Miller, T. R. (2006). The Costs of Fatal and Non-fatal Falls among Older Adults. *Injury Prevention*, 12, 290–295.
- Stockslager, J.L., Schaffer, L. (2008). *Asuhan Keperawatan Geriatrik Edisi 2*. Jakarta: ECG
- Stone, K.L., Ancoli-Israel, S., Blackwell, T., Ensrud, K.E., Cauley, J.A., Redline, S., et al. (2008). Actigraphymeasured sleep characteristics and risk of falls in older women. *Arch. Intern. Med.*, 168, 1768–1775
- Sturnieks, D.L., George, R.S., Lord, S.R. (2008). Balance Disorder in The Elderly. *Clinical Neurophysiology*, 38, 467—478
- Sudoyo, A.W., Setyohadi, B., Alwi, I., Simadibrata, M., Setiati, S. (2010). *Buku Ajar Ilmu Penyakit Dalam Jilid I Edisi V*. Jakarta: Pusat Penerbitan Departemen Ilmu Penyakit Dalam FK-UI
- Sugiyono. 2010. *Statistika Untuk Penelitian*. Bandung: Alfabeta

- Survei Ekonomi Nasional (Susenas). (2012). Gambaran Kesehatan Lanjut Usia di Indonesia. *Buletin Jendela Data dan Informasi Kesehatan Kementerian Kesehatan RI*
- Tainaka, K., Takizawa, T., Katamoto, S., Aoki, J. (2009). Six-Year Prospective Study of Physical Fitness and Incidence of Disability among community-Dwelling Japanese Elderly Women. *Geriatr. Gerontol. Int.*, 9, 21–28.
- Tambayong, J. (2000). *Patofisiologi Untuk Keperawatan*. Jakarta: EGC
- Tamher, S. dan Noorkasiani. (2009). *Kesehatan Usia Lanjut dengan Pendekatan Asuhan Keperawatan*. Jakarta: Salemba Medika
- Tanimoto, Y., Watanabe, M., Sun, W., Hirota, C., Sugiura, Y., Kono, R., *et al.* (2012). Association between muscle mass and disability in performing instrumental activities of daily living (IADL) in community-dwelling elderly in Japan. *Archives of Gerontology and Geriatrics*, 54, e230–e233
- U.S. Department of Health and Human Services. Summary health statistics for the US population: National Health Interview Survey, 2010. (2011). Diakses 17 Juni 2015 Available:  
[http://www.cdc.gov/nchs/data/series/sr\\_10/sr10\\_251.pdf](http://www.cdc.gov/nchs/data/series/sr_10/sr10_251.pdf).
- Unsaldi, U.G.E., Piyal, B. (2002). Evaluating the chronic diseases and activity restriction in a group of subjects of aged 65 years and over that applied to Cubuk Health Center. *T. Klin. Tip. Bilmleri*, 22, 362–368
- Utomo, B., Takarini, N. (2009). Uji Validitas Tie Up and Go Test (TUG) Sebagai Alat Ukur Keseimbangan pada Lansia. *Jurnal Fisioterapi*, 9(2)
- Utomo, B. (2010). Hubungan antara Kekuatan otot dan Daya Tahan Otot Anggota Gerak Bawah dengan Kemampuan Fungsional Lanjut usia. *Tesis*. Surakarta Universitas Sebelas Maret
- Verheyden, G., Putman, K., Bockx, N., Dejaeger, E., Jenni, W., Lincoln, N., *et al.* (2013). Predicting Barthel Index and Nottingham Extended Activities of Daily Living score six months after stroke: Further results from the European multicenter CERISE study. *Annals of Physical and Rehabilitation Medicine*, 56S, e176–e179
- Wada, T., Ishine, M., Sakagami, T., Kita, T., Okumiya, K., Mizuno, K., *et al.* (2005). Depression, activities of daily living, and quality of life of community-dwelling elderly in three Asian countries: Indonesia, Vietnam, and Japan. *Archives of Gerontology and Geriatrics*, 41, 271–280
- Wang, J., Kane, R. L., Eberly, L. E., Virnig, B. A., & Chang, L. H. (2009). The Effects of Resident and Nursing Home Characteristics on Activities of Daily Living. *The Journals of Gerontology. Series A Biological Sciences and Medical Sciences*, 64, 473–480

- Watson, M.A. & Black, F.A. (2008). "The Human Balance System" A Complex Coordination Of Central And Peripheral Systems, Vestibular Disorders Association. Diakses pada tanggal 2 Februari 2015. Available: [http://vestibular.org/sites/default/files/page\\_files/Human%20Balance%20System.pdf](http://vestibular.org/sites/default/files/page_files/Human%20Balance%20System.pdf)
- Wilhan. (2009). Faktor-faktor yang Mempengaruhi The Timed Up and Go Test pada Penderita Hipertensi Usia Lanjut yang Mendapatkan Terapi Antihipertensi. *Karya Tulis*. Sekolah Pasca Sarjana Universitas Gadjah Mada
- Willis Jr, W.D. (2007). The Somatosensory System, with Emphasis on Structures Important for Pain. *Brain Research Reviews*, 55, 297–313.
- Wirahardja & Satya, R. (2014). *Sindroma Geriatri pada Lansia di Komunitas- Sebuah Monograf*. Jakarta: Grafindo
- World Health Organization (WHO). (2004). What are The Main Risk factors for Falls Amongst Older People and What are The Most Effective Interventions to Prevent These Falls?. *Health Evidence Network*
- World Health Organization (WHO). (2014). *Fact About Ageing*. Diakses tanggal 14 Januari 2015. Available: <http://www.who.int/ageing/about/facts/en/>
- Yamada, M., Nishiwaki, Y., Michikawa, T., Takebayashi, T. (2011). Impact of Hearing Difficulty on Dependence in Activities of Daily Living (ADL) and Mortality: A 3-year Cohort Study of Community-Dwelling Japanese Older Adults. *Archives of Gerontology and Geriatrics*, 52, 245–249
- Yumin, E., Simsek, T.T., Sertel, M., Ozturk, A., Yumin, M. (2011). The Effect of Functional Mobility and Balance on Health-Related Quality of Life (HRQoL) among Elderly People Living at Home and Those Living in Nursing Home. *Gerontology and Geriatrics*, 52, e180–e184