UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

DAFTAR PUSTAKA

Akertedt, T. 2003. Shift Work and Disturbed Sleep/Wakefulness. *Occupational Medicine*. 53:89-94.

Akinseye, O.A., Williams, S.K., Seixas, A., Pandi-Perumal, S.R., Vallon, J., Zizi, F., Jean-Louis, G. 2015. Sleep as a Mediator in the Pathway Thinking Environmental Factors to Hypertension: A Review of the Literature. *Int J Hypertension*. 1-15

Amer, M. S., Hamza, S. A., El Akkad, R. M., Abdel Galeel, Y. I. I. 2013. Does Self-reported Sleep Quality Predict Poor Cognitive Performance among Elderly Living in Elderly Homes? *Aging and Mental Health.* 17 (7): 788-792

Ancoli-Israel, S., Ayalon, L., Salzman, C. 2008. Sleep in the Elderly: Normal Variations and Common Sleep Disorders. *Harv Rev Psychiatry.* 16: 279-286

Arikunto, S. 2010. *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta: Rineka Cipta

Avidan, A. Y., Fries, B. E., James, M. L., Szafara, K. L., Wright, G. T., Chervin, R. D. 2005. Insomnia and Hypnotic Use, Recorded in the Minimum Data Set, as Predictors of Falls and Hip Fractures in Michigan Nursing Homes. *J. Am. Geriatr. Soc.* 53: 955 – 962

Bappenas. 2013. *Proyeksi Penduduk Indonesia 2010-2035*. Jakarta: Badan Pusat Statistik

Basta, M., Lin, H., Pejovic, S., Sarrigiannidis, A., Bixler, E. O., Vgontzas, A. N. 2008. Lack of Regular Exercise Depression, and Degree of Apnea are Predictors of Excessive Daytime Sleepiness in Patients with Sleep Apnea: Sex Differences. *Journal of Clinical Sleep Medicine.* 4 (1): 19-25

Barczi, S. R. Sleep and Medical Comorbidities. Dalam: Avidan, A. Y., Alessi, C. A. 2008. *Geriatric Sleep Medicine.* New York: Informa Health Care

Batchelor, F. A., Williams, S. B., Dow, B., Lin, X., Wilkinson, V., Borschmann, K., Russell, M. A., Crowley, K. E., Hill, K. D., Berlowitz, D. J. 2014. Subjective and Objective Sleep Measures in Older People with a History of Falls. *J. Sleep Disorder: Treat Care.* 3(1): 1-5

Beland, S. G., Preville, M., Dubois, M. F., Lorrain, D. Voyer, P., *et al.* 2011. Length of Benzodiaxepine Use and Sleep Quality in Older Population. *International Journal of Geriatric Psychiatry.* 26: 908-915

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Blatter. K., Opwis, K., Munch, M., Wirz-Justice, A., Cajochen, C. 2005. Sleep Loss Related Decrements in Planning Performance in Healthy Elderly depend on Task Difficulty. *J Sleep Res*.14: 409–417

Bliwise, D. L., Foley, D. J., Vitiello, M. V., Ansari, F.P., Ancoli-Israel, S., Walsh, J.K. 2009. Nocturia and Disturbed Sleep in the Elderly. *Sleep Med*. 10 (5): 540-548

Bruno, R. M., Palagini, L., Gemignani, A., Virdis, A., Giulio, A. D., Ghiadoni, L., Riemannn, D., Taddei, S. 2013. Poor Sleep Quality and Resistant Hypertension. 14 (11): 1157-1163

Buysse, D. J., Reynolds III, C. F., Monk, T. H., Berman, S. R., Kupfer, D. J. 1989. The Pittsburgh Sleep Quality Index: A New Instrumen for Psychiatric Practice and Reseach. *Psychiatric Research.* Elsevier. 28 : 193-213

Callis, N. 2015. Falls Prevention: Identivication of Predivtive Fall Risk Factors. *Applied Nursing Research.* 1-24. doi: 10.1016/j.apnr.2015.05.007

Chartier-Kastler, E., Davidson, K., 2007. Evaluation of Quality of Life and Quality of Sleep in Clinical Practice. *European Urology Supplements.* 6: 576-584

Chan, B.K.S., Marshall, L.M., Winters, K.M., Faulkner, K.A., Schwartz, A.V., Orwoll, E.S. 2007. Incident Fall Risk and Physical Activity and Physical Performance among Older Men: The Osteoporotic Fractures in Men Study. *Am J Epidemiol*. 165 (6): 696-703.

Chen, J.H., Waite, L.J., Launderdale, D.S. 2015. Marriage, Relationship Quality, and Sleep among U.S. Older Adults. *J Health and Social Behavior*. 1-22

Choi, O. & Irwin, M. R. Insomnia in Aging. Dalam Avidan, A. I. & Alessi, C. A. 2008. *Geriatric Sleep Medicine*. New York: Informa Healthcare

Choi, E.J., Kim, S.A., Kim, N.R., Rhee, J.A., Yun, Y.W., Shin, M.H. 2014. Risk Factors for Falls in Older Korean Adults: The 2011 Community Health Survey. *J Korean Med Sci*. 29: 1482-1487

Colledge N. R., Cantley P., Peaston I. *et al.* 1994. Ageing and Balance : The Measurement of Spontaneous Sway by Posturography. *Gerontology.* 40 (5) : 273-8

Colten, H. R., Altevogt, B. M. 2006. *Sleep Disorders and Sleep Deprivation: An Unmeet Public Health problem.* Washington, DC: The National Academies Press

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Cumming, R. G., Salkeld, G., Thomas, M., Szonyi, G. 2000. Prospective Study of the Impact of Fear of Falling on Activities Daily Living, SF-36 Scores, and Nursing Home Admission. *Journal of Gerontology: Med Sci.* 55A (5): M299-M305

Daglar, G., Pinar, S. E., Sabanciogullan, S., Kav, S. 2014. Sleep Quality in the Elderly either Living at Home or in a Nursing Home. *Australian Journal of Advanced Nursing.* 31 (4): 6-13

Darmojo, B., Martono, H. 2006. *Buku Ajar Geriatri (Ilmu Kesehatan Usia Lanjut).* Edisi ke-3. Jakarta: Balai Penerbit Fakultas Kedokteran Universitas Indonesia

Darowski, A., Chambers, S. A. C. F., Chambers, D. J. 2009. Antidepressants and Falls in the Elderly: Review Article. *Drugs AgingI.* 26 (5): 381-394

DeLaune, S. C. &Ladner, P. K. 2011. *Fundamental of Nursing: Standards and Practice* 4th ed. Delmar Cengage Learning

Demografi. Diakses dari http://www.turikec.slemankab.go.id/selamat-datang.slm [Diakses pada tanggal 30 Juni 2015]

Diana, B. & Alina S, R. 2010. Subjective Sleep Quality in Relation to the Type of Living Environment (Rural versus Urban) an Evoluntary Psychological Analysis of a Romanian Non-Clinical Sample. *Cognitie, Creier, Comportament.* 14 (2). https://www.questia.com/library/journal/1P3-2087410661/subjective-sleep-quality-in-relation-to-the-type-of [Diakses pada tanggal 30 Juni 2015]

Downs, S., Marquez, J., Chiarelli, P. 2014. Normative Scores on the Berg Balance Scale After Age 70 years in Healthy Community-dwelling People: a Systematic Review. *Journal of Physiotherapy*. 60: 85-89

Edward, B. A., O'Driscoll, D. M., Ali, A., Jordan, A. S., Trinder, J., Malhotra, A. 2010. Aging and Sleep: Physiology and Pathophysiology. *Semin Respiratory Critical Care Med.* 31 (5): 618-633

Effendi, F. & Makhfudli. 2009. Keperawatan kesehatan komunitas Teori dan Praktik dalam Keperawatan. Jakarta: Salemba Medika

Emami, E., Lavigne, G., de Grandmont, P., Rompre, P. H., Feine, J. S. 2012. Perceived Sleep Quality among Edentulous Elders. *Gerodontology.* 29 : e128-e134

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Enright, P. L. Aging of the Respiratory System. Dalam: Halter, J. B., Ouslander, J. G., Tinetti, M. E., Studenski, S., High, K. P., Asthana, S. 2009. *Hazzard's Geriatric Medicine and Gerontology*. 6th Edition. McGrawHill

Eser, I., Khorshid, L., Cinar, S. 2007. Sleep Quality of Older Adults in Nursing Homes in Turkey: Enhancing the Quality of Sleep improves Quality of Life. *Journal of Gerontological Nursing.* 33 (10): 42-49

Faubel, R., Lopez-Garcia, E., Guallar-Castillon, P., Graciani, A., Banegas, J. R. Rodriguez-Artalejo, F. 2009. Usual Sleep Duration and Cognitive Function in Older Adults in Spain. *J. Sleep Res*. 18: 427 – 435

Fitzpatrick, M. F., Engleman, H., Whyte, K. F., Deary, I. J., Shapiro, C. M., Douglas, N. J. 1991. Morbidity in Nocturnal Asthma: Sleep Quality and Daytime Cognitive Performance. *Thorax*. 46: 569-573

Floyd, J. A., Medler S. M., Ager, J.W., Janisse, J. J. 2000. Age Related Changes in Initiation and Maintenance of Sleep: A Meta-Analysis. *Research Nursing Health*. 23: 106-117

Foley, D. J., Monjan, A. A., Brown S.L., Simonsick, E. M., Wallace, R.B., Blazer, D.G. 1995. Sleep Complaints among Elderly Persons: An Epidemiologic Study of Three Communities. *Sleep.* 18 : 425-432

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 Journal of Occupational Therapy*. 21: 33-48

Freedman, N. S., Kotzer, N., Schwab, R. J. 1999. Patient Perception of Sleep Quality and Etiology of Sleep Disruption in the Intensive Care Unit. *The American Thoracic Society.* 159 (4): 1155-1162

Friedman, E.M. 2011. Sleep Quality, Social Well-being, Gender, and Inflammation: An Integrative Analysis in a National Sample. *Ann NY Acad Sci*. 23-34

Furihata, R., Uchiyama, M,. Takahashi, S., Suzuki, M., Konno, C., Osaki, K., Konno, M., Kaneita, Y., Ohida, T., Akahoshi, T., Hashimoto, S., Akashiba, T. 2012. The Association between Sleep Problem and Perceived Health Status: A Japanese Nationwide General Population Survey. *Sleep Medicine*. 13: 831-837

Gabriel, J. F. 1996. *Fisika Kedokteran*. Jakarta: EGC

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Gage W.H., Winter D.A., Frank J.S., Adkin A.L. 2004. Kinematic and Kinetic Validity of the Inverted Pendulum Model in Quiet Standing. Gait Posture 19: 124–132

Gangavati A, Hajjar I, Quach L, Jones RN, Kiely DK, Gagnon P, Lipsitz LA. 2011. Hypertension, Orthostatic Hypotension, and The Risk of Falls in a Community-dwelling Elderly Population: The Maintenance of Balance, Independent Living, Intellect, and Zest in the Elderly of Boston Study. *J Am Geriatr Soc.* 59: 383-389

Gillespie, L. D., Gillespie, W. J., Robertson, M. C., Lamb, S. E., Cumming, R. G., Rowe, B. H. 2003. Interventions for Preventing Falls in Elderly People. *Cochrane Database System Review*. (4): CD000340

Goktas, K., Ozkan, L. 2006. Sleep Disorders in the Elderly. *Turkish Journal of Geriatrics.* 9 (4): 226-233

Goldman, S. E., Stone, K. L., Ancoli-Israel, S. Blackwell, T., Ewink, S.K., Boudreau, R., Cauley, J.A. Hall, M., Matthews, K.A., Newman, A.B. 2007. Poor Sleep is Associated with Poorer Physical Performance and Greater Functional Limitations in Older Women. *Sleep*. 30: 1317 – 1324

Goldsmith, T. C. 2014. *New Truth to the Fountain of Youth: The Emerging Reality of Anti-Aging Medicine.* 2nd edition. Azinet Press

Gribbin J, Hubbard R, Gladman JR, Smith C, Lewis S. 2010. Risk of Falls Associated with Antihypertensive Medication: Population-Based Case-control Study. *Age Ageing.* 39: 592-597

Gu, M. J., Schultz A. B., Shepard, N. T., Alexander, N. B. 1996. Postural Control in Young and Elderly Adults When Stance is Perturbed: Dynamic. *Journal of Biomechanic.* 29 (3) : 319-29

Guilleminault, C., Faul, J. L., Stoohs, R. 2001. Sleep-disordered Breathing and Hipotension. *American Journal of Respiratory Care Med.* 7: 161-6

Gureje, O., Kola, L., Ademola, A., Olley, B. O. 2009. Profile, Comorbidity and Impact of Insomnia in the Ibadan Study of Ageing. *Int J Geriatr Psychiatry*. 24 (7): 686-693

Hale, L. & Do, D. P. 2007. Racial Differences in Self-Reports of Sleep Duration in a Population-based Study. *Sleep.* 30 (9): 1096 – 1103

Hall, K. E. Effect of Aging on Gastrointestinal Function. Dalam: Halter, J. B., Ouslander, J. G., Tinetti, M. E., Studenski, S., High, K. P., Asthana, S.

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

2009. *Hazzard's Geriatric Medicine and Gerontology.* 6th Edition. McGrawHill

Hayley, A. C., Williams, L. J., Kennedy, G. A., Holloway, K. L., Berk, M., Brennan-Olsen, S. L., Pasco, J. A. 2015. Excessive Daytime Sleepiness and Falls among Older Men and Women: Cross-sectional Examination of Population-based Sample. *BMC Geriatrics.*74 (15): 1-11

Hill, E. L., Cumming, R. G., Lewis, R., Carrington, S., Le Couteur, D. G. 2007. Sleep Disturbances and Falls in Older People. *Journal of Gerontology: Medical Sciences*. 62A (1): 62-66

Holbrook, A.M., Crowther, R., Lotter, A., Cheng, C., King, K. 2000. Meta-analysis of Benzodiazepine Use in the Treatment of Insomnia. *Canadian Medical Association Journal.* 162 (2): 225-233

Horak, F. B., Macpherson, J. M. Postural Orientation and Equilibrium. Dalam : Rowell, L. B., Shephard, J. T. 1996. *Handbook of Physiology*. New York: Oxford University Press

Inattiniemi, S., Jokelainen, J., Luukinen, H. 2009. Falls Risk among a Very Old Home-Dwelling Population. *Scandinavian Journal of Health Care.* 27: 25 - 30

Iwasaki, S. & Yamasoba, T. 2015. Dizziness and Imbalance in the Elderly: Age-related Decline in the Vestibular System. *Aging and Disease*. 6 (1): 38-47

Jcr. 2008. *Reducing Risk of patient Harm Resulting from Falls: Toolkit for Implementing National Patient Safety Goal 9.* Joint Commission Resources

Jelicic, M., Bosma, H., Ponds, R.W.H.M., Van Boxtel, M.P.J., Houx, P.J., Jolles, J. 2002. Subjective Sleep Problems in Later Life as Predictors of Cognitive Decline. Report from the Maastricht Ageing Study (MAAS). *Int J Geristr Psychiatry*. 17: 73-77

Jirong, Y., Changquan, H., Hongmei, W., Bi-Rong, D. 2013. Association of Sleep Quality and Dementia among Long-lived Chinese Older Adults. *Age*. 35: 1423-1432

Jumlah Jiwa Anggota Keluarga Menurut Kelompok Umur Berdasarkan Wilayah. 2011.http://aplikasi.bkkbn.go.id/mdk/MDKReports/Kependudukan/Tabel49.aspx [Diakses pada 3 Maret 2015]

Kane, R.L., Ouslander, J.G., Abrass, B., Resnick, B. 2009. *Essential of Clinical Geriatrics*. 6th Edition. McGraw-Hill

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Kaynak, D., Kiziltan, G., Kaynak, H., Benbir, G., Uysal O. 2005. Sleep and Sleepiness in Patients with Parkinson's Disease. *Europe Journal of Neurology*. 12: 199-207

Kementerian Kesehatan RI. 2013. *Gambaran Kesehatan Lanjut Usia di Indonesia*. Jakarta: Pusat Data dan Informasi Kementerian Kesehatan RI

Kependudukan (Demografi). Diakses dari http://www.slemankab.go.id/3274/kependudukan-demografi.slm [Diakses pada tanggal 30 Juni 2015]

Kesehatan Usia Lanjut. Diakses dari http://dinkes.sleman.go.id/kesehatan-usia-lanjut [Diakses pada tanggal 10 Maret 2015]

Khan, K. M., Liu-Ambrose, T., Donaldson, M. G., McKay, H. A. 2001. Physical Activity to Prevent Falls in Older People: Time to Intervene in High Risk Groups using Falls as an Outcome. *Br. J. Sports Med.* 35: 144-145

King, M. B. Falls. Dalam: Halter, J. B., Ouslander, J. G., Tinetti, M. E., Studenski, S., High, K. P., Asthana, S. 2009. *Hazzard's Geriatric Medicine and Gerontology*. 6th edition. McGraw-Hill

Kitzman, D. W. & Taffet, G. Effect of Aging on Cardiovascular Structure. Dalam: Halter, J. B., Ouslander, J. G., Tinetti, M. E., Studenski, S., High, K. P., Asthana, S. 2009. *Hazzard's Geriatric Medicine and Gerontology.* 6th Edition. McGrawHill

Komnas Lansia. 2010. *Profil Penduduk Lanjut Usia 2009*. Jakarta: Komisi Nasional Lanjut Usia

Krishnan P, Hawranik P. 2007. Diagnosis and Management of Geriatric Insomnia: A Guide for Nurse Practitioners. *Journal of the American Academy of Nurse Practitioners.* **20**: 590-599

Kuo, H., Lipsitz, L. A. 2004. Cerebral White Matter Changes and Geriatric Syndrome: Is There a Link? *Journsl of Gerontology: MEDICAL SCIENCES*. 59 (8): 818-826

Kwan M.M., Close J.C., Wong A.K., Lord, S.R. 2011. Falls Incidence, Risk Factors, and Consequences in Chinese Older People: A Systematic Review. *J Am Geriatr Soc*. 59 (3): 536-43

Lansia Moyudan Tetap Produktif di Usia Senja. 2015. Diakses dari http://www.slemankab.go.id/6681/lansia-moyudan-tetap-produktif-di-usia-senja.slm [Diakses pada tanggal 8 Maret 2015]

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Launderdale, D. S., Schumm, L. P., Kurina, L. M., McClintock, M., Thisted, R. A., *et al*. 2014. Assessment of Sleep in the National Social Life, Health, and Aging Project. *Journals of Gerontology, Series B: Psychosocial Sciences and Social Sciences.* 69 (8) : S125-S133

Lee, K.E., Kim, N.S., Han, S.H. 2015. Gender Difference in Factors Affecting Quality of Sleep among Community-dwelling Elders. *Inter J Bio-Science and Bio-Tech.* 7 (1): 179-184

Lee S, Cheong Y.S, Park E.W., Choi, E.Y., Yoo, H.K., Kang, K.H., Kang, W.S., Kim, K.S., Kim, H.K., Park, K.S., Park, Y.J., Suh, M.S., Sim, S.K., Yeoum, H.T., Lee, R., Lee S.H., Lim, K.B., Jeong, E.J., Park, H.K., Lee, B., Lee, H. 2010. Prevalence of Sleep Disorder and Associated Factors in Family Practice. *Korean Journal of Family Medicine*. 31: 837–844

Lima, C.A., Soares, W.J.S., Bilton, T.L., Dias, R.C., Ferrioll, E., Perracini, M.R. 2015. Correlates of Excessive Daytime Sleepiness in Community-dwelling Older Adults: An Exploratory Study. *Rev Bras Epidemiol*. 18 (3): 607-617

Loeser, R. F. & Delbono, O. Aging of the Muscles and Joints. Dalam: Halter, J. B., Ouslander, J. G., Tinetti, M. E., Studenski, S., High, K. P., Asthana, S. 2009. *Hazzard's Geriatric Medicine and Gerontology.* 6th Edition. McGrawHill

Luo, J., Zhu, G., Zhao, Q., Guo, Q., Meng, H., Zhen, H., Ding, D. 2013. Prevalence and Risk Factors of Poor Sleep Quality in an Urban Community: Result from the Shanghai Aging Study. *PLOS One*. 8 (11)

Maki BE, Holliday PJ, Topper AK. A. 1994 Prospective Study of Postural Balance and Risk of Falling in an Ambulatory and Independent Elderly Population. *J Gerontol Med Sci*. 49: M72-M84

Maki, B. E., Mcllroy, W. E. 1997. The Role of Limb Movements in Maintaining Upright Stance: The Change-in-Support Strategy. *Physical Therapy*. 77 (5): 488-507

Martin, J. L. Sleep in Nursing Home Residents. Dalam: Pandi-Perumal, S. R., Monti, J. M., Monjan, A. A. 2010. *Principles and Practice of Geriatric Sleep Medicine.* Cambridge

Maryam, R. S., Junaiti, S., Yusran, N. 2009. Pengaruh Latihan Keseimbangan Fisik Terhadap Keseimbangan Tubuh Lansia di Panti Sosial Tresna Werdha Wilayah Pemda DKI Jakarta. *Tesis*. Program Studi Magister Ilmu Keperawatan Peminatan Keperawatan Komunitas. Fakultas Ilmu Keperawatan. UI

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Means, K.M., Rodell D.E., O'Sullivan, P.S. 2005. Balance, Mobilitym and Falls among Community-dwelling Elderly Persons: Effects of a Rehabilitation Exercise Program. *Am J Phys Med Rehabil*. 84: 238-250.

Meiner, S. E. 2014. *Gerontologic Nursing*. Elsevier Heath Science

Meisinger C, Heier M, Lowel H, Schneider A, Doring A. 2007. Sleep Duration and Sleep Complaints and Risk of Myocardial Infarction in Middle-aged Men and Women from the General Population: The MONICA/KORA Augsburg Cohort Study. *Sleep.*30: 1121-1127

Mesas, A. E., Lopez-Garcia, E., Rodriguez-Artalejo, F. 2010. Self-Reported Sleep Duration and Falls in Older Adults. *J. Sleep Res.* 20: 21-27

Monk, T. H., Germain, A., Reynolds, C. F. 2008. Sleep Disturbances in Bereavement. *Psychiatr Ann*. 38 (10): 671-675

Muir, S. W., Berg, K., Chesworth, Bert., klar, N., Speechley, M. 2010. Balance Impairment as a Risk Factor dor Fallsi Community-dwelling Older Adults Who are High Functioning: A Prospective Study. *Physical Therapy*. 90 (3): 338-347

Nashner, L.M. Practical Biomechanics and Physiology of Balance. Dalam Jacobson, G. P., Newman, C. W., Kartush, J.M. 1993. *Handbook of Balance Function Testing.* St. Louis. Mosby Year Book.

Neubauer, D. N., 1995. Sleep Problem in the Elderly. *Am Fam Physician.* 59 (9) : 2551-2558

Ohayon, M. M., Carskadon, M. A., Guilleminault, C., Vitiello, M.V. 2004. Meta-Analysis of Quantitative Sleep Parameters from Childhood to Old Age in Healthy Individuals: Developing Normative Sleep Values Across the Human Lifespan. *Sleep.* 27 (7) : 1255-73

Pandi-Perumal, S. R., Monti, J. M., Monjan, A. A. 2010. *Principles and Practice of Geriatric Sleep Medicine.* Cambridge

Pardasaney, P.K, Latham, N.K, Jette, A.M, Wagenaar, R.C, Ni, P., Slavin, M.D., Bean, J.F. 2012. Sensitivity to Change and Responsiveness of Four Balance Measures for Community-dwelling Older Adults. *Physical Therapy.* 92: 388–397

Park, J.H., Yoo, M.S., Bae, S.H. 2013. Prevalence and Predictors of Poor Sleep Quality in Korean Older Adults. *Int J Nursing Practice*. 19: 116-123

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Pi, H.Y., Hu, M.M., Zhang, J., Peng, P.P., Nie, D. 2015. Circumtances of Falls and Fall-related Injuries among Frail Elderly under Home Care in China. *Intr J Nursing Sci*. doi: 10.1016/j.ijnss.2015.07.002.

Punjabi, N.M., Caffo, B.S., Goodwin, J.L., Gottlieb, D.J., Newman, A.B., George, T., Rapoport, D.M., Redline, S., Resnick, H.E., Robbins, J.A., Shahar, E., Unruh, M.L., Samet, J.M. 2009. Sleep Disordered Breathing and Mortality: A Prospective Cohort Study. *PLoS Med.* 6: e1000132.

Rahayu, R. A. Gangguan Tidur pada Lansia. Dalam: Sudoyo, A. W., Setiyohadi, B., Alwi, I. Simandibrata, K. M., Setiati, S. 2010. *Buku Ajar Ilmu Penyakit Dalam.* Edisi V Jilid I. Jakarta: Interna Publishing

Rajput, V., Bromley, S. M., 1999. Chronic Insomnia: A Practical Review. *Am Fam Physician*. 60 (5) : 1431-1438

Redline, S., Kirchner, L., Quan, S. F., Gottlieb, D. J., Kapur, V., Newman, A. 2004. The Effect of Age, Sex, Ethnicity, and Sleep Disordered Breathing on Sleep Architecture. *Arch Intern Med*. 164: 406-418

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.* Program Studi Ilmu Keperawatan. Fakultas Kedokteran. UGM

Robillard, R., Prince, F., Filipini, D., Carrier, J. 2011. Aging Worsens the Effects of Sleep Deprivation on Postural Control. *PloS ONE*. 6 (12): e28731

Rubenstein L. Z., Josephson K.R., Robbins AS. 1994. Falls in the Nursing Home. *Ann Int Med*. 121:442-51.

Rubenstein, L. Z., Josephson, K. R., Osterweil, D. 1996. Falls and Fall Prevention in the Nursing Home. *Gait and Balance Disorders.* 12 (4): 881-902

Rubenstein, L. Z. 2006. Falls in Older People: Epidemiology, Risk Factors and Strategies for Prevention. *Age and Ageing.* 35 (S2): ii37-ii41

Ruiter, M. E., VanderWal, G. S. & Lichstein, K. L. Sleep Disorders in the Elderly: Insomnia in the Elderly. Dalam: Pandi-Perumal, S. R., Monti, J. M., Monjan, A. A. 2010. *Principles and Practice of Geriatric Sleep Medicine.* Cambridge

Sateia, M. J. 2009. Update on Sleep and Psychiatric Disorders. *CHEST*. 135: 1370-1379

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Sastroasmoro, S. 2011. *Dasar-Dasar Metodologi Penelitan Klinis*. Jakarta: CV. Sagung Seto

Schulz, R. & Albert, S. M. Dalam: Halter, J. B., Ouslander, J. G., Tinetti, M. E., Studenski, S., High, K. P., Asthana, S. 2009. *Hazzard's Geriatric Medicine and Gerontology*. 6th Edition. McGrawHill

Setiati, S. & Laksmi, P. W. Gangguan Keseimbangan, Jatuh, dan Fraktur. Dalam: Sudoyo, A. W., Setiyohadi, B., Alwi, I. Simandibrata, K. M., Setiati, S. 2010. *Buku Ajar Ilmu Penyakit Dalam.* Edisi V Jilid I. Jakarta: Interna Publishing

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

Shinkoda, K., Naminohira, K., Anan, M., Shinkoda, H. 2015. Is Sleep Duration a Risk Factor for Falls in the Elderly? *Physiotherapy.* 101: 401-403

Smith, M. L., Jiang, L., Prizer, L. P., Ahn, S. N., Chen, S., Cho, J. M., Graham, K., Ory, M. G. 2014. Health Indicators Associated with Falls Among Middle-aged and Older Women Enrolled in an Evidence-Based Program. *Women;s Health Issues*. 24 (6): 613-619

Sohn, S. I., Kim, D. H., Lee, M. Y., Cho, Y. W. 2012. The Reliability and Validity of the Korean version of the Pittsburgh Sleep Quality Index. *Sleep Breath*. 16: 803-812

Sosnoff, J.J., Socie, M. J., Boes, M. K., Sandroff, B. M., Pula, J. H., Suh, Y., Weikert, M., Balantrapu, S., Morrison, S., Moti, R. W. 2011. Mobility, Balance and Falls in Persons with Multiple Sclerosis. *PloS ONE*. 6 (11): e28021

Southard, V., Dave, M., Davis, M. G., Blanco, J., Hofferber, A. 2005. The Multiple Tasks Test as a Predictor of Falls in Older Adult. *Gait Posture.* 22 (4): 351-5

Srinivasan, V., Maestroni, G. J. M., Cardinali, D. P., Esquifino, A. I., Pabdi-Perumal, S. R., Miller, S. C. 2005. Review: Melatonin, Immune Function and Aging. *Immunity and Ageing*. 2: 17

St. George, R. J., Delbaere, K., Williams, P., Lord, S. R. 2009. Sleep Quality and Falls in Older People Living in Self- and Assisted-Care Villages. *Gerontology*. 55: 162-168

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Stone, K.L., Ancoli-Israel, S., Blackwell, T.L., Ensrud, K.E., Cauley, J.A., Redline, S., Hillier, T.A., Schneider, J., Claman, D., Cummings, S.R. 2008. Actigraphy-Measured Sleep Characteristics and Risk of Falls in Older Women. *Arch Intern Med*. 168 (16): 1768-1775

Stone, K.L., Blackwell, T.L., Ancoli-Israel, S., Cauley, J.A., Redline, S., Marshall, L.M., Ensrud, K.E. 2014. Sleep Disturbances and Risk of Falls in Older Community-Dwelling Men: The Outcomes of Sleep Disorders in Older Men (MrOS Sleep) Study. *J American Geriatrics Society*. 62 (2): 299-305

Stone, K. L., Ewing, S. K., Lui, L. Y., Ensrud, K., Ancoli-Israel, S., Bauer, D.C., Cauley, J.C., Hillier, T.A., Cummings, S.R. 2006. Self-reported Sleep and Nap Habits and Risk of Falls and Fractures in Older Women: The Study of Osteoporotic Fractures. *J. Am. Geriatr. Soc*. 54: 1177 – 1183

Sugiyono. 2010. *Metode Peneltian Kuantitatif Kualitatif dan R&D*. Bandung: Alfabeta

Tang, P. F., Woollacott, M. H. Balance Control in Older Adults. Dalam: Bronstein, A. M., Brandt, T., Woollacott, M. H., Nutt, J. G. 2004. *Clinical Disorders of Balance, Posture and Gait.* 2nd Edition. London: Arnold

Teo, J. S., Briffa, N. K., Devine, A., Dhaliwal, S. S., Prince, R. L. 2006. Do Sleep Problems or Urinary Incontinence Predict Falls inn Elderly Women? *Aust J. Physiother.* 52 (1): 19-24

Timiras, P. S. & Navazio, F. M. Dalam Timiras, P. S. 2007. *Physiological Basis of Aging and Geriatrics*. 4th ed. New York: Informa Healthcare

Tinetti, M. E. 2003. Preventing Falls in the Elderly Persons. *The New England Journal of Medicine*. 348 (1): 42-49

Verstraeten E. 2007. Neurocognitive Effects of Obstructive Sleep Apnea Syndrome. *Curr Neurol Neurosci Rep.* 7: 161–166.

Videnovic, A. & Golombek, D. 2013. Circadian and Sleep Disorders in Parkinson's Disease. *Experimental Neurology.* 243: 45-56

Viljanen, A., Kaprio, J., Pyykko, I., Sorri, M., Koskenvuo, M., Rantanen, T. 2009. Hearing Acuity as a Predictor of Walking Difficulties in Older Women. *Journal American Geriatrics Society.* 57 (12): 2283-2286

Wallace, Meredith. 2008. *Essentials of Gerontological Nursing*. New York: Springer Publishing Company

UNIVERSITAS
GADJAH MADA
Hubungan antara Kualitas Tidur dengan Tingkat Keseimbangan Tubuh pada Lansia di Kecamatan Turi
NURMA DWI S., Heru Subekti, S.Kep., Ns., MPH; Purwanta, S.Kp., M.Kes.
Universitas Gadjah Mada, 2015 | Diunduh dari http://etd.repository.ugm.ac.id/

Watson, G. R. Assessment and Rehabilitation of Older Adults with Low Vision. Dalam: Halter, J. B., Ouslander, J. G., Tinetti, M. E., Studenski, S., High, K. P., Asthana, S. 2009. *Hazzard's Geriatric Medicine and Gerontology*. 6th Edition. McGrawHill

Weber, P. C., 2011. *Vertigo and Disequilibrium: A Practical Guide to Diagnosis and Management.* Thieme

WHO. 2007. *WHO Global Report on Falls Prevention in Older Age.* France. WHO Press

Widyarani, L. 2010. Hubungan antara Nyeri Muskuloskeletal dengan Kualitas Tidur pada Lanjut Usia di Desa Panggungharjo Kecamatan Sewon Kabupaten Bantul Yogyakarta. *Skripsi.* Program Studi Ilmu Keperawatan. Fakultas Kedokteran. UGM

Wiggins, J. & Patel, S. R. Changes in Kidney Function. Dalam: Halter, J. B., Ouslander, J. G., Tinetti, M. E., Studenski, S., High, K. P., Asthana, S. 2009. *Hazzard's Geriatric Medicine and Gerontology.* 6th Edition. McGrawHill

Wilson, N., Hilmer, S., March, L., Cameron, I., Lord, S., Mason, R., Sambrook, P. 2011. Physical Function Measures and Risk of Falling in Older People Living in Residential Aged Care Facilities. *Ther Adv Musculoskel Dis.* 3 (1): 9-15

Wold, G. H. 2008. *Basic Geriatric Nursing*. 4th edition. Mosby. Elsevier

Wolkove, N., Elkholy, O., Baltzan, M., Palayew, M. 2007. Sleep and Aging: 1. Sleep Disorders Commonly Found in Older People. *Canadian Med Association Journal.* 176 (9):1299-1304

Wright Jr, K. P., Frey, D. J. Age Related Changes in Sleep and Circadian Physiology: From Brain Mechanisms to Sleep Behavior. Dalam: Avidan, A. Y., Alessi, C. A. 2008. *Geriatric Sleep Medicine.* New York: Informa Health Care

Wu, C. Y., Su, P. T., Fang, C. L., Chang, M. Y. 2012. Sleep Quality among Community-dwelling Elderly People and Its Demographic, Mental, and Physical Correlates. *Journal of the Chinese Media.* 75: 75-80

Yeom, H. A., Baldwin, C. M., Lee, M. A., Kim, S. J. 2015. Factors Affecting Mobility in Community-dwelling Older Koreans with Chronic Illness. *Asian Nursing Research.* 9: 7-13