

DAFTAR PUSTAKA

- Abreu SSE dan Caldas CP. 2008. Gait Speed, Balance and Age: a Correlational Study Among Elderly Women with and Without Participation in a Therapeutic Exercise Program. *Revista Brasileira de Fisioterapia* Vol. 12 No 4:324-330.
- Agustina, Putu Eko., I Wayan Suardana., dan Sang Ayu Ketut Candrawati. 2014. Pengaruh Balance Exercise Terhadap Keseimbangan Tubuh pada Lansia di Banjar Pande Mengwi. *Jurnal Keperawatan Jiwa, Komunitas, dan Manajemen*. Vol 1 No 2.
- Al-Qur'an. QS. Yaasiin: 68.
- Amin S., Sulistiyarningsih., Nugroho HA. 2010. Pengetahuan Kader Tentang Proses Menua dengan Keaktifan Kader pada Pelaksanaan Posbindu di Kelurahan Sendangmulyo Kecamatan Temalang Semarang. *Jurnal Kesehatan Masyarakat Indonesia*. Volume 6 No 2.
- B.K Choudhury dan A.K Bose. 2006. *A Handbook of Physiotherapy*. New Delhi: Jaypee Brothers Medical Publishers.
- Badan Kependudukan Dan Keluarga Berencana Nasional. 2013. *Kebijakan dan Program Pelayanan Sosial Lanjut Usia di Indonesia*. Diakses 11 Oktober 2015, <http://www.bkkbn.go.id/arsip/Documents/Perpustakaan/ALIH%20MEDIA%202012/002/9.Kebijakan%20dan%20Program%20Pelayanan%20Sosial%20Lansia.pdf#>
- Brown, Wendy dan Kylie Ball. 2007. Physical Activity and Energy Balance. *National Heart Foundation* Hal: 1-3
- Budiharjo. 2005. Pengaruh Senam Aerobic Low Impact Intensitas Sedang Terhadap Kelenturan Badan Pada Wanita Usia Lanjut Terlatih. *Berkala Ilmu Kedokteran*. Vol 37 No 4:178
- Demura, Sinichi, Shunsuke Yamaji, Tamotsu Kitabayashi. 2005. Gender and Age Related Differences of Dynamic Balancing Ability Based on Various Stepping Motions in The Health Elderly. *Journal Human Ergol* No 34:1-11
- Departemen Kesehatan. 2013. *Gambaran Kesehatan Lanjut Usia di Indonesia*. Jakarta: Kemenkes RI.
- Departemen Kesehatan. 2013. *Pedoman Pembinaan Kesehatan Usia Lanjut Bagi Petugas Kesehatan*. Jakarta: Depkes RI

- Departemen Sosial. 2003. *Kebijakan dan Program Pelayanan Lanjut Usia Di Indonesia*. Jakarta: Direktorat Jendral Pelayanan dan Rehabilitasi Sosial
- Dibrezzo, Ro, Barbarra B Shaden, Blake H. Raybon, dan Melissa Powers. 2005. Exercises Intervention Designed To Improve Strength And Dynamic Balance Among Community-Dwelling Older Adults. *Journal of Aging and Physical Activity*. No 13:198-209.
- Fatmah. 2010. *Gizi Usia Lanjut*. Jakarta: Erlangga.
- Hasegawa, Ryuichi., Mohammad Monirul Islam., Eriko Nasu., Naoki Tomiyama., Sung Chul Lee., Daisuke Koizumi., Michael E. Rogers., Nobuo Takeshima. 2010. Effect of Combined Balance and Resistance Exercise on Reducing Knee Pain in Community-Dwelling Older Adults. *Physical & Occupational Therapy in Geriatrics*. Vol 28:1
- Irfan, Muhammad. 2011. *Fisioterapi Bagi Insan Stroke*. Yogyakarta: Graha Ilmu.
- Irfan, Muhammad dan Jemmi Susanti. 2008. Pengaruh Penerapan Motor Relearning Programme (MRP) Terhadap Peningkatan Keseimbangan Berdiri pada Pasien Stroke Hemiplegi. *Jurnal Fisioterapi Indonusa* Vol 8 No 2.
- Kementrian Sosial Republik Indonesia. 2007. *Penduduk Lanjut Usia di Indonesia dan Masalah Kesejahteraannya*. Diakses: 9 Oktober 2015, <http://www.kemsos.go.id/modules.php?name=News&file=article&sid=522>
- Kuo Arthur D dan J Maxwell Donelan. 2010. Dynamic Principles of Gait and Their Clinical Implications. *Physical Therapy Journal* Vol. 90 No 2
- Lanawati. 2015. Hubungan Antara Senam Kesegaran Jasmani Lansia dengan Fungsi Kognitif dan Keseimbangan Tubuh di Posyandu Lansia Desa Daun Puri Kauh Denpasar. *Tesis*. Denpasar: Program Magister Studi Ilmu Kesehatan Masyarakat Program Pasca Sarjana Universitas Udayana.
- Lapopolo, Rosalie B, Melissa Greco, Dolianne Sullivan, Rebecca L Craik and Kathleen K Mangione. 2006. Effect Of Therapeutic Exercise On Gait Speed In Community-Dwelling Elderly People: A Meta-Analysis. *Journal Of The American Physical Therapy Association* Vol. 86 No 4:521.
- Lugade, Vipul Anand. 2011. Balance Control And Stability During Gait – An Evaluation Of Fall Risk Among Elderly Adults. *Desertation*. Oregon: Department of Human Physiology and the Graduate School of the University of Oregon.
- Muh Irfan dan Jemmi Susanti. 2008. Pengaruh Penerapan Motor Relearning Programme (MRP) Terhadap Peningkatan Keseimbangan Berdiri pada

Pasien Stroke Hemiplegi. *Jurnal Fisioterapi Indonusa* Vol. 8 No 2: 110-112

Narayanan, S. Lakshmi. 2005. *Textbook of Therapeutic Exercises*. New Delhi: Jaypee Brother Medical Publishers.

Pratiwi, Wiwik Chitra dan Muniroh Munawar. 2015. Peningkatan Keseimbangan Tubuh Melalui Berjalan Di atas Versa Disc Pada Anak Kelompok B Paud Taman Belia Candi Semarang. *Jurnal Penelitian PAUDIA*

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

Razvan Gabriel Drago dan Horatiu Popoviciu. 2013. Assesment of Human Balance in Clinical Practice. *Timisoara Physical Education and Rehabilitation Journal*, Vol. 6 Issue 11.

Salzman, B. 2010. Gait and Balance Disorder in Older Adults. *American Family Physician*. Vol 83 No 1:61-68

Sudarsky, Lewis. 1990. Geriatrics: Gait Disorders in The Elderly. *The New England Journal of Medicine*. Vol. 322 No 20.

Talkowski, Jaime B, Jennifer S. Brach, Stephanie Studeski, Anne B. Newman. 2008. Impact of Health Perception, Balance Perception, Fall History, Balance Performance, and Gait Speed on Walking Activity in Older Adults. *Physical Therapy Journal*. Vol 88 No 12:1474-1481

Torres, Sarina Feranceso, Julia Guimaraes Reis, Daniela Cristina Carvalho de Abreu. 2014. Influence of Gender and Physical Exercise on Balance of Healthy Young Adults. *Fisioter Mov Curitiba* Vol 27 No 3:399-406

Tulak, Yuliana Restu. 2016. Pengaruh Penerapan Motor Relearning Programme (MRP) Terhadap Perubahan Pola Jalan Pasien Post Stroke Di Makassar. *Skripsi*. Makassar: Program Studi S1 Fisioterapi Fakultas Kedokteran Universitas Hasanuddin.

Wahyu Adi Sudrajat dan Soetardji. 2014. Efek Pemberian Latihan Keseimbangan Dalam Mempertahankan Kemampuan Keseimbangan Manula Panti Wredha Rindang Asih 1 Ungaran. *Journal of Sport Sciences and Fitness*. Vol. 3 No 1: 50.

Wijayanti. 2008. Hubungan Kondisi Fisik RTT Lansia Terhadap Kondisi Sosial Lansia di RW 03 RT 05 Kelurahan Tegalsari, Kecamatan Candisari Semarang. *Jurnal Ilmiah Perancangan Kota dan Permukiman*. Vol 7 No 1

Wert, David.M, Jennifer Brach, Subashan Perera, Jessie M. Van Swearingen. 2010. Gait Biomechanics, Spatial and Temporal Characteristics, and the

Energy Cost of Walking in Older Adults with Impaired Mobility. *PT Journal APTA* Vol. 90 No 7:984

Yuliana Sri,I Putu Gede Adiatmika, Muhammad Irfan, Dhofirul Fadhil Dzil Ikrom Al Hazmi. 2014. Pelatihan Kombinasi Core Stability Exercise dan Ankle Strategy Exercise Tidak Lebih Meningkatkan Keseimbangan Statis Pada Mahasiswa S1 Fisioterapi STIKES 'Aisyiyah Yogyakarta. *Sport and Fitness Journal*. Vol. 2 No 2:63-73.