

## DAFTAR PUSTAKA

- Anumula, K.S., Beku, C., & Murthy, N.S.Y. (2013). Measurement of Reliability in Grip Strength. *International Journal of Healthcare Science*, 1(1), 1-8.
- Alahmari, K. A., Silvian, S. P., Reddy, R. S., Kakaraparthi, V. N., Ahmad, I., & Alam, M. M. (2017). Hand grip strength determination for healthy males in Saudi Arabia. *Journal of International Medical Research*, 45(2), 540–548.
- Giriwijoyo S, Sidik DZ. Ilmu Faal Olahraga (Fisiologi Olahraga). Bandung:Remaja Rosdakarya; 2012. h. 7-71.
- Guyton, A.C., & Hall, J.E. 2006. *Text Book of Medical Physiology* (11<sup>th</sup> Edition). Philadelphia: WB. Saunders Company.
- Harsono. (1988). *Coaching dan Aspek-aspek Psikologi dalam Coaching*. Jakarta:PT. Dirjen Dikti P2LPT.
- Kisner, C., & Colby, L. 2012. *Therapeutic Exercise Foundations and Techniques Fifth Edition*. Philadelphia: F.A. Davis Company
- Kisner, C., & Colby, L. 2012. *Therapeutic Exercise Foundations and Techniques Two Edition*. Philadelphia: F.A. Davis Company
- Musalek, C., & Kirchengast, S. (2017). Grip strength as an indicator of health-related quality of life in old age. *International Journal of Environmental Research and Public Health*, 14(12), 2-12.
- Neumann, D. A. 2010. *Kinesiology of the Musculoskeletal System* (2<sup>th</sup> Edition). United States: Mosby Elsevier.
- Nurindra, M. Y. S., Herman, R. B., & Yenita. 2016. Perbandingan Tekanan Darah Sebelum dan Sewaktu Melakukan *Handgrip Isometric Exercise* pada Mahasiswa Angkatan 2011 Fakultas Kedokteran Universitas Andalas. *Jurnal Kesehatan Andalas*, 5(2), 443-446.
- Ramadan, M. Z. (2017). The effects of industrial protective gloves and hand skin temperatures on hand grip strength and discomfort rating. *International Journal of Environmental Research and Public Health*, 14(12), 2-16.
- Sajoto.(1988). *Pembinaan Kondisi Fisik Dalam Olahraga*.Departemen Pendidikan Dan Kebudayaan Direktorat Jenderal Pendidikan Tinggi Proyek Pegandaanbuku Pada Lembaga Pengembangan Tenaga Pendidikan.Jakarta
- Sangwon Kong, Kyung Soo Lee, MD, Junho Kim, MD, Seong ho Kim, MD, Seong Ho Jang, MD. (2014). The Effect Of Two Hand Exercise On Grip Strength, Forearm Circumference And Vascular Maturation In Patients Who Underwent Arteriovenous Fistula. Department Of Rehabilitation Medicine,Hanyang University Guri Hospital.

- Sathya, P., Kadiravan, V. & Poojary, P.P. (2016). Effect of Resisted Exercise Versus Free Weight Exercise For The Improvement of Grip Strength of Cricket Players. *International Journal of Advanced Research*, 4(7), 1193-1198.
- Setiowati, A. (2014). Hubungan Indeks Massa Tubuh, Persen Lemak Tubuh, Asupan Zat Gizi dengan Kekuatan Otot. *Jurnal Media Ilmu Keolahragaan Indonesia*, 4(1), 32–38.
- Surbarjah, Herman.2009. Permainan Bulutangkis. Bandung. CV. Bintang Warli Artika
- Trampisch, U. S., Franke, J., Jedamzik, N., Hinrichs, T., Platen, P. (2012). Optimal jamar dynamometer handle position to assess maximal isometric hand grip strength in epidemiological studies. *Journal of Hand Surgery*, 37(11), 2368-2373.