

DAFTAR PUSTAKA

- Abdul, G., Alabe di, H., & Naji, A. B. (2020). *Impact of Physical Activity Program upon Elderly Quality of Life at Al-Amara City / Iraq*. 20(3), 1223–1228.
- Agus, A. D., & Andromeda. (2014). Perbedaan Successful Aging Pada Lansia Ditinjau Dari Jenis Kelamin. *Intuisi Jurnal Ilmiah Psikologi*, 6(2), 85–91.
- Ainistikmalia, N. (2019). DETERMINANTS OF THE ELDERLY FEMALE POPULATION WITH. *Jurnal Ilmu Ekonomi Terapan*, 4(2), 85–100. <https://doi.org/10.20473/jiet.v4i2.14033>
- Akre, M. (2019). *Research Article COMPARISON OF QUALITY OF LIFE AMONG URBAN AND RURAL ELDERLY POPULATION Deepali Rathod ., Manali Akre and ParagKulkarni*. 10, 31151–31153. <https://doi.org/10.24327/IJRSR>
- Alricsson, M. (2013). Physical Activity Why and How? *Biosafety and Health Education*, 1(4), 1–2. <https://doi.org/dx.doi.org/10.4172/2332-0893.1000e111>
- Anggraini, D., & Kurnia, R. (2022). *Pengaruh senam Tai Chi terhadap kualitas hidup lansia di RBM Desa Tohudan*. 1, 168–174.
- Badan Pusat Statistik. (2014). *Statistik Penduduk Lanjut Usia*. Salemba Medika.
- Badan Pusat Statistik. (2019). *Statistik Penduduk Lanjut Usia di Indonesia 2019*. In *Statistik Penduduk Lanjut Usia di Indonesia 2019*.
- Badan Pusat Statistik. (2022). *Statistik Penduduk Lanjut Usia 2022*. Badan Pusat Statistik.
- Badan Pusat Statistik. (2023). *Angka Harapan Hidup (AHH) menurut Provinsi dan Jenis Kelamin*. Retrieved from <https://www.bps.go.id/indicator/40/501/1/angka-harapan-hidup-ahh-menurut-provinsi-dan-jenis-kelamin.html>
- Bowling, A., Hankins, M., Windle, G., Bilotta, C., & Grant, R. (2013). A short measure of quality of life in older age : The performance of the brief Older People ' s Quality of Life questionnaire (OPQOL-brief). *Archives of Gerontology and Geriatrics*, 56(1), 181–187. <https://doi.org/10.1016/j.archger.2012.08.012>
- Campbell, C. (2012). *Methods of physical activity assessment for older adults*. *ProQuest Dissertations and Theses*, 65. Retrieved from http://search.proquest.com.ezproxy.library.yorku.ca/docview/848496294?accountid=15182%5Cnhttp://sfx.scholarsportal.info/york?url_ver=Z39.88-2004&rft_val_fmt=info:ofi/fmt:kev:mtx:dissertation&genre=dissertations+&+theses&sid=ProQ:ProQuest+Dissertations+&+T
- CDC. (n.d.). *Health-Related Quality of Life (HRQOL)*.
- Christy, J., Bancin, L. J., Imelda, S., & No, J. B. (2019). *Hubungan Karakteristik (*

Umur , Jenis Kelamin , Status Perkawinan) dengan Aktivitas Fisik dan Aktivitas Sosial Lansia di Wilayah Kerja Puskesmas Padangmatinggi Kota Padangsidempuan. 598–605.

- Clifford, A., Rahardjo, T. B., Bandelow, S., & Hogervorst, E. (2014). A cross-sectional study of physical activity and health-related quality of life in an elderly Indonesian cohort. *British Journal of Occupational Therapy*, 77(9), 451–456. <https://doi.org/10.4276/030802214X14098207541036>
- Ćwirlej-Sozańska, A. B., Sozański, B., Wiśniowska-Szurlej, A., & Wilmowska-Pietruszyńska, A. (2018). Quality of life and related factors among older people living in rural areas in south-eastern Poland. *Annals of Agricultural and Environmental Medicine*, 25(3), 539–545. <https://doi.org/10.26444/aaem/93847>
- De, S., Nath Roy, R., Mitra, K., Kumar Das, D., & Dan, A. (2018). Physical activities and quality of life among elderly population in urban slum of Bardhaman Municipality, West Bengal. *IOSR Journal of Dental and Medical Sciences (IOSR-JDMS) e-ISSN*, 17(5), 67–73. <https://doi.org/10.9790/0853-1705126773>
- Departement of Health and Human Service. (2018). *Physical Activity Guidelines for Americans 2nd Edition*.
- Destiawati, F. (2016). *Gambaran Kualitas Hidup Lanjut Usia dengan Masalah Pruritus Senilis di Panti Sosial Tresna Werdha (PSTW) Budhi Mulya 3 Margaguna Jakarta Selatan*.
- Dewi, S. K. (2018). *Level Aktivitas Fisik dan Kualitas Hidup Warga Lanjut Usia Physical Activity Level and Quality of Life of The Elderly*. 14(3), 241–250.
- Diener-West, M. (2008). *Use of the Chi-Square Statistic*. Johns Hopkins Bloomberg School of Public Health.
- Fakoya, O. O., Abioye-Kuteyi, E. A., Bello, I. S., Oyegbade, O. O., Olowookere, S. A., & Ezeoma, I. T. (2018). Determinants of Quality of Life of Elderly Patients Attending a General Practice Clinic in Southwest Nigeria. *International Quarterly of Community Health Education*, 39(1), 3–7. <https://doi.org/10.1177/0272684X18781781>
- Fitri, L., Amalia, R., & Juanita. (2022). HUBUNGAN JENIS KELAMIN DENGAN KUALITAS TIDUR LANSIA. *JIM FKep*, V(4), 65–69.
- Gc, P., Tiraphat, S., & Chompikul, J. (2017). Factors associated with quality of life among the elderly in Baglung District, Nepal. *Journal of Public Health and Development*, 15(3), 51–64.
- Gondodiputro, S., Hidayati, A. R., & Rahmiati, L. (2018). Gender , Age , Marital Status , and Education as Predictors to Quality of Life in Elderly : WHOQOL-BREF Indonesian Version. *International Journal of Integrated Health Sciences*, 6(1), 36–41. <https://doi.org/10.15850/ijih.v6n1.1201>
- Hadipranoto, H., & Satyadi, H. (2020). *Gambaran kualitas hidup lansia yang*

tinggal di panti sosial tresna wreda x jakarta. 4(1), 119–127.

- Hernawati, S. (2017). *Metodologi Penelitian Dalam Bidang Kesehatan Kuantitatif & Kualitatif*. Ponorogo, Jawa Timur, Sukorejo: Forum Ilmiah Kesehatan (FORIKES).
- Hongthong, D., Somrongthong, R., & Ward, P. (2015). Factors influencing the quality of life (Qol) among thai older people in a rural area of Thailand. *Iranian Journal of Public Health, 44(4)*, 479–485.
- Husmiati, Irmayanti, Noviana, I., & Amalia, A. D. (2016). Kualitas Hidup Lanjut Usia di Daerah Rawan Bencana (Studi Kasus di Desa Sukamanah Kecamatan Pangalengan). *SOSIO KONSEPSIA, 5(2)*, 34–44.
- Jamalludin, J. (2021). *Keputusan Pekerja Lansia tetap Bekerja Pascapensiun dan Kaitannya dengan Kebahagiaan The Decision of the Elderly to Continue Working Post-Retirement and Its Relation to the Happiness. 12(28)*, 89–101. <https://doi.org/10.33059/jseb.v12i1.2450>
- Jumaiyah, S., Rachmawati, K., & Choiruna, H. P. (2020). Aktivitas Fisik Dan Kualitas Hidup Lansia Pendertia Hipertensi : Sebuah Penelitian Physical Activity and the Quality of Life of Elderly Patients with Hypertension : A Cross-sectional Study. *Jurnal Keperawatan, 11(1)*, 68–75.
- Kaambwa, B., Gill, L., Mccaffrey, N., Lancsar, E., Cameron, I. D., Crotty, M., ... Ratcliffe, J. (2015). An empirical comparison of the OPQoL-Brief , EQ-5D-3 L and ASCOT in a community dwelling population of older people. *Health and Quality of Life Outcomes*. <https://doi.org/10.1186/s12955-015-0357-7>
- Kamalie, H. S. (2016). Pengaruh Sense of Belonging Terhadap Kualitas. Retrieved from <http://eprints.umm.ac.id/34308/1/jiptumpp-gdl-hudasaiful-43043-1-hudasai-%29.pdf>
- Kemenkes RI. (2015). *Situasi dan Analisis Lanjut Usia*.
- Kemenkes RI. (2018). *Mengenal Jenis Aktivitas Fisik*.
- Kholifah, S. N. (2016). *Keperawatan Gerontik*. Pusdik SDM Kesehatan.
- Kiling-Bunga, B. N., & Kiling, I. Y. (n.d.). *Tinjauan Tempat Tinggal dan Jenis Kelamin pada Kualitas Hidup Orang Usia Lanjut*.
- Klompstra, L., Ekdahl, A. W., Krevers, B., Milberg, A., & Eckerblad, J. (2019). Factors related to health-related quality of life in older people with multimorbidity and high health care consumption over a two-year period. *BMC Geriatrics, 19(1)*, 1–8. <https://doi.org/10.1186/s12877-019-1194-z>
- Kwon, M., Kim, S. A., & So, W. Y. (2020). Factors influencing the quality of life of Korean elderly women by economic status. *International Journal of Environmental Research and Public Health, 17(3)*, 1–11. <https://doi.org/10.3390/ijerph17030888>
- Laili, F. N., & Hatmanti, N. M. (2018). **AKTIVITAS FISIK DENGAN KUALITAS TIDUR LANSIA DI POSYANDU LANSIA WULAN ERMA**

- MENANGGAL SURABAYA: Physical Activity With Sleep Quality In Elderly Posyandu Wulan Erma Menanggal Surabaya. *Jurnal Ilmiah Keperawatan (Scientific Journal of Nursing)*, 4(1), 7–14. <https://doi.org/10.33023/jikep.v4i1.129>
- Lestari, A., & Niken Hartadi. (2016). HUBUNGAN SELF EFFICACY DENGAN SUBJECTIVE WELL BEING PADA LANSIA YANG TINGGAL DI RUMAHNYA SENDIRI. *Jurnal RAP UNP*, 7(1), 12–23.
- Marini, L., & Hayati, S. (n.d.). *Pengaruh Dukungan Sosial Terhadap Kesepian Pada Lansia di Perkumpulan Lansia Habibi dan Habibah*.
- Maryam, S., Mia Fatma, E., Rosidawati, Juabedi, A., & Batubara, I. (2008). *Mengenal Usia Lanjut dan Perawatannya*.
- Mittal, A., Aggarwal, A., Nayyar, S., Thakral, A., Natt, H., & Singh, A. (2019). Assessment of quality of life of the elderly living in rural and urban areas of Ambala District: A comparative study. *Journal of Mid-Life Health*, 10(4), 173–178. https://doi.org/10.4103/jmh.JMH_128_19
- Muharrom, M., & Damaiyanti, M. (2020). Hubungan Usia , Jenis Kelamin , Aktivitas Fisik terhadap Depresi pada Lansia di Samarinda. *Borneo Student Research*, 1(3), 1359–1364.
- Nafidah, N. (2015). Hubungan antara aktivitas fisik dengan tingkat kognitif lanjut usia di panti sosial tresna werdha budi mulia 4 margaguna jakarta selatan. Retrieved from repository.uinjkt.ac.id/dspace/bitstream/123456789/25628/1/NUR_NAFIDAH-fkik.pdf
- New England Research Institutes. (1991). *PASE Physical Activity Scale for the Elderly*. 1–24.
- Notoatmodjo, S. (2010). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Notoatmodjo, S. (2014). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Oh, S. H., Kim, D. K., Lee, S. U., Jung, S. H., & Lee, S. Y. (2017). Association between exercise type and quality of life in a community-dwelling older people: A cross-sectional study. *PLoS ONE*, 12(12), 1–11. <https://doi.org/10.1371/journal.pone.0188335>
- Oktavianti, A., & Setyowati, S. (2020). Interaksi Sosial Berhubungan dengan Kualitas Hidup Lansia. *Jurnal Keperawatan Terpadu*, 2(2), 120–129.
- P2PTM Kemenkes RI. (2018). Manfaat Aktivitas Fisik.
- P2PTM Kemenkes RI. (2019). Apa Definisi Aktivitas Fisik.
- Pangribowo, S. (2022). *Lansia Berdaya, Bangsa Sejahtera*. Pusdatin.
- Praveen, V., & M, A. (2016). Quality of life among elderly in a rural area. *International Journal of Community Medicine and Public Health*, 3(3), 754–757. <https://doi.org/10.18203/2394-6040.ijcmph20160646>

- Primadi, F. (2017). *Gambaran Aktivitas Fisik pada Lansia yang Menderita Rematik di Desa Sendang Donorojo Pacitan*.
- Priyoto. (2018). *Ilmu Keperawatan Komunitas*. Yogyakarta: Pustaka Panasea.
- Purnama, H., & Suaahda, T. (2019). Tingkat Aktivitas Fisik Pada Lansia Di Provinsi Jawa Barat, Indonesia. *Jurnal Keperawatan Komprehensif*, 5(2), 102. <https://doi.org/10.33755/jkk.v5i2.145>
- Putra, H., Mantika, N. I., & Pratiwi, J. M. (2023). *Peningkatan Aktivitas Fisik Melalui Senam Lansia Pada Pasien Hipertensi Di Desa Kukin Kecamatan Moyo Utara*. 2(1), 13–16.
- Putri, P., At, A. Y. U., & City, J. (2020). *QUALITY OF LIFE COMPARISON BETWEEN ELDERLY WHO LIVING IN SOCIAL TRESNA WERDHA INSTITUTION IN JAMBI PROVINCE WITH THE ELDERLY LIVING WITH FAMILY WHO BECAME A MEMBER IN POSYANDU*. 0(01), 1–11.
- Rohmah, M., Sari, D. N. P., Wahyuningsih, T., & Fatmala, T. (2022). Hubungan jenis kelamin terhadap tingkat kemandirian dalam merawat diri pada lanjut usia. *Jurnal Kesehatan*, 11(2), 180–185. <https://doi.org/10.37048/kesehatan.v11i2.508>
- Setiawan, A. (2018). *Perbedaan Kualitas Hidup Lansia yang Bekerja dan Tidak Bekerja di Posyandu Lansia Dusun Pandansari Desa Sumberrejo Kecamatan Purwosari Kabupaten Pasuruan*.
- Sewo Sampaio, P. Y., Ito, E., & Carvalho Sampaio, R. A. (2013). The association of activity and participation with quality of life between Japanese older adults living in rural and urban areas. *Journal of Clinical Gerontology and Geriatrics*, 4(2), 51–56. <https://doi.org/10.1016/j.jcgg.2012.11.004>
- Sihab, B. A., & Nurchayati. (2021). LONELINESS PADA LANSIA YANG TINGGAL SENDIRI. *Penelitian Psikologi*, 8(8), 165–175.
- Siyoto, S., & Sodik, M. A. (2015). *Dasar Metodologi Penelitian*. In *Literasi Media*. Yogyakarta.
- Song, D., & Yu, D. S. F. (2019). International Journal of Nursing Studies Effects of a moderate-intensity aerobic exercise programme on the cognitive function and quality of life of community-dwelling elderly people with mild cognitive impairment : A randomised controlled trial. *International Journal of Nursing Studies*, 93, 97–105. <https://doi.org/10.1016/j.ijnurstu.2019.02.019>
- Soósová, M. S. (2016). Determinants of quality of life in the elderly. *Central European Journal of Nursing and Midwifery*, 7(3), 484–493. <https://doi.org/10.15452/CEJNM.2016.07.0019>
- Statistik, B. P. (2019). *Indonesia 2019. II*, 1–7.
- Statistik, B. P. (2021). *Statistik Penduduk Lanjut Usia 2021*. Badan Pusat Statistik.
- Sudjana, N., & Ibrahim. (2007). *Penelitian dan Penilaian Pendidikan*. Bandung: Sinar Baru Algensindo.

- Suwankhong, D., Chinnasee, C., Rittisorakrai, C., Meksawi, S., & Rosenberg, M. (2020). Perceptions of physical activity among older adults in rural communities southern Thailand. *Malaysian Journal of Medicine and Health Sciences*, 16(1), 155–161.
- Suwanti. (2022). Quality Of Life Lansia Pada Masa Pandemi Covid-19 Di Desa Nyatnyono Kecamatan Ungaran Barat. *Pro Health Jurnal Ilmiah Kesehatan*, 4(1), 266–269.
- Utami, D. C., Nurhidayati, I., Pramono, C., & Winarti, A. (2019). Hubungan Aktivitas Fisik dengan Kualitas Hidup Lansia Usia 60-69 Tahun di Desa Sudimoro Kecamatan Tulung Kabupaten Klaten. *The 1 Conference of Health and Social Humaniora*, (1), 97–107.
- Van Nguyen, T., Van Nguyen, H., Duc Nguyen, T., Van Nguyen, T., & The Nguyen, P. (2017). Difference in quality of life and associated factors among the elderly in rural Vietnam. *Journal of Preventive Medicine and Hygiene*, 58(1), E63–E71. <https://doi.org/10.15167/2421-4248/jpmh2017.58.1.655>
- Werling, H. (2016). *Comparing the Quality of Life of the Elderly Rural and Urban Population of Sweden*. 1–45.
- WHO. (1996). *WHOQOL-BREF Introduction, Administration, Scoring and Generic Version of the Assessment*.
- WHO. (2018). *Physical Activity for Health*.
- Widyastuti, D., & Ayu. (2019). Tingkat Ketergantungan Lansia Berdasarkan Usia dan Jenis Kelamin di Panti Sosial Trsena Werda Nirwana Puri Samarinda. *Borneo Nursing Journal (BNJ)*, 1(1), 1–15.
- Winarni, S. (2022). *Hubungan Usia dan Merokok dengan Tekanan Darah Penderita Hipertensi di UPT Puskesmas Kedundung Kota Mojokerto*. 60–74.
- Yen, H. Y., & Lin, L. J. (2018). Quality of life in older adults: Benefits from the productive engagement in physical activity. *Journal of Exercise Science and Fitness*, 16(2), 49–54. <https://doi.org/10.1016/j.jesf.2018.06.001>
- You, X., Zhang, Y., Zeng, J., Wang, C., Sun, H., Ma, Q., ... Xu, Y. (2019). Disparity of the Chinese elderly's health-related quality of life between urban and rural areas: A mediation analysis. *BMJ Open*, 9(1), 1–7. <https://doi.org/10.1136/bmjopen-2018-024080>
- Zhou, Z., Zhou, Z., Gao, J., Lai, S., & Chen, G. (2018). Urban-rural difference in the associations between living arrangements and the health-related quality of life (HRQOL) of the elderly in China—Evidence from Shaanxi province. *PLoS ONE*, 13(9), 1–15. <https://doi.org/10.1371/journal.pone.0204118>