

DAFTAR PUSTAKA

1. World Health Organization. World report on ageing and health. 2013.
2. Taylor D. Physical activity is medicine for older adults. Vol. 90, Postgraduate Medical Journal. 2014. p. 26–32.
3. Booth FW, Roberts CK, Laye MJ. Lack of exercise is a major cause of chronic diseases. *Compr Physiol*. 2012;2:1143–211.
4. Bouchard C, Blair SN, Katzmarzyk PT. Less sitting, more physical activity, or higher fitness? Vol. 90, Mayo Clinic Proceedings. Elsevier Ltd; 2015. p. 1533–40.
5. Gobbo S et al. Effects of exercise on dual-task ability and balance in older adults: a systematic review. *Arch Gerontol Geriatr*. 2014;58:177–87.
6. Arem H, Moore SC, Patel A, Hartge P, Berrington De Gonzalez A, Viswanathan K, et al. Leisure time physical activity and mortality: A detailed pooled analysis of the dose-response relationship. *JAMA Intern Med*. 2015;175:959–67.
7. Gregg EW et al. Relationship of changes in physical activity and mortality among older women. *JAMA*. 2003;289:2379–86.
8. Puciato D, Borysiuk Z, Rozpara M. Quality of life and physical activity in an older working-age population. *Clin Interv Aging*. 2017;12:1627–34.
9. Marquez DX, Aguinãga S, Vásquez PM, Conroy DE, Erickson KI, Hillman C, et al. A systematic review of physical activity and quality of life and well-being. *Transl Behav Med*. 2020;10:1098–109.
10. Choi M, Prieto-Merino D, Dale C, Nüesch E, Amuzu A, Bowling A, et al. Effect of changes in moderate or vigorous physical activity on changes in health-related quality of life of elderly British women over seven years. *Quality of Life Research*. 2013;22:2011–20.
11. Abdelbasset WK, Gopal N. Relationship between physical activity and health-related quality of life in elderly people: A cross-section study. *Sanamed*. 2017;12:87–92.

12. Langhammer B, Bergland A, Rydwick E. The importance of physical activity exercise among older people. *BioMed Research International*. Hindawi Limited; 2018.
13. Rahmat Z. *Atletik dasar & lanjutan*. Banda Aceh: LPP STKIP BBG; 2015.
14. Setyorini DA. Meski berusia 94 tahun, kakek ini menang world masters athletics championships. 2022 [cited 2022 Aug 15]; Available from: <https://beritajatim.com/ragam/meski-berusia-94-tahun-kakek-ini-menang-world-masters-athletics-championships/>
15. Departemen kesehatan Republik Indonesia. *Buletin jendela data dan Informasi Kesehatan*. 2013.
16. Nugroho W. *Keperawatan Gerontik dan Geriatrik*. 2012.
17. Pathath DrAW. Theories of Aging. *International Journal of Indian Psychology* [Internet]. 2017;4:15–22. Available from: <https://ijip.in/articles/0403142>
18. Badan Pusat Statistik. *Statistik penduduk lanjut usia 2021* [Internet]. 2021 [cited 2022 Nov 28]. Available from: <https://www.bps.go.id>
19. Badan Pusat Statistik. *Statistik penduduk lanjut usia 2019* [Internet]. 2019 [cited 2022 Nov 28]. Available from: <https://www.bps.go.id>
20. Kementerian Kesehatan RI. *Infodatin pusat data dan informasi situasi lanjut usia di Indonesia* [Internet]. 2015 [cited 2022 Nov 28]. Available from: www.depkes.go.id
21. Kementerian Perencanaan Pembangunan Nasional. *Tujuan Pembangunan Berkelanjutan (TPB)/ Sustainable Development Goals (SDGs)* [Internet]. 2020 [cited 2022 Nov 28]. Available from: <https://sdgs.bappenas.go.id>
22. Lange J, Grossman S. *Theories of ageing*.
23. Razgonova MP, Zakharenko AM, Golokhvast KS, Thanasoula M, Sarandi E, Nikolouzakis K, et al. Telomerase and telomeres in aging theory and chronographic aging theory (Review). *Mol Med Rep*. 2020;22:1679–94.
24. Soares-Miranda L, Imamura F, Siscovick D, Jenny NS, Fitzpatrick AL, Mozaffarian D. Physical activity, physical fitness, and leukocyte telomere

- length: the cardiovascular health study. *Med Sci Sports Exerc.* 2015;47:2525–34.
25. Sellami M, Bragazzi N, Prince MS, Denham J, Elrayess M. Regular, intense exercise training as a healthy aging lifestyle strategy: preventing DNA damage, telomere shortening and adverse DNA methylation changes over a lifetime. Vol. 12, *Frontiers in Genetics*. Frontiers Media S.A.; 2021.
 26. Gladyshev VN. The free radical theory of aging is dead. Long live the damage theory! *Antioxid Redox Signal.* 2014;20:727–31.
 27. Everitt A. The neuroendocrine system and aging. *Gerontology.* 1980;26:108–19.
 28. Ratnawati E. *Asuhan keperawatan gerontik*. Yogyakarta: Pustaka Baru Press; 2017.
 29. Undang-undang No 13 Tahun 1998 Tentang Kesejahteraan Lanjut Usia [Internet]. [cited 2022 Nov 28]. Available from: www.bphn.go.id
 30. World Health Organization. Definition of an older or elderly person [Internet]. 2016 [cited 2022 Nov 28]. Available from: <http://www.who.int/healthinfo/survey/ageingdefnolder/>
 31. Departemen kesehatan Republik Indonesia. Buletin jendela data dan Informasi Kesehatan [Internet]. 2013 [cited 2022 Nov 28]. Available from: <http://www.depkes.go.id/download.php?file=download/pusdatin/buletin/buletin-lansia.pdf>
 32. Age UK. *Healthy ageing a practical guide to*. 2015.
 33. McPhee JS, French DP, Jackson D, Nazroo J, Pendleton N, Degens H. Physical activity in older age: perspectives for healthy ageing and frailty. Vol. 17, *Biogerontology*. Springer Netherlands; 2016. p. 567–80.
 34. Chou WT. Relationships between changes in time spent walking since middle age and incident functional disability. *Prev Med.* 2014;59:68–72.
 35. Paterson DH, Warburton DER. Physical activity and functional limitations in older adults: a systematic review related to canada’s physical activity guidelines. *International Journal of Behavioral Nutrition and Physical Activity.* 2010.

36. Roh KPH. A meta-analysis of the effect of walking exercise on lower limb muscle endurance, whole body endurance and upper body flexibility in elders. *J Korean Acad Nurs*. 2013;43:536–46.
37. Department for Culture MaS. Adult participation in sport: analysis of the taking part survey. 2011;
38. World Health Organization. WHO guidelines on physical activity and sedentary behaviour. 2020.
39. Roberts CK, Hevener AL, Barnard RJ. Metabolic syndrome and insulin resistance: Underlying causes and modification by exercise training. *Compr Physiol*. 2013;3:1–58.
40. Franco MR et al. Exercise interventions for preventing falls in older people living in the community. *Br J Sports Med*. 2014;48:867–8.
41. Tricco A. Comparisons of interventions for preventing falls in older adults: a systematic review and meta-analysis. *JAMA*. 2021;325:1682.
42. Ireland A, Maden-Wilkinson T, Ganse B, Degens H, Rittweger J. Effects of age and starting age upon side asymmetry in the arms of veteran tennis players: A cross-sectional study. *Osteoporosis International*. 2014;25:1389–400.
43. Halaweh H, Svantesson U, Willén C. Experiences of habitual physical activity in maintaining roles and functioning among older adults: a qualitative study. *Rehabil Res Pract*. 2016:1–8.
44. Kemper HC, Montoye HJ, Saris WH. Measuring physical activity and energy expenditure. 1st ed. 1996.
45. Webb P, Saris W, Schoffelen P, Van Ingen Schenau G, Ten Hoor F. The work of walking: a calorimetric study. *Med Sci Sports Exerc*. 1988;20:331–7.
46. Westerterp K, Verboeket-van de Venne W, Bouten C, De Graaf C, Van het Hof K, Weststrate J. Energy expenditure and physical activity in subjects consuming full-or reduced-fat products as part of their normal diet. 1996;76:785–95.

47. Vagetti GC, Barbosa Filho VC, Moreira NB, de Oliveira V, Mazzardo O, de Campos W. Association between physical activity and quality of life in the elderly: A systematic review, 2000-2012. Vol. 36, *Revista Brasileira de Psiquiatria. Associacao Brasileira de Psiquiatria*; 2014. p. 76–88.
48. Tanaka H, Tarumi T, Rittweger J. Aging and physiological lessons from master athletes. *Compr Physiol*. 2019;10:261–96.
49. Persatuan Atletik Master Indonesia. *Anggaran Dasar Dan Anggaran Rumah Tangga*. 2019;
50. Shaw KL, Ostrow A, Beckstead JW. Motivation and the senior athlete: an examination of the psychometric properties of the sport motivation scale. *Topics in Geriatric Rehabilitation*. 2005;21:206–14.
51. Kolt G, Driver R, Giles L. Why older Australians participate in exercise and sport. *J Aging Phys Act*. 2004;12:185–98.
52. Hastings D, Kurth S, Schloder M, Cyr D. Reasons for participating in a serious leisure career: comparison of Canadian and US masters swimmers. *Int Rev Sociol Sport*. 1995;30:101–17.
53. Convertino V, Luudwig D. alidity of VO₂max in predicting blood volume: Implications for the effect of fitness on aging. *Am J Physiol: Reg, Integ Comp Physiol*. 2000;1068–75.
54. Coyle E. Integration of the physiological factors determining endurance performance ability. *Exerc Sports Sci Rev*. 1995;23:25–63.
55. Hawkins S, Marcell T, Victoria Jacque S, Wiswell R. A longitudinal assessment of change in VO₂max and maximal heart rate in masters athletes. *Med Sci Sports Exerc*. 2001;33:1744–50.
56. Dietzel R. Cross-sectional assessment of neuromuscular function using mechanography in women and men aged 20-85 years. *J Musculoskelet Neuronal Interact*. 2013;13:312–9.
57. Purnomo E. *DASAR-DASAR GERAK ATLETIK*.
58. Badan Pusat Statistik. *Statistik penduduk lanjut usia 2022*. 2023.
59. Myrstad M, Løchen ML, Graff-Iversen S, Gulsvik AK, Thelle DS, Stigum H, et al. Increased risk of atrial fibrillation among elderly Norwegian men

- with a history of long-term endurance sport practice. *Scand J Med Sci Sports*. 2014;24.
60. Condello G, Capranica L, Stager J, Forte R, Falbo S, Di Baldassarre A, et al. Physical activity and health perception in aging: Do body mass and satisfaction matter? A three-path mediated link. *PLoS One*. 2016;11.
 61. Sallinen J, Ojahan T, Karavirta L, Ahtiainen J, Häkkinen K. Muscle mass and strength, body composition and dietary intake in master strength athletes vs untrained men of different ages. *J Sports Med Phys Fitness*. 2008;48:190–6.
 62. Hussey J, Bell C, Bennett K, O'Dwyer J, Gormley J. Relationship between the intensity of physical activity, inactivity, cardiorespiratory fitness and body composition in 7-10-year-old Dublin children. *Br J Sports Med*. 2007;41:311–6.
 63. Unger T, Borghi C, Charchar F, Khan NA, Poulter NR, Prabhakaran D, et al. 2020 International Society of Hypertension Global Hypertension Practice Guidelines. *Hypertension*. 2020;75:1334–57.
 64. Untuk Memperoleh Gelar D, Keperawatan S, Kep (S, Di), Tinggi S, Kesehatan I, et al. Skripsi hubungan antara aktivitas fisik sehari-hari dengan keseimbangan tekanan darah pada lansia Literature review.
 65. Hapsari Sakti Titis Penggalih M, Hardiyanti M, Ika Sani F, Studi Gizi Kesehatan Fakultas Kedokteran Universitas Gadjah Mada P. Perbedaan perubahan tekanan darah dan denyut jantung pada berbagai intensitas latihan atlet balap sepeda. 2015;3:218–27. Available from: <http://journal.uny.ac.id/index.php/jolahraga>
 66. Lere M. Pengaruh kurangnya pengetahuan pola makan pada lansia tentang hipertensi. *Stikes Surya Mitra Husada*.
 67. JMM Simatupang Siregar H LA, Jmm L. Physical activity, health related fitness and coronary risk factors among middle-aged men, natives from Gianyar in Bali. 1998.
 68. Simanjuntak R. Profil indeks massa tubuh atlet atletik master pada kejuaraan atletik master Indonesia terbuka tanggal 27 oktober 2018 di gelanggang

olahraga rawamangun, jakarta timur. [Jakarta]: Universitas Kristen Indonesia; 2019.

69. Maglinte GA, Hays RD, Kaplan RM. Author manuscript; available in PMC. *J Clin Epidemiol*. 2013;65:497–502.
70. Abdelbasset WK, Alsubaie SF, Tantawy SA, Abo Elyazed TI, Elsnehawy AA. A cross-sectional study on the correlation between physical activity levels and health-related quality of life in community-dwelling middle-aged and older adults. *Medicine (United States)*. 2019;98.
71. Atalay OT, Cavlak U. The impact of unsupervised regular walking on health: A sample of Turkish middle-aged and older adults. *European Review of Aging and Physical Activity*. 2012;9:71–9.

