

DAFTAR PUSTAKA

- Aleixo, P., & Abrantes, J. (2024). Proprioceptive And Strength Exercise Guidelines To Prevent Falls In The Elderly Related To Biomechanical Movement Characteristics. *Healthcare* 2024, Vol. 12, Page 186, 12(2), 186. <https://doi.org/10.3390/Healthcare12020186>
- Amira, I., Hendrawati, H., Maulana, I., Sumarni, N., & Rosidin, U. (2023). Upaya Peningkatan Kesehatan Jiwa Lansia Melalui Deteksi Dini Dan Edukasi. *Jurnal Kreativitas Pengabdian Kepada Masyarakat (Pkm)*, 6(12), 5532–5540. <https://doi.org/10.33024/Jkpm.V6i12.12578>
- Espejo-Antúnez, L., Pérez-Mármol, J. M., Cardero-Durán, M. De Los Á., Toledo-Marhuenda, J. V., & Albornoz-Cabello, M. (2020). The Effect Of Proprioceptive Exercises On Balance And Physical Function In Institutionalized Older Adults: A Randomized Controlled Trial. *Archives Of Physical Medicine And Rehabilitation*, 101(10), 1780–1788. <https://doi.org/10.1016/j.apmr.2020.06.010>
- Hayati, A., Pramukti, I., & Setiawan, S. (2023a). The Effectiveness Of Tandem Walks On Reducing The Risk Of Falling In The Elderly: A Case Report. *Consilium Sanitatis: Journal Of Health Science And Policy*, 1(2), 91–97. <https://doi.org/10.56855/Jhsp.V1i2.272>
- Hayati, A., Pramukti, I., & Setiawan, S. (2023b). The Effectiveness Of Tandem Walks On Reducing The Risk Of Falling In The Elderly: A Case Report. *Consilium Sanitatis: Journal Of Health Science And Policy*, 1(2), 91–97. <https://doi.org/10.56855/Jhsp.V1i2.272>
- Hosseini, F., Mullins, S., Gibson, W., & Thake, M. (2022). Acute Pain Management For Older Adults. *Clinical Medicine*, 22(4), 302–306. <https://doi.org/10.7861/Clinmed.22.4.Ac-P>
- Jung, H. J., Lee, Y. M., Kim, M., Uhm, K. E., & Lee, J. (2020). Suggested assessments for sarcopenia in patients with stroke who can walk independently. *Annals of Rehabilitation Medicine*, 44(1), 20–37. <https://doi.org/10.5535/ARM.2020.44.1.20>
- Lumowa, Y. R., & Rayanti, R. E. (2024). Pengaruh Usia Lanjut Terhadap Kesehatan Lansia. *Jurnal Keperawatan*, 16(1), 363–372. <https://doi.org/10.32583/Keperawatan.V16i1.1474>
- Merchant, R. A., Chan, Y. H., Hui, R. J. Y., Tsoi, C. T., Kwek, S. C., Tan, W. M., Lim, J. Y., Sandrasageran, S., Wong, B. L. L., Chen, M. Z., Ng, S. E., & Morley, J. E. (2021). Motoric Cognitive Risk Syndrome, Physio-Cognitive Decline Syndrome, Cognitive Frailty And Reversibility With Dual-Task Exercise. *Experimental Gerontology*, 150. <https://doi.org/10.1016/j.exger.2021.111362>

- Merchant, R. A., Morley, J. E., & Izquierdo, M. (2021). Exercise, Aging And Frailty: Guidelines For Increasing Function. *Journal Of Nutrition, Health And Aging*, 25(4), 405–409. <https://doi.org/10.1007/S12603-021-1590-X>
- Mujiadi, & Rachmah, S. (2022). Buku Ajar Keperawatan Gerontik (E. D. Kartiningrum, Ed.; 1st Ed.). *CC Jejak, anggota IKAPI* (1st ed.). STIKes Majapahit Mojokerto
- Murjito, M., & Melda, B. (2022). Penurunan Risiko Jatuh Pada Lansia Dengan Latihan Tandem Walking. *Majalah Ilmiah Fisioterapi Indonesia*, 10(3), 150. <https://doi.org/10.24843/Mifi.2022.V10.I03.P04>
- Nursalam. (2019). *Metodologi Ilmu Keperawatan Pendekatan Praktis Edisi 3* (S. Medika, Ed.).
- Ong, M. F., Soh, K. L., Saimon, R., Wai, M. W., Mortell, M., & Soh, K. G. (2021). Fall Prevention Education To Reduce Fall Risk Among Community-Dwelling Older Persons: A Systematic Review. *Journal Of Nursing Management*, 29(8), 2674–2688. <https://doi.org/10.1111/Jonm.13434>
- Ortega-Bastidas, P., Gómez, B., Aqueveque, P., Luarte-Martínez, S., & Cano-de-la-Cuerda, R. (2023). Instrumented Timed Up and Go Test (iTUG)—More Than Assessing Time to Predict Falls: A Systematic Review. *Sensors 2023, Vol. 23, Page 3426*, 23(7), 3426. <https://doi.org/10.3390/S23073426>
- Poyraz Isleyen, T., Tarakci, E., Leblebici, G., Yeldan, I., & Zulfikar, B. (2025). Comparison Of Efficiency Of Closed Kinetic Chain Exercises Versus Proprioceptive Exercises In Improving Balance And Gait In People With Hemophilia: Protocol For A Randomized Controlled Trial. *Jmir Research Protocols*, 14, E66770. <https://doi.org/10.2196/66770>
- Rossi, P. G., Carnavale, B. F., Farche, A. C. S., Ansai, J. H., De Andrade, L. P., & Takahashi, A. C. De M. (2021). Effects Of Physical Exercise On The Cognition Of Older Adults With Frailty Syndrome: A Systematic Review And Meta-Analysis Of Randomized Trials. *Archives Of Gerontology And Geriatrics*, 93. <https://doi.org/10.1016/J.Archger.2020.104322>
- Salari, N., Darvishi, N., Ahmadipناه, M., Shohaimi, S., & Mohammadi, M. (2022). Global Prevalence Of Falls In The Older Adults: A Comprehensive Systematic Review And Meta-Analysis. *Journal Of Orthopaedic Surgery And Research*, 17(1), 1–13. <https://doi.org/10.1186/S13018-022-03222-1/Tables/2>
- Sari, M., Puspita Sari, N., & Sulastri, W. (2024). Pengaruh *Tandem Walking Exercise* Terhadap Penurunan Resiko Jatuh Pada Lansia Di Panti Tresna Werdha Pagar Dewa Provinsi Bengkulu. *Riset Media Keperawatan*, 7(1), 56–59.
- Shen, J. B., Ma, Y. Y., & Niu, Q. (2024). A Study On The Physical Aging Characteristics Of The Older People Over 70 Years Old In China. *Frontiers In Public Health*, 12. <https://doi.org/10.3389/Fpubh.2024.1352894>,

- Sobhani, V., Hashemi, S. E., Mir, S. M., & Ghorbanpour, A. (2024). Impact Of Proprioceptive Exercises On Pain, Balance, And Fall Risk In The Elderly With Knee Osteoarthritis: A Randomized Clinical Trial. *Cureus*, 16(10), E70885. <https://doi.org/10.7759/Cureus.70885>
- Suci, K., Putri, L., Binawan, U., Susanti, Y., & Bernardus Wijaya, E. (2024). Pengaplikasian *Tandem Walking Exercise* Dalam Memperbaiki Keseimbangan Pada Lansia: (Narrative Review). *Jurnal Ilmiah Nusantara*, 1(6), 158–165. <https://doi.org/10.61722/Jinu.V1i6.2780>
- Sudaryanto, W. T., Muhammad, I., Arianeputri, G. N., & Ariyanti, A. C. (2022). Penyuluhan Program Latihan Keseimbangan Untuk Menurunkan Risiko Jatuh Pada Lansia Di Posyandu Lansia Abadi V Puspasari Di Nilasari, Gonilan, Kartasura. *Jurnal Pengabdian Masyarakat Nusantara (Pengabmas Nusantara)*, 4(3). <https://ejournal.unimman.ac.id/index.php/pengabmas>
- Syukkur, A., & Secsaria Handini, F. (2022). Manajemen Nyeri Pada Lansia Dengan Teknik Non-Farmakologi: Kinesiotaping Pain Management In The Elderly With Non-Pharmacological Technique: Kinesiotaping. *Jurnal Keperawatan Malang*, 7(1), 2022. <https://jurnal.stikespantiwaluya.ac.id/index.php/jpw>
- Utami, A. R., & Sudaryanto, W. T. (2025). *Tandem Walking Exercise* Improves Dynamic Balance In Reducing Fall Risk Among The Elderly: A Quasi-Experimental Study. *Majalah Ilmiah Fisioterapi Indonesia*, 13(1), 43–47. <https://doi.org/10.24843/Mifi.2025.V13.I01.P08>
- Widiastuti, H. P., Pamungkas, L., Arsyawina, A., & Hilda, H. (2021). *Tandem Walking Exercise* For The Risk Of Falling And The Daily And Activities' Independency Toward Elderly Preopleat Upt Pstw Nirwana Puri Samarinda. *Journal Of Nursing Practice*, 5(1), 155–161. <https://doi.org/10.30994/Jnp.V5i1.166>
- Yaslina, Y., Maidaliza, M., & Srimutia, R. (2021). Aspek Fisik Dan Psikososial Terhadap Status Fungsional Pada Lansia. In *Prosiding Seminar Kesehatan Perintis E* (Vol. 4, Issue 2).
- Yeslin Tomaso, V., Chairani, R., & Anwar, S. (2022). *Tandem Walking Exercise* Terhadap Keseimbangan Lansia Di Ambon. *Jurnal Penelitian Kesehatan Suara Forikes*, 12(6), 137–140