

DAFTAR PUSTAKA

- Al-Namaeh, M. (2021). Common causes of visual impairment in the elderly. *Medical Hypothesis, Discovery, and Innovation in Ophthalmology*, 10(4), 191–200. <https://doi.org/10.51329/mehdiophthal1438>
- Aprilia Putri, H., Isnainy, U. C. A. S., & Gunawan, M. R. (2025). Pengaruh edukasi pencegahan risiko jatuh pada lansia terhadap pengetahuan keluarga. *JOURNAL OF Tropical Medicine Issues*, 3(1), 20–25. <https://doi.org/10.56922/tmi.v3i1.1853>
- Babaoglu, E., Yalcinturk, A. A., Gures, E. E., Sipahi, A. Z., & Dogan, S. (2024). The Effect of *Qigong* Exercise on State Anxiety Levels of Inpatients in Psychiatric Wards : A Randomized Controlled Study. *Research Article*, 1–18. [https://doi.org/DOI: https://doi.org/10.21203/rs.3.rs-3835157/v1](https://doi.org/DOI:https://doi.org/10.21203/rs.3.rs-3835157/v1)
- Berdaya, L., & Sejahtera, B. (2024). *InfoDATIN PUSAT DATA DAN TEKNOLOGI INFORMASI KEMENTERIAN KESEHATAN RI*.
- Bustan, M., & Purnama, D. (2023). Studi Deskriptif Pendokumentasian Asuhan Keperawatan. *Jurnal Keperawatan1*, 6(3), 1–8.
- Bužgová, R., Kozáková, R., & Bobčíková, K. (2024). *Predictors of attitudes towards aging in elderly living in community care*. 1–10.
- Chang, P., Knobf, M. T., Oh, B., & Funk, M. (2023). Physical and psychological effects of *Qigong* exercise in community-dwelling older adults : An exploratory study. *Geriatric Nursing*. <https://doi.org/10.1016/j.gerinurse.2017.07.004>
- Coggins, C., Patel, S., Nigam, S., & Rai, V. (2025). Hormonal changes during aging and their effects on quality of life. *Exploration of Endocrine and Metabolic Diseases*, 2, 1–15. <https://doi.org/10.37349/eemd.2025.101447>
- Friska, B. (2020). *The Relationship Of Family Support With The Quality Of Elderly Living In Sidomulyo Health Center Work Area In Pekanbaru Road*. 9(1), 1–8.
- Gasavi Nezhad, Z., A. Gard, S., & Arazpour, M. (2025). The effects of Hyperkyphosis on Balance and Fall Risk in older adults: A Systematic Review. *Gait and Posture*, 118(3), 154–167. <https://doi.org/10.1016/j.gaitpost.2025.02.005>
- Gaviano, L., Pili, R., Petretto, A. D., Berti, R., Carrogu, G. Pietro, Pinna, M., & Petretto, D. R. (2024). *Definitions of Ageing According to the Perspective of the Psychology of Ageing : A Scoping Review*. 1–36.
- Gianfredi, V., Nucci, D., Pennisi, F., Maggi, S., & Veronese, N. (2025). *Aging , longevity , and healthy aging : the public health approach*. 1–12.
- Gil, E. M., & López-arza, M. V. G. (2021). *Alternative and Integrative Medicine Systematic Review about the Effects of Qigong Therapeutic Exercise on Balance*. 6(1), 1–6. <https://doi.org/10.4172/2327-5162.1000236>
- Han, Y., Xing, F., Huang, J., & Wang, M. (2023). Atención Primaria Associated factors of health-promoting lifestyle of the elderly based on the theory of social ecosystem. *Atención Primaria*, 55(9), 102679. <https://doi.org/10.1016/j.aprim.2023.102679>
- Heppy, F. (2024). *Pencegahan Jatuh dan Instabilitas pada Kelompok Lanjut Usia : Sebuah Studi Literatur*. 263–276.

- Jiang, L., Li, P., Shi, J., Bao, Y., Wang, Z., Wu, W., & Liu, X. (2023). Effects of pulmonary - based *Qigong* exercise in stable patients with chronic obstructive pulmonary disease: a randomized controlled trial. *BMC Complementary Medicine and Therapies*, 8, 1–12. <https://doi.org/10.1186/s12906-023-04238-8>
- Joa, K. L. (2024). Outcome Measurement in Balance Problems: Berg Balance Scale. *Annals of Rehabilitation Medicine*, 48(2), 103–104. <https://doi.org/10.5535/arm.240029>
- Kesmas, J., Juli, N., Mampa, M., Wowor, R., & Rattu, A. J. M. (2022). *Analisis Penerapan Pelayanan Kesehatan Lanjut Usia di Puskesmas Pineleng pada Masa Pandemi Covid – 19 Pendahuluan Lanjut Kesehatan usia menurut Kementerian adalah lanjut usia terus mengalami peningkatan dari tahun ke tahun . Dalam hampir 5 dekade , propor. 11(4), 7–13.*
- Kurniasari, M. D., Kristen, U., Wacana, S., Fretes, F. De, Kristen, U., Wacana, S., Desi, D., Kristen, U., Wacana, S., Rayanti, R. E., Kristen, U., & Wacana, S. (2023). *Konsep dasar keperawatan* (Issue July).
- Kusumadewi, J., Ambarwati, E., & Kesoema, T. A. (2023). *Effect of Qigong Exercise on Balance in Healthy Elderly. 12(June), 70–80.*
- Lina, R. K., Trioclarise, R., & Syahputra, M. R. (2024). *PENGARUH QIGONG EXERCISE TERHADAP KESEIMBANGAN LANSIA. 04(02), 268–277.*
- Liu, B., Meng, Q., Gao, X., Sun, H., Xu, Z., Wang, Y., & Zhou, H. (2023). Lipid and glucose metabolism in senescence. *Frontiers in Nutrition*, 10(August), 1–20. <https://doi.org/10.3389/fnut.2023.1157352>
- Liu, J., Yang, Y., Li, C., Perez, A., Raine, A., Shi, H., & Zou, L. (2024). *Effects of Mind-Body Qigong Exercise on Overall Health , Fatigue / Sleep , and Cognition in Older Chinese Immigrants in the US : An Intervention Study with Control. 2024.*
- Manckoundia, P., Mourey, F., Larosa, F., & Renoncourt, T. (2025). Balance and Gait Disorders in the Aged Population. Causes, Assessment and Management: A Literature Review. *Clinical Interventions in Aging*, 20(November), 1945–1962. <https://doi.org/10.2147/CIA.S531235>
- Mc Auley, M. T. (2025). The evolution of ageing: classic theories and emerging ideas. *Biogerontology*, 26(1), 1–20. <https://doi.org/10.1007/s10522-024-10143-5>
- Melzer, D., Pilling, L. C., & Ferrucci, L. (2023). *The genetics of human ageing. 21(2), 88–101. https://doi.org/10.1038/s41576-019-0183-6.*The
- Mersi, E., Giri, S., Paryono, Dwi, P. H. K., Aisyah, Naryati, & Muhammad, F. A. F. (2024). *Buku Proses Keperawatan konsep, implememntasi, dan evaluasi. In Universitas Nusantara PGRI Kediri (Vol. 01). https://tahtamedia.co.id/index.php/issj/article/view/989/1002*
- Nur’Aini, S. W., Rahmanto, S., & Sucahyo, E. E. (2023). Deteksi Dini Gangguan Keseimbangan Dengan TUG Pada. *Jurnal Pengabdian Kepada Masyarakat Nusantara*, 4(4), 4357–4362.
- Obradovic, D. (2025). Five-factor theory of aging and death due to aging. *Archives of Gerontology and Geriatrics*, 129(October 2024), 105665. <https://doi.org/10.1016/j.archger.2024.105665>
- Oztin, H., & Kiratlı, K. (2024). Association Between Sarcopenia, Insomnia, and Depression in Elderly Patients. *The Anatolian Journal of General Medical*

- Research*, 34(1), 28–33. <https://doi.org/10.4274/anatoljmed.2023.37659>
- Roswiyani, R., Hiew, C. H., Witteman, C. L. M., Satiadarma, M. P., & Spijker, J. (2020). Art activities and qigong exercise for the well-being of older adults in nursing homes in Indonesia: a randomized controlled trial. *Aging and Mental Health*, 24(10), 1569–1578. <https://doi.org/10.1080/13607863.2019.1617239>
- Saraswasta, I. W. G., Hariyati, R. T. S., & Fatmawati, U. (2020). Pelaksanaan Dokumentasi Asuhan Keperawatan Di Ruang Rawat Inap Rumah Sakit X Jakarta: Pilot Study. *Dunia Keperawatan: Jurnal Keperawatan Dan Kesehatan*, 8(2), 199. <https://doi.org/10.20527/dk.v8i2.8024>
- Schmidt, C. W. (2020). *Environmental Factors in Successful Aging : The Potential Impact of Air Pollution*. 127(October 2019), 1–7.
- Stahl, J. E., Belisle, S. S., & Zhao, W. (2020). *Medical Qigong for Mobility and Balance Self-Confidence in Older Adults*. 7(August), 1–10. <https://doi.org/10.3389/fmed.2020.00422>
- Suarni L, Aliyanto W, & Fitarina. (2020). Factors Associated with The Adolescent Sexual Behavior in Urban and Rural. *Jurnal Kesehatan*, 11(3), 457–467. <http://ejurnal.poltekkes-tjk.ac.id/index.php/JK>
- Sukenova, D., Nikolic, D., Izenkova, A., Nurbakyt, A., & Izenkova, A. (2026). *Ageing and Quality of Life in Older Adults : Updates and Perspectives of Psychosocial and Advanced Technological Interventions*. 1–17.
- Sumarni, S. (2025). Pengaruh Usia Lanjut terhadap Kesehatan Lansia. *Jurnal Berita Kesehatan*, 18(2), 74–79. <https://doi.org/10.58294/jbk.v18i2.312>
- Susanti, I., Latuperissa, G. R., Soulissa, F. F., Fauziah, A., Indarwati, R., & Aris, A. (2020). *Systematic Review The Factors Associated with Successful Aging in Elderly : A Systematic Review*. 15(2).
- Syahbana, A., Ayu, I., Linda, P., & Dewi, P. (2025). *Kognisi Dan Keseimbangan Tubuh : Studi Pada Populasi Lanjut Usia*. 10(2), 187–193.
- Tamara, H. A., Aqilah, J., Rahmawati, N., Tamara, H. A., Rizky, R. A., D, N. H., Syamsuri, M. A., Nadila, N., Juliani, E. H., Pratama, F. B., Bachtiar, B., & Widyastuti, D. (2025). Faktor – Faktor Yang Mempengaruhi Resiko Jatuh Pada Lansia : Literature Review. *Jurnal Kesehatan Tambusai*, 6(2), 4478–4487. <https://doi.org/10.31004/jkt.v6i2.44987>
- Tao, S., & Li, Z. (2023). *Effects of qigong exercise on cardiovascular risk factors in patients with metabolic syndrome : A systematic review and meta-analysis*. February. <https://doi.org/10.3389/fphys.2023.1092480>
- Wang, J., Li, Y., Yang, G., & Jin, K. (2025). *Age-Related Dysfunction in Balance : A Comprehensive Review of Causes , Consequences , and Interventions*. 16(2), 714–737.
- Wensink, M. J., & Cohen, A. A. (2022). *The Danaid Theory of Aging*. 9(January), 1–16. <https://doi.org/10.3389/fcell.2021.671208>
- Xia, Q., Zhou, P., Li, X., Li, X., Zhang, L., Fan, X., Zhao, Z., Jiang, Y., & Zhu, J. (2023). *Factors associated with balance impairments in the community-dwelling elderly in urban China*. 1–18.
- Xing, L., Bao, Y., Wang, B., & Shi, M. (2023). *Falls caused by balance disorders in the elderly with multiple systems involved : Pathogenic mechanisms and treatment strategies*. 1.
- Xiong, X., Zhang, L., & Zhang, E. (2025). The effects of Qigong exercise on sleep quality in older adults: a systematic review and meta-analysis. *Frontiers in*

Public Health, 13(December), 1–11.
<https://doi.org/10.3389/fpubh.2025.1664055>

- Yang, H., Han, J., Wang, J., Duan, Y., & Jiang, J. (2024). Exploring the effects of combining health qigong and dance on working memory in middle-aged and elderly women: A preliminary investigation. *Experimental Gerontology*, 194(July), 112515. <https://doi.org/10.1016/j.exger.2024.112515>
- Yu, W., Yu, Y., Sun, S., Lu, C., Zhai, J., Lei, Y., Bai, F., Wang, R., & Chen, J. (2024). Immune Alterations with Aging: Mechanisms and Intervention Strategies. *Nutrients*, 16(22). <https://doi.org/10.3390/nu16223830>

