

DAFTAR PUSTAKA

1. Susanti S, Veronica V, Krisanta N, Putra AID. Hubungan Antara Psychological Well-Being dengan Loneliness Pada Lansia yang Tinggal di Panti Jompo di Kota Medan. *Jurnal penelitian pendidikan, psikologi dan kesehatan (J-P3K)*. 2021 Apr 1;2(1):20–7.
2. Sari, N. R., et al. *statistics-of-aging-population*. Badan Pusat Statistik.2023.
3. Ntozini A, Abdullahi AA. Loneliness and psychological well-being among the elderly in Buffalo City, South Africa. *Journal of Psychology in Africa*. 2021;31(4):383–9.
4. Madrigal Gonzaleza IJ, González-Castroa TB, Tovilla-Zárate CA, Hernández-Díaz Y, Juárez-Rojop IE, Hernández-Vicencio JL, et al. Adverse childhood experiences, perceived stress, and chronic diseases among older adults: A cross-sectional study in Mexico. *European Journal of Trauma and Dissociation*. 2024 Jun 1;8(2).
5. Fastame MC, Penna MP, Rossetti ES. Perceived Cognitive Efficiency and Subjective Well-Being in Late Adulthood: The Impact of Developmental Factors. *J Adult Dev*. 2014;21(3):173–80.
6. Teas E, Friedman E, Amireault S. Purpose in life and personal growth: The unique and joint contribution of physical activity and basic psychological needs. *Appl Psychol Health Well Being*. 2022 Aug 1;14(3):795–818.
7. Aydın A, Işık A, Kahraman N. Mental health symptoms, spiritual well-being and meaning in life among older adults living in nursing homes and community dwellings. *Psychogeriatrics*. 2020 Nov 1;20(6):833–43.
8. Riskayanti NP, Nur G, Putra W, Gde K, Purwantara T, Studi P, et al. Pengaruh Senam Lansia Terhadap Penurunan Tingkat Stres Pada Lansia Di Desa Jinengdalem: Wilayah Kerja Puskesmas Buleleng III [Internet]. Available from: <http://ejournal.stikesbuleleng.ac.id/index.php/Midwinerslion>
9. Kurniasih U, Studi P, Keperawatan I, Tinggi S, Cirebon IK, Ali M, et al. Pengaruh Art Therapy (Menggambar) Terhadap Stres Pada Lansia. 2021;12(1). Available from: <http://dx.doi.org/10.38165/jk>.
10. Lampinen J, Conradsson M, Nyqvist F, Olofsson B, Gustafson Y, Nilsson I, et al. Loneliness among very old people with and without dementia: prevalence and associated factors in a representative sample. *Eur J Ageing*. 2022 Dec 1;19(4):1441–53.

11. Scorza P, Corbeil T, Wall M, Monk C, Suglia S, Wainberg M, et al. Adverse childhood experiences and perceived stress in early adulthood in the context of disadvantage. *Child Abuse Negl.* 2022 Sep 1;131.
12. kurniawan S, Ardi Munir M. Hubungan Spiritual Dengan Tingkat Stres Pada Lansia Di Panti Asuhan Pelita Hati Pombewe Kabupaten Sigi, Kecamatan Sigi Biromaru the correlation between spirituality and stress level of elderly at pelita hati pombewe orphanage, sigi regency, sigi. Biromaru sub-district. Vol. 5, *Jurnal Medical Profession (MedPro)*. 2023.
13. Santoso E, Tjhin2 P. Perbandingan tingkat stres pada lansia di Panti Werdha dan di keluarga. *Jurnal Biomedika dan Kesehatan [Internet]*. 2018;1(1). Available from: <https://dx.doi.org/10.18051/JBiomedKes.2018.v1.26-34>
14. Yolanda D, Kurnia Septian D, Fadila P, Riska Putri W, Studi Kebidanan P, Ilmu Kesehatan F, et al. Pengabdian Kepada Masyarakat Tentang Pentingnya Posyandu Lansia. Vol. 4, *Empowering Society Journal*. 2023.
15. Keperawatan Sriwijaya J, Kadek Laksmi Pradnya Pramita N, Putu Dita Wulandari N, Made Dwi Ayu Martini N, Studi Sarjana Ilmu Keperawatan Sekolah Tinggi Ilmu Kesehatan Bina Usada Bali P. Artikel Penelitian Pengaruh Pemberian Terapi Okupasi Membuat Handcraft Terhadap Tingkat Stres Pada Lansia Di Banjar Denbantas 1*. 2023;10.
16. Kaunang VD, Buanasari A, Kallo V, Studi P, Keperawatan I, Kedokteran F. Gambaran Tingkat Stres Pada Lansia. Vol. 7. 2019.
17. Kalaitzaki AE, Pattakou-Parasiri V, Foukaki EM. Depression, negative relating with the oldest child, and the mediating role of resilience in community elders' psychological well-being: a pilot study in Greece. *Psychogeriatrics*. 2020 Jan 1;20(1):70–8.
18. Cations M. Assessment, Treatment, and Care of Older Adults Who Have Experienced Traumatic Stress. Vol. 4, *Advances in Psychiatry and Behavioral Health*. Elsevier Inc.; 2024. p. 259–67.
19. Okada Y, Shidawara M, Okada H, Kamaya M. Development of stress intensity factor equations for rectangular shaped surface flaws in a plate. *International Journal of Pressure Vessels and Piping*. 2025 Apr 1;214.
20. Thoma M V., Balsiger SV, Hölzge J, Rohner SL. Investigating Stress Sensitization and Stealing for Early-Life Adversity and Recent Stressful Life Experiences: Health and Illness in Older Adulthood. *Sage Open*. 2024 Jul 1;14(3).
21. Tambağ H, Öz F. Evaluation of the psychoeducation given to the elderly at nursing homes for a healthy lifestyle and developing life satisfaction. *Community Ment Health J*. 2013;49(6):742–7.

22. Safarudin B, Fitriyah Makmur R, Glaudia Dede Tule S, Maulida N, Muhammadiyah Kalimantan Timur U. SEHATMAS (Jurnal Ilmiah Kesehatan Masyarakat) Pengaruh Senam Lansia terhadap Tingkat Depresi pada Lansia di Panti Jompo. 2025;4(2):559–67. Available from: <https://journal.literasisains.id/index.php/SEHATMAS>
23. Katuuk M, Wowor M, Studi P, Keperawatan I, Kedokteran F. Hubungan kemunduran fisiologis dengan tingkat stres pada lanjut usia di puskesmas kakaskasen kecamatan tomohon utara. Vol. 6. 2018.
24. Augner C. “Working old-old”: Psychological well-being, cognitive abilities and physical health of employed and self-employed Europeans aged 75+. *Work*. 2021;69(3):859–64.
25. Yaslina Y, Moidaliza M, Srimutia R. Aspek Fisik dan Psikososial terhadap Status Fungsional pada Lansia. Vol. 4, Prosiding Seminar Kesehatan Perintis E. 2021.
26. Li X, Sun L, Yang L, Wang C, Yuan T, Wei H, et al. The Mediator Role of Depression in the Successful Aging and Death Anxiety in Middle-Aged and Older People With Hypertension. *Sage Open*. 2025 Jan 1;15(1).
27. Urtamo A, Jyväkorpi SK, Strandberg TE. Definitions of successful ageing: A brief review of a multidimensional concept. Vol. 90, *Acta Biomedica*. Mattioli 1885; 2019. p. 359–63.
28. Song K, Luo J, Cao X, Zhao Z. Urban-rural differences in the successful aging among older adults in China. *PLoS One*. 2025 Mar 1;20(3 MARCH).
29. Li L, Yang H, Gao Y, Yan W, Yuan Y, Lian G. Successful aging was negatively associated with depression and anxiety symptoms among adults aged 65 years and older in Ningbo, China. *BMC Psychiatry*. 2025 Dec 1;25(1).
30. Ladyani F, Febriyani A, Prasetya T, Berliana I. Hubungan antara Olahraga dan Stres dengan Tingkat Hipertensi Pada Lansia. *Jurnal Ilmiah Kesehatan Sandi Husada*. 2021 May 14;10(1):82–7.
31. Dian M, Kusuma S, Agung A, Darmini AY, Kartiningsih LP, Sude K, et al. JAI: Jurnal Abdimas ITEKES Bali Institut Teknologi dan Kesehatan (ITEKES) Bali Manajemen Stres Pada Lansia Yang Tinggal Di Komunitas (Stress Management among Older People Dwelling in Community). Available from: <https://ejournal.itekes-bali.ac.id/jai>
32. Jalali A, Ziapour A, Karimi Z, Rezaei M, Emami B, Kalhori RP, et al. Global prevalence of depression, anxiety, and stress in the elderly population: a systematic review and meta-analysis. *BMC Geriatr* [Internet]. 2024 Oct 4;24(1):809. Available from: <http://www.ncbi.nlm.nih.gov/pubmed/39367305>

33. Khoirur Rizqi A, Hayati A, Kania Fatihah A, Astri Aulia H, Aprilia Belkis H, Lestari J, et al. Edukasi kesehatan mental untuk mencegah depresi dan stress pada lansia di uptd pslu tresna werdha natar.
34. Wisnusakti Fakultas Ilmu dan Teknologi Kesehatan Unjani K. Pengaruh terapi relaksasi otot progresif terhadap tingkat stres pada lansia di rw 23 kelurahan melong. 2021;6(1).
35. Praptomo AD, Winta VI, Maria M, Pratiwi S, Psikologi M, Semarang U. Pendekatan terapi psikologi dan nonfarmakologi kecemasan dan stres pada lansia : literature review. 2024;5(3).
36. Banjongrewadee M, Wongpakaran N, Wongpakaran T, Pipanmekaporn T, Punjasawadwong Y, Mueankwan S. The role of perceived stress and cognitive function on the relationship between neuroticism and depression among the elderly: A structural equation model approach. BMC Psychiatry. 2020 Jan 20;20(1).
37. Esti Wintiawati Smara, Warjiman Warjiman, Lanawati Lanawati. Tanda Gejala Depresi yang dialami Lansia di Salah Satu Perlindungan dan Rehabilitasi Sosial Lanjut Usia di Kalimantan Selatan. Jurnal Medika Nusantara. 2024 Feb 10;2(1):218–28.
38. Ayu S, Tyas C, Zulfikar M, Ilmu ST, Kepanjen K. Hubungan tingkat stress dengan tingkat tekanan darah pada lansia.
39. Ridho M, Frethernety A, Widodo T, Raya P, Tengah K. Literature review hubungan stres dengan kejadian hipertensi.
40. Hadrianti D, Saherna J, Arji A, Pratama Z, Putri A, Khaliza N. Geriatric Depression Scale (GDS) sebagai Pengkajian Status Psikologis pada Lansia. Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM). 2024 Mar 1;7(3):1236–46.
41. Fathirachman Mahing N, Gunawan AL, Foresta A, Zen A, Abdurrachman Bachtiar F, Wicaksono SA, et al. Klasifikasi tingkat stres dari data berbentuk teks dengan menggunakan algoritma support vector machine (svm) dan random forest.
42. Andriana J, Prihantini NN. Hubungan tingkat stres dengan indeks massa tubuh pada mahasiswa fakultas kedokteran universitas kristen indonesia.
43. Kesehatan Bakti Tunas Husada J, Ilmu Ilmu Keperawatan J, Kesehatan dan Farmasi A, Amira I DA. Hubungan tingkat stres dengan hipertensi pada lansia di puskesmas guntur kabupaten garut relationship between stress level and hypertension among elderlies at guntur community health center, garut regency.
44. Dewi ER, Falentina Tarigan E, Azizah N, Tambun M, Septriyana T, Sinaga WN. Pelaksanaan Senam Lansia Untuk Peningkatan Kualitas Hidup Lansia. Vol. 4. 2021.

45. Wang H, Liang Y, Wu H, Shi H, Hou R. Effect of multicomponent exercise intervention in community dwelling frail elderly: A systematic review and meta-analysis. Vol. 126, *Archives of Gerontology and Geriatrics*. Elsevier Ireland Ltd; 2024.
46. Aghaei F, Wong A, Zargani M, Sarshin A, Feizolahi F, Derakhshan Z, et al. Effects of swimming exercise combined with silymarin and vitamin C supplementation on hepatic inflammation, oxidative stress, and histopathology in elderly rats with high-fat diet-induced liver damage. *Nutrition*. 2023 Nov 1;115.
47. Rosenberg A, Untersteiner H, Guazzarini AG, Bödenler M, Bruinsma J, Buchgraber-Schnalzer B, et al. A digitally supported multimodal lifestyle program to promote brain health among older adults (the LETHE randomized controlled feasibility trial): study design, progress, and first results. *Alzheimers Res Ther* [Internet]. 2024 Nov 21;16(1):252. Available from: <https://alzres.biomedcentral.com/articles/10.1186/s13195-024-01615-4>
48. Yunding J, Megawaty I, Aulia A. Efektivitas senam lansia terhadap penurunan tekanan darah: Literature Review [Internet]. Available from: <https://akperyarsismd.e-journal.id/BNJ>
49. Jurnal H, Riyanto P, Cannisius K, Lahinda Jurusan Pendidikan Jasmani Kesehatan dan Rekreasi J, Musamus Jurusan Pendidikan Jasmani Kesehatan dan Rekreasi U. Senam Lansia Dalam Upaya Meningkatkan Kebugaran Jasmani Lansia. 2022;2(3):314–9.
50. Guo C, Shao W, Li F, Tan X, Xie Y. Effectiveness of traditional chinese medicine (TCM) exercise therapy intervention on the cognitive function in the elderly: A systematic review and meta-analysis. *Geriatr Nurs (Minneap)*. 2024 Jul 1;58:352–60.
51. Widhawati R, Ayu Sri Saraswati D, Rustini Fakultas Kesehatan M, Ichsan Satya U, Jombang Raya No J, Tangerang Selatan K. Pengaruh Senam Lansia Terhadap Penurunan Tekanan Darah Pada Lansia Penderita Hipertensi Di Poblindu Wilayah Desa Rawa Rengas [Internet]. Available from: <http://jurnal.globalhealthsciencegroup.com/index.php/JPM>
52. Fadila E, Solihah ES. Literature Review Pengaruh Senam Lansia Terhadap Penurunan Tekanan Darah Pada Penderita Hipertensi. *Malahayati Nursing Journal*. 2022 Feb 2;5(2):462–74.
53. Dimli BO, Mutlu EK, Altac DS, Taskiran H. Comparison of the effects of pelvic floor muscle training and modified pilates exercises in elderly women with stress urinary incontinence: A randomized clinical trial. *European Journal of Obstetrics and Gynecology and Reproductive Biology*. 2024 Sep 1;300:327–36.

54. Artikel O, Nurafifah AS. Attribution (CC BY SA) license (<https://creativecommons.org/licenses/by/4.0/>) Senam Aerobik Low Impact dapat Menurunkan Tekanan Darah pada Lansia dengan Hipertensi Low Impact Aerobics Gymnastics Can Lower Blood Pressure in the Elderly with Hypertension. 2021; Available from: <http://dohara.or.id/index.php/isjnms>
55. Senam P, Chi T, Kualitas P, Lansia T, Anggraini DA, Widayati RS, et al. Physio Journal 'Aisyiah Surakarta Journal Of Physio. Vol. 2. 2022.
56. Safrudin MB, Keperawatan FI, Muhammadiyah U, Timur K. Efektifitas latihan fisik dan yoga dengan kecemasan lansia di samarinda the effectiveness of physical exercise and yoga with anxiety the elderly in samarinda. JPP) Jurnal Kesehatan Poltekkes Palembang. 2022;17(2).
57. Surakarta 'Aisyiah, Choirunnisa L, Pudjianto M. Physio Journal Pengaruh Senam Osteoporosis Terhadap Kekuatan Otot Quadriceps Dan Keseimbangan Pada Lansia. Vol. 3. 2023.
58. Lilyana MTA, Cempaka AA. Sosialisasi Tentang Pencegahan Resiko Jatuh dan Senam Keseimbangan Bagi Lanjut Usia. Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM). 2023 Nov 1;6(11):4695–5004.
59. 2860-Article Text-9646-1-10-20240229.
60. Elviana N, Astuti Y, Fandizal M, Sani DN, Safari U, Riani N, et al. Pelatihan Senam Hipertensi Pada Lansia. Jurnal Pengabdian Masyarakat Indonesia Maju. 2021 Apr 30;2(01):1–4.
61. Widya Putra S, Sapti Mei Leni A, Kunci K. Pengaruh Senam Aerobic Low Impact Terhadap Penurunan Tingkat Stres Pada Lansia ARTIKEL INFO ABSTRAK. Vol. 2. 2022.
62. Ningsih R, Kesehatan F, Mipa &, Abstrak U. Efektivitas pemberian senam lanjut usia terhadap penurunan tingkat stres usia lanjut di panti sosial tresna werdha batusangkar.
63. Tarkhasi A, Hadadnezhad M, Sadeghi H. The effect of corrective exercises with massage on balance, motor performance, gait, and quality of life in elderly males with hyperkyphosis: Randomized control trials. Geriatr Nurs (Minneap) [Internet]. 2025 Jan;61:169–76. Available from: <https://linkinghub.elsevier.com/retrieve/pii/S0197457224004099>
64. Zakiyah A. Mengoptimalkan potensi hormon kebahagiaan (endorfin) untuk menjaga kesehatan.
65. Andri J, Karmila R, Padila P, J H, Sartika A. Pengaruh Terapi Aktivitas Senam Ergonomis terhadap Peningkatan Kemampuan Fungsional Lansia. Journal of Telenursing (JOTING). 2019 Dec 20;1(2):304–13.

66. Desi Intarti W, Supriadi R, Siregar R. Pengaruh Senam Lansia terhadap Tingkat Stres di Puskesmas Mekarsari Desa Citeras Kecamatan Rangkasbitung Kabupaten Lebak Tahun 2023. *Jurnal Kebidanan Harapan Ibu Pekalongan*. 2024 Aug 16;11(2):102–11.
67. Yusman R, Kencana T, Nofita LD, Netri Y, Yusman NA, Profesi PS, et al. PKM Pemberdayaan Lansia Desa Melalui Senam Lansia Dalam Upaya Meningkatkan Physical Health Masyarakat Desa. *Jurnal Pengabdian Masyarakat (JUDIMAS)* [Internet]. 3:2025. Available from: <http://jurnal.stikesbanyuwangi.ac.id/index.php/judimas/home>
68. Wayan N, Miasa NP, Wibawa A, Widnyana M, Nyoman N, Dewi A, et al. Sport and Fitness Journal Hubungan Antara Senam Lansia Dan Kualitas Tidur Lansia Di Kabupaten Badung. 2020;8(3):158–63.