

DAFTAR PUSTAKA

1. Chang DF, Lu TC. Detecting the issues of aging society based on the trend of dependency and support population. *ICIC Express Letters, Part B: Applications*. 2021 Dec 1;12(12):1145–53. doi:10.24507/icicelb.12.12.1145
2. Panghal C, Belsiyal CX, Rawat VS, Dhar M. Impact of cognitive impairment on activities of daily living among older adults of North India. *J Family Med Prim Care*. 2022 Nov;11(11):6909–15. doi:10.4103/jfmprc.jfmprc_266_22
3. Moradell A, Gomez-Cabello A, Mañas A, Gesteiro E, Pérez-Gómez J, González-Gross M, et al. Longitudinal Changes in the Body Composition of Non-Institutionalized Spanish Older Adults after 8 Years of Follow-Up: The Effects of Sex, Age, and Organized Physical Activity. *Nutrients*. 2024 Jan 1;16(2). doi:10.3390/nu16020298 PubMed PMID: 38257191.
4. Catalano L, Panico F, Maffei A, Luciano SM, Visciglio A, Russo P, et al. Frontal Power Spectrum Density in Emotional Video Viewing: Associations with Depression in Healthy Elderly and Mild Cognitive Impairment. *Brain Cogn*. 2026 Feb 1;192. doi:10.1016/j.bandc.2025.106382 PubMed PMID: 41319596.
5. Xu Y, Chen A, Chen R, Zheng W. Association between depressive symptoms and cognitive function in the older population, and the mediating role of neurofilament light chain: Evidence from NHANES 2013–2014. *J Affect*

- Disord. 2024 Sep 1;360:221–8. doi:10.1016/j.jad.2024.05.165 PubMed PMID: 38823588.
6. Colita E, Mateescu VO, Olaru DG, Popa-Wagner A. Cognitive Decline in Ageing and Disease: Risk factors, Genetics and Treatments. *Curr Health Sci J.* 2024;50(2):170–80. doi:10.12865/CHSJ.50.02.02 PubMed PMID: 39371061.
 7. Salari N, Lotfi F, Abdolmaleki A, Heidarian P, Rasoulpoor S, Fazeli J, et al. The global prevalence of mild cognitive impairment in geriatric population with emphasis on influential factors: a systematic review and meta-analysis. *BMC Geriatrics.* BioMed Central Ltd; 2025. doi:10.1186/s12877-025-05967-w PubMed PMID: 40329163.
 8. Safavi SR, Sadeghi R, Jamshidi E, Tedadi Y, Yaseri M, Shati M, et al. The association between self-efficacy and social support with physical activity in older adults: a cross-sectional study. *Sci Rep.* 2025 Dec 1;15(1). doi:10.1038/s41598-025-20717-z PubMed PMID: 41120545.
 9. Bai W, Chen P, Cai H, Zhang Q, Su Z, Cheung T, et al. Worldwide prevalence of mild cognitive impairment among community dwellers aged 50 years and older: A meta-analysis and systematic review of epidemiology studies. *Age Ageing.* 2022 Aug 1;51(8). doi:10.1093/ageing/afac173 PubMed PMID: 35977150.
 10. Chen P, Cai H, Bai W, Zhang Q, Su Z, Tang YL, et al. Global prevalence of mild cognitive impairment among older adults living in nursing homes: a

- meta-analysis and systematic review of epidemiological surveys. *Translational Psychiatry*. Springer Nature; 2023. doi:10.1038/s41398-023-02361-1 PubMed PMID: 36906613.
11. Sujarwoto S, Yumarni T, Holipah H, Maharani A. Can socioeconomic disadvantage explain cognitive differences in later life? Insights from the Indonesia family life survey. *Front Public Health*. 2025;13. doi:10.3389/fpubh.2025.1563543 PubMed PMID: 40496451.
 12. Setiyani R, Iskandar A. Cognitive impairment among older adults living in the community and in nursing home in Indonesia: a pilot study. *Dementia e Neuropsychologia*. 2022;16(3):347–53. doi:10.1590/1980-5764-DN-2022-0012
 13. Gunawan I, Huang XY. Prevalence of depression and its related factors among older adults in Indonesian nursing homes. *Belitung Nurs J*. 2022 May 1;8(3):222–8. doi:10.33546/bnj.2075
 14. Pham MN, Bhar S. Stressors and Life Satisfaction in Older Adults: The Moderating Role of Self-Efficacy. *Int J Aging Hum Dev*. 2026 Mar 1;102(2):223–39. doi:10.1177/00914150251317441 PubMed PMID: 39936352.
 15. Chen B, Wang M, He Q, Wang Y, Lai X, Chen H, et al. Impact of frailty, mild cognitive impairment and cognitive frailty on adverse health outcomes among community-dwelling older adults: A systematic review and meta-

- analysis. *Frontiers in Medicine*. Frontiers Media S.A.; 2022. doi:10.3389/fmed.2022.1009794
16. Rimmele U, Ballhausen N, Ihle A, Kliegel M. In Older Adults, Perceived Stress and Self-Efficacy Are Associated with Verbal Fluency, Reasoning, and Prospective Memory (Moderated by Socioeconomic Position). *Brain Sci*. 2022 Feb 1;12(2). doi:10.3390/brainsci12020244
 17. Li H, Xu M, Yin W, Zhuge X, Dong P, Shi Y, et al. The relationship between cognitive impairment and quality of life in rural older adults with chronic diseases—parallel mediating effects of depressive symptoms and frailty. *BMC Geriatr*. 2025 Dec 1;25(1). doi:10.1186/s12877-025-06446-y PubMed PMID: 41023946.
 18. Chen B, Wang M, He Q, Wang Y, Lai X, Chen H, et al. Impact of frailty, mild cognitive impairment and cognitive frailty on adverse health outcomes among community-dwelling older adults: A systematic review and meta-analysis. *Frontiers in Medicine*. Frontiers Media S.A.; 2022. doi:10.3389/fmed.2022.1009794
 19. Gopalakrishnan P, Tiwari S, Nagaraja R, Krishnan G. Quality of life in persons with mild cognitive impairment: a systematic review and meta-analysis. *Dementia e Neuropsychologia*. Associacao Arquivos de Neuropsiquiatria; 2024. doi:10.1590/1980-5764-DN-2023-0093
 20. Skevington SM, Rowland C, Panagioti M, Bower P, Krägeloh C. Enhancing the multi-dimensional assessment of quality of life: introducing the

- WHOQOL-Combi. *Quality of Life Research*. 2021 Mar 1;30(3):891–903. doi:10.1007/s11136-020-02661-9 PubMed PMID: 33331967.
21. Pais R, Ruano L, Carvalho OP, Barros H. Global cognitive impairment prevalence and incidence in community dwelling older adults—a systematic review. *Geriatrics (Switzerland)*. MDPI AG; 2020. p. 1–16. doi:10.3390/geriatrics5040084
 22. Mubarak H, Yusnayani C, Ibrahim DAF, Sius U, PK LF, et al. *Keperawatan Gerontik*. Susanti S, Saltar L, editor. Padang: Global Eksekutif Teknologi; 2022.
 23. Crisp Jackie, Taylor Catherine, Douglas Clint, Rebeiro Geraldine. *Potter & Perry's Fundamentals of Nursing - AUS Version*. Elsevier Health Sciences APAC; 2012. 5980 p.
 24. Undang-Undang Republik Indonesia Nomor 13 Tahun 1998 tentang Kesejahteraan Lanjut Usia. Jakarta: Sekretariat Negara RI; 1998 [cited 2026 Jan 14]. [Internet]. Report. Available from: www.bphn.go.id
 25. 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*. 2024 Dec 1;24(1). doi:10.1186/s12877-024-05311-8 PubMed PMID: 39367305.
 26. Kim J, Lee JE. *Social Support and Health-Related Quality of Life Among Elderly Individuals Living Alone in South Korea: A Cross-Sectional Study*. 2018.

27. Courtin E, Knapp M. Social isolation, loneliness and health in old age: a scoping review. *Health and Social Care in the Community*. Blackwell Publishing Ltd; 2017. p. 799–812. doi:10.1111/hsc.12311 PubMed PMID: 26712585.
28. Petersen RC. Mild Cognitive Impairment [Internet]. Report. Available from: www.ContinuumJournal.com
29. Hurlock EB. Psikologi perkembangan: suatu pendekatan sepanjang rentang kehidupan. Edisi ke-5. Jakarta: Erlangga; 2011.
30. Palacios-Ceña D, Fernández-Peña R, Ortega-López A, Fernández-Feito A, Bautista-Villaécija O, Rodrigo-Pedrosa O, et al. Long-term care facilities and nursing homes during the first wave of the covid-19 pandemic: A scoping review of the perspectives of professionals, families and residents. *International Journal of Environmental Research and Public Health*. MDPI; 2021. doi:10.3390/ijerph181910099 PubMed PMID: 34639401.
31. Andrade AM, Afonseca KR, Jube T de A, Góes SM, Ramos MC, Elias FT da S. Overview of Systematic Reviews on Factors Related to the Structure and Functioning of Residential Long-Term Care Facilities for Older Adults. *Geriatrics (Switzerland)*. Multidisciplinary Digital Publishing Institute (MDPI); 2025. doi:10.3390/geriatrics10030064
32. Sehatkarlangrodi S, Zargoush M, Longo CJ, Ghazalbash S. Shaping older adults' care policy: a scoping review of key determinants in post-acute and community reintegration transitions. *BMC Health Services Research*.

- BioMed Central Ltd; 2025. doi:10.1186/s12913-025-13433-x PubMed PMID: 41029370.
33. Gibson MC, Carter MW, Helmes E, Edberg AK. Principles of good care long-term care facilities. *International Psychogeriatrics*. 2010. p. 1072–83. doi:10.1017/S1041610210000852 PubMed PMID: 20598194.
 34. Kuven BM, Drageset J, Haugan G. Quality of life and nurse–patient interaction among NH residents: Loneliness is detrimental, while nurse–patient interaction is fundamental. *J Clin Nurs*. 2023 Sep 1;32(17–18):6384–93. doi:10.1111/jocn.16645 PubMed PMID: 36751030.
 35. Livingston G, Huntley J, Sommerlad A, Ames D, Ballard C, Banerjee S, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*. Lancet Publishing Group; 2020. p. 413–46. doi:10.1016/S0140-6736(20)30367-6 PubMed PMID: 32738937.
 36. Stern Y. Cognitive reserve in ageing and Alzheimer’s disease. *The Lancet Neurology*. 2012. p. 1006–12. doi:10.1016/S1474-4422(12)70191-6 PubMed PMID: 23079557.
 37. Hall JE, Guyton AC. *Buku ajar fisiologi kedokteran*. Terjemahan oleh Ramadhani D, et al. Edisi ke-13. Singapore: Elsevier; 2016:37.
 38. Risk Reduction Of Cognitive Decline And Dementia WHO Guideline.
 39. Petersen RC, Lopez O, Armstrong MJ, Getchius TSD, Ganguli M, Gloss D, et al. Practice guideline update summary: Mild cognitive impairment report

- of the guideline development, dissemination, and implementation. *Neurology*. 2018 Jan 1;90(3):126–35. doi:10.1212/WNL.0000000000004826 PubMed PMID: 29282327.
40. Livingston G, Huntley J, Sommerlad A, Ames D, Ballard C, Banerjee S, et al. Dementia prevention, intervention, and care: 2020 report of the Lancet Commission. *The Lancet*. Lancet Publishing Group; 2020. p. 413–46. doi:10.1016/S0140-6736(20)30367-6 PubMed PMID: 32738937.
 41. Diagnostic and statistical manual of mental disorders: DSM-5-TR. 5th ed. text rev. Washington, D.C.: American Psychiatric Association Publishing; 2022.
 42. Li H, Xu M, Yin W, Zhuge X, Dong P, Shi Y, et al. The relationship between cognitive impairment and quality of life in rural older adults with chronic diseases—parallel mediating effects of depressive symptoms and frailty. *BMC Geriatr*. 2025 Dec 1;25(1). doi:10.1186/s12877-025-06446-y PubMed PMID: 41023946.
 43. World Health Organization. Risk reduction of cognitive decline and dementia: WHO guidelines. Geneva: World Health Organization; 2019.
 44. Kojima G, Iliffe S, Jivraj S, Walters K. Association between frailty and quality of life among community-dwelling older people: a systematic review and meta-analysis [Internet]. doi:10.1136/jech
 45. Głowacka M, Sienkiewicz Z, Dykowska G, Haor B. Dimensions of quality of life of older adults in relation to selected sociodemographic variables—a

- prospective cohort study. *Front Public Health*. 2024;12. doi:10.3389/fpubh.2024.1419008 PubMed PMID: 39363980.
46. Gure TR, Langa KM, Fisher GG, Piette JD, Plassman BL. Functional limitations in older adults who have cognitive impairment without dementia. *J Geriatr Psychiatry Neurol*. 2013 Jun;26(2):78–85. doi:10.1177/0891988713481264 PubMed PMID: 23559664.
47. Carstensen LL, Isaacowitz DM, Charles ST. *Taking Time Seriously A Theory of Socioemotional Selectivity*. 1999.
48. Goes M, Lopes MJ, Marôco J, Oliveira H, Fonseca C, Mónico L, et al. The quality of life of older individuals following the world health organization assessment criteria. *Geriatrics (Switzerland)*. 2020 Dec 1;5(4):1–11. doi:10.3390/geriatrics5040102
49. Goes M, Lopes MJ, Marôco J, Oliveira H, Fonseca C, Mónico L, et al. The quality of life of older individuals following the world health organization assessment criteria. *Geriatrics (Switzerland)*. 2020 Dec 1;5(4):1–11. doi:10.3390/geriatrics5040102.
50. Luszczynska A, Scholz U, Schwarzer R. *The General Self-Efficacy Scale: Multicultural Validation Studies*.
51. Holt-Lunstad J, Smith TB, Layton JB. Social relationships and mortality risk: A meta-analytic review. *PLoS Medicine*. 2010. doi:10.1371/journal.pmed.1000316 PubMed PMID: 20668659.

52. World report on ageing and health. World Health Organization; 2015. 246 p.
53. Bandura A. Self-efficacy: The exercise of control. New York: W.H. Freeman and Company; 1997.
54. Willie MM. Population and Target Population in Research Methodology. Golden Ratio of Social Science and Education. 2024 Apr 24;4(1):75–9. doi:10.52970/grsse.v4i1.405
55. Chudasama H. Sampling Methods in Research: A Review [Internet]. Available from: <https://www.researchgate.net/publication/371985672>
56. Sugiyono. Metode penelitian kuantitatif, kualitatif, dan R&D. Cetakan ke-19. Bandung: Alfabeta; 2013.
57. Lidya H, Noviana U, Alim S, Setiyarini S. Validity And Reliability Of The Indonesian Version Of General Self Efficacy Scale (GSES) [Internet]. Available from: <http://jurnal.globalhealthsciencegroup.com/index.php/JLH>
58. Ch Salim O, Sudharma NI, Kusumaratna RK, Hidayat A. Validity and reliability of World Health Organization Quality of Life-BREF to assess the quality of life in the elderly.
59. Turrini S, Wong B, Eldaief M, Press DZ, Sinclair DA, Koch G, et al. The multifactorial nature of healthy brain ageing: Brain changes, functional decline and protective factors. Ageing Research Reviews. Elsevier Ireland Ltd; 2023. doi:10.1016/j.arr.2023.101939 PubMed PMID: 37116664.

60. Brito DVC, Esteves F, Rajado AT, Silva N, Andrade R, Apolónio J, et al. Assessing cognitive decline in the aging brain: lessons from rodent and human studies. *npj Aging. Nature Research*; 2023. doi:10.1038/s41514-023-00120-6
61. Gaspar-Silva F, Trigo D, Magalhaes J. Ageing in the brain: mechanisms and rejuvenating strategies. *Cellular and Molecular Life Sciences*. Springer Science and Business Media Deutschland GmbH; 2023. doi:10.1007/s00018-023-04832-6 PubMed PMID: 37354261.
62. Feraldi A, Zarulli V. Patterns in age and cause of death contribution to the sex gap in life expectancy: a comparison among ten countries. *Genus*. 2022 Dec 1;78(1). doi:10.1186/s41118-022-00171-9
63. Wilmoth JRichard, Bas Daniela, Mukherjee Santanu, Hanif Naveed, Luchsinger Gretchen. World social report 2023 : leaving no one behind in an ageing world. United Nations Department of Economic and Social Affairs; 2023. 149 p.
64. Kaur A, Sonal A, Ghosh T, Ahamed F. Cognitive reserve and other determinants of cognitive function in older adults: Insights from a community-based cross-sectional study. *J Family Med Prim Care*. 2023 Sep;12(9):1957–64. doi:10.4103/jfmpe.jfmpe_2458_22
65. Mauti M, Monachesi B, Taccari G, Rumiati RI. Facing healthy and pathological aging: A systematic review of fMRI task-based studies to understand the neural mechanisms of cognitive reserve. *Brain and Cognition*.

- Academic Press Inc.; 2024. doi:10.1016/j.bandc.2024.106238 PubMed PMID: 39522474.
66. Corbo I, Marselli G, Di Ciero V, Casagrande M. The Protective Role of Cognitive Reserve in Mild Cognitive Impairment: A Systematic Review. *Journal of Clinical Medicine*. Multidisciplinary Digital Publishing Institute (MDPI); 2023. doi:10.3390/jcm12051759
 67. Yang W, Wang J, Guo J, Dove A, Qi X, Bennett DA, et al. Association of Cognitive Reserve Indicator with Cognitive Decline and Structural Brain Differences in Middle and Older Age: Findings from the UK Biobank. *Journal of Prevention of Alzheimer's Disease*. 2024 May 1;11(3):739–48. doi:10.14283/jpad.2024.54 PubMed PMID: 38706290.
 68. Dodds L, Brayne C, Siette J. Associations between social networks, cognitive function, and quality of life among older adults in long-term care. *BMC Geriatr*. 2024 Dec 1;24(1). doi:10.1186/s12877-024-04794-9 PubMed PMID: 38438951.
 69. Chapman H, Bethell J, Dewan N, Liougas MP, Livingston G, McGilton KS, et al. Social connection in long-term care homes: a qualitative study of barriers and facilitators. *BMC Geriatr*. 2024 Dec 1;24(1). doi:10.1186/s12877-024-05454-8 PubMed PMID: 39438797.
 70. Rhayun S, Fan X, Seo J. Physical and cognitive function to explain the quality of life among older adults with cognitive impairment: exploring

- cognitive function as a mediator. *BMC Psychol.* 2023 Dec 1;11(1). doi:10.1186/s40359-023-01087-5 PubMed PMID: 36814329.
71. Rodríguez-Martínez A, De-la-Fuente-Robles YM, Martín-Cano M del C, Jiménez-Delgado JJ. Quality of Life and Well-Being of Older Adults in Nursing Homes: Systematic Review. *Social Sciences. Multidisciplinary Digital Publishing Institute (MDPI)*; 2023. doi:10.3390/socsci12070418
 72. Luo G, Li W, Wu D, Wei X, Zang Y, Liu JD. Quality of life profiles and their associations with depressive symptoms and cognitive impairment of community-dwelling older adults in Hong Kong. *Front Public Health.* 2023;11. doi:10.3389/fpubh.2023.1165934 PubMed PMID: 37275496.
 73. AbdElsalam RMM, ElKholy SEHAEM. Pilot testing cognitive stimulation intervention on older adults' cognitive function, cognitive self-efficacy, and sense of happiness. *Geriatr Nurs (Minneap).* 2024 Mar 1;56:191–203. doi:10.1016/j.gerinurse.2024.02.012 PubMed PMID: 38359739.
 74. Lee J, Cho E, Kim H, Lee KH, Kim E, Ye BS. The development and evaluation of a self-efficacy enhancement program for older adults with mild cognitive impairment. *Applied Nursing Research.* 2023 Oct 1;73. doi:10.1016/j.apnr.2023.151726 PubMed PMID: 37722794.
 75. Zhu L, Wang Y, Wu Y, Wilson A, Zhou H, Li N, et al. Longitudinal associations between the frequency of playing Mahjong and cognitive functioning among older people in China: evidence from CLHLS, 2008–

2018. *Front Public Health*. 2024;12. doi:10.3389/fpubh.2024.1352433
PubMed PMID: 38550318.
76. Shi X, wang Y, Wu Y, Li J. The effect of the leisure activities based on chess and cards for improving cognition of older adults: study protocol for a cluster randomized controlled trial. *Trials*. 2023 Dec 1;24(1). doi:10.1186/s13063-023-07528-1 PubMed PMID: 37516846.
77. WHOQOL User Manual Programme On Mental Health Division of Mental Health and Prevention of Substance Abuse World Health Organization.
78. Hoben M, Dymchuk E, Doupe MB, Keefe J, Aubrecht K, Kelly C, et al. Counting what counts: assessing quality of life and its social determinants among nursing home residents with dementia. *BMC Geriatr*. 2024 Dec 1;24(1). doi:10.1186/s12877-024-04710-1 PubMed PMID: 38383339.
79. Cousi C, Igier V, Quintard B. Determinants of quality of life in French nursing home residents across cognitive levels: a comparative study using convergent mixed-methods. *BMC Geriatr*. 2024 Dec 1;24(1). doi:10.1186/s12877-024-05226-4 PubMed PMID: 39080616.
80. Rhayun S, Fan X, Seo J. Physical and cognitive function to explain the quality of life among older adults with cognitive impairment: exploring cognitive function as a mediator. *BMC Psychol*. 2023 Dec 1;11(1). doi:10.1186/s40359-023-01087-5 PubMed PMID: 36814329.