

DAFTAR PUSTAKA

- Agustiningrum, R., Winarti, A., Setianingsih, Suyami, & Khusnawati, I. (2023). Aktifitas Fisik berhubungan dengan Risiko Jatuh pada Lansia. *Jurnal Keperawatan Jiwa (JKJ)*, 11(3), 645–654.
- Anggarani, A. P. M., & Djoar, R. K. (2018). Hubungan Risiko Jatuh dengan Takut Jatuh pada Lansia di Panti Werdha Surabaya. *Jurnal Keterapian Fisik*, 3(2), 63–68. <https://doi.org/10.37341/jkf.v3i2.110>
- Badu, W., Jusuf, M. I., & Yusuf, N. A. R. (2026). Hubungan Risiko Jatuh dengan Fear of Falling (FOF) pada Lansia dengan Stroke Diruangan Poli Saraf Di RSUD . Prof . Dr . H . Aloe Saboe . Kota Gorontalo. *Jurnal Kolaboratif Sains*, 9(2), 2519–2528. <https://doi.org/10.56338/jks.v9i2.10631>
- Dengiz, A., Aytape, A., Sirri, B., & Efe, M. (2025). Investigation of commonly used assessment methods for predicting fall risk in the elderly. *Experimental Gerontology*, 206, 112784. <https://doi.org/10.1016/j.exger.2025.112784>
- Deviantika, I., Bachtiar, F., Dhari, I. F. W., & Sirada, A. (2024). Hubungan Antara Fear of Falling Dengan Aktivitas Fisik Pada Lansia Di Panti Jompo. *Jurnal Vokasi Indonesia*, 11(2), 8. <https://doi.org/10.7454/jvi.v11i2.1209>
- Djoar, R. K., Putu, A., Anggarani, M., & Indawati, R. (2025). The short version of the Indonesian falls efficacy scale for older adults. *Physical Therapy Journal of Indonesia (PTJI)*, 6(1), 101–106. <https://doi.org/10.51559/ptji.v6i1.283>
- Hanifah, Z., Satya Anggara, P., Yuladi, A., Melvino, F., Salsabila, L., & Psikologi, J. (2023). Memberdayakan Lansia untuk Mencapai Successful Ageing. *Jurnal Pendidikan Tambusai*, 7(2), 17103–17107.
- Ikhsan, Wirahmi, N., & Slamet, S. (2020). Hubungan Aktifitas Fisik Dengan Risiko Jatuh Pada Lansia Di Wilayah Kerja Puskesmas Nusa Indah Kota Bengkulu the Relationship of Physical Activities With the Risk of Falling in Elderly in the Nusa Indah Puskesmas Working Area of Bengkulu City. *Journal of Nursing and Public Health (JNPH)*, 8(1), 48–53.
- Jeqlin Florida Renrusuna, Lilla Maria, M.Kepa, & Ach. Dafir Firdaus. (2022). Literatur Review: Hubungan Tingkat Kemandirian Activity Daily Living (Adl) dengan Resiko Jatuh pada Lansia. *Profesional Health Journal*, 03(02), 177–184. <https://www.ojsstikesbanyuwangi.com/index.php/PHJ>
- Kim, D., Morikawa, S., Miyawaki, M., Nakagawa, T., Ogawa, S., & Kase, Y. (2025). Sarcopenia prevention in older adults: Effectiveness and limitations of non-pharmacological interventions. *Osteoporosis and Sarcopenia*, 11(2), 65–72. <https://doi.org/10.1016/j.afos.2025.05.005>
- Korenhof, S. (S A.), van Grieken, A. (A), Franse, C. (C B.), Tan, S. S. (S S.), Verma, A. (A), Alhambra, T. (T), & Raat, H. (H). (2023). The association of fear of falling and physical and mental Health-Related Quality of Life (HRQoL) among community-dwelling older persons; a cross-sectional study of Urban Health Centres Europe (UHCE). *BMC Geriatrics*, 23(1), 1–9. <https://doi.org/10.1186/s12877-023-04004-y>

- Lee, E. S., & Kim, B. (2024). The impact of fear of falling on health - related quality of life in community - dwelling older adults : mediating effects of depression and moderated mediation effects of physical activity. *BMC Public Health*, 1–10. <https://doi.org/10.1186/s12889-024-19802-1>
- Lim, J. H., Joo, M. J., Ko, J., Kim, D. B., Park, E. C., & Ha, M. J. (2025). Impact of fear of falling on social engagement among older adults: A nationwide longitudinal panel study. *Journal of Nutrition, Health and Aging*, 29(8), 100589. <https://doi.org/10.1016/j.jnha.2025.100589>
- Meyer, M., Arnold, A., Stein, T., Niemöller, U., & Tanislav, C. (2025). Fear of Falling in Older Adults Undergoing Comprehensive Geriatric Care: Results of a Prospective Observational Study. *Journal of Clinical Medicine*, 14(12), 1–13. <https://doi.org/10.3390/jcm14124366>
- Nordling, Y., Sund, R., Sirola, J., Kröger, H., Isanejad, M., & Rikkonen, T. (2024). Body composition, balance, functional capacity and falls in older women. *Aging Clinical and Experimental Research*, 36(1). <https://doi.org/10.1007/s40520-024-02719-5>
- Notoadmodjo, S. (2018). *Metodologi Penelitian Kesehatan*. Rineka Cipta.
- Nurendah, Y., & Mulyana, M. (2025). *Metodologi Penelitian*. Kesatuan Pres.
- Pratiwi. (2025). Resiko Jatuh dan Kekhawatiran Jatuh Aktivitas Fisik yang dilakukan oleh Lansia. *Jurnal Penelitian Perawat Profesional*, 2(5474), 1333–1336.
- Saidani, S., Haddad, R., Bouallegue, R., & Shubair, R. (2022). Fear of falling and risk factors in older adults. *Procedia Computer Science*, 203, 247–253. <https://doi.org/10.1016/j.procs.2022.07.032>
- Salsabiil, R., Dharmanta, R. S., Yulianti, E., & Sulistiawaty, N. N. (2025). Fear of Falling in Elderly at a Tertiary Hospital Rehabilitation Clinic: A Cross-Sectional Study. *Majalah Ilmiah Fisioterapi Indonesia*, 13(1), 22. <https://doi.org/10.24843/mifi.2025.v13.i01.p05>
- Sheng, Y., Wang, C., Wang, Y., Pan, L. P., Zhang, M., Liu, D., & Gao, W. (2024). An umbrella review of physical-activity therapy and cognitive behavioral therapy in reducing fear of falling among community-dwelling older adults: insights on intervention intensity and duration. *Frontiers in Public Health*, 12(January). <https://doi.org/10.3389/fpubh.2024.1498451>
- Soleha, D., & Munawwarah, M. (2022). Hubungan antara Risiko Jatuh dengan Activity Daily Living pada Lanjut Usia. *Physiotherapy Health Science (PhysioHS)*, 4(2), 105–110. <https://doi.org/10.22219/physiohs.v4i2.23080>
- Sugiyono, P. D. (2017). *Metode Penelitian Kuantitatif, Kualitatif dan R&D*. AlfaBeta.
- Wang, H. lin, Liu, L. long, Tan, Z. yu, Zhou, Y., Zhang, J., Zhai, L., Xie, Q., & Liu, R. hua. (2025). Research progress of sarcopenia: Diagnostic advancements, molecular mechanisms, and therapeutic strategies. *Experimental and Molecular Pathology*, 143(July), 104992. <https://doi.org/10.1016/j.yexmp.2025.104992>

- Wang, L. Y., Chen, H. X., Zhu, H., Hu, Z. Y., Zhou, C. F., & Hu, X. Y. (2024). Physical activity as a predictor of activities of daily living in older adults: a longitudinal study in China. *Frontiers in Public Health*, 12(October), 1–10. <https://doi.org/10.3389/fpubh.2024.1444119>
- World Health Organization (WHO). (2021). *Global Physical Activity Questionnaire (GPAQ)*.
- Wu, S., Li, G., Shi, B., Ge, H., & He, Q. (2023). The association between physical activity and fear of falling among community-dwelling older women in China: the mediating role of physical fitness. *Frontiers in Public Health*, 11(3). <https://doi.org/10.3389/fpubh.2023.1241668>
- Xiong, W., Wang, D., Ren, W., Liu, X., Wen, R., & Luo, Y. (2024). The global prevalence of and risk factors for fear of falling among older adults: a systematic review and meta-analysis. *BMC Geriatrics*, 24(1). <https://doi.org/10.1186/s12877-024-04882-w>
- Yang, H., Jiang, Y., Liang, D., Yang, C., Qin, K., Xie, Y., Zhang, L., Tang, P., Cui, X., & Lyu, H. (2025). Sarcopenia-related traits and risk of falls in older adults: results from meta-analysis of cohort studies and Mendelian randomization analyses. *Aging Clinical and Experimental Research*, 37(1). <https://doi.org/10.1007/s40520-025-02997-7>
- Yih-Jian, T. (2024). *Association of fear of falling and low physical activity with fall risk among older Taiwanese*.

