

## DAFTAR PUSTAKA

1. World Health Organization. WHO Coronavirus Disease (COVID-19) Dashboard | WHO Coronavirus Disease (COVID-19) Dashboard [Internet]. Who.int. 2020AD. Available from: [https://covid19.who.int/?gclid=CjwKCAjwnK36BRBVEiwAsMT8WJ3y00\\_BUzvrLsvbl3uthuoTH\\_Occ45gyEUbpYRyEqAzll3aZB6TYxoCcM0QAvD\\_BwE](https://covid19.who.int/?gclid=CjwKCAjwnK36BRBVEiwAsMT8WJ3y00_BUzvrLsvbl3uthuoTH_Occ45gyEUbpYRyEqAzll3aZB6TYxoCcM0QAvD_BwE)
2. Satuan Tugas Penanganan COVID-19. ANALISIS DATA COVID-19 INDONESIA. PER UPDATE JANUARI 2022. 2022.
3. Vellas C, Delobel P, De Souto Barreto P, Izopet J. COVID-19, Virology and Geroscience: A Perspective. *J Nutr Heal Aging*. 2020;24(7):685–91.
4. Banerjee D, D’Cruz M, Sathyanarayana Rao T. Coronavirus disease 2019 and the elderly: Focus on psychosocial well-being, agism, and abuse prevention – An advocacy review. *J Geriatr Ment Heal*. 2020;7(1):4.
5. Pradana AA, Casman C, Nur’aini N. Pengaruh Kebijakan Social Distancing pada Wabah COVID-19 terhadap Kelompok Rentan di Indonesia. *J Kebijak Kesehat Indones JKKI* [Internet]. 2020;9(2):61–7. Available from: <https://jurnal.ugm.ac.id/jkki/article/view/55575>
6. Briguglio M, Giorgino R, Dell’Osso B, Cesari M, Porta M, Lattanzio F, et al. Consequences for the Elderly After COVID-19 Isolation: FEaR (Frail Elderly amid Restrictions). *Front Psychol*. 2020;11(September):1–5.
7. Smith JA, Judd J. COVID-19: Vulnerability and the power of privilege in a pandemic. *Heal Promot J Aust*. 2020;31(2):158–60.
8. Lotfi MR, Hamblin MR, Rezaei N. COVID-19: Transmission, prevention, and potential therapeutic opportunities. *Clin Chim Acta*. 2020;508(January):254–66. Available from: [www.elsevier.com/locate/cca](http://www.elsevier.com/locate/cca) Review
9. Badan Pusat Statistik. Statistik Penduduk Lanjut Usia 2020.
10. Zhang Z, Qiu Z. Exploring daily activity patterns on the typical day of older adults for supporting aging-in-place in china’s rural environment. *Int J Environ Res Public Health*. 2020;17(22):1–20.
11. Schwanen T, Páez A. The mobility of older people-An introduction. *J Transp Geogr* [Internet]. 2010;18(5). Available from: [https://ora.ox.ac.uk/catalog/uuid:54ee41de-654a-49c0-b442-2d29e91170cb/download\\_file?file\\_format=pdf&safe\\_filename=The%2Bmobility%2Bof%2Bolder%2Bpeople%252C%2Ban%2Bintroduction.pdf&type\\_of](https://ora.ox.ac.uk/catalog/uuid:54ee41de-654a-49c0-b442-2d29e91170cb/download_file?file_format=pdf&safe_filename=The%2Bmobility%2Bof%2Bolder%2Bpeople%252C%2Ban%2Bintroduction.pdf&type_of)

12. Paillard-Borg S, Wang HX, Winblad B, Fratiglioni L. Pattern of participation in leisure activities among older people in relation to their health conditions and contextual factors: A survey in a Swedish urban area. *Ageing Soc.* 2009;29(5):803–21.
13. 1. Horgas AL, Wilms HU, Baltes MM. Daily life in very old age: Everyday activities as expression of successful living. *Gerontologist.* 1998;38(5):556–68.
14. Boslaugh S. Functional Status. In: Brocklehurst’s Textbook of Geriatric Medicine and Gerontology (Seventh Edition), 2010 Related. 2012.
15. Sincihu Y, Dewi BDN. Peningkatan Kemandirian Lansia Berdasarkan Perbedaan Activities Daily Living: Perawatan Lansia di Rumah dan di Panti Werda. *PROCEEDING TEMU Ilm KONSEP MUTAKHIR TATALAKSANA BERBAGAI PERSOALAN MEDIS Dalam Rangka Dies Natalis Fak Kedokt Univ Syiah Kuala ke-33.* 2015;Oktober:190–209.
16. 1. Kardi IS, Pudjianto M, Nasri N. Status Activity Daily Living Lansia pada Keluarga Mahasiswa Universitas ‘ Aisyiyah Surakarta di Era Pandemi. *Physio J.* 2020;1.
17. Xue QL. The Frailty Syndrome: Definition and Natural History. *Clin Geriatr Med.* 2011;27(1):1–15.
18. Dwipa L, Apandi M, Utomo PP. Adaptation and validation of the Indonesian version of the FRAIL scale and the SARC-F in older adults. 2021;16(1):1–7.
19. 1. Cunningham C, O’ Sullivan R. Why physical activity matters for older adults in a time of pandemic. *Eur Rev Aging Phys Act.* 2020;17(1):17–20.
20. 1. Chung W, Rebecca Genoe M, Tavilsup P, Stearns S, Liechty T. The ups and downs of older adults’ leisure during the pandemic. *World Leis J [Internet].* 2021;63(3):301–15. Available from: <https://doi.org/10.1080/16078055.2021.1958051>
21. 1. Moreno-Agostino D, Daskalopoulou C, Wu YT, Koukounari A, Haro JM, Tyrovolas S, et al. The impact of physical activity on healthy ageing trajectories: Evidence from eight cohort studies. *Int J Behav Nutr Phys Act.* 2020;17(1):1–12.
22. 1. Langhammer B, Bergland A, Rydwick E. The Importance of Physical Activity Exercise among Older People. *Biomed Res Int.* 2018;2018:3–6.

23. 1. Izquierdo M, Merchant RA, Morley JE, Anker SD, Aprahamian I, Arai H, et al. International Exercise Recommendations in Older Adults (ICFSR): Expert Consensus Guidelines. *J Nutr Heal Aging*. 2021;25(7):824–53.
24. 1. Said CM, Batchelor F, Duque G. Physical Activity and Exercise for Older People During and After the Coronavirus Disease 2019 Pandemic: A Path to Recovery. *J Am Med Dir Assoc* [Internet]. 2020;21(7):977–9. Available from: <https://doi.org/10.1016/j.jamda.2020.06.001>
25. 1. Rondón García LM, Aguirre Arizala BA, García García FJ. The importance of social relationships as a mechanism to improve the health and quality of life of the elderly, from an interdisciplinary perspective. *Rev Esp Geriatr Gerontol* [Internet]. 2018;53(5):268–73. Available from: <https://doi.org/10.1016/j.regg.2018.01.005>
26. 1. Gallucci M, Antuono P, Ongaro F, Forloni PL, Albani D, Amici GP, et al. Physical activity, socialization and reading in the elderly over the age of seventy: What is the relation with cognitive decline? Evidence from “The Treviso Longeva (TRELONG) study.” *Arch Gerontol Geriatr*. 2009;48(3):284–6.
27. 1. Mohamadi M, Goodarzi A, Aryannejad A, Fattahi N, Alizadeh-Khoei M, Miri S, et al. Geriatric challenges in the new coronavirus disease-19 (COVID-19) pandemic: A systematic review. *Med J Islam Repub Iran*. 2020;34(1).
28. 1. Setiati S, Laksmi PW, Aryana IGPS, Sunarti S, Widajanti N, Dwipa L, et al. Frailty state among Indonesian elderly: Prevalence, associated factors, and frailty state transition. *BMC Geriatr*. 2019;19(1):1–10.
29. 1. Dedeyne L, Deschodt M, Verschueren S, Tournoy J, Gielen E. Effects of multi-domain interventions in (pre)frail elderly on frailty, functional, and cognitive status: A systematic review. *Clin Interv Aging*. 2017;12:873–96.
30. 1. Snih S Al, Graham JE, Ray L a, Samper- R, Markides KS, Ottenbacher KJ. Frailty and incidence of activities of daily living. *J Rehabil Med*. 2009;41(11):892–7.