

DAFTAR PUSTAKA

- Andy, P., Dharma, K. S., Purwanto, E., Rivan, F., & Loriana, R. (2019). The Intervention of Brain Gym in Increasing the Quality of Life in Elderly. *Asian Comm Health Nurse 1(1)*, 30-35.
- Bachtiar, F. (2019). Pengaruh Senam Otak terhadap Kesehatan Mental Tingkat Lanjut Usia. *Jurnal Fisiologi dan Rehabilitasi*, 1(1), 62-68.
- Boyacioglu, N.E., Kutlu, Y. (2017) The effectiveness of phsychoeducational interventions in reducing the care burden of family members caring for the elderly in Turkey: A randomized controlled study. *Archives of Phsychitric Nursing*. 31 (183-189)
- Coppin, G., & Sanders. (2016). Theoretical Approaches to Emotion and Its Measurement. In *Emotion Measurement* (pp. 539-562). USA.
- Dennison, P. E. (2008). *Brain Gym and Me*. Jakarta: Gramedia.
- Dharma, K. (2011). *Metodologi Penelitian Keperawatan* (Rev. ed.). Jakarta: Trans Info Media.
- Evanjeli, A. (2012). Hubungan Antara Stress, Somatisasi, dan Kebahagiaan. Yogyakarta: UGM.
- Goodwin, H., Haycraft, E., & Meyer, C. (2012). The Relationship Beetween Compulsive Exercise and Emotion Regulation in Adult. *British Journal of Health Phsyiology*, 1-12.
- Gratz, K., & Roemer, L. (2004). Multidimensional assessment of Emotion Regulation and Dysregulation: Development, Factor Structure, and initial Validation of the Difficulties in Emotion Regulation Scale. . *Journ. Of Psychopathology and Behavioral Assesment*, 26(1), 41-54.
- Gros, J. (2014). Emotion Regulation: Affective, Cognitive, and Social Consequences. *Phsyocophysiology*, 39(1), 281-291.
- Hernandez, S. S., Sanderchi, P. F., DaSilva, P. A., Arancibia, B. A., DaSilva, P. J., Guiterezz, B., & Andrade, A. (2015). What are The Benefits of Exercise for Alzheimer Disease? A Sistematic Review of The Past 10 Years. *Journal of Aging and Physical Activity*, 23, 659-668.

- Hidayat, A. A. (2008). *Metode Penelitian Kebidanan dan Analisa Data*. Jakarta: Salemba Medika.
- Hyatt, K. (2014). Brain Gym, building stronger brains or whisful thinking? *Remedial and Special Education*. doi:10.1177/0741932507028000020201/
- Hui-Chen Hsu, Chih-Ju Chang, Heng-Hsin Tung, Tsae-Jyy Wang. (2019) Disability, emotional distress and well-being among patients with lumbar spondylolisthesis. *Journal of Clinical Nursing* 28:21-22, pages 3866-3878.
- Kaufman, A. A., Xia, H., Fosco, & Yaptango. (2015). Difficulties in Emotion Regulation Scale Short Form DERS-SF: Validation and Replication to Adolescent and Adult Sample. *J Phsyopathol Behav Asses*, 115, 62-68.
- Kementerian Kesehatan. (2016). *Info Datin Lansia di Indonesia*.
- Khaje Bishak, Y., Payahoo, L., Phourghasem, L., & Jafarabadi, M. A. (2014). Assessing The Quality of Life in Elderly People and Related Factors in Tabriz, Iran. *Journal of Caring Science*, 3(4), 257.
- Kim, Y. S., O'Sullivan, D. M., & Shin, S. K. (2019). Can 24 Weeks Strength Training Reduce Feeling of Depression and Increase Neurotransmitter in Elderly Females? *Experimental Gerontology*, 115, 62-68.
- Kremer, Louise, S., & Ujil. (2016). *Ttudying Emotion In Elderly*. doi:10.1016/978-0-08-100508.00022-9
- Little, W. (2012). *Introduction of Sociology*. Canada: Pressbook.
- Ningsih, A. (2019). Pengaruh Jus Belimbing Terhadap Penurunan Tekanan Darah pada Lansia di Kelurahan Tanjung Paku Kota Solok. *Ensiclopedia of Journal*, 1(2).
- Notoatmojo. (2012). *Metode penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Nugroho. (2012). *Keperawatan Gerontik*. Jakarta: Rineka Cipta.
- Setiati, S., Aru, W. S., Setiohadi, B., & Simadibrata, M. (2009). Proses Menua dan Implikasi Kliniknya. In *Buku Ajar Ilmu Penyakit Dalam Jilid I*. Jakarta: Internal Publishing.
- Sularyo, T. S., & Handryastuti. (2002). Senam Otak. *Sari Pediatri*, 4(1), 36-44.
- Surya, T. (2019). *Efektivitas Senam Otak (Brain Gym) dalam Menurunkan Tingkat Kejemuhan (Burnout) pada Siswa dalam Pembelajaran Sejarah*

kebudayaan Islam dan Aqidah Akhlak di MTs YAPI Sleman Yogyakarta.
UII : Tidak Dipublikasikan.

Tenant, R., Ruth, H., Louise, Fishwick, & Hiller-Ruth. (2007). The Warwick-Edinburgh Mental Well-Being Scale: Development and UK Validation. *Quality of Life Outcomes*, 5(63).

Undang Undang Republik Indonesia No. 13 Tahun 1998 Tentang Kesejahteraan Lanjut Usia.

WHO. (2015). *World Report in Ageing and Health*. Geneva: WHO Library Cataloguing in-Publication Data.

Wicaksana, I. (2018). The Effect of Acceptance and Commitment Therapy (ACT) on Anxiety Levels in Elderly Living at Panti Sosial Tresna Werdha Bali. *Public Health of Indonesia*, 4(2), 83-90.