

DAFTAR PUSTAKA

1. Khan HTA, Addo KM, Findlay H. Public Health Challenges And Responses To The Growing Ageing Populations. *Public Health Challenges*. 2024;3(3):1–9. doi:10.1002/puh2.213.
2. Lamb MK, Marin AOK, Menon S, Sogaard J. Aging Populations And Expenditures On Health. *The Journal Of The Economics Of Ageing*. 2024;29:100518:1-11. doi:10.1016/j.jeoa.2024.100518.
3. Pollak C, Verghese J, Blumen H. Loneliness And Functional Decline In Aging: A Systematic Review. *Research In Gerontological Nursing*. 2023;16(4):202–212. doi:10.3928/19404921-20230503-02.
4. Masoudi N, Sarbazi E, Soleimanpour H, Abbasian M, Ghasemi M, Rostami Z, et al. Loneliness And Its Correlation With Self-Care And Activities Of Daily Living Among Older Adults: A Partial Least Squares Model. *BMC Geriatrics*. 2024;24(1):1–7. doi:10.1186/s12877-024-05215-7.
5. Ma B, Yang J, Wong FKY, Wong AKC, Ma T, Meng J et al. Artificial Intelligence In Elderly Healthcare: A Scoping Review. *Ageing Research Reviews*. 2023;83:101808:1-11. doi:10.1016/j.arr.2022.101808.
6. World Health Organization. Ageing and health [Internet]. Geneva. 2025 [Cited 20 Oktober 2025]. Available from: https://www.who.int/news-room/fact-sheets/detail/ageing-and-health?utm_source.com.
7. Badan Pusat Statistik. Statistik Penduduk Lanjut Usia 2024. Jakarta: Badan Pusat Statistik; 2024.
8. Badan Pusat Statistik Kota Makassar. Statistik Kesejahteraan Rakyat Kota Makassar 2024. Makassar: Badan Pusat Statistik Kota Makassar; 2024.
9. Nasution F, Zulkarnain A, Paramitha F, Adhani NF, Salsabila RD. The Development Of Adults And The Elderly. *TOFEDU The Future Of Education Journal*. 2025;4(1):291–297. doi: 10.61445/tofedu.v4i1.413.
10. Hajizadeh A, Hafezi R, Torabi F, Sari AA, Tajvar M. Consequences Of Population Ageing On Health Systems: A Conceptual Framework For Policy And Practice. *Ethiopian Journal Of Health Sciences*. 2025;35(1):51–62.
11. Zhou Y, Ma L. Intrinsic Capacity In Older Adults: Recent Advances. *Aging And Disease*. 2022;13(2):353–359. doi:10.14336/AD.2021.0818.
12. Jiang Y, Shi Z, Liu A. Experiences Of Social Isolation In Older Adults With Chronic Diseases: A Qualitative Study Based On Patients' Perspectives. *Healthcare*. 2025;13(8).1-14. doi:10.3390/healthcare13080902.

13. Verma M, Sureka RK. The Relationship Between Activities Of Daily Living (ADL) And Quality Of Life (QOL) Among Elderly Individuals In Old Age Homes Of Prayagraj City, Uttar Pradesh. *Demography India*. 2024;53 (Special Issue):220–232.
14. Liang LY. The Impact Of Social Participation On The Quality Of Life Among Older Adults In China: A Chain Mediation Analysis Of Loneliness, Depression, And Anxiety. *Frontiers In Public Health*. 2024;12:1473657:1-10. doi: 10.3389/fpubh.2024.1473657.
15. Juma F, Sainz AF. Social Exclusion Among Older Adults: A Multilevel Analysis For 10 European Countries. *Social Indicators Research*. 2024;174(2):525–551. doi:10.1007/s11205-024-03369-w.
16. Jiao K, Pang X, Hu W. Co-residence With Children As A Mediator Between Widowhood And Loneliness In Older Adults. *BMC Geriatrics*. 2024;24(1). 1-15.doi:10.1186/s12877-024-05363-w.
17. Asri Y, Hartono A, Murwani A, Kristiarini JJ, Manga YB. Prevalence And Associated Factors Of Loneliness Among Older Adults In Indonesia : Insights From The Indonesian Family Life Survey (Ifls-5). *Jurnal Ners*. 2025;20(1):9–16. doi:10.20473/jn.v20i1.59927.
18. Susanty S, Chung MH, Chiu HY, Chi MJ, Hu SH, Kuo CL, et al. Prevalence Of Loneliness And Associated Factors Among Community-Dwelling Older Adults In Indonesia: A Cross-Sectional Study. *International Journal Of Environmental Research And Public Health*. 2022;19(8):1–11. doi:10.3390/ijerph19084911.
19. Marzo RR, Khanal P, Shrestha S, Mohan D, Myint PK, Su TT. Determinants Of Active Aging And Quality Of Life Among Older Adults: Systematic Review. *Frontiers in Public Health*. 2023;11:1193789:1-19. doi:10.3389/fpubh.2023.1193789.
20. Park JH, Kang SW. Social Interaction And Life Satisfaction Among Older Adults By Age Group. *Healthcare*. 2023;11:2951:1-10. doi: 10.3390/Healthcare11222951.
21. Li X, Wang P, Jiang Y, Yang Y, Wang F, Yan F, et al. Physical Activity And Health-Related Quality Of Life In Older Adults: Depression As A Mediator. *BMC Geriatrics*. 2024;24(1):1–10. doi:10.1186/s12877-023-04452-6.
22. Sanchez JLS, Lu WH, Gomez DG, Cruz BDP, Barreto PDS, Lucia A, et al. Association Of Intrinsic Capacity With Functional Decline And Mortality In Older Adults: A Systematic Review And Meta-Analysis Of Longitudinal Studies. *The Lancet Healthy Longevity*. 2024;5(7):480–492. doi:10.1016/S2666-7568(24)00092-8.

23. Kementerian Kesehatan Republik Indonesia. Survei Kesehatan Indonesia (SKI) 2023. Kementerian Kesehatan Republik Indonesia. Jakarta; 2023.
24. Handajani YS, Butterfill ES, Hogervorst E, Turana Y, Hengky A. Functional Dependency And Its Associated Factors Among Older Adults In Indonesia. *Aging Medicine And Healthcare*. 2023;14(3):146–155. doi:10.33879/AMH.143.2022.05051.
25. Wardoyo SSI, Rosadi R, Manaf H. Analysing The Effect Of Cognitive Function And Activities Of Daily Living On Quality Of Life Among The Elderly In Malang, Indonesia. *Russian Open Medical Journal*. 2025;14(3):1–6. doi:10.15275/rusomj.2025.0310.
26. Liao M, Zhang X, Xie Z, Li L, Zou L. The Mediating Effect Of Life Satisfaction Between Daily Living Abilities And Depressive Symptoms In The Chinese Older People: Evidence From CHARLS 2020. *Frontiers Public Health*. 2024;12:1393530:1-11. doi: 10.3389/fpubh.2024.1393530.
27. Alimurdianis, Hutaperi B, Jamil AR, Dewi S. Pemberian Edukasi “Lansia Terawat, Indonesia Bermartabat” Hari Lanjut Usia Nasional (HLUN) 2024. *Jurnal Pengabdian Masyarakat Kesehatan (JURABDIKES)*. 2024;2(1):24–31. doi:10.56260/jurabdikes.v2i1.155.
28. Meliyana E. Masa Tua Yang Bahagia dan Berguna. *Jurnal Sosiohumaniora Kodepena (JSK)*. 2023;4(2):192–197. doi:10.54423/jsk.v4i2.165.
29. Hanafi M, Kriswoyo PG, Priyanto S. Gambaran Pengetahuan Dan Sikap Pendamping Lansia Setelah Menerima Pelatihan Tentang Perawatan Kesehatan Lanjut Usia (Description Of Knowledge And Attitude Of Elderly Companion After Receiving Training On Elderly Health Care). *Jurnal Kesehatan*. 2022;11(1):65–73. doi:10.46815/jk.v11i1.71.
30. Arna YD, Kelabora J, Ranti IN, Fione VR, Horhoruw A, Asmanindar, et al. *Lansia Dan Permasalahannya*. Cilacap: PT Media Pustaka Indo; 2024.
31. Yulistanti Y, Anggraini Y, Pranatha A, Kurwiyah N, Karyatin, Maria D, et al. *Keperawatan Gerontik*. Medan: Penerbit Yayasan Kita Menulis; 2023.
32. Rahmadani Z, Putri IY, Yarni L. Perkembangan Usia Lanjut. *Jurnal Pendidikan dan Ilmu Sosial*. 2024;2(4):39–50. doi:10.54066/jupendis.v2i4.2112.
33. Susilowati D, Yenni, Ilda ZA, Haris, Helda. *Buku Ajar Pertumbuhan dan Perkembangan Manusia* [Internet]. Jakarta: PT Nuansa Fajar Cemerlang; 2024. [cited 2025 Nov 4]. Available from: https://books.google.co.id/books?id=kLiHEQAAQBAJ&pg=PA110&dq=Indikator+interaksi+sosial+pada+lansia&hl=id&newbks=1&newbks_redir=0&source=gb_mobile_search&ovdme=1&sa=X&ved=2ahUKewi7xeG22NQQAxx1yZgGHdwsEck4ChDoAXoECAkQAw#v=onepage&q=Indikator

interaksi sosial pada lansia&f=false.

34. Sya'diyah H. Keperawatan lanjut usia. Sidoarjo: Indomedia Pustaka; 2018.
35. Nindawi, Nugrahani CI. Meninjau Kualitas Hidup Lansia [Internet]. Jawa Tengah: PT Nasya Expanding Management; 2023. Available from: https://books.google.co.id/books?id=_9HhEAAAQBAJ&pg=PR4&dq=indasah+dan+melda+2023&hl=id&newbks=1&newbks_redir=0&source=gb_mobile_search&ovdme=1&sa=X&ved=2ahUKEwjT896pmNGQAxVMRmcHHRnpCRgQ6AF6BAgHEAM#v=onepage&q=indasah dan melda 2023&f=false.
36. Manurung MEM, Utami RA, Tandilangi AA, Maria D, Kusumaningsih I, Siregar NSN, et al. Ilmu Dasar Keperawatan Gerontik. Medan: Yayasan Kita Menulis; 2023.
37. Mujiadi, Rachmah S. Buku Ajar Keperawatan Gerontik. Mojokerto: Penerbit Stikes Majapahit Mojokerto; 2022.
38. Asri Y, Zakaria A, Yunita H.N, Rakhmawati R. Buku Ajar Keperawatan Gerontik. Yogyakarta: Nuha Medika; 2024.
39. Suhari, Endarwati S, Rosidah LK, Yunara Y, Malawat R, Hatuwe E, et al. Pencegahan Dan Penanganan Malnutrisi Pada Lansia [Internet]. Jakarta Barat: Penerbit Optimal Untuk Negeri; 2025. Available from: https://books.google.co.id/books?id=o2V_EQAAQBAJ&pg=PA114&dq=Ciri+ciri+dan+karakteristik+lansia&hl=id&newbks=1&newbks_redir=0&source=gb_mobile_search&ovdme=1&sa=X&ved=2ahUKEwiY4JvlrcmQAxVljgGHV7MBNwQ6AF6BAgQEAM#v=onepage&q=Ciri ciri dan karakteristik lansia&f=false.
40. World Health Organization. WHOQOL: Measuring Quality Of Life [Internet]. Geneva. 2025 [Cited 13 November 2025]. Available from: <https://www.who.int/tools/whoqol/whoqol-bref/docs/default-source/publishing-policies/whoqol-bref/indonesian-whoqol-bref>.
41. Widiono S, Darubekti N, Hanum SH. Kualitas Hidup Dan Aktivitas Sehari-Hari Lansia Pedesaan. Prosiding Konferensi Nasional Sosiologi (PKNS). 2023;1(2):426–431.
42. Aryati DP, Fatimah S. Hubungan Kesepian Dengan Kualitas Hidup Lansia Yang Tinggal Di Panti Pelayanan Sosial Lanjut Usia. Jurnal Ilmiah Kesehatan. 2024;17(1):18–26.
43. Ruhmadi E, Budi HA. Monograf: Quality Of Life Pada Pasien Terminal Illness. Tasikmalaya: Perkumpulan Rumah Cemerlang Indonesia; 2021.
44. Tingginehe RM, Pariaribo K, Zaumuli H. Edukasi Gizi Seimbang Meningkatkan Kualitas Hidup Lansia [Internet]. Praya, Nusa Tenggara

- Barat: Pusat Pengembangan Pendidikan dan Penelitian Indonesia; 2024. Available from: https://books.google.co.id/books?id=BwArEQAAQBAJ&pg=PA27&dq=Faktor+yang+mempengaruhi+kemandirian+lansia&hl=id&newbks=1&newbks_redir=0&source=gb_mobile_search&ovdme=1&sa=X&ved=2ahUKEwj m3_HCrrGQAxWlw6ACHTnQMnw4HhDoAXoECA0QAw#v=onepage&q=Faktor yang mempengaruhi kemandirian lansia&f=false.
45. Sinulingga E, Krismaningrum HP, Metri D, Juwariyah S, Lestari S. Buku Konsep Dasar Perawatan Lansia [Internet]. Jakarta: Mahakarya Citra Utama; 2025. Available from: https://www.google.co.id/books/edition/Buku_Konsep_Dasar_Perawatan_Lansia/G9FnEQAAQBAJ?hl=id&gbpv=0.
 46. Indriyani A, Suryani, Suratini. Hubungan Interaksi Sosial Dengan Fungsi Kognitif Pada Lansia Di Padukuhan Jogonalan Lor Kasihan Bantul Yogyakarta. Prosiding Seminar Nasional Penelitian dan Pengabdian Kepada Masyarakat. 2024;2:750–756.
 47. Fahreza I, Thamrin H. Bentuk Interaksi Sosial Antar Sesama Lansia, Pengasuh Dan Pendamping Di Panti Lansia Binjai. SOSMANIORA: Jurnal Ilmu Sosial dan Humaniora. 2023;2(3):338–346. doi:10.55123/sosmaniora.v2i3.2455.
 48. Setyowati S, Iskandar E, Supatmi, Tursilowati SY, Suyatno. Edukasi Interaksi Sosial Pada Keluarga Lansia Sebagai Upaya Peningkatan Kualitas Hidup Lansia. Journal Of Community Empower. 2024;6(3):94–101.
 49. Lesmana HSJ. Pengantar Sosiologi [Internet]. Kota Tangerang: PT Bidara Cendekiawan Ilmi Nusantara; 2020. Available from: https://books.google.co.id/books?id=MLEKEQAAQBAJ&pg=PA8&dq=Bentuk+dan+jenis+interaksi+sosial&hl=id&newbks=1&newbks_redir=0&source=gb_mobile_search&ovdme=1&sa=X&ved=2ahUKEwjuzM797LCQAxUSWGwGHd6iA94Q6AF6BAGKEAM#v=onepage&q=Bentuk dan jenis interaksi sosial&f=false.
 50. Muary R. Sosiologi Pengantar, Teori Dan Paradigma [Internet]. Medan: Merdeka Kreasi Group; 2022. Available from: https://books.google.co.id/books?id=ww2hEAAAQBAJ&pg=PP7&dq=Syarat+terjadinya+interaksi+sosial&hl=id&newbks=1&newbks_redir=0&source=gb_mobile_search&ovdme=1&sa=X&ved=2ahUKEwi59Y7x4tOQAxVgyDgGHU7UDKgQ6AF6BAGPEAM#v=onepage&q=Syarat terjadinya interaksi sosial&f=false.
 51. Simorangkir L, Ginting A, Hulu VH. Gambaran Interaksi Sosial Lansia Di Klinik Romana Desa Tanjung Anom Tahun 2023. Journal Of Social Science Research. 2024;4(2):109–116. doi:10.31004/innovative.v4i2.9356.

52. Mardliyah U, Basri L, Ula SNN, Hidayat N, Rais L. Pengantar Sosiologi [Internet]. Yayasan Cendikia Mulia Mandiri; 2025. Available from: https://books.google.co.id/books?id=omNQEQAQAQBAJ&pg=PA43&dq=faktor+faktor+yang+mempengaruhi+interaksi+sosial&hl=id&newbks=1&newbks_redir=0&source=gb_mobile_search&ovdme=1&sa=X&ved=2ahUKEwie7aj9kbGQAxX7zzgGHTiDH34Q6AF6BAgOEAM#v=onepage&q=faktor faktor yang mempengaruhi interaksi sosial&f=false.
53. Damayanti I, Ibrahim HS, Khairani. Hubungan Interaksi Sosial Dengan Kualitas Hidup Lanjut Usia. *Idea Nursing Journal*. 2021;12(1):33–42. doi:10.52199/inj.v12i1.22952.
54. Sukmana O, Widodo ERP. Monograf Perlindungan Sosial Bagi Lansia [Internet]. Kota Malang: UMMPress; 2025. Available from: https://books.google.co.id/books?id=7Kp-EQAQAQBAJ&pg=PA89&dq=Peran+penting+interaksi+sosial+bagi+kesejahteraan+lansia&hl=id&newbks=1&newbks_redir=0&source=gb_mobile_search&ovdme=1&sa=X&ved=2ahUKEwj9lsej9NOQAxUhWHADHRCZB74Q6AF6BAgMEAM#v=onepage&q=Peran penting interaksi sosial bagi kesejahteraan lansia&f=false.
55. Sumarsih G. Cawthorne-cooksey Exercise untuk Lansia [Internet]. Yogyakarta: CV Mitra Edukasi Negeri; 2023. Available from: https://books.google.co.id/books?id=2WkDEQAQAQBAJ&pg=PA3&source=gb_mobile_entity&hl=id&newbks=1&newbks_redir=0&gboemv=1&ovdme=1&gl=ID&redir_esc=y#v=onepage&q&f=false.
56. Sari W, Dewi P, Susanto A. Gambaran Tingkat Kemandirian Lansia Dalam Pemenuhan ADL (Activity Daily Living). *Jurnal Cakrawala Ilmiah*. 2022;1(12):3403–3410.
57. Purba EP, Veronika A, Ambarita B, Sinaga D. Tingkat Kemandirian Lansia Dalam Pemenuhan Activity Daily Living (ADL) di Panti Pemenang Jiwa. *Health Caring: Jurnal Ilmiah Kesehatan*. 2022;1(1):27–35. doi:doi.org/healthcaring.v1n1.1320.
58. Abdullah, Mangemba DG, Aminuddin, Pangaribuan H. Faktor Yang Memengaruhi Kemandirian Lansia Di Wilayah Kerja Puskesmas Samata Kabupaten Gowa. *Lentora Nursing Journal*. 2022;2(2):70–75. doi:10.33860/lmj.v2i2.1351.
59. Ekasari MF, Riasmini NM, Hartini T. Meningkatkan Kualitas Hidup Lansia Konsep Dan Berbagai Strategi Intervensi [Internet]. Malang: Wineka Media; 2018. Available from: https://books.google.co.id/books/about/Meningkatkan_Kualitas_Hidup_Lansia_Konse.html?id=IWCIDwAAQBAJ&printsec=frontcover&source=gb_mobile_entity&hl=id&newbks=1&newbks_redir=0&gboemv=1&ovdme=1&gl=ID&redir_esc=y#v=onepage&q&f=false.

60. Wildhan RY, Suryadinata RV, Artadana IBM. Hubungan Tingkat Activity Daily Living (ADL) Dan Kualitas Hidup Lansia di Magetan. *Jurnal Ilmiah Kedokteran Wijaya Kusuma*. 2022;11(1):42–48. doi: 10.30742/jikw.v11i1.1578.
61. Atiqah H, Lumadi SA. Hubungan Fungsi Kognitif Lansia Dengan Tingkat Kemandirian Lansia Di Posyandu Lansia Kelurahan Balearjosari Malang. *Jurnal Ilmiah Kesehatan Rustida*. 2020;7(2):107–114. doi: 10.55500/jikr.v7i2.112.
62. Palaka MB, Sari NN, Agata A. Hubungan Dukungan Keluarga Dengan Kemandirian Lansia Dalam Pemenuhan Aktivitas Sehari-Hari Di Wilayah Kerja Puskesmas Gunung Sari Tanggamus Tahun 2024. *Jurnal Multidisiplin Teknologi Dan Arsitektur*. 2024;2(2):545–554. doi:10.57235/motekar.v2i2.3696.
63. Hanifah H, Salsabillah L, Fitri AT, Febriani RM, Hidayatullah R, Harmonedi. Landasan Teori, Penelitian Releven, Kerangka Berpikir Dan Hipotesis Penelitian Pendidikan. *Jurnal Pendidikan Islam*. 2025;3(2):391–404.
64. Selviana L, Afgani MW, Siroj RA. Correlational Research. *Innovative: Journal Of Social Science Research*. 2024;4(1):5118–5128.
65. Sugiyono. *Metodologi Penelitian Kuantitatif, Kualitatif dan R & D*. 19th ed. Bandung: Penerbit Alfabeta; 2013.
66. Lestari SW, Fauzi RA, Alif MN. Exploring The Role Of Aquatic Activities In Enhancing Social-Emotional Development In Hyperactive Children. *Gladi : Jurnal Ilmu Keolahragaan*. 2025;16(02):249–268. doi:https://doi.org/10.21009/GJIK.162.10.
67. Katz S, Ford AB, Roland W, Moskowitz, Jackson BA, Jaffe MW et al. Studies Of Illness In The Aged The Index Of ADL: A Standardized Measure Of Biological And Psychosocial Function. *Jama*. 1963;185(12):94–99.
68. World Health Organization. WHOQOL-BREF: Introduction, Administration, Scoring And Generic Version Of The Assessment. Geneva: World Health Organization; 1996:1-16.
69. World Health Organization. The World Health Organization Quality of Life (WHOQOL)-BREF: Indonesian version. Geneva: World Health Organization; 2004:1-6.
70. Masithoh AR, Kulsum U, Parastuti F, Widiowati I. Hubungan Interaksi Sosial Dan Fungsi Keluarga Dengan Kualitas Hidup Pada Lansia Di Posyandu Seroja Desa Sambian Rembang. *Jurnal Ilmu Keperawatan dan Kebidanan*. 2022;13(1):176–184. doi: 10.26751/jikk.v13i1.1320.

71. Dewi LTE, Luthfa I, Aspihan M. Analisis Hubungan Tingkat Kesepian dan Interaksi Sosial Pada Lansia Di Rumah Pelayanan Sosial Lanjut Usia Pucang Gading Semarang dan Wening Wardoyo Ungaran. *Jurnal Ilmiah Analisis Kesehatan*. 2024;10(2):245–257. doi: 10.37012/anakes.v10i2.2540.
72. Rahma K, Rahmawati F. Hubungan Antara Dukungan Sosial Keluarga Dan Fungsi Kognitif Terhadap Kemampuan Interaksi Sosial Pada Lansia Di Desa Jadimulya Kecamatan Gunung Jati Kabupaten Cirebon Tahun 2024;13(2):1–9. <https://doi.org/10.58901/jikp.v13i2.659>.
73. Hermansyah H, Rahmawati F. Hubungan Antara Dukungan Keluarga Dan Fungsi Kognitif Terhadap Kemampuan Interaksi Sosial Lansia. *National Nursing Conference*. 2023;1(2):204–209.doi: <https://doi.org/10.34305/nnc.v1i2.868> .
74. Faujiah S, Adesulistyawati & Suaib. Hubungan Interaksi Sosial Dengan Tingkat Kesepian Pada Lansia Di Panti Jompo. *Jurnal Kesehatan Tambusai* 2023;4(3):4069–4078. doi: <https://doi.org/10.31004/jkt.v4i3.18385.10.24843.MU.2024.V13.i04.P11>.
75. Rahmah SM, Lestari Y, Aprilia D, Mulyana R, Abdiana et al. The Relationship Between Social Interaction And Quality Of Life Of The Elderly In Korong Gadang Village Kuranji Sub-District Padang City. 2024;13(04):59–64.doi: 10.24843.MU.2024.V13.i04.P11.
76. Almira DM, Tobing DL. Dukungan Sosial, Kesejahteraan Psikologis Dan Tingkat Kesepian Lansia. *Indonesian Jurnal of Health Development*. 2025;7(2):15–24.
77. Siegal YS, Sinaga TR, Manurung J, Nababan D, & Bangun HA. Faktor Faktor Yang Mempengaruhi Kualitas Hidup Lansia Di Wilayah Kerja Puskesmas Medan Denai Tahun 2025. *Jurnal Kesmas Dan Gizi*. 2025;8(1):55-60. doi:10.35451/z5dqds18.
78. Leonti RM, Turliuc MN. Better And Healthier Together? The Mediation Effect Of Positive Psychological Capital On The Relationship Between Perceived Social Support And Health-Related Quality Of Life Among Older Adults. *International Journal Of Aging And Human Development*. 2025;100(4):502-526. doi:10.1177/00914150241268178.
79. Susanto DHD. Association of Loneliness, Social Isolation And Health Problems In The Elderly. *Jurnal Psikiatri Surabaya*. 2024;13(S1):40–45. doi: 10.20473/jps.v13.isi1.62654.
80. Sari A, Herlina & Elita V. Hubungan Pola Komunikasi Keluarga Terhadap Tingkat Kesepian (Loneliness) Pada Lansia. *Caring: Jurnal Keperawatan*. 2022;11(1):7-15.doi: 10.29238/caring.v11i1.1238.

81. Hamdani NWS, Laksmi DY & Indriani. Gambaran Tingkat Kemandirian Lansia Terhadap Pemenuhan Aktifitas Sehari-Hari Di Balai. 2025;5(1):1–7.doi: <https://doi.org/10.31101/jitu.3808>.
82. Sharif S, Jawahir S, Fun WH, Tan EH, Razman AH, Awang H, et al. Predictors Of Transition From Independence To Limitations In Activities Of Daily Living (ADL) Among Independent Community-Dwelling Older Adults: Longitudinal Evidence From The Malaysia Ageing And Retirement Survey (MARS). BMC Geriatrics. 2025;25:447.1-14.doi: <https://doi.org/10.1186/s12877-025-06076-4>.
83. Liao J, Wang J, Jia S, Cai Z, Liu H. Correlation Of Muscle Strength, Working Memory, And Activities Of Daily Living In Older Adults. Frontiers In Aging Neuroscience. 2024;16:1453527.1–10.doi:10.3389/fnagi.2024.1453527.
84. Sinclair AJ, Ahmed H & Abdelhafiz. Multimorbidity, Frailty And Diabetes In Older People–Identifying Interrelationships And Outcomes. Journal Of Personalized Medicine. 2022;12:1911.1-21.doi: <https://doi.org/10.3390/jpm12111911>.
85. Feng M, Li J, Xie F, Chen Z. The Relationship Between Social Support, Cognitive Function And Activities Of Daily Living In Older People: A Cross-Sectional Study. Frontiers In Public Health. 2025;13:1602466.doi: <https://doi.org/10.3389/fpubh.2025.1602466>.
86. Gao J, Gao Q, Huo L, Yang J. Impaired Activity Of Daily Living Status Of The Older Adults And Its Influencing Factors: A Cross-Sectional Study. International Journal Of Environmental Research And Public Health. 2022;19(23).1-10.doi: <https://doi.org/10.3390/ijerph192315607>.
87. Mobolaji JW. Unmet Needs For Support In Activities Of Daily Living Among Older Persons: The Effects Of Family And Household Structures In A Low- And Middle-Income Context. Geriatrics. 2024;9(1).1-21.doi: <https://doi.org/10.3390/geriatrics9010005>.
88. Redzovic S, Vereijken B, Bonsaksen T. Aging At Home: Factors Associated With Independence In Activities Of Daily Living Among Older Adults In Norway a HUNT Study. Frontiers In Public Health. 2023;11:1215417.1-9.doi: <https://doi.org/10.3389/fpubh.2023.1215417>.
89. Lin CH, Liu CY, Huang CC & Rong JR. Frailty And Quality Of Life Among Older Adults In Communities: The Mediation Effects Of Daily Physical Activity And Healthy Life Self-Efficacy. Geriatrics. 2022;7(6),125.1-10.doi: <https://doi.org/10.3390/geriatrics7060125>.
90. Wang S, Wu Z, Guo Z, Wang F, & Liu B. The Impact Of Physical And Mind Exercise On Functional Disability In Activities Of Daily Living Among The Oldest Old. BMC Public Health. 2025;25:1813.1-7. doi:10.1186/s12889-025-22968-x.

91. Xie L, Ma W, Du K, Huang Y, Li A, Wang H et al. Association Between Exercise Self-Efficacy And Physical Activity In Elderly Individuals: A Systematic Review And Meta-Analysis. *Frontiers In Psychology*. 2025;16:1525277:1-17.doi: 10.3389/fpsyg.2025.1525277.
92. Pakpahan RE, Sigalingging VYS, Saragih E, Siallagan LV. Hubungan Antara Dukungan Keluarga Dan Kemandirian Lansia Dalam Memenuhi Kegiatan Sehari-Hari Di Klinik Romana Di Tanjung Anom Medan Pada Tahun 2024. *Jurnal Kelitbangan*. 2026;14(1):1-25.doi: <https://doi.org/10.35450/jip.v14i1.1607>.
93. Liu M, Chang Y, Zhao S, Guo W, Ji X, Liu Y et al. The Effect Of The Interaction Between Intrinsic Capacity And Social Support On The Trajectories Of Activities Of Daily Living In Older Adults. *Geriatric Nursing*. 2024;60:231-240. doi: <https://doi.org/10.1016/j.gerinurse.2024.09.007>.
94. Kallstrand J, Lindgren EC, & Carlsson IM. Perpetuating Ability To Live Life As Usual: A Grounded Theory Study Of Persons Living With Age-Related Macular Degeneration. *BMC Geriatrics*. 2024;24(1):1–9. doi: <https://doi.org/10.1186/s12877-024-04689-9>.
95. Ren XQ, Zhao GM, Fang SW, Xu LF, Wang LD, Zhao LH, et al. Mediating Roles Of Activities Of Daily Living And Depression On The Relationship Between Sleep Quality And Health-Related Quality Of Life. *Scientific Reports*. 2024;14(1):1–11. doi: <https://doi.org/10.1038/s41598-024-65095-0>.
96. Nurmalida, Azniah, & Kadrianti E. Faktor Determinan Kualitas Hidup Pada Lansia Dengan Penyakit Comorbid. *Jurnal Ilmiah Mahasiswa & Penelitian Keperawatan*. 2024;4(1):22-28.doi: <https://doi.org/10.35892/jimpk.v4i1.1389>.
97. Zheng J, Xu J, Wu Y, Xu S & Gao Y. Intergenerational Support, Activities Of Daily Living, And The Interaction On Psychological Distress In Older Adults. *Frontiers In Psychology*. 2024;15:1454662:1-17 doi: 10.3389/fpsyg.2024.1454662.
98. Hadi N. Pembinaan Lansia Melalui Kajian Keislaman: Upaya Meningkatkan Kesejahteraan Spiritual Dan Sosial Di Desa Selokaton Kecamatan Gondangrejo Kabupaten Karanganyar. *Jurnal Pengabdian Masyarakat*. 2025;2(3):201–204.doi: <https://doi.org/10.60126/jukemas.v2i3.1191>.
99. Jepisa T, Ririn & Wati L. Analisis Kualitas Hidup lansia Yang Tinggal Di Pstw Dan Komunitas. *Jurnal Ilmu Kesehatan Mandira Cendekia*. 2024;3(1):195-204.doi: 10.58303/jikmc.v3i1.857.

100. Elisabeth T, Putra FCT & Awaludin R. Seni Beradaptasi Meningkatkan Kualitas Hidup Dimasa Tua Dalam Proses Tumbuh Kembang Lanjut Usia. *Jurnal Peduli Masyarakat*. 2025;7(1):121–128.doi: <https://doi.org/10.37287/jpm.v7i1.5612>.
101. Susanti & Mona S. The Correlation Of Social Support With The Quality Of Life Of The Elderly. *International Journal Of Health Science*. 2025;5(2):148–154.doi: <https://doi.org/10.55606/ijhs.v5i2.5506>.
102. Geigl C, Loss J, Leitzmann M, & Janssen C. Social Factors Of Health-Related Quality Of Life In Older Adults: A Multivariable Analysis. *Quality Of Life Research*. 2023;32(11):3257–3268. doi: <https://doi.org/10.1007/s11136-023-03472-4>.
103. Luo J & Han Z. Have A Place To Live? Study On The Influence Of The Living Environment On The Subjective Well-Being Of Older Adults. *BMC Psychology*. 2025;13:694:1–11.doi: <https://doi.org/10.1186/s40359-025-03007-1>.
104. Setiyowati F, Luthfa I, & Abrori. Hubungan Tingkat Kesepian Dengan Kualitas Hidup Pada Lansia Di Panti Werdha Pucang Gading Semarang Dan Wening Wardoyo Ungaran. *Jurnal Keperawatan Medika*. 2025;3(2):26-33. <https://doi.org/10.24036/jkem.v3i2.271>.
105. Oktarina R, Maryana, & Agustiani S. Faktor – Faktor Yang Berhubungan Dengan Kualitas Hidup Lansia Di Panti Bhakti Kasih Siti Anna Dan Rumah Kasih Emaus Kota Pangkalpinang Tahun 2024. *Jurnal Kesehatan Tambusai*. 2024;5(4):11039-11049.doi: <https://doi.org/10.31004/jkt.v5i4.33723>.
106. Setyowati S, Isnaeni Y, Rahayu BA, Supatmi, Pranawati E, Kumalasari DN Hubungan Spritualitas Dan Interaksi Sosial Dengan Kualitas Hidup Lansia. *Community Of Publishing In Nursing*. 2024;12(2):156–164.doi: 10.24843/coping.2024.v12.i02.p06.
107. Chen X, Wu M, Wang D, Zhang J, Qu B, & Zhu Y. Association Of Smart Elderly Care And Quality Of Life Among Older Adults: The Mediating Role Of Social Support. *BMC Geriatrics*. 2024;24(1):1–8.doi: <https://doi.org/10.1186/s12877-024-05073-3>.
108. Xing Y, Zhang L, Zhang Y & He R. Relationship Between Social Interaction And Health Of The Floating Elderly Population In China: An Analysis Based On Interaction Type, Mode And Frequency. *BMC Geriatrics*. 2023;23(1):1–14.doi: <https://doi.org/10.1186/s12877-023-04386-z>.
109. Sabilah AMA, Widagdo W & Nurhaeni H. The Effect Of Socialization Group Activity Therapy Through Storytelling Cards On Improving Social Interaction Of Elderly People With Loneliness. *Jurnal Kesehatan Manarang*. 2024;10(3):316-327.doi: <https://doi.org/10.33490/jkm.v10i3.1412>.

110. Luo L, Xing Y, Shang Z, Ren W & Zhang L. Association Between Diversified Social Interaction And Health Among Older Adults In China: A Longitudinal Analysis By Interaction Type And Frequency. *BMC Geriatrics*. 2025;25(1):1-14.doi: <https://doi.org/10.1186/s12877-025-06408-4>.
111. Rusdiyanti N, Pratikto H, Aristawati AR. Quality of life pada lansia : Bagaimana peran dukungan sosial?. *Jurnal Penelitian Psikologi*. 2024;5(1):116–124.doi: <https://doi.org/10.30996/sukma.v5i1.11596>.
112. Peng J, Qi H, Fan Z, Zhou Q & Lin Y. Social support and health behaviors of older adults during the COVID-19 pandemic in China: a moderated mediation model of loneliness and economic income. *BMC Public Health*. 2024;24:2780.1-10.doi: <https://doi.org/10.1186/s12889-024-20272-8>.
113. Shin H & Park C. Social Support And Psychological Well-Being In Younger And Older Adults: The Mediating Effects Of Basic Psychological Need Satisfaction. *Frontiers In Psychology*. 2022;13:1051968:1-14.doi: 10.3389/fpsyg.2022.1051968.
114. Foong HF, Ibrahim R, Hamid TA, & Bagat MF. The Individual And Combined Effects Of Social Networks And Loneliness On Life Satisfaction Among Community-Dwelling Residing Older Adults: A Longitudinal Study. *Healthcare*. 2023;11(7):935:1-15. doi: 10.3390/healthcare11070935.
115. Rosida & Pradana AA. Faktor-Faktor Yang Mempengaruhi Kualitas Hidup Lansia: Literature Review. *Jurnal Mitra Kesehatan*. 2022;5(1):49-56.doi: 10.47522/jmk.v5i1.175.
116. Wu J, Li Y, & Chao Q. An Emotional Support Model In Aging Families: Linking Interaction Patterns To Positive Mental Health Through Social Activity Engagement And Aging Attitudes. *Frontiers In Public Health*. 2025;13:1531110:1-9.doi: 10.3389/fpubh.2025.1531110.
117. Mailita W & Suci H. Hubungan Aktivitas Fisik Dengan Kualitas Hidup Lansia Di Puskesmas Andalas Padang Tahun 2024. *Seroja Husada Jurnal Kesehatan Masyarakat*. 2024;1(5):292–302. doi: <https://doi.org/10.572349/verba.v2i1.363>.
118. Ariyanti S, Arfah A & Pannyiwi R. Efektivitas Terapi Aktivitas Kelompok Terhadap Peningkatan Kemandirian Lansia. *Jurnal Ilmu Kesehatan* 2025;4(1):177–192.doi: <https://doi.org/10.59585/bajik.v4i1.900>.
119. Beltz S, Gloystein S, Litschko T, Laag S & Berg NVD. Multivariate Analysis Of Independent Determinants Of ADL/IADL And Quality Of Life In The Elderly. *BMC Geriatrics*. 2022;22(1):1–16. doi: <https://doi.org/10.1186/s12877-022-03621-3>.

120. Hastaoglu F & Mollaoglu M. The Effects Of Activities Of Daily Living Education On The Independence And Life Satisfaction Of Elders. Perspectives In Psychiatric Care. 2022;58(4):2978–2985.doi: 10.1111/ppc.13149.
121. Ma X, Li X, Che L, & Dong J. Influence Of Physical Exercise On Activities Of Daily Living In Older Adults: An Empirical Analysis Based On Propensity Score Matching And Difference-In-Differences. Frontiers In Public Health. 2025;13:1463348:1-10.doi:10.3389/fpubh.2025.1463348.
122. Zhang Y & Sun L. The Health Status, Social Support, And Subjective Well-Being Of Older Individuals: Evidence From The Chinese General Social Survey. Frontiers Public Health. 2024;12:1312841.1-8.doi: 10.3389/fpubh.2024.1312841.
123. Lopez J, Rojo GP, Noriega C, Cabaco AS, Sitges E, & Bonete . Quality-Of-Life In Older Adults: Its Association With Emotional Distress And Psychological Wellbeing. BMC Geriatrics. 2024;24:815.1-6.doi: https://doi.org/10.1186/s12877-024-05401-7.