

## DAFTAR PUSTAKA

- All Seniors Care. (2021). *The Benefits of Reading For Seniors*. Retrieved from <https://www.allseniorscare.com/blog/the-benefits-of-reading-for-seniors/>
- Altman, I., & Chemers, M. (1980). *Culture and Environment*. Monterey, California: Brooks Cole. Retrieved from [https://books.google.co.id/books?id=VW85AAAAIAAJ&printsec=copyright&redir\\_esc=y#v=onepage&q&f=false](https://books.google.co.id/books?id=VW85AAAAIAAJ&printsec=copyright&redir_esc=y#v=onepage&q&f=false)
- American Senior Communities. (2015). *Therapeutic Benefits of Massage for Seniors*. Retrieved from <https://www.asccare.com/therapeutic-benefits-massage-seniors/>
- Anchor Health. (2021). *Benefits of Art Therapy for Seniors*. Retrieved from <https://anchorhc.org/benefits-of-art-therapy-for-seniors>
- Anita's Angels. (2021). *Benefits of Knitting Therapy for Seniors - Plus Free Knitting Patterns*. Retrieved from <https://anitasangels.com/knitting-therapy-for-senior-citizens/>
- Architectural Services Department. (2018). *Elderly-friendly Design Guidelines*.
- Arikunto, S. (2016). *Prosedur Penelitian: Suatu Pendekatan Praktik*. Rineka Cipta.
- Azizah, L. M. (2011). *Keperawatan Lanjut Usia*. Graha Ilmu.
- Badan Pusat Statistik. (2016). *Profil Penduduk Indonesia Hasil Supas 2015*.
- Batt-Rawden, K. B., & Stedje, K. (2020). Singing As A Health-Promoting Activity in Elderly Care: A Qualitative, Longitudinal Study in Norway. *Journal of Research in Nursing : JRN*, 25(5), 404–418. <https://doi.org/10.1177/1744987120917430>
- Borrelli, L. (2019). *Neurology News: Watching Too Much TV Is Linked to Poorer Memory in Older Adults*. Brain&Life. Retrieved from <https://www.brainandlife.org/the-magazine/online-exclusives/neurology-news-watching-too-much-tv-is-linked-to-poorer-memory-in-older-adults/>
- Ching, F. D. K. (1979). *Arsitektur Bentuk Ruang dan Susunannya*. Erlangga.
- Ching, F. D. K. (1996). *Arsitektur Bentuk, Ruang, dan Tatanan* (2nd ed.). Erlangga.
- Daily Caring. (2020). *7 Senior Housing Options: Which One Works Best?* Retrieved from <https://dailycaring.com/senior-housing-options-overview/>
- Dementia Village Associates. (n.d.). *The Hogeweyk Dementia Village ~ Care concept*. Retrieved December 18, 2021, from <https://hogeweyk.dementiavillage.com/>
- EduZaurus. (n.d.). *Badminton as a Tool to Improve the Health to the Elderly*. Retrieved June 4, 2022, from <https://eduzaurus.com/free-essay-samples/badminton-as-a-tool-to-improve-the-health-to-the-elderly/>
- Eldertech. (2017). *Designing Technology for Seniors - Color in User Interfaces for Elderly People*. Retrieved from <https://eldertech.org/color-in-designing-technology-for-seniors/>
- Episcopal Homes. (n.d.). *Ping Pong & Health Benefits for Seniors*. Retrieved June 4, 2022, from <https://episcopalhomes.org/ping-pong-health-benefits-for-seniors/>

- Floor Plan for Real Estate FPRE. (2021). *What is Senior Living meaning? Different Types of Senior Housing*. Retrieved from <https://floorplanforrealestate.com/senior-living-different-types-housing/>
- Halim, D. (2005). *Psikologi arsitektur : pengantar kajian lintas disiplin* (1st ed.). Gramedia Widiasarana Indonesia.
- Haryadi, & Setiawan, B. (2020). *Arsitektur Lingkungan Dan Perilaku: Suatu Pengantar Ke Teori, Metodologi, Dan Aplikasi* (3rd ed.). Yogyakarta: Gadjah Mada University Press.
- Hermawati, I. (2015). *KAJIAN TENTANG KOTA RAMAH LANJUT USIA*. Retrieved from [https://eprints.uny.ac.id/20570/1/MAKALAH\\_KOTA\\_RAMAH\\_LANJUT\\_USIA.UNY.ISTIANA.pdf](https://eprints.uny.ac.id/20570/1/MAKALAH_KOTA_RAMAH_LANJUT_USIA.UNY.ISTIANA.pdf)
- Hurlock, & Bergner, E. (1996). *Psikologi perkembangan : suatu pendekatan sepanjang rentang kehidupan*. Erlangga. Retrieved from <https://lontar.ui.ac.id/detail?id=1710>
- IRT. (2020). *10 great sports for seniors*. Retrieved from <https://www.irt.org.au/the-good-life/sports-for-seniors/>
- Jayani, D. H. (2021). *Jumlah Lansia Jakarta Diproyeksi Capai 1,2 Juta Jiwa pada 2025 / Databoks*. Retrieved from <https://databoks.katadata.co.id/datapublish/2021/11/03/jumlah-lansia-jakarta-diproyeksi-capai-12-juta-jiwa-pada-2025>
- Kaneda, T., Greenbaum, C., & Haub, C. (2021). *World Population Data Sheet 2021*. 1–26. Retrieved from <https://www.prb.org/wp-content/uploads/2021/08/letter-booklet-2021-world-population.pdf>
- Kementerian Koordinator Bidang Pembangunan Manusia dan Kebudayaan. (2021). *Pemerintah Daerah Didorong Lebih Perhatikan Lansia*. Retrieved from <https://www.kemenkopmk.go.id/pemerintah-daerah-didorong-lebih-perhatikan-lansia>
- Lak, A., Rashidghalam, P., Myint, P. K., & Bradaran, H. R. (2020). Comprehensive 5P framework for active aging using the ecological approach: an iterative systematic review. *BMC Public Health* 20(1), 1–22. <https://doi.org/10.1186/S12889-019-8136-8>
- Laurens, J. M. (2004). *Arsitektur & Perilaku Manusia*. Grasindo. Retrieved from <https://openlibrary.telkomuniversity.ac.id/pustaka/123382/arsitektur-perilaku-manusia.html>
- Limbang, J. (2016). Implementasi Konsep Nostlagic Getaway Pada Perancangan Interior “Surabaya Senior Sport Centre.” *Intra*, 4(2), 101–110. <https://doi.org/10.0/CSS/ALL.CSS>
- Loo, C. (1977). Beyond the Effects of Crowding: Situational and Individual Differences. In *Perspectives on Environment and Behavior* (pp. 153–168). Springer US. [https://doi.org/10.1007/978-1-4684-2277-1\\_6](https://doi.org/10.1007/978-1-4684-2277-1_6)
- Maryam, R. S., Ekasari, M. F., Rosidawati, Jubaedi, A., & Batubara, I. (2008). Mengenal Usia Lanjut Dan Perawatannya. *Salemba Medika*.
- Neufert, E. (1996). *Data Arsitek Jilid 1*. Erlangga.

- Neufert, E. (2000). *Architect Data Third Edition*. Oxford Brookes University London.
- Neufert, E. (2002). *Data Arsitek jilid 2*. Erlangga. Retrieved from [https://www.academia.edu/31834936/Data\\_Arsitek\\_jilid\\_2\\_Bahasa\\_Indonesia](https://www.academia.edu/31834936/Data_Arsitek_jilid_2_Bahasa_Indonesia)
- Nugroho, W. (2008). *Keperawatan Gerontik & Geriatrik Ed3* (EGC).
- Panero, Julius, & Zelnik., M. (2003). *Dimensi Manusia & Ruang Interior*. Erlangga.
- Paula, A. (n.d.). *How to design a functional Senior Park?* Lappset. Retrieved June 3, 2022, from <https://www.lappset.com/News-and-updates/Blogs-and-articles/Designing-a-Senior-Park>
- Peña, W. M., & Parshall, S. a. (1997). *Problem Seeking*. 249.
- Physical activity guidelines for Americans. (2008). *The Oklahoma Nurse*, 53(4), 25. <https://doi.org/10.1249/fit.0000000000000472>
- Putra, I. I. (2020). *Statistik Penduduk Lanjut Usia di DKI Jakarta Tahun 2019*. Statistik DKI Jakarta. Retrieved from <https://statistik.jakarta.go.id/statisik-penduduk-lanjut-usia-di-dki-jakarta-tahun-2019/>
- Pynoos, J., & Regnier, V. (1991). Improving Residential Environments For Frail Elderly : Bridging The Gad Between Theory And Application. In J. Birren, J. Lubben, J. Rowe, & D. Deitchman (Eds.), *The Concept And Measurement Of Quality Of Life In The Frail Elderly* (Pp. 91-117). San Diego, CA: Academic Press.
- Rapoport, A., & Press, P. (1977). *Human Aspects of Urban Form: Towards a Man-environment Approach to Urban Form and Design*. Elsevier Science \& Technology. Retrieved from <https://books.google.co.id/books?id=OKJPAAAAMAAJ>
- Ray, L. (2021). *Benefits of Mindful Meditation for Older Adults—and How to get started*. SeniorsMatter. Retrieved from <https://www.seniorsmatter.com/the-benefits-of-mindful-meditation-for-older-adults-and-how-to-get-started/2491870/>
- Republik Indonesia. (1992). *Undang-Undang Republik Indonesia Nomor 23 Tahun 1992 tentang Kesehatan*. Retrieved from <https://indok3ll.com/undang-undang-republik-indonesia-nomor-23-tahun-1992/>
- Republik Indonesia. (1998). *Undang-Undang Republik Indonesia Nomor 13 tahun 1998 tentang Kesejahteraan Lanjut Usia 1998*. Retrieved from <http://www.bphn.go.id/data/documents/98uu013.pdf>
- Rittberg, M. (2019). *The benefits of running after 65*. Sports Medicine. Retrieved from <https://freedompt.com/benefits-running-65/>
- RUKUN Senior Living. (2016). *RUKUN Senior Living : kawasan bagi warga senior - Enjoy Life Everyday!* Retrieved from <https://rukunseniorliving.com/>
- RUKUN Senior Living. (2019). *Ragam Alternatif Hunian Lansia di Indonesia*. Retrieved from <https://rukunseniorliving.com/alternatif-hunian-lansia/>
- RUKUN Senior Living. (2020). *Apa itu senior living? - Kapan Anda membutuhkan sebuah senior living?* Retrieved from <https://rukunseniorliving.com/pengertian-senior-living/>

- Santoni, Yongsie, F., & Devi, E. (2020). *Analisis kondisi lingkungan, bangunan dan tempat rekreasi lansia pada panti jompo, Studi kasus: Sasana Tresna Werdha Karya Bhakti Ria Pembangunan dan Panti Werda Wisma Mulia*. Retrieved from <https://journal.unwira.ac.id/index.php/ARTEKS/article/view/380/236>
- Seftiani, S. (2020). *Mewujudkan Kota Ramah Lansia di Indonesia - Pusat Riset Kependudukan BRIN*. Retrieved from <https://kependudukan.brin.go.id/mencatatcovid19/mewujudkan-kota-ramah-lansia-di-indonesia/>
- Senior Care Consultants. (n.d.). *Connecting Family with Community*. Retrieved June 3, 2022, from <https://seniorcareconsultants.net/>
- Terlesky, C. (2020). *7 Things Seniors Can Do to Meet Other Seniors*. Retrieved from <https://homecareassistancecalgary.ca/how-can-elderly-people-meet-each-other/>
- WHO. (2002). *The World Health Report-Reducing Risks, Promoting Healthy Life*. Geneva: World Health Organization.
- Widi, N. (2008). *Laws of Spiritual : 10 Kompetensi spiritual untuk keberhasilan dan kebahagiaan hidup*. PT. Bhuana Ilmu Populer.
- World Architecture Festival. (2019). *Park Wellstate Hamadayama*. Retrieved from <https://www.worldbuildingsdirectory.com/entries/park-wellstate-hamadayama/>

