

DAFTAR PUSTAKA

- Almuta'ali, L. T. (2023). *Asuhan Keperawatan pada Lansia dengan Osteoporosis di Unit Pelaksana Teknis Pelayanan Sosial Tresna Werdha Jombang* (pp. 19–21). Institut Teknologi Sains dan Kesehatan Insan Cendekia Medika.
- Cao, S., Wang, Z., Li, C., & Wang, Q. (2021). *The effect of whole-body vibration exercise on postmenopausal women with osteoporosis*. *Publikasi Ilmiah UMS*, 6–10. <https://doi.org/https://doi.org/10.1097/MD.00000000000025606>
- Castellani, C., Martino, E. De, & Scapato, P. (2025). *Osteoporosis : Focus on Bone Remodeling and Disease Types*. *BioChem Journal*, 5(3), 1–20. <https://doi.org/doi.org/10.3390/biochem5030031>
- Dimitriadou, I., Toska, A., Eloranta, S., Mört, S., Korsström, N., Lundberg, A., Häger, M., Melbarde-kelme, A., Circenis, K., Šteinmiller, J., Skuladottir, S. S., Hjaltadóttir, I., & Fradelos, E. C. (2025). *Comprehensive Geriatric Assessment : Addressing Unmet Healthcare Needs in Older Adults*. 13, 1–17. <https://doi.org/doi.org/10.3390/healthcare13212715>
- Dohanis, P. D., & Rantesigi, N. (2023). *Foot Massage dan Latihan Range of Motion Dapat Mengatasi Gangguan Mobilitas Fisik pada Lansia*. *Madago Nursing Journal*, 4(2).
- Fauzy, A. D. (2022). *Metodologi Penelitian: Metodologi Penelitian*. In E. Safitry (Ed.), *Rake Sarasini* (1st ed.). CV. Pena Persada Banyumas. https://www.researchgate.net/publication/380362452_Metodologi_Penelitian
- Gemini, S., Yulia, R., Roswandi, S., Pakpahan, H. M., Setiyowati, E., Ardiansyah, S., Jalal, N. M., Simanullang, P., & Sigalingging, G. (2021). *Keperawatan Gerontik* (M. Qasim (ed.); 1st ed.). Yayasan Penerbit Muhammad Zaini.
- Herdman, H. T., Kamitsuru, S., & Kim, T. H. (2021). *NANDA International Nursing Diagnoses* (12th ed.). Thieme.
- Hideki Nakano, Takayuki Kodama, Tomohiro Ueda, Ikuko Mori, Tomiko Tani, S. M. (2019). *Effect of Hand and Foot Massage Therapy on Psychological Factors and EEG Activity in Elderly People Requiring Long-Term Care : A Randomized Cross-Over Study*. *Brain Sciences*, 31, 1–6. <https://doi.org/10.3390/brainsci9030054>
- Indonesia, M. K. R. (2023). *Pedoman Nasional Pelayanan Kedokteran Tata Laksana Osteoporosis*.
- Ismail, M. (2024). *Understanding Osteoporosis : Pathophysiology , Risk Factors , Diagnosis , and Management*. 1, 25–40. <https://doi.org/10.4236/aar.2024.133003>

- Katsurasako, T., Murata, S., Goda, A., Nakano, H., Shiraiwa, K., Horie, J., & Nonaka, K. (2022). *Comparison of Physical Function among Elderly Japanese Women with and without Low Bone Mass and Low Muscle Mass : A Cross-Sectional Study of Older Women Who Engage in. Geriatrics*, 7, 2–9. <https://doi.org/https://doi.org/10.3390/geriatrics7050098>
- Kinoshita, Abo, Okamoto, dan M. (2021). *Transitional and Long-Term Care System in Japan. Frontiers in Neurology*. <https://www.frontiersin.org/journals/neurology/articles/10.3389/fneur.2021.711470/full>
- Lai, C.-L., Tseng, S.-Y., Chen, C.-N., Liao, W.-C., Wang, C.-H., Lee, M.-C., & Hsu, P.-S. (2013). *Effect of 6 months of whole body vibration on lumbar spine bone density in postmenopausal women : a randomized controlled trial. PubMed*, 1603–1609.
- Li, Q., Liang, L., Gao, C., & Zong, B. (2024). *Therapeutic effects of whole-body vibration on postmenopausal women with osteoporosis : a systematic review and meta-analysis. PubMed*, 57, 1–8. <https://doi.org/10.1590/1414-431X2024e13996>
- Lu, X., & Duan, H. (2025). *Advances in vibration therapy for the treatment of osteoporosis. August*, 1–8. <https://doi.org/10.3389/fendo.2025.1611677>
- Mabuchi, S., Ohta, R., & Sano, C. (2024). *Osteoporosis management in a rural community hospital in Japan : a cross- - sectional retrospective study. https://doi.org/10.1136/bmjopen-2024-086845*
- Mailani, F. (2024). *Osteoporosis* (W. R. Mukhtar (ed.); 1st ed.). Eureka Media Aksara.
- Manurung, M. E. M., Utami, R. A., Tandilangi, A. A., Maria, D., Kusumaningsih, I., Siregar, N. S. N., Saragih, D., Kurwiyah, N., & Padaunan, E. (2023). *Ilmu Dasar Keperawatan Gerontik* (M. J. F. Sirait (ed.); 1st ed.). Yayasan Kita Menulis.
- Menzies, R. (2025). *Should You Use a Vibration Plate for Osteoporosis?* Healthline. https://www.healthline.com/health/vibration-plate-for-osteoporosis?utm_source=chatgpt.com
- Mujiadi, & Rachmah, S. (2022). *Buku Ajar Keperawatan Gerontik* (Eka Diah Kartiningrum (ed.); 1st ed.). STIKES Majapahit Mojokerto.
- Oliveira, R. D. J. de, Oliveira, R. G. de, Oliveira, L. C. de, Santos-Filho, S. D., Sá-Caputo, D. C., & Bernardo-Filho, M. (2022). *Effectiveness of whole-body vibration on bone mineral density in postmenopausal women. PubMed, I(Osteoporosis International)*, 29–52. <https://doi.org/https://doi.org/10.1007/s00198-022-06556-y>

- Polopadang, V., & Hidayah, N. (2019). *Proses Keperawatan Pendekatan Teori dan Praktik* (Fitriani (ed.); 1st ed.). Yayasan Pemberdayaan Masyarakat Indonesia Cerdas.
- RI, K. (2017). *Pedoman Umum Pengendalian Osteoporosis.pdf* (pp. 14–22). Kementerian Kesehatan RI.
- Sahir, S. H. (2022). *Metodologi Penelitian* (T. Koryati (ed.); Edisi 1). Penerbit KBM Indonesia.
- Septiani, C. (2025). *Asuhan Keperawatan Medikal Bedah pada Ny. P dengan Penerapan Terapi Foot Massage Terhadap Stroke di Ruang Interne RSUD Dr. Rasidin Padang Tahun 2025* (p. 74). Universitas Alifah Padang.
- Statistics Bureau, M. of I. A. and C. (2023). *Current Population Estimates as of October 1, 2023*. Statistics Bureau of Japan. <https://www.stat.go.jp/english/data/jinsui/2023np/index.html>
- Statistics Bureau, M. of I. A. and C. (2024). *Current Population Estimates as of October 1, 2024*. Statistics Bureau of Japan. <https://www.stat.go.jp/english/data/jinsui/2023np/index.html>
- Sugiyono. (2019). *Metode Penelitian Kuantitatif Kualitatif dan R&D* (Sutopo (ed.); 1st ed.). ALFABETA, cv Bandung.
- Surahman, Rachmat, M., & Supardi, S. (2016). *Metodologi Penelitian* (N. L. Saputri (ed.); Edisi 1). Pusdik SDM Kesehatan Badan Pengembangan dan Pemberdayaan Sumber Daya Manusia Kesehatan.
- Tan, X., Jiang, G., Zhang, L., Wang, D., & Wu, X. (2025). *Effects of low-frequency vibration training on walking ability and body composition among older adults: a randomized controlled trial*. *Peer Journal*, 1, 1–17. <https://doi.org/10.7717/peerj.19263>
- Tang, Y., Liang, P., Kong, P. W., Ren, H., Cheng, S., Li, X., Wang, R., Li, M., Guo, L., & Niu, Y. (2025). *Enhancing the static stability of older adults: A study on foot sole vibration intensities and locations*. *PubMed*, 121, 37–43. <https://doi.org/https://doi.org/10.1016/j.gaitpost.2025.04.027>
- Tim Pokja SDKI DPP PPNI. (2018). *Standar Diagnosis Keperawatan Indonesia (SDKI)* (Dewan Pengurus Pusat Persatuan Perawat Nasional Indonesia (ed.); 1st ed.). Dewan Pengurus Pusat PPNI.
- Tim Pokja SIKI DPP PPNI. (2018). *Standar Intervensi Keperawatan Indonesia (SIKI)* (PPNI (ed.); 1st ed.). DPP PPNI.

Yoshimura, N. (2024). *Jumlah pasien osteoporosis (berusia 40 tahun ke atas) diperkirakan 15,9 juta (4,1 juta pria dan 11,8 juta wanita) 骨粗鬆症の推定患者数 (40歳以上) は、1,590万人 (男性410万人, 女性1,180万人)*. Japan Preventive Association of Life-Style Related Disease. https://seikatsusyukanbyo.com/statistics/disease/osteoporosis/?utm_source=chatgpt.com

Zaki, A. (2020). *Buku Saku Osteoporosis* (M. Jatmiko (ed.); 1st ed.). Haja Mandiri.