

DAFTAR PUSTAKA

Bustaman, Amrum. (2003). Pembinaan Kesegaran Jasmani Untuk Lanjut Usia.

Jakarta: PT Grafindo (online)

<https://www.google.com/search?client=firefox-d&q=MENURUT+BUSTAMAN+KEBUGARAN+JASMANI&spell=1&sa=X&ved=2ahUKEwj20eP3gJLwAhXNXCsKH Ri3BZAQBSgAegQIARA6&biw=1366&bih=635>

Jumiati.(2018).*Statistik Indonesia.*

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwj9u8HilZLwAhU9IEsFHcxmAlkQFjABegQIAhAD&url=http%3A%2F%2Frepository.unimus.ac.id%2F2569%2F3%2FBAB%2520II.pdf&usg=AOvVaw3oC0m0ZYTtYgHttXRI7Ns8>

Kuntaraf,Dr. Jonataan & Kuntaraf,Dr.Kathlee L.(1992).*Olahraga Sumber Kesehatan.*

Bandung: Indonesia Publishing House.

Mubarak.(2011).*Kebutuhan Dasar Manusia Teori dan Aplikasi dalam Praktik.*

<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&cad=rja&uact=8&ved=2ahUKEwik5IvAj5LwAhUNWX0KHR9rDhYQFjABegQIAxAD&url=http%3A%2F%2Frepository.unimus.ac.id%2F2569%2F3%2FBAB%2520II.pdf&usg=AOvVaw3oC0m0ZYTtYgHttXRI7Ns8>

Notoatmodjo,Prof.Dr.Soekidjo.(2012).*Metologi Penelitian Kesehatan.*Jakarta:Renika Cipta.

Suryanto. (2010).*Pentingnya Olahraga Bagi Lansia.*

https://www.google.com/url?sa=t&q=&esrc=s&source=web&cd=&ved=2ahUKEwjwrf6riJLwAhVUOSsKHTk1AI8QFjACegQIAhAD&url=https%3A%2F%2Fjournal.uny.ac.id%2Findex.php%2Fmedikora%2Farticle%2Fdownload%2F4666%2F4015&usg=AOvVaw3nJdu_2LRDCdvIpuqrwk-2