

DAFTAR PUSTAKA

- Bennett, C. G., & Hackney, M. E. (2018). Effects of line dancing on physical function and perceived limitation in older adults with self-reported mobility limitations. *Disability and Rehabilitation*, 40(11), 1259–1265. <https://doi.org/10.1080/09638288.2017.1294207>
- BKKBN. (2023, May 24). *Line Dance Kampung KB Kelurahan Sunter Agung*. <https://kampungkb.bkkbn.go.id/kampung/3269/intervensi/550768/line-dance>
- CDC. (2024). *Heart Disease Prevalence - Health, United States*. National Center for Health Statistics. <https://www.cdc.gov/nchs/has/topics/heart-disease-prevalence.htm>
- Diklatbang ULD Pusat. (2019). Handbook The Universal Line Dance. In *The Universal Line Dance: Semua Menjadi Satu* (pp. 1–21). Divisi Pelatihan Pendidikan dan Pengembangan.
- Ketut Mahardika, I., Alifia Syamsiandari, L., Kumala Risqiyah, N., & Nabila Risky Dwi Winasari, dan. (2023). *Mempertahankan Kemampuan Daya Ingat Melalui Senam Land Dance*.
- Kharunisa, A. D. (2023, January 20). *Mengenal Line Dance, Olahraga Lansia yang Dapat Pertajam Daya Ingat*. *Insan Medika*. <https://blogs.insanmedika.co.id/mengenal-line-dance-olahraga-lansia-yang-dapat-pertajam-daya-ingat/>
- Lee, Y. R., Shin, M. G., Min, S., & Jeong, S. M. (2013). The Effect of Line Dance Program on Oxygen Saturation and Happiness of Elderly. *기초간호사연구학회지 (Jurnal Keperawatan Dasar Dan Ilmu Pengetahuan Alam)*, 15(1), 1–7. <https://doi.org/10.7586/jkbns.2013.15.1.1>
- Nursalam. (2020). *Metodologi Penelitian Ilmu Keperawatan* (5th ed.). Salemba Medika.
- Safei, I. (2022). *Jenis Latihan untuk Mendapatkan Kebugaran Jantung*. Primaya Hospital Makassar. <https://primayahospital.com/rehab-medik/latihan-kebugaran-jantung/>
- Septia Dharma, U., & Boy, E. (2019). Peranan Latihan Aerobik dan Gerakan Salat terhadap Kebugaran Jantung dan Paru Lansia. In *Magna Medica* (Vol. 6, Issue 2).
- Siwi, C. O. I. (2017). Proses Penciptaan Line Dance Indonesia Bersatu Studi Kasus: Line Dance Cha Cha Cha, Line Dance Samba, Line Dance Rumba, dan Line Dance Jive. *Seni Tari Pengkajian ISI Yogyakarta*. https://opac.isi.ac.id/index.php?p=show_detail&id=18154#gsc.tab=0

- Sudibjo, P., Rismayanthi, C., & Apriyanto, K. D. (2021). Hubungan antara sindrom metabolik dengan kebugaran jasmani pada lansia. *Jurnal Keolahragaan*, 9(2), 159–167. <https://doi.org/10.21831/jk.v9i2.41007>
- Tarmizi, S. N. (2022). *Penyakit Jantung Penyebab Utama Kematian, Kemenkes Perkuat Layanan Primer – Sehat Negeriku*. Biro Komunikasi Dan Pelayanan Publik Kemenkes RI. <https://sehatnegeriku.kemkes.go.id/baca/rilis-media/20220929/0541166/penyakit-jantung-penyebab-utama-kematian-kemenkes-perkuat-layanan-primer/>
- Umapathi, K. K., & Nguyen, H. (2023). Cardiopulmonary Fitness. *StatPearls*. <https://www.ncbi.nlm.nih.gov/books/NBK560729/>
- Utarini, A. (2018, April 27). *Line Dance*. Adiutarini. <https://www.adiutarini.id/line-dance/>
- Warner, L. (2024, July 8). *VO2 max: What is it and how can you improve it? - Harvard Health*. Harvard Health Publishing. <https://www.health.harvard.edu/staying-healthy/vo2-max-what-is-it-and-how-can-you-improve-it>
- WHO. (2024). *Cardiovascular diseases*. World Health Organization. https://www.who.int/health-topics/cardiovascular-diseases#tab=tab_1
- Zhao, D. (2021). Epidemiological Features of Cardiovascular Disease in Asia. *JACC: Asia*, 1(1), 1–13. <https://doi.org/10.1016/J.JACASI.2021.04.007>