

DAFTAR PUSTAKA

- Achmad, A., Suryana, B. P. P., & Amalia, N. R. (2018). *Hubungan Penurunan Nilai Densitas Mineral Tulang dengan Kepatuhan Terapi Metilprednisolon Pasien Arthritis Reumatoid dan Lupus Eritematosus Sistemik*. 7(2). <https://doi.org/10.15416/ijcp.2018.7.2.108>
- Adejuyigbe, B., Kallini, J., Chiou, D., & Kallini, J. R. (2023). Osteoporosis: Molecular Pathology, Diagnostics, and Therapeutics. *International Journal of Molecular Sciences*, 24(19). <https://doi.org/10.3390/ijms241914583>
- Atmaja, P. M. Y. R., Astra, Budaya, I. K., & Suwiwa, I. G. (2021). Aktivitas Fisik Serta Pola Hidup Sehat Masyarakat Sebagai Upaya Menjaga Kesehatan pada Masa Pandemi Covid-19. *Jurnal Ilmu Keolahragaan Undiksha*, 9(2), 128–135. <https://ejournal.undiksha.ac.id/index.php/JJIK>
- Bella, A. K., Polii, H., & Wungow, H. I. S. (2021). Pengaruh Latihan Resisten terhadap Kepadatan Tulang. *Jurnal E-Biomedik*, 9(2), 229–239. <https://doi.org/10.35790/ebm.v9i2.31799>
- Benovri, R., Syahban, A., & Ridwan, M. (2021). *Analisis Aktivitas Fisik Anggota TNI AD di Masa Pandemic Covid-19*. m, 9–15.
- Cyron, C. J., & Humphrey, J. D. (2016). Growth and remodeling of load-bearing biological soft tissues. *Meccanica*. <https://doi.org/10.1007/s11012-016-0472-5>
- da Costa, L., Lemes, I. R., Tebar, W. R., Oliveira, C. B., Guerra, P. H., Soidán, J. L. G., Mota, J., & Christofaro, D. G. D. (2022). Sedentary behavior is associated with musculoskeletal pain in adolescents: A cross-sectional study. *Brazilian Journal of Physical Therapy*, 26(5), 100452. <https://doi.org/10.1016/j.bjpt.2022.100452>
- Desfita, S. D., Wardani, S., Natassa, J., & Sari, W. (2022). Pengukuran Massa Tulang Pada Wanita Dewasa di Posyandu Nenas Desa Kualu Wilayah Kerja Puskesmas Tambang Kabupaten Kampar. *Jurnal*

- Pengabdian Kesehatan Komunitas*, 2(1), 67–73. <https://doi.org/10.25311/jpkk.vol2.iss1.1213>
- Devi, E., Rianti, D., Soekanto, A., & Lystyawati, F. (2023). *Angka Kejadian Keluhan Muskuloskeletal Dengan Usia Di Wilayah Kerja Puskesmas Dukuh Kupang RW V Surabaya*. 2(1), 36–43.
- Dewi, N. A., & Titami, A. (2024). Review Artikel: Pengaruh Glukokortoid Terhadap Glukosa Darah Pasien Diabetes Melitus Tipe 2. *Jurnal Farmasi SYIFA*, 2(2), 68–73. <https://doi.org/10.63004/jfs.v2i2.463>
- Dzakpasu, F. Q. S., Carver, A., Brakenridge, C. J., Cicuttini, F., Urquhart, D. M., Owen, N., & Dunstan, D. W. (2021). Musculoskeletal pain and sedentary behaviour in occupational and non-occupational settings: a systematic review with meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*, 18(1), 1–56. <https://doi.org/10.1186/s12966-021-01191-y>
- Escobio-Prieto, I., Blanco-Díaz, M., Pinero-Pinto, E., Rodriguez-Rodriguez, A. M., Ruiz-Dorantes, F. J., & Albornoz-Cabello, M. (2023). Quantitative Ultrasound and Bone Health in Elderly People, a Systematic Review. *Biomedicines*, 11(4), 1–13. <https://doi.org/10.3390/biomedicines11041175>
- Hall, J. E., & Guyton, A. C. (2016). *Guyton dan Hall Buku Ajar Fisiologi Kedokteran*. Singapore : Elsevier., 2016.
- Hamarland, H., Paulsen, G., Solberg, P. A., Gunnar, O. S., & Raastad, T. (2018). Depressed Physical Performance Outlasts Hormonal Disturbances after Military Training. *MEDICINE & SCIENCE IN SPORTS & EXERCISE*, 2076–2084. <https://doi.org/10.1249/MSS.0000000000001681>
- Hart, N. H., Newton, R. U., Tan, J., Rantalainen, T., Chivers, P., Siafarikas, A., & Nimphius, S. (2020). Biological basis of bone strength: Anatomy, physiology and measurement. *Journal of Musculoskeletal Neuronal Interactions*, 20(3), 347–371.

- Haseltine, K. N., Chukir, T., Smith, P. J., Jacob, J. T., Bilezikian, J. P., & Farooki, A. (2021). Bone mineral density: Clinical relevance and quantitative assessment. *Journal of Nuclear Medicine*, 62(4), 446–454. <https://doi.org/10.2967/jnumed.120.256180>
- Herzog, W., Powers, K., Johnston, K., & Duvall, M. (2015). *A new paradigm for muscle contraction*. 6(June), 1–11. <https://doi.org/10.3389/fphys.2015.00174>
- Karim, U. N., & Dewi, A. (2023). Edukasi dan Program Vitamin D Dalam Pencegahan Osteoporosis. *Jurnal Dinamika Pengabdian*, 8(2), 377–381.
- Kranioti, E. F., Bonicelli, A., & García-donas, J. G. (2019). *Bone-mineral density : clinical signi fi cance , methods of quanti fi cation and forensic applications*. 9–21.
- Kuschel, L. B., Sonnenburg, D., & Engel, T. (2022). *Factors of Muscle Quality and Determinants of Muscle Strength: A Systematic Literature Review*.
- Le, B. Q., Nurcombe, V., Cool, S. M. K., van Blitterswijk, C. A., de Boer, J., & LaPointe, V. L. S. (2017). The Components of bone and what they can teach us about regeneration. *Materials*, 11(1), 1–16. <https://doi.org/10.3390/ma11010014>
- Leary, T. J. O., Wardle, S. L., & Greeves, J. P. (2020). *Energy Deficiency in Soldiers: The Risk of the Athlete Triad and Relative Energy Deficiency in Sport Syndromes in the Military*. 7(August). <https://doi.org/10.3389/fnut.2020.00142>
- Lovalekar, M., Hauret, K., Roy, T., Taylor, K., Blacker, S. D., Newman, P., Yanovich, R., Fleischmann, C., Nindl, B. C., Jones, B., & B, M. C.-C. (2021). *Musculoskeletal injuries in military personnel—Descriptive epidemiology, risk factor identification, and prevention* (pp. 963–969). Elsevier Ltd.
- Lurati, A. R. (2017). *Prolonged Sitting and Sedentary Lifestyles*. 66(6), 285–290. <https://doi.org/10.1177/2165079917737558>

- Mueller, M. J., & Maluf, K. S. (2020). *Tissue Adaptation to Physical Stress : A Proposed “ Physical Stress Theory ” to Guide Physical Therapist Practice*”, 383–403.
- Mustafa, P. S. (2023). Pertumbuhan dan Perkembangan Otot, Tendon, Ligamen, Tulang, Sendi, Axis dalam Gerak serta Upaya untuk Penguoptimalan Kualitas Gerak pada Peserta Didik: Sebuah Tinjauan. *Medika: Jurnal Ilmiah Kesehatan*, September 2023. <https://doi.org/10.69503/medika.v3i2.588>
- Netter, F. H. (2017). *The Netter Collection of Medical Illustration* (J. P. Iannotti & R. D. Parker; 2nd ed.). Elsevier.
- Notoatmodjo, S. 2010. *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta.
- Papageorgiou, M., Dolan, E., Elliott, K. J., & Craig, S. (2017). Reduced energy availability: implications for bone health in physically active populations. *European Journal of Nutrition*. <https://doi.org/10.1007/s00394-017-1498-8>
- Pinheiro, J., Ribeiro, L., & Coelho-e-silva, M. (2024). *Bone Mineral Density and Body Composition among Individuals Who Practice Sports with Mechanical Impact and Sedentary Activities †*.
- Purwningtyas, D. R., Wulansari, N. D., & Gifari, N. (2021). Faktor-Faktor Yang Berhubungan Dengan Daya Tahan Otot Quadriceps Atlet Taekwondo Kyorugi Remaja Dki Jakarta. *Journal of Sport Sciences and Fitness*, 7(1), 9–18.
- Puteri Hutami, I., & Nuraisa Jausal, A. (2023). *Osteoporosis: Etiologi hingga Tatalaksana*. 13, 707.
- Putra, K. P. (2016). *Pengaruh Pelatihan Fisik dan Rutinitas Dalam Batalyon Infanteri Terhadap VO2Max dan Kadar MDA Serum Personel Korps Raider Tentara Nasional Indonesia Angkatan Darat*. October 2016.
- Ralston, S. H. (2021). Bone structure and metabolism. *Medicine (United Kingdom)*, 49(9), 567–571. <https://doi.org/10.1016/j.mpmed.2021.06.009>

- Rosma, A., Gunawan, D., Paskaria. (2022). *Pengaruh Diabetes Melitus Tipe 2 terhadap Sarkopenia pada Lansia The Effect of Type 2 Diabetes Mellitus on Sarcopenia in Elderly*. 4(2), 145–153.
- Rungkat, T. A., Lintong, F., & Moningka, M. E. W. (2020). *Pengaruh Olahraga Step Up terhadap Massa Tulang pada Wanita Dewasa Muda*. 12(28), 54–60.
- Salam, R., & Silviana, N. A. (2017). *Pengukuran Kelelahan Otot Punggung Pada Tentara Nasional Indonesia*. 44–50.
- Schilz, C., & Sammito, S. (2021). *Soldiers' physical activity of daily life : a systematic literature review*.
- Schoenfeld, B. J. (2010). *The Mechanisms Of Muscle Hypertrophy And Their Application To Resistance Training*. 24(10), 2857–2872.
- Setyawati, B., Julianti, E. D., & Adha, D. (2013). *Faktor yang berhubungan dengan densitas mineral tulang... (Setyawati B, dkk)*. 5(2), 149–156.
- Sherwood, L. (2018). *Human Physiology From Cells to Systems* (9th ed.).
- Šromov, V., Sobola, D., & Kaspar, P. (2023). *A Brief Review of Bone Cell Function and Importance*.
- Stock, J. T. (2018). Wolff's law (bone functional adaptation). *The International Encyclopedia of Biological Anthropology, October 2018*, 1–2. <https://doi.org/10.1002/9781118584538.ieba0521>
- Suchomel, T. J., Nimphius, S., & Stone, M. H. (2016). The Importance of Muscular Strength in Athletic Performance. *Sports Medicine*, 46(10), 1419–1449. <https://doi.org/10.1007/s40279-016-0486-0>
- Sugiyono.(2011). *Metode Penelitian Pendidikan*. Alfabeta, Bandung.
- Sutter, T., Toumi, H., Valery, A., Hage, R. El, Pinti, A., & Id, E. L. (2019). *Relationships between muscle mass , strength and regional bone mineral density in young men*. 1–12.
- Tambing, A., Engka, J. N. A., & Wungouw, H. I. S. (2020). *Pengaruh Intensitas Latihan Beban terhadap Massa Otot*. 8(1), 1–10.

- Tuerah, J. B., Rumampuk, J. F., & Lintong, F. (2020). *Pengaruh Olahraga Step-up Terhadap Massa Otot Pada Wanita Dewasa Muda*. 8(1), 106–111.
- Umi Partan, R., Reagan, M., Hermansyah, H., Darma, S., Muthia, P., Mediarty, M., Indrajaya, T., Kurniati, N., Riviati, N., & Yuniza, Y. (2021). Faktor risiko dan gejala osteoporosis pada komunitas dewasa di Desa Ibul Besar Pemulutan Ogan Ilir Sumatera Selatan. *Jurnal Pengabdian Masyarakat: Humanity and Medicine*, 2(3), 144–155. <https://doi.org/10.32539/hummed.v2i3.68>
- Wang, J., Chen, W., Hou, Z., Lyu, H., Zhu, Y., & Zhang, Y. (2019). *Law of dynamic deformation of bone*. 0(21), 2636–2637. <https://doi.org/10.1111/os.12437.9>.
- Wongdee, K., & Charoenphandhu, N. (2011). *Osteoporosis in diabetes mellitus: Possible cellular and molecular mechanisms*. 2(3), 41–48. <https://doi.org/10.4239/wjd.v2.i3.41>