

DAFTAR PUSTAKA

- Abose, A., Mohammed, S., Seid, M. A., & Yesuf, M. (2024). Dietary adherence and its associated factors among patients with type 2 diabetes mellitus: A systematic review and meta-analysis. *Diabetology & Metabolic Syndrome*, 16(1), 1–12.
- American Diabetes Association. (2022). *Standards of medical care in diabetes—2022. Diabetes Care*, 45(Supplement 1), S1–S264.
- American Diabetes Association. (2024). *Standards of medical care in diabetes—2024. Diabetes Care*, 47(Supplement 1), S1–S350.
- Azmi, S., Handayani, D., & Pratiwi, N. L. (2021). Asupan protein dan perannya terhadap massa otot pada pasien diabetes melitus tipe 2. *Jurnal Gizi Klinik Indonesia*, 17(2), 65–73.
- Booth, M. L., Ainsworth, B. E., Pratt, M., et al. (2003). International Physical Activity Questionnaire: 12-country reliability and validity. *Medicine & Science in Sports & Exercise*, 35(8), 1381–1395.
- Colberg, S. R., Sigal, R. J., Yardley, J. E., et al. (2022). Physical activity/exercise and diabetes: A consensus statement. *Diabetes Care*, 45(11), 2753–2767.
- Engelen, M. P. K. J. (2023). Muscle wasting disorders: Pathophysiology and clinical implications. *Current Opinion in Clinical Nutrition and Metabolic Care*, 26(3), 187–193.
- European Journal of Medical Research. (2025). Dietary compliance and metabolic outcomes in type 2 diabetes mellitus. *European Journal of Medical Research*, 30(1), 1–10.
- Ganiyu, K. A., Mabuza, L. H., Malette, N. H., Govender, I., & Ogunbanjo, G. A. (2013). Non-adherence to diet and exercise recommendations amongst patients with type 2 diabetes mellitus. *African Journal of Primary Health Care & Family Medicine*, 5(1), 1–6.
- Indah, R., Haskas, Y., & Suryani, N. (2022). Komplikasi muskuloskeletal pada penderita diabetes melitus tipe 2. *Jurnal Keperawatan dan Kesehatan Masyarakat*, 11(2), 85–92.
- International Diabetes Federation. (2023). *IDF Diabetes Atlas* (10th ed.). Brussels: International Diabetes Federation.
- Kalyani, R. R., Corriere, M., & Ferrucci, L. (2021). Age-related and disease-related muscle loss: The effect of diabetes, obesity, and other diseases. *The Lancet Diabetes & Endocrinology*, 9(5), 321–334.

- Karabicak, G., & Yuksel, A. (2025). Nutritional adherence and muscle health in type 2 diabetes mellitus. *Journal of Diabetes Research*, 2025, 1–9.
- Kurnia, E. (2018). Pengelolaan diabetes melitus tipe 2 dan pencegahan komplikasi. *Jurnal Ilmu Kesehatan*, 6(1), 45–53.
- Layle Rahmiyanti, R., Putri, A. R., & Sari, D. K. (2020). Muscle wasting pada pasien diabetes melitus tipe 2. *Jurnal Kesehatan Andalas*, 9(3), 389–396.
- Ningsih, E. S., Sitorus, R., & Sabri, L. (2018). Self-efficacy dan kepatuhan diet pada pasien diabetes melitus tipe 2. *Jurnal Keperawatan Indonesia*, 21(1), 15–22.
- Nuraini, T., & Supriatna, M. (2016). Aktivitas fisik dan metabolisme glukosa pada diabetes melitus tipe 2. *Jurnal Kesehatan Masyarakat Nasional*, 10(4), 187–194.
- Nurfadilah, N., Yusran, S., & Aminuddin. (2021). Metode pengukuran massa otot pada pasien penyakit kronis. *Media Gizi Indonesia*, 16(2), 110–118.
- OpenStax. (2016). *Anatomy & Physiology*. Rice University.
- Sastroasmoro, S., & Ismael, S. (2008). *Dasar-dasar metodologi penelitian klinis* (Edisi ke-3). Jakarta: Sagung Seto.
- Setiawati, E., Rahmawati, D., & Hidayat, R. (2023). Kepatuhan diet dan kontrol glikemik pasien diabetes melitus tipe 2. *Jurnal Gizi dan Dietetik Indonesia*, 11(1), 22–30.
- World Health Organization. (2022). *Ageing and health*. Geneva: WHO.
- Yoo, S. Z., No, M. H., Heo, J. W., et al. (2021). Role of exercise in muscle atrophy prevention in diabetes. *Journal of Diabetes Research*, 2021, 1–9.
- Zhang, X., Wang, C., Dou, Q., et al. (2022). Sarcopenia in type 2 diabetes mellitus: A systematic review and meta-analysis. *Journal of Diabetes Research*, 2022, 1–12.
- Zhu, S., Hu, J., & McCoy, R. G. (2020). Muscle loss and physical activity in type 2 diabetes. *Diabetes Research and Clinical Practice*, 170, 108496. <https://doi.org/10.1016/j.diabres.2020.108496>