

DAFTAR PUSTAKA

Al-Qur'an

- Abdullah, A.Z., Arsin, A.A., & Yahya, M. (2012). Determinan Insomnia pada Lanjut Usia. *Jurnal Kesehatan Masyarakat Nasional* Vol. 7, No. 4.
- Abd-Allah, E.S., Abdel-Aziz, H.R., & El-Seoud, A.R.A. (2014). Insomnia: Prevalence, risk factors, and its effect on quality of life among elderly in Zagazig City, Egypt. *Journal of Nursing Education and Practice*, 4(8).
- Aftariza, A. (2016). *Hubungan stres dengan kejadian insomnia pada lansia di panti sosial Tresna Werdha Sabai Nan Aluih Sicincin*. Karya Tulis Ilmiah strata satu, Universitas Andalas, Padang Pariaman.
- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5)* (5th ed.). Arlington.
- American Psychological Association. (2017). *Stress in America: The state of our nation*. America.
- American Psychological Association. (2018). *Listening to the warning signs of stress*. Washington, DC. Dari: <http://www.apa.org/helpcenter/stress-signs.aspx>
- Arikunto, S. (2013). *Prosedur penelitian: Suatu pendekatan praktik*. Jakarta: Rineka Cipta.
- Attarian, H.P. (Eds.). (2017). *Clinical handbook of insomnia* (3th ed.). Switzerland: Springer.
- Attarian, H.P., & Schuman, C. (Eds.). (2010). *Clinical handbook of insomnia* (2th ed.). New York: Springer.
- Babazadeh, T., Sarkhoshi, R., Bahadon, F., Moradi, F., Shariat, F., & Sherizadeh, Y. (2016). Prevalence of depression, anxiety and stress disorders in elderly people residing in Khoy, Iran (2014-2015). *J Anal Res Clin Med*, 4(2), 122-8.
- Badan Pusat Statistik. (2013). *Proyeksi Penduduk Indonesia 2010-2035*. Jakarta.
- Badan Pusat Statistik. (2015). *Statistik Penduduk Lanjut Usia*. Jakarta.
- Badan Pusat Statistik. (2017). *Statistik Penduduk Lanjut Usia*. Jakarta.
- Berman, A. (2016). *Kozier & erb's fundamentals of nursing: Concepts, practice, and process* (10th ed.). New Jersey: Pearson.

- Boyd, R. (2015). How to manage stress. London: Mind, National Association for Mental Health.
- Buysse, D.J., Reynolds III, C.F., Monk, T.H., Berman, S.R., & Kupfer, D.J. (1988). The pittsburgh sleep quality index: A new instrument for psychiatric practice and research. *Psychiatry Research*, 28(2), 193-213.
- Cohen, S., Kamarck, T., & Mermelstein, R. (1983). A global measure of perceived stress. *Journal of Health and Social Behavior*, 24(4), 385-396.
- Centers for Disease Control and Prevention. (2013). *The state of aging and health in America 2013* (6th vol.). Atlanta.
- Cooke, J.R., & Ancoli-israel, S. (2011). *Normal and abnormal sleep in the elderly* (3rd series.). Elsevier.
- Dahlan, M. S. (2009). *Statistik untuk kedokteran dan kesehatan* (Edisi 6). Jakarta: Salemba Medika.
- Ghaddafi, M. (2010). Tatalaksana insomnia dengan farmakologi atau non-farmakologi. *E-Jurnal Medika Udayana*, 4: 1–17.
- Glovinsky, P., & Spielman, A.J. (2006). The insomnia answer: A personalized program to identifyng and overcoming the three types of insomnia. Penguin Group. New York: 55-58.
- Halter, M.J. (2014) (Eds.). *Varcarolis' foundations of psychiatric mental health nursing: A clinical approach* (7th ed.). Missouri: Elsevier.
- Hastono, S.P. (2006). *Analisis data kesehatan*. Depok: Fakultas Kesehatan Masyarakat, Universitas Indonesia.
- Isransyah, M. (2016). *Hubungan stres lansia dengan insomnia pada lansia di dusun purwosari mlati Sleman Yogyakarta*. Karya Tulis Ilmiah strata satu, Universitas ‘Aisyiyah Yogyakarta, Yogyakarta.
- Kaeberlein, M.R., & Martin, G.M. (Eds.). (2016). *Handbook of the biology of aging* (8th ed.). Oxford: Elsevier.
- Kementerian Kesehatan Republik Indonesia. (2013). *Gambaran Kesehatan Lanjut Usia di Indonesia*. Jakarta.
- Kementerian Kesehatan Republik Indonesia. (2013). *Riset Kesehatan Dasar (Riskesdas) 2013*. Jakarta.

Kementerian Kesehatan Republik Indonesia. (2016). *Data dan Informasi: Situasi Lanjut Usia (Lansia) di Indonesia*. Jakarta Selatan.

Kim et.al. (2013). Prevalence of insomnia and associated factors in a community sample of elderly individuals in South Korea. *International Psychogeriatrics*, 25:10, 1729-1737.

Kryger, M.H., & Roth, T. (Eds.). (2017). *Principles and practice of sleep medicine* (6th ed.). Philadelphia: Elsevier.

Lazarus, R.S. (2006). *Stress and emotion: A new synthesis*. New York: Springer.

Lovibond, P.F. & Lovibond, S.H. (1994). The structure of negative emotional states: Comparison of the depression anxiety stress scales with the beck depression and anxiety inventories. *Behaviour Research and Therapy*, 33(3), 335-343.

Mading, F. (2015). *Gambaran karakteristik lanjut usia yang mengalami insomnia di panti Wreda Dharma Bakti Pajang Surakarta*. Karya Tulis Ilmiah strata satu, Universitas Muhammadiyah Surakarta, Surakarta.

Masfuati, A. (2015). *Hubungan tingkat stres dengan kualitas tidur lansia di panti sosial tresna wredha unit budi luhur Yogyakarta*. Karya Tulis Ilmiah strata satu, Universitas Muhammadiyah Yogyakarta, Yogyakarta.

Masoro, E.J., & Austad, S.N. (Eds.). (2011). *Handbook of the biology of aging* (7th ed.). California: Elsevier.

Mental Health America. (2018). *Stress*. Diakses 10 Juli 2018, dari <http://www.mentalhealthamerica.net/conditions/stress>

Morin, C.M., Belleville, G., Bélanger, L., & Ivers, H. (2011). The insomnia severity index: Psychometric indicators to detect insomnia cases and evaluate treatment response. *Sleep*, 34 (5), 601-608.

Mosack, V. (2011). *Psychiatric nursing certification review guide for the generalist and advanced practice psychiatric and mental health nurse* (3rd ed.). Sudbury: Jones and Bartlett.

Miller, C.A. (2012). *Nursing for wellness in older adults* (6th ed.). Philadelphia: Lippincott Williams & Wilkins.

Najjah, D.P. (2009). *Konsep home pada panti sosial tresna werdha*. Karya Tulis Ilmiah strata satu, Universitas Indonesia, Jakarta.

- National Sleep Foundation. (2018). *The Sleep Disorders*. Diakses 21 Juli 2018, dari <http://sleepdisorders.sleepfoundation.org/chapter-2-insomnia/risk-factors/>
- Neuman, B., & Fawcett, J. (Eds.). (2011). *The neuman systems model* (5th ed.). United States of America: Pearson.
- Notoatmodjo, S. (2012). *Ilmu perilaku kesehatan*. Jakarta: Rineka Cipta.
- Novianti, I., & Nahariani, P. (2015). *Hubungan stres dengan insomnia pada lansia di desa gambiran kecamatan mojoagung kabupaten Jombang*. Karya Tulis Ilmiah strata satu, Stikes Pemkab Jombang, Jombang.
- Ogunbode, A.M., Olowookere, O.O., Adebusoye, L.A., Owolabi, M., & Ogunniyi, A. (2014). Factors associated with insomnia among elderly patients attending a geriatric centre in Nigeria. *Current Gerontology and Geriatrics Research*, Volume 2014.
- Palmer et.al. (2017). Sleep disturbance and the older worker: Findings from the health and employment after fifty study. *Scand J Work Environ Health*, Vol. 43, No. 2.
- Pandi-Perumal, S.R., Monti, J.M., & Monjan, A.A. (Eds.). (2010). *Principles and practice of geriatric sleep medicine*. New York: Cambridge University Press.
- Pender, N.J. (2015). *Health promotion in nursing practice*. New Jersey: Pearson.
- Pillai, V., Roth, T., Mullins, H.M., & Drake, C.L. (2013). Moderators and mediators of the relationship between stress and insomnia: Stressor chronicity, cognitive intrusion and coping. *SLEEP* 2014; 37(7):1199-1208.
- Pin, T.L. (2008). *Hubungan kebiasaan berolahraga dengan tingkat stres pada mahasiswa fakultas kedokteran universitas sumatera utara tahun masuk 2008*. Karya Tulis Ilmiah strata satu, Universitas Sumatera Utara, Medan.
- Potter P.A., & Perry A.G. (2005). *Buku ajar fundamental keperawatan: Konsep, proses, dan praktik* (Yasmin Asih, alih bahasa). Edisi 4 vol.1. Jakarta: EGC. (Buku asli diterbitkan 2004).
- Potter, P.A., Perry, A.G., Stockert, P.A., & Hall, A.M. (2014). *Fundamentals of nursing* (8th ed.). Missouri: Mosby.
- Prayitna, M. (2017). *Hubungan antara stres dengan kejadian insomnia pada lansia di rumah pelayanan lanjut usia budi dharma Yogyakarta*. Karya Tulis Ilmiah strata satu, Universitas ‘Aisyiyah Yogyakarta, Yogyakarta.

- Probosiwi, P. (2016). *Perbedaan tingkat insomnia mahasiswa tahap sarjana dan tahap profesi fakultas kedokteran universitas muhammadiyah semarang*. Karya Tulis Ilmiah strata satu, Universitas Muhammadiyah Semarang, Semarang.
- Ramadhani, V.S. (2014). *Hubungan stres dengan kejadian insomnia pada lansia di panti sosial tresna werdha kasih sayang ibu Batusangkar*. Karya Tulis Ilmiah strata satu, Universitas Muhammadiyah Sumatera Barat. Sumatera Barat.
- Riasmini, N.M., Sahar, J., & Resnayati, Y. Pengalaman Keluarga dalam Penanganan Lanjut Usia di Masyarakat dari Aspek Budaya Indonesia. *Jurnal Ners*, 98-106 Vol. 8 No. 1.
- Riyanto, A. (2013). *Statistik Deskriptif*. Yogyakarta: Nuha Medika.
- Sadock, B.J., Sadock, V.A., & Ruiz, P. (Eds.). (2017). *Kaplan & sadock's comprehensive textbook of psychiatry* (10th ed.). Philadelphia: Lippincott Williams & Wilkins.
- Sateia, M.J., & Buysse, D.J. (Eds.). (2010). *Insomnia diagnosis and treatment*. London: Informa.
- Saxon, S.V. (2015). *Physical change & aging: A guide for the helping professions* (6th ed.). New York: Springer.
- Sayekti, N.P.I.W., & Hendrati, L.Y. (2015). Analisis Risiko Depresi, Tingkat Sleep Hygiene dan Penyakit Kronis dengan Kejadian Insomnia pada Lansia. *Jurnal Berkala Epidemiologi*, 181-193 Vol. 3, No. 2.
- Selye, H. (1976). *Stress in health and disease*. London: Butterworth.
- Singh, K., & Kiran, U.V. (2005). Marital status and its impact on psychological well being of elderly. *South Asian Journal of Multidisciplinary Studies*. Volume 2 Issue 3.
- Smeltzer, S.C., Bare, B.G., Hinkle, J.L., & Cheever, K.H. (2010). *Suddarth's textbook of medical-surgical nursing* (12th ed. /vol 1.). Philadelphia: Lippincott Williams & Wilkins.
- Stores, G. (2009). *Insomnia and other adult sleep problems*. New York: Oxford University Press.
- Stuart, G.W. (2013). *Principles and practice of psychiatric nursing* (10th ed.). Missouri: Mosby.

- Swearingen, P.L. (Eds.). (2016). *All-in-one nursing care planning resource: Medical-surgical, pediatric, maternity, psychiatric nursing care plans* (4th ed.). Missouri: Mosby.
- Tarwoto, W. (2006). Kebutuhan dasar manusia dan proses keperawatan (Edisi 3). Jakarta: Salemba Medika.
- Taylor, D.J., Gehrman, P., Dautovich, N.D., Lichstein, K.L & McCrae, C.S. (2014). *Handbook of insomnia*. London: Springer.
- Townsend, M.C. (2009). *Psychiatric mental health nursing: Concepts of care in evidence-based practice* (6th ed.). Philadelphia: F.A. Davis.
- Townsend, M.C. (2014). *Essentials of psychiatric mental health nursing: Concepts of care in evidence-based practice* (6th ed.). Philadelphia: F.A. Davis.
- Townsend, M.C. (2015). *Nursing diagnoses in psychiatric nursing: Psychiatric nursing: Assessment, care plans, and medications* (9th ed.). Philadelphia: F.A. Davis.
- Townsend-Roccichelli, J., Sanford, J.T., & VandeWaa, E. (2010, Mei). Managing sleep disorders in the elderly 30-37, Vol. 35, No. 5. *The Nurse Practitioner*. Lippincott Williams & Wilkins.
- Tsou, M.T. (2013). Prevalence and risk factors for insomnia in community-dwelling elderly in northern Taiwan. *Journal of Clinical Gerontology & Geriatrics*, 4, 75-79.
- Uddin, M.A. (2017). Sleep problems of older people in Bangladesh. *Journal of Mental Disorders and Treatment*, 143, 247-271.
- Undang-undang Republik Indonesia. (1998). Undang-undang nomor 13 tahun 1998 tentang Kesejahteraan Lanjut Usia.
- United Nations. (2015). *World population ageing 2015*. New York.
- United Nations. (2017). *World Population Prospects: The 2017 revision, key findings and advancetables*. New York.
- Videbeck, S.L. (2011). *Psychiatric-mental health nursing* (5th ed.). Philadelphia: Lippincott Williams & Wilkins.
- World Health Organization (WHO). (2016). *World report on ageing and health: Global strategy and action plan on ageing and health (2016-2020)*. Geneva, Switzerland.