

## DAFTAR PUSTAKA

- Abdullah, A. Z., Arsin, A. A. and Yahya, M 2012, 'Determinan Insomnia pada Lanjut Usia', *Kesmas: National Public Health Journal*, 7(4), p. 154. doi: 10.21109/kesmas.v7i4.51.
- Afnan 2020, 'Hubungan Efikasi Diri dengan Stress Pada Mahasiswa yang Berada dalam Fase Quarter Life Crisis', *Jurnal Kognisia*, 3(1), pp. 23–29.
- Akoso, B. T. and Akoso, G. H 2009, *Bebas Stres*. Yogyakarta: Penerbit Kanisius.
- Anshori, M. and Iswati, S 2017, *Metodologi Penelitian Kuantitatif*. Surabaya: Airlangga University Press.
- Arifin, A 2015, 'Ibu Hamil Menghadapi Proses Persalinan Di', *eJournal Keperawatan*, 3(Volume 3 Nomor 2), pp. 2, 3.
- BKKBN 2011, *Batasan dan Pengertian MDK / MDK*. Available at: <http://aplikasi.bkkbn.go.id/mdk/BatasanMDK.aspx> (Accessed: 6 April 2021).
- BKKBN 2018, *Fungsi Keluarga*. Available at: <https://kampungkb.bkkbn.go.id/postSlider/3867/26322> (Accessed: 6 April 2021).
- Bono, G., Reil, K. and Hescocox, J 2020, 'Stress and wellbeing in urban college students in the u.S. during the covid-19 pandemic: Can grit and gratitude help?', *International Journal of Wellbeing*, 10(3), pp. 39–57. doi: 10.5502/ijw.v10i3.1331.
- Boyras, G. and Legros, D. N 2020, 'Coronavirus Disease (COVID-19) and Traumatic Stress: Probable Risk Factors and Correlates of Posttraumatic Stress Disorder', *Journal of Loss and Trauma*, 25(6–7), pp. 503–522. doi: 10.1080/15325024.2020.1763556.
- BPS 2019, *Badan Pusat Statistik (BPS)*. Available at: <https://www.bps.go.id/subject/12/kependudukan.html> (Accessed: 23 July

2021).

- Buana, D. R. 2020, 'Analisis Perilaku Masyarakat Indonesia dalam Menghadapi Pandemi Virus Corona (Covid-19) dan Kiat Menjaga Kesejahteraan Jiwa', *SALAM: Jurnal Sosial dan Budaya Syar-i*, 7(3), pp. 92–98. doi: 10.15408/sjsbs.v7i3.15082.
- Cao, W. *et al* 2020, 'The psychological impact of the COVID-19 epidemic on college students in China', *Psychiatry Research*, 287(March), p. 112934. doi: 10.1016/j.psychres.2020.112934.
- Conrad, C. D 2011, *The Handbook of Stress : Neuropsychological Effects on the Brain*. Oxford: Wiley-Blackwell.
- Cunnington, D., Junge, M. F. and Fernando, A. T 2013, 'Insomnia: Prevalence, consequences and effective treatment', *Medical Journal of Australia*, 199(8), pp. S36–S40. doi: 10.5694/mja13.10718.
- Debowska, A. *et al* 2020, 'A repeated cross-sectional survey assessing university students' stress, depression, anxiety, and suicidality in the early stages of the COVID-19 pandemic in Poland', *Psychological Medicine*, pp. 3–6. doi: 10.1071/S003329172000392X.
- Dewi, P. A. and Ardani, I. G. A. I 2013, 'Angka Kejadian serta Faktor-Faktor yang Mempengaruhi Gangguan tidur (Insomnia) Pada Lansia di Panti Sosial Tresna Werda Wana Seraya Denpasar Bali Tahun 2013', *Integration of Climate Protection and Cultural Heritage: Aspects in Policy and Development Plans. Free and Hanseatic City of Hamburg*, 26(4), pp. 1–37.
- Friedman, M. M 2010, *Buku Ajar Keperawatan Keluarga: Riset, Teori dan Praktek. Edisi ke-5*. Jakarta: EGC.
- Friedman, M. R., Bowden, V. R. and Jones, E 2003, *Family Nursing: Research, Theory & Practice (5th ed)*. New Jersey: Prentice Hall.
- G, Widya 2017, *Mengatasi Insomnia: Cara Mudah Mendapatkan Kembali Tidur Nyenyak Anda*. Yogyakarta: Katahati.

- Gorbalenya, A. E. *et al* 2020, ‘Severe acute respiratory syndrome-related coronavirus: The species and its viruses – a statement of the Coronavirus Study Group’, *bioRxiv*. doi: 10.1101/2020.02.07.937862.
- Güneş, Z. and Arslantaş, H 2017, ‘Insomnia in nursing students and related factors: A cross-sectional study’, *International Journal of Nursing Practice*, 23(5), pp. 1–10. doi: 10.1111/ijn.12578.
- Handayani, R. T. *et al* 2020, ‘Factors Causing Stress in Health and Community When the Covid-19 Pandemic’, *Jurnal Keperawatan Jiwa*, 8(3), p. 353. doi: 10.26714/jkj.8.3.2020.353-360.
- Harnilawati 2013, *Konsep dan Proses Keperawatan Keluarga*. Takalar: Pustaka As Salam.
- Hasnidar *et al* 2020, *Ilmu Kesehatan Masyarakat*. Jakarta: Yayasan Kita Menulis.
- Hasymi, Y 2019, *Dukungan Keluarga dan Intimasi Terhadap Persepsi Tingkat Nyeri Pada Pasien Infark Miokard Akut (IMA)*. Jakarta: IRDH.
- Hsieh, Y. P., Lu, W. H. and Yen, C. F 2019, ‘Psychosocial Determinants of Insomnia in Adolescents: Roles of Mental Health, Behavioral Health, and Social Environment’, *Frontiers in Neuroscience*, 13(August), pp. 1–9. doi: 10.3389/fnins.2019.00848.
- Iqbal, M 2018, ‘Hubungan Tingkat Stress dengan Kualitas Tidur Pada Mahasiswa yang Sedang Menyusun Skripsi di Program Studi Matematika di STKIP PGRI Kabupaten Pacitan’, p. 121.
- Irawan, A. W., Dwisona, D. and Lestari, M 2020, ‘Psychological Impacts of Students on Online Learning During the Pandemic COVID-19’, *KONSELI: Jurnal Bimbingan dan Konseling (E-Journal)*, 7(1), pp. 53–60. doi: 10.24042/kons.v7i1.6389.
- Irnawati, N. M., Siagian, I. E. T. and Ottay, R. I 2016, ‘Pengaruh Dukungan Keluarga terhadap Kepatuhan Minum Obat pada Penderita Tuberkulosis di Puskesmas Motoboi Kecil Kota Kotamobagu’, *Jurnal Kedokteran Komunitas Dan Tropik*, 4(1).

- Kementrian Kesehatan RI 2020, *Apakah yang dimaksud Stres itu?*, Direktorat P2PTM. Available at: <http://p2ptm.kemkes.go.id/infographic-p2ptm/stress/apakah-yang-dimaksud-stres-itu> (Accessed: 6 April 2021).
- Kokou-kpolou, C. K. *et al* 2020, 'Insomnia during COVID-19 pandemic and lockdown: Prevalence, severity, and associated risk factors in French population', *Psychiatry Research*, 290, p. 113128. doi: 10.1016/j.psychres.2020.113128.
- Lai, A. Y. kwan *et al* 2020, 'Mental Health Impacts of the COVID-19 Pandemic on International University Students, Related Stressors, and Coping Strategies', *Frontiers in Psychiatry*, 11(November). doi: 10.3389/fpsy.2020.584240.
- Lestari, Y 2020, 'Faktor-Faktor Yang Mempengaruhi Dukungan Keluarga Terhadap Tingkat Kecemasan Anak Akibat Hospitalisasi Pada Usia Prasekolah Di Rsu Advent Medan Tahun 2019', *Dinamika Kesehatan: Jurnal Kebidanan Dan Keperawatan*, 11(1), pp. 372–386. doi: 10.33859/dksm.v11i1.574.
- Li, S. and Xu, Q 2020, 'Family support as a protective factor for attitudes toward social distancing and in preserving positive mental health during the COVID-19 pandemic', *Journal of Health Psychology*. doi: 10.1177/1359105320971697.
- Li, Y. *et al* 2020, 'Insomnia and psychological reactions during the COVID-19 outbreak in China', *J Clin Sleep Med.*, 16 (8), pp. 1417–1418.
- Livana, Mubin, & Basthomi, Y 2020, 'Penyebab Stres Mahasiswa Selama Pandemi Covid-19', *Jurnsl Ilmu Keperawatan Jiwa*, 3(2), pp. 203–208.
- Marelli, S. *et al* 2021, 'Impact of COVID-19 lockdown on sleep quality in university students and administration staff', *Journal of Neurology*, 268(1), pp. 8–15. doi: 10.1007/s00415-020-10056-6.
- Mariani, R. *et al* 2020, 'The Impact of Coping Strategies and Perceived Family Support on Depressive and Anxious Symptomatology During the

- Coronavirus Pandemic (COVID-19) Lockdown’, *Frontiers in Psychiatry*, 11. doi: 10.3389/fpsyt.2020.587724.
- Moh Muslim 2020, ‘Moh . Muslim : Manajemen Stress pada Masa Pandemi Covid-19 ” 193’, *Jurnal Manajemen Bisnis*, 23(2), pp. 192–201.
- Morens, D. M. *et al* 2020, ‘Pandemic covid-19 joins history’s pandemic legion’, *mBio*, 11(3), pp. 1–9. doi: 10.1128/mBio.00812-20.
- Mujtahidin and Assegaf, M. A. T 2012, *Doa & Terapi Khusus Bebas Insomnia & Gangguan Tidur*. Depok: Pustaka IIMaN.
- Notoatmodjo, S 2018, *Metodelogi Penelitian Kesehatan*. Jakarta: PT Rineka Cipta.
- Novieastari, E. *et al* 2020, *Dasar-dasar Keperawatan edisi 9*. Singapore: Elsevier.
- Patel, D., Steinberg, J. and Patel, P 2018a, ‘Insomnia in the elderly: A review’, *Journal of Clinical Sleep Medicine*, 14(6), pp. 1017–1024. doi: 10.5664/jcsm.7172.
- Patel, D., Steinberg, J. and Patel, P 2018b, ‘Precipitating Factors’, *Journal of Clinical Sleep Medicine*, 14(6).
- Phelps, C. and Sperry, L. L 2020, ‘Children and the COVID-19 Pandemic’, *Psychological Trauma: Theory, Research, Practice, and Policy*, 12, pp. 73–75. doi: 10.1037/tra0000861.
- PKBI 2017, *Pengertian Dan Perbedaan Gender Dengan Seks / PKBI Daerah Istimewa Yogyakarta*. Available at: <https://pkbi-diy.info/pengertian-dan-perbedaan-gender-dengan-seks/> (Accessed: 23 July 2021).
- Pragholapati, A. 2020, ‘Covid-19 Impact on Students’, pp. 1–6. doi: 10.35542/osf.io/895ed.
- Pusdiklat 2020, ‘Surat Edaran Mendikbud No 4 Tahun 2020 tentang Pelaksanaan Kebijakan Pendidikan dalam Masa Darurat Penyebaran Corona Virus Disease (Covid-19)’, p. 300.
- Putri, R. S. *et al* 2020, ‘Impact of the COVID-19 pandemic on online home learning: An explorative study of primary schools in Indonesia’,

- International Journal of Advanced Science and Technology*, 29(5), pp. 4809–4818.
- Rahakbauw, N 2018, ‘Dukungan Keluarga Terhadap Kelangsungan Hidup ODHA (Orang Dengan HIV/AIDS)’, 3(2). doi: 10.31219/osf.io/7j63d.
- Rahmat, P. P. and Supriatna, U. Y 2018, ‘Dukungan Keluarga dengan Kecemasan Pada Siswa SMP Korban Perundungan’, pp. 852–859.
- Ramli, N. H. H. *et al* 2018, ‘Academic stress and self-regulation among university students in Malaysia: Mediator role of mindfulness’, *Behavioral Sciences*, 8(1). doi: 10.3390/bs8010012.
- RI, G. T. C.-19 2021, *Beranda / Covid19.go.id*. Available at: <https://covid19.go.id/> (Accessed: 16 March 2021).
- Rochman, K. L 2010, *Kesehatan Mental*. Purwokerto: STAIN Press.
- Salari, N. *et al* 2020, ‘Prevalence of stress, anxiety, depression among the general population during the COVID-19 pandemic: a systematic review and meta-analysis’, *Globalization and Health*, 16(1), pp. 1–11.
- Shi, L. *et al* 2020, ‘Prevalence of and Risk Factors Associated With Mental Health Symptoms Among the General Population in China During the Coronavirus Disease 2019 Pandemic’, *Psychiatria Danubina*, 32(7), pp. 221–225. doi: 10.1001/jamanetworkopen.2020.14053.
- Średniawa, A. *et al* 2019, ‘Insomnia and the level of stress among students in Krakow, Poland’, 41(1), pp. 60–68.
- Sudarya, I. W., Bagia, I. W. and Suwendra, I. W 2014, ‘Analisis Faktor-Faktor Yang Mempengaruhi Stres Pada Mahasiswa Dalam Penyusunan Skripsi Jurusan Manajemen Undiksha Angkatan 2009’, *e-Journal Bisma Universitas Pendidikan Ganesha Jurusan Manajemen*, 2(1), pp. 1–10.
- Suprajitno 2004, *Asuhan Keperawatan Keluarga Aplikasi dalam Praktik*. Jakarta: EGC.
- Sutton, E. L 2014, ‘Insomnia’, *Medical Clinics of North America*, 98(3), pp. 565–

581. doi: 10.1016/j.mcna.2014.01.008.

Tselebis, A. *et al* 2020, 'Insomnia, Perceived Stress, and Family Support among Nursing Staff during the Pandemic Crisis', *Healthcare*, 8(4), p. 434. doi: 10.3390/healthcare8040434.

Voitsidis, P. *et al* 2020, 'Insomnia during the COVID-19 pandemic in a Greek population', *Psychiatry Research*, 289(April), p. 113076. doi: 10.1016/j.psychres.2020.113076.

World Health Organization 2021, *WHO Coronavirus (COVID-19) Dashboard / WHO Coronavirus Disease (COVID-19) Dashboard*. Available at: [https://covid19.who.int/?gclid=Cj0KCQjwi7yCBhDJARIsAMWFScPI8tlpO2CTcjCeQJJ4QMI5xuqgAYAuTw9hPV8Fw5PBVSPUXka-K5oaAp0hEALw\\_wcB](https://covid19.who.int/?gclid=Cj0KCQjwi7yCBhDJARIsAMWFScPI8tlpO2CTcjCeQJJ4QMI5xuqgAYAuTw9hPV8Fw5PBVSPUXka-K5oaAp0hEALw_wcB) (Accessed: 16 March 2021).

Wulandari, F. E., Hadiati, T. and AS, W. S 2017, 'HUBUNGAN ANTARA TINGKAT STRES DENGAN TINGKAT INSOMNIA MAHASISWA / I ANGKATAN 2012 / 2013 PROGRAM STUDI PENDIDIKAN DOKTER FAKULTAS KEDOKTERAN UNIVERSITAS', 6(2), pp. 549–557.

Wulandari, F., Hadiati, T. and Sarjana, W 2017, 'Hubungan Antara Tingkat Stres Dengan Tingkat Insomnia Mahasiswa/I Angkatan 2012/2013 Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Diponegoro', *Jurnal Kedokteran Diponegoro*, 6(2), pp. 549–557.

Yulianto, B 2020, *Perilaku Penggunaan APD Sebagai Alternatif Meningkatkan Kinerja Karyawan yang Terpapar Bising Intensitas Tinggi*. Surabaya: Scopindo Media Pustaka.

Yunita, R., Isnawati, I. A. and Addiarso, W 2020, *Psikoterapi Self Help Group Pada Keluarga Pasien Skizofrenia*. Boddia: Yayasan Ahmar Cendikia Indonesia.

de Zambotti, M. *et al* 2018, 'Insomnia disorder in adolescence: Diagnosis, impact, and treatment', *Sleep Medicine Reviews*, 39, pp. 12–24. doi: 10.1016/j.smr.2017.06.009.

Zhang Y and Ma Z 2020, 'Impact of the COVID-19 pandemic on mental health and quality of life among local residents in Liaoning Province, China: A cross-sectional study. *International Journal of Environmental Research and Public Health* [revista en Internet] 2020 [acceso 8 de octu', *Impact of the COVID-19 pandemic on mental health and quality of life among local residents in Liaoning Province, China: A cross-sectional study.*, 17(march), pp. 1–2. Available at: <https://pubmed.ncbi.nlm.nih.gov/32233719/>.

Zurlo, M. C., Cattaneo Della Volta, M. F. and Vallone, F 2020), 'COVID-19 Student Stress Questionnaire: Development and Validation of a Questionnaire to Evaluate Students' Stressors Related to the Coronavirus Pandemic Lockdown', *Frontiers in Psychology*, 11(March), pp. 1–11. doi: 10.3389/fpsyg.2020.576758.