

DAFTAR PUSTAKA

- Adwas, A.A., Jbireal, J.M., Azab, A.E. 2019. Anxiety: Insights into Signs, Symptoms, Etiology, Pathophysiology, and Treatment. *East African Sch. J. Med. Sci.* 2, 580–591.
- Al-Khani, A.M., Sarhandi, M.I., Zaghloul, M.S., Ewid, M., Saquib, N. 2019. A cross-sectional survey on sleep quality, mental health, and academic performance among medical students in Saudi Arabia. *BMC Res. Notes* 12, 665. <https://doi.org/10.1186/s13104-019-4713-2>
- American Psychological Association. 2021. Anxiety [WWW Document].
- Angelin, L., Syenshie, W.V., Ferlan, P.A. 2021. Tingkat Stres berhubungan dengan Kejadian Generalized Anxiety Disorder (GAD) Pada Mahasiswa Tingkat Akhir. *J. Keperawatan Jiwa Persat. Perawat Nas. Indones.* 9, 399–408.
- Batool, T. 2012. Predictors of Sleep Quality and Sleepiness in the Iranian Adult: A population Based Study. *J. Community Heal. Res.*
- Bazalakova, M. 2017. Sleep Disorders in Pregnancy. *Semin. Neurol.* 37, 661–668. <https://doi.org/10.1055/s-0037-1608843>
- Beck, Brown, Epstein, Steer. 1988. An inventory for measuring clinical anxiety: Psychometric properties. *Journal of Consulting and. Clin. Psychol.* 56, 893–897.
- Becker, E., Orellana Rios, C.L., Lahmann, C., Rücker, G., Bauer, J., Boeker, M. 2018. Anxiety as a risk factor of Alzheimer's disease and vascular dementia. *Br. J. Psychiatry* 213, 654–660. <https://doi.org/10.1192/bjp.2018.173>
- Belleville, G., Cousineau, H., Levrier, K., St-Pierre-Delorme, M.-È. 2011. Meta-analytic review of the impact of cognitive-behavior therapy for insomnia on concomitant anxiety. *Clin. Psychol. Rev.* 31, 638–652. <https://doi.org/10.1016/j.cpr.2011.02.004>
- Blanco, C., Ph, D., Rubio, J., Wall, M., Ph, D., Wang, S., Ph, D. 2014. Risk Factors for Anxiety Disorders: Common and Specific Effects in a National Sample. *Depress. Anxiety* 31, 756–764. <https://doi.org/10.1002/da.22247.RISK>
- Cosci, F., Fava, G.A., Sonino, N. 2015. Mood and anxiety disorders as early

- manifestations of medical illness: a systematic review. *Psychother. Psychosom.* 84, 22–29. <https://doi.org/10.1159/000367913>
- Crawley, S.A., Caporino, N.E., Birmaher, B., Ginsburg, G., Piacentini, J., Albano, A.M., Sherrill, J., Sakolsky, D., Compton, S.N., Rynn, M., McCracken, J., Gosch, E., Keeton, C., March, J., Walkup, J.T., Kendall, P.C. 2014. Somatic complaints in anxious youth. *Child Psychiatry Hum. Dev.* 45, 398–407. <https://doi.org/10.1007/s10578-013-0410-x>
- Dierickx, P., Van Laake, L.W., Geijsen, N. 2018. Circadian clocks: from stem cells to tissue homeostasis and regeneration. *EMBO Rep.* 19, 18–28. <https://doi.org/10.15252/embr.201745130>
- Dobing, S., Frolova, N., McAlister, F., Ringrose, J. 2016. Sleep Quality and Factors Influencing Self-Reported Sleep Duration and Quality in the General Internal Medicine Inpatient Population. *PLoS One* 11, e0156735.
- Dong, D., Lou, P., Wang, J., Zhang, P., Sun, J., Chang, G., Xu, C. 2020. Interaction of sleep quality and anxiety on quality of life in individuals with type 2 diabetes mellitus. *Health Qual. Life Outcomes* 18, 150. <https://doi.org/10.1186/s12955-020-01406-z>
- Emdin, C.A., Odutayo, A., Wong, C.X., Tran, J., Hsiao, A.J., Hunn, B.H.M. 2016. Meta-Analysis of Anxiety as a Risk Factor for Cardiovascular Disease. *Am. J. Cardiol.* 118, 511–519. <https://doi.org/10.1016/j.amjcard.2016.05.041>
- Fabbri, M., Beracci, A., Martoni, M., Meneo, D., Tonetti, L., Natale, V. 2021. Measuring subjective sleep quality: A review. *Int. J. Environ. Res. Public Health* 18, 1–57. <https://doi.org/10.3390/ijerph18031082>
- Faulkner, S., Sidey-Gibbons, C. 2019. Use of the Pittsburgh Sleep quality index in people with schizophrenia spectrum disorders: A mixed methods study. *Front. Psychiatry* 10. <https://doi.org/10.3389/fpsyg.2019.00284>
- Fitri, N.S. 2020. Hubungan antara Kualitas Tidur dengan Daya Konsentrasi Belajar pada Mahasiswa Kepaniteraan Klinik Fakultas Kedokteran Universitas Andalas. *J. Ilmu Kesehat. Indones.* 1, 167–172. <https://doi.org/10.25077/jikesi.v1i2.98>
- Fitriansyah, A.A. 2017. Hubungan Kualitas Tidur Dengan Tingkat Kecemasan Pada Mahasiswa Angkatan 2013 Fakultas Kedokteran Universitas Jenderal

- Ahmad Yani. Skripsi. Universitas Jenderal Ahmad Yani.
- Gale, C.R., Sayer, A.A., Cooper, C., Dennison, E.M., Starr, J.M., Whalley, L.J., Gallacher, J.E., Ben-Shlomo, Y., Kuh, D., Hardy, R., Craig, L., Deary, I.J. 2011. Factors associated with symptoms of anxiety and depression in five cohorts of community-based older people: The HALCyon (Healthy Ageing across the Life Course) Programme. *Psychol. Med.* 41, 2057–2073. <https://doi.org/10.1017/S0033291711000195>
- Genta, F.D., Rodrigues Neto, G.B., Sunfeld, J.P.V., Porto, J.F., Xavier, A.D., Moreno, C.R.C., Lorenzi-Filho, G., Genta, P.R. 2021. COVID-19 pandemic impact on sleep habits, chronotype, and health-related quality of life among high school students: a longitudinal study. *J. Clin. Sleep Med. JCSM Off. Publ. Am. Acad. Sleep Med.* 17, 1371–1377. <https://doi.org/10.5664/jcsm.9196>
- Ghawa, E.Y.D. 2021. Hubungan antara Tingkat Kecemasan dengan Kualitas Tidur selama Masa Pandemi Covid-19 pada Mahasiswa Kedokteran Universitas Nusa Cendana. *Cendana Med. J.* 22, 222–230.
- Gong, L., Liao, T., Liu, D., Luo, Q., Xu, R., Huang, Q., Zhang, B., Feng, F., Zhang, C. 2019. Amygdala Changes in Chronic Insomnia and Their Association with Sleep and Anxiety Symptoms: Insight from Shape Analysis. *Neural Plast.* 2019. <https://doi.org/10.1155/2019/8549237>
- Gould, C.E., Karna, R., Jordan, J., Kawai, M., Hirst, R., Hantke, N., Pirog, S., Cotto, I., Schussler-Fiorenza Rose, S.M., Beaudreau, S.A., O’Hara, R. 2018. Subjective but Not Objective Sleep is Associated with Subsyndromal Anxiety and Depression in Community-Dwelling Older Adults. *Am. J. Geriatr. psychiatry Off. J. Am. Assoc. Geriatr. Psychiatry* 26, 806–811. <https://doi.org/10.1016/j.jagp.2018.03.010>
- Gould, C.E., Spira, A.P., Liou-Johnson, V., Cassidy-Eagle, E., Kawai, M., Mashal, N., O’Hara, R., Beaudreau, S.A. 2018. Association of anxiety symptom clusters with sleep quality and daytime sleepiness. *Journals Gerontol. Ser. B* 73, 413–420.
- Halfaker, D.A., Akeson, S.T., Hathcock, D.R., Mattson, C., Wunderlich, T.L. 2011. Psychological Aspects of Pain. <https://doi.org/10.1016/B978-1-4160-3779->

- Hanif, A. 2019. Modul Statistika Deskriptif Distribusi Frekuensi.
- Jafferany, M., Khalid, Z., McDonald, K.A., Shelley, A.J. 2018. Psychological Aspects of Factitious Disorder. *Prim. care companion CNS Disord.* 20. <https://doi.org/10.4088/PCC.17nr02229>
- Kılınçel, Ş., Kılınçel, O., Muratdağı, G., Aydin, A., Usta, M.B. 2021. Factors affecting the anxiety levels of adolescents in home-quarantine during COVID-19 pandemic in Turkey. *Asia-Pacific Psychiatry* 13, 1–6. <https://doi.org/10.1111/appy.12406>
- Kim, H., Kim, S.H., Jang, S.-I., Park, E.-C. 2022. Association Between Sleep Quality and Anxiety in Korean Adolescents. *J. Prev. Med. Public Heal.* 55, 173–181. <https://doi.org/10.3961/jpmph.21.498>
- Kishi, A., Yasuda, H., Matsumoto, T., Inami, Y., Horiguchi, J., Tamaki, M., Struzik, Z.R., Yamamoto, Y. 2011. NREM sleep stage transitions control ultradian REM sleep rhythm. *Sleep* 34, 1423–1432. <https://doi.org/10.5665/SLEEP.1292>
- Koo, D.L., Shin, J.H., Lim, J.S., Seong, J.K., Joo, E.Y. 2017. Changes in subcortical shape and cognitive function in patients with chronic insomnia. *Sleep Med.* 35, 23–26. <https://doi.org/10.1016/j.sleep.2017.04.002>
- Lahousen, T., Kapfhammer, H.-P. 2018. Anxiety disorders - clinical and neurobiological aspects. *Psychiatr. Danub.* 30, 479–490. <https://doi.org/10.24869/psyd.2018.479>
- Lemma, S., Gelaye, B., Berhane, Y., Worku, A., Williams, M.A. 2012. Sleep quality and its psychological correlates among university students in Ethiopia: A cross-sectional study. *BMC Psychiatry* 12. <https://doi.org/10.1186/1471-244X-12-237>
- Lestari, S.M.P., Marhayuni, E., Setiawati, O.R., Kamil, M.N.N. 2020. Hubungan Kualitas Tidur Dengan Tingkat Kecemasan Mahasiswa Dalam Menghadapi Ujian Cbt Pada Mahasiswa Baru Di Fakultas Kedokteran Umum Universitas Malahayati Tahun 2019. *J. Ilmu Kedokt. dan Kesehat.* 7, 506–513. <https://doi.org/10.33024/jikk.v7i3.2931>
- Manzar, M.D., Moiz, J.A., Zannat, W., Spence, D.W., Pandi-Perumal, S.R.,

- Bahammam, A.S., Hussain, M.E. 2015. Validity of the Pittsburgh sleep quality index in Indian university students. *Oman Med. J.* 30, 193–202. <https://doi.org/10.5001/omj.2015.41>
- Marelli, S., Castelnuovo, A., Somma, A., Castronovo, V., Mombelli, S., Bottoni, D., Leitner, C., Fossati, A., Ferini-Strambi, L. 2021. Impact of COVID-19 lockdown on sleep quality in university students and administration staff. *J. Neurol.* 268, 8–15. <https://doi.org/10.1007/s00415-020-10056-6>
- Maslim, R. 2013. Diagnosis Gangguan Jiwa.
- Mason, E.C., Harvey, A.G. 2014. Insomnia before and after treatment for anxiety and depression. *J. Affect. Disord.* 168, 415–421. <https://doi.org/10.1016/j.jad.2014.07.020>
- Maust, D., Cristancho, M., Gray, L., Rushing, S., Tjoa, C., Thase, M.E. 2012. Psychiatric rating scales, 1st ed, *Neurobiology of Psychiatric Disorders*. Elsevier B.V. <https://doi.org/10.1016/B978-0-444-52002-9.00013-9>
- Mollayeva, T., Thurairajah, P., Burton, K., Mollayeva, S., Shapiro, C.M., Colantonio, A. 2016. The Pittsburgh sleep quality index as a screening tool for sleep dysfunction in clinical and non-clinical samples: A systematic review and meta-analysis. *Sleep Med. Rev.* 25, 52–73. <https://doi.org/10.1016/j.smrv.2015.01.009>
- Murwani, A., Utari, H.S. 2021. Hubungan Kecemasan Dengan Kualitas Tidur Pada Mahasiswa Yang Menyusun Skripsi Di Stikes Surya Global Yogyakarta. *J. Formil (Forum Ilmiah) Kesmas Respati* 6, 129. <https://doi.org/10.35842/formil.v6i2.353>
- National Institute of Mental Health. 2018. Anxiety Disorders [WWW Document].
- Oh, C.M., Kim, H.Y., Na, H.K., Cho, K.H., Chu, M.K. 2019. The effect of anxiety and depression on sleep quality of individuals with high risk for insomnia: A population-based study. *Front. Neurol.* 10, 1–8. <https://doi.org/10.3389/fneur.2019.00849>
- Pace-Schott, E.F., Spencer, R.M.C. 2015. Sleep-dependent memory consolidation in healthy aging and mild cognitive impairment. *Curr. Top. Behav. Neurosci.* 25, 307–330. https://doi.org/10.1007/7854_2014_300
- Perrotta, G. 2019. Anxiety Disorders : Definitions , Contexts , Neural Correlates

- And Strategic Jacobs Journal of Neurology and Neuroscience Anxiety Disorders : Definitions , Contexts , Neural Correlates And Strategic Therapy. Jacobs J. Beurology Neurosci. 1, 1–15.
- Rao, W.W., Li, W., Qi, H., Hong, L., Chen, C., Li, C.Y., Ng, C.H., Ungvari, G.S., Xiang, Y.T. 2020. Sleep quality in medical students: a comprehensive meta-analysis of observational studies. *Sleep Breath.* 24, 1151–1165. <https://doi.org/10.1007/s11325-020-02020-5>
- Rasch, B., Born, J. 2013. About sleep's role in memory. *Physiol. Rev.* 93, 681–766. <https://doi.org/10.1152/physrev.00032.2012>
- Rezaei, M., Khormali, M., Akbarpour, S., Sadeghniat-Hagighi, K., Shamsipour, M. 2018. Sleep quality and its association with psychological distress and sleep hygiene: A crosssectional study among pre-clinical medical students. *Sleep Sci.* 11, 274–280. <https://doi.org/10.5935/1984-0063.20180043>
- Richter, C., Woods, I.G., Schier, A.F. 2014. Neuropeptidergic control of sleep and wakefulness. *Annu. Rev. Neurosci.* 37, 503–531. <https://doi.org/10.1146/annurev-neuro-062111-150447>
- Sari, D.P., Nugroho, H., Iskandar, A. 2021. Gambaran Tingkat Kecemasan Mahasiswa Fakultas Kedokteran Universitas Mulawarman Sebelum Menghadapi OSCE. *J. Sains dan Kesehat.* 3, 482–488. <https://doi.org/10.25026/jsk.v3i4.348>
- Schättin, A., Baur, K., Stutz, J., Wolf, P., de Bruin, E.D. 2016. Effects of Physical Exercise Combined with Nutritional Supplements on Aging Brain Related Structures and Functions: A Systematic Review. *Front. Aging Neurosci.*
- Shen, J., Zhang, H., Wang, Yan, Abdulai, T., Niu, M., Luo, Z., Wang, Yikang, Li, R., Wang, F., Wang, C., Mao, Z. 2020a. Dose-response association of sleep quality with anxiety symptoms in Chinese rural population: the Henan rural cohort. *BMC Public Health* 20, 1297. <https://doi.org/10.1186/s12889-020-09400-2>
- Siegel, J.M. 2005. Clues to the functions of mammalian sleep. *Nature* 437, 1264–1271. <https://doi.org/10.1038/nature04285>
- Siegel, J.M., Moore, R., Thannickal, T., Nienhuis, R. 2001. A brief history of hypocretin/orexin and narcolepsy. *Neuropsychopharmacol. Off. Publ. Am.*

- Coll. Neuropsychopharmacol. 25, S14-20. [https://doi.org/10.1016/S0893-133X\(01\)00317-7](https://doi.org/10.1016/S0893-133X(01)00317-7)
- Sinnema, H., Terluin, B., Volker, D., Wensing, M., Van Balkom, A. 2018. Factors contributing to the recognition of anxiety and depression in general practice. BMC Fam. Pract. 19, 1–10. <https://doi.org/10.1186/s12875-018-0784-8>
- Spiegelhalder, K., Regen, W., Nissen, C., Feige, B., Baglioni, C., Riemann, D., Hennig, J., Lange, T. 2016. Magnetic resonance spectroscopy in patients with insomnia: A repeated measurement study. PLoS One 11, 1–15. <https://doi.org/10.1371/journal.pone.0156771>
- Spira, A.P., Beaudreau, S.A., Stone, K.L., Kezirian, E.J., Lui, L., Redline, S., Ancoli-israel, S., Ensrud, K., Stewart, A., Fractures, O. 2012. Reliability and Validity of the Pittsburgh Sleep Quality Index and the Epworth Sleepiness Scale in Older Men 433–439. <https://doi.org/10.1093/gerona/glr172>
- Sreejesh, K., Joseph, N., Sreenivasan, G.K. 2021. Sleep Quality and Anxiety Level among College Students. Int. J. Res. Rev. 8, 271–276. <https://doi.org/10.52403/ijrr.20211036>
- Steimer, T. 2002. The biology of fear- and anxiety-related behaviors. Dialogues Clin. Neurosci. 4, 231–249. <https://doi.org/10.31887/dcns.2002.4.3/tsteimer>
- Taheri, S., Lin, L., Austin, D., Young, T., Mignot, E. 2004. Short sleep duration is associated with reduced leptin, elevated ghrelin, and increased body mass index. PLoS Med. 1, e62. <https://doi.org/10.1371/journal.pmed.0010062>
- Teker, A.G., Luleci, N.E. 2018. Sleep quality and anxiety level in employees. North. Clin. Istanbul 5, 31–36. <https://doi.org/10.14744/nci.2017.58855>
- Thibaut, F. 2017. Anxiety disorders: A review of current literature. Dialogues Clin. Neurosci. 19, 87–88. <https://doi.org/10.31887/dcns.2017.19.2/fthibaut>
- Wang, F., Bíró, É. 2021. Determinants of sleep quality in college students: A literature review. Explore 17, 170–177. <https://doi.org/10.1016/j.explore.2020.11.003>
- Wang, W., Guo, Y., Du, X., Li, W., Wu, R., Guo, L., Lu, C. 2022. Associations Between Poor Sleep Quality, Anxiety Symptoms, and Depressive Symptoms Among Chinese Adolescents Before and During COVID-19: A Longitudinal Study. Front. Psychiatry.

- WHO. 2018. Depression and Other Common Mental Disorders: Global Health Estimates.
- Wina. 2021. Hubungan Kualitas Tidur Dengan Tingkat Kecemasan Pada Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Palembang. Thesis. Universitas Muhammadiyah Palembang.
- Yassin, A., Al-Mistarehi, A.H., Beni Yonis, O., Aleshawi, A.J., Momany, S.M., Khassawneh, B.Y. 2020. Prevalence of sleep disorders among medical students and their association with poor academic performance: A cross-sectional study. *Ann. Med. Surg.* 58, 124–129. <https://doi.org/10.1016/j.amsu.2020.08.046>
- Yildirim, S., Ekitli, G.B., Onder, N., Avci, A.G. 2020. Examination of sleep quality and factors affecting sleep quality of a group of university students. *Int. J. Caring Sci.* 13, 1431.
- Yilmaz, D., Tanrikulu, F., Dikmen, Y. 2017. Research on Sleep Quality and the Factors Affecting the Sleep Quality of the Nursing Students. *Curr. Heal. Sci. J.* 43, 20–24. <https://doi.org/10.12865/CHSJ.43.01.03>
- Zhang, P., Lou, P., He-qing, Chen, P., QIAO, C., LI, T., DONG, Z., SHI, C. 2016. Study on the corelation of sleep quality and anxiety in patients with type 2 diabetes mellitus. *CHINESE J. Dis. Control Prev.* 20, 1083–87.
- Zielinski, M.R., McKenna, J.T., McCarley, R.W. 2016. Functions and mechanisms of sleep. *AIMS Neurosci.* 3, 67–104. <https://doi.org/10.3934/Neuroscience.2016.1.67>