

## DAFTAR PUSTAKA

- Afandi, O. *et al.* 2013. "Sleep Quality Among University Students: Evaluating the Impact of Smoking, Social Media Use, and Energy Drink Consumption on Sleep Quality and Anxiety," 5(06), hal. 1–3. Tersedia pada: <http://www.inquiriesjournal.com/articles/738/sleep-quality-among-university-students-evaluating-the-impact-of-smoking-social-media-use-and-energy-drink-consumption-on-sleep-quality-and-anxiety> (Diakses: 31 Maret 2022).
- Badan Litbangkes. 2018. *Laporan Nasional Riskesdas 2018*. Tersedia pada: [http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan\\_Nasional\\_RKD2018\\_FINAL.pdf](http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf) (Diakses: 2 April 2022).
- Baker, F. C. *et al.* 2012. "Perceived Poor Sleep Quality in the Absence of Polysomnographic Sleep Disturbance in Women With Severe Premenstrual Syndrome," *Journal of Sleep Research*, 21(5), hal. 535–545. Tersedia pada: <https://doi.org/10.1111/j.1365-2869.2012.01007.x>.
- Bonuck, K. ., Schwartz, B. dan Schechter, C. 2016. "Sleep Health Literacy in Head Start Families and Staff: Exploratory Study of Knowledge, Motivation, And Competencies to Promote Healthy Sleep," *Sleep Health: National Center for Biotechnology Information*, 2(1), hal. 19–24. doi: 10.1016/j.sleh.2015.12.002.
- Budyawati, N. P. L. W., Utami, D. K. I. dan Widyadharma, I. P. E. .2019. "Proposi dan Karakteristik Kualitas Tidur Buruk pada Guru-Guru Sekolah Menengah Atas Negeri di Denpasar," *E-Jurnal Medika*, 8(3), hal. 1–7. Tersedia pada: <https://ocs.unud.ac.id/index.php/eum/article/view/49852>.
- Burgard, S. A. dan Ailshire, J. A. 2013. "Gender and Time for Sleep Among U.S. Adults," *American Sociological Review*, 78(1), hal. 51–69. Tersedia pada: <https://doi.org/10.1177/0003122412472048>.
- Buysse, Daniel J *et al.* 1989. "The Pittsburgh Sleep Quality Index: A New Instrument for Psychiatric Practice and Research," *Psychiatric Research*, 28, hal. 193–213. Tersedia pada: <https://www.psychiatry.pitt.edu/sites/default/files/inline-files/PSQI Article.pdf> (Diakses: 7 Januari 2022).
- Buysse, D.J. *et al.* .1989. "The Pittsburgh Sleep Quality Index (PSQI): A New Instrument For Psychiatric Research and Practice," *Psychiatric Research*, 28, hal. 193–213.
- Cleveland Clinic .2022. *What Happens When You Don't Get Enough Sleep?* .

Tersedia pada: <https://health.clevelandclinic.org/happens-body-dont-get-enough-sleep/> (Diakses: 1 April 2022).

Dietrich, S. K. *et al.* .2016. “Effectiveness of sleep education programs to improve sleep hygiene and/or sleep quality in college students: a systematic review,” *JBISIRIR*, 14(9), hal. 108–134. doi: 10.11124/JBISIRIR-2016-003088.

Dinas Kesehatan Pemerintah Aceh .2018. *Lakukan Aktivitas Fisik 30 Menit Setiap Hari*. Tersedia pada: <https://dinkes.acehprov.go.id/news/read/2018/03/15/206/lakukan-aktivitas-fisik-30-menit-setiap-hari.html> (Diakses: 30 Desember 2021).

Direktorat P2PTM. 2018. *Manfaat Aktivitas Fisik*. Tersedia pada: <http://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi/manfaat-aktivitas-fisik> (Diakses: 2 Januari 2022).

Direktorat P2PTM. 2020. *Tidur adalah salah satu istirahat terbaik bagi tubuh yang dapat mengembalikan energi*. Tersedia pada: <http://p2ptm.kemkes.go.id/infographic-p2ptm/stress/page/surveilan.pptm.kemkes.go.id/tidur-adalah-salah-satu-istirahat-terbaik-bagi-tubuh-yang-dapat-mengembalikan-energi> (Diakses: 3 Januari 2022).

Direktorat P2PTM Kementerian Kesehatan RI. 2018. *Bagaimana istirahat yang cukup?* Tersedia pada: <http://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluh-darah/bagaimana-istirahat-yang-cukup> (Diakses: 1 Juli 2022).

Donsu, J. D. T. 2019. *Psikologi Keperawatan*. Jakarta: Rineka Cipta.

Fenny, F. dan Supriatmo, S. 2016. “Hubungan Kualitas dan Kuantitas Tidur dengan Prestasi Belajar pada Mahasiswa Fakultas Kedokteran,” *Jurnal Pendidikan Kedokteran Indonesia: The Indonesian Journal of Medical Education*, 5(3), hal. 140–147. doi: 10.22146/jpki.25373.

Hanifah, E. 2011. *Cara Hidup Sehat*. Jakarta: PT Sarana Bangun Pustaka.

Hershner, S. dan O’Brien, L. M. 2018. “The Impact of a Randomized Sleep Education Intervention for College Students,” *Journal of Clinical Sleep Medicine: JCSM:official publication of the American Academy of Sleep Medicine*, 14(3), hal. 337–347. doi: 10.5664/JCSM.6974.

Hidayat, A. 2014. *Pengantar Kebutuhan Dasar Manusia, Edisi 2*. Jakarta: Salemba Medika.

Hidayati, H. *et al.* 2012. “Correlates of Physical Activity in Asian Adolescents:

**Amelia Rahmawati, 2022**

**HUBUNGAN TINGKAT PENGETAHUAN TIDUR DAN AKTIVITAS FISIK DENGAN KUALITAS TIDUR MAHASISWA FAKULTAS ILMU KESEHATAN UPN VETERAN JAKARTA TAHUN 2022**

UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Kesehatan Masyarakat Program Sarjana  
[[www.upnvj.ac.id](http://www.upnvj.ac.id)-[www.library.upnvj.ac.id](http://www.library.upnvj.ac.id)-[www.repository.upnvj.ac.id](http://www.repository.upnvj.ac.id)]

- A Literature Review,” *Nurse Media Journal of Nursing*, 2(2), hal. 451–466. doi: 10.14710/nmjn.v2i2.3976.
- Hirshkowitz, Max *et al.* 2015a. “National sleep foundation’s sleep time duration recommendations: Methodology and results summary,” *Sleep Health*. Elsevier Inc, 1(1), hal. 40–43. doi: 10.1016/J.SLEH.2014.12.010.
- Hirshkowitz, Max *et al.* 2015b. “National Sleep Foundation’s sleep time duration recommendations: methodology and results summary,” *Sleep Health: Journal of the National Sleep Foundation*. Elsevier, 1(1), hal. 40–43. doi: 10.1016/J.SLEH.2014.12.010.
- Hirshkowitz, M *et al.* 2015. “National Sleep Foundation’s Sleep Time Duration Recommendations: Methodology and Results Summary,” *Sleep Health*, 1(1), hal. 40–43. doi: <https://doi.org/10.1016/j.sleh.2014.12.010>.
- IPAQ. 2005a. *Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ)*. Tersedia pada: <https://www.researchgate.net/file.PostFileLoader.html?id=5641f4c36143250eac8b45b7&assetKey=AS%3A294237418606593%401447163075131>.
- IPAQ. 2005b. *Scoring Protocol*. Tersedia pada: <https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbnx0aGVpcGFxfGd4OjE0NDgxMDk3NDU1YWRIZTM> (Diakses: 1 April 2022).
- KBBI. 2016. *Arti Kata Mahasiswa*. Tersedia pada: <https://kbbi.web.id/mahasiswa> (Diakses: 2 April 2022).
- Kementerian Kesehatan. 2014. *Tidur Cukup Untuk Kesehatan*. Tersedia pada: <https://promkes.kemkes.go.id/?p=1606> (Diakses: 30 Desember 2021).
- Kementerian Kesehatan RI. 2013. *Laporan Hasil Riskesdas 2013*. Tersedia pada: [http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2013/Laporan\\_riskesdas\\_2013\\_final.pdf](http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2013/Laporan_riskesdas_2013_final.pdf) (Diakses: 1 Januari 2022).
- Kementerian Kesehatan RI. 2018. *Laporan Nasional Riskesdas 2018*. Tersedia pada: [http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan\\_Nasional\\_RKD2018\\_FINAL.pdf](http://labdata.litbang.kemkes.go.id/images/download/laporan/RKD/2018/Laporan_Nasional_RKD2018_FINAL.pdf) (Diakses: 31 Desember 2021).
- Khan, F. *et al.* 2016. “Determinants of Sleep Quality among Undergraduate Students of Universities of Karachi,” *Annals of Psychophysiology*, 3(1), hal. 04–13. doi: 10.29052/2412-3188.v3.i1.2016.4-13.
- Kusumo, M. P. 2020. *Buku Pemantauan Aktivitas Fisik*. Yogyakarta: The Journal Publishing.

- Melly *et al.* 2021. “Hubungan Kualitas Tidur dengan Fungsi Kognitif pada Mahasiswa Fakultas Kedokteran Universitas Sumatera Utara,” *Jurnal Ilmiah Mahasiswa Kedokteran Indonesia*, 9(2), hal. 27–35. doi: 10.53366/jimki.v9i2.474.
- Mustikawati, F. U. A., Prabamurti, P. N. dan Indraswari, R. 2016. “Faktor-Faktor yang Berhubungan dengan Perilaku Pola Tidur Santriwan dan Santriwati Kelas XI MA Pondok Pesantren Modern Islam Asslaam Surakarta,” *Jurnal Kesehatan Masyarakat*, 4(5), hal. 2356–3346. Tersedia pada: <http://ejournal-s1.undip.ac.id/index.php/jkm> (Diakses: 5 Maret 2022).
- National Adolescence and Young Adult Health Information. 2014. *Sleep Deprivation in Adolescents and Young Adults, University of California*. Tersedia pada: <http://nahic.ucsf.edu/wp-content/uploads/2014/08/Sleep-Brief-FINAL.pdf>.
- Naryati dan Ramdhaniyah. 2021. “Faktor-Faktor yang Mempengaruhi Kualitas Tidur Mahasiswa Program Studi Sarjana Keperawatan di Fakultas Ilmu Keperawatan Universitas Muhammadiyah Jakarta Tahun 2021,” *Jurnal Mitra Kesehatan (JMK)*, 04(01), hal. 5–13. doi: 10.47522/jmk.v4i1.97.
- National Heart, L. and B. I. 2011. *Your Guide to Healthy Sleep, U. S. Department of Health and Human Services*. Tersedia pada: [https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy\\_sleep.pdf](https://www.nhlbi.nih.gov/files/docs/public/sleep/healthy_sleep.pdf) (Diakses: 3 Januari 2022).
- Newsom, R. 2022. *Aging and Sleep, Sleep Foundation*. Tersedia pada: <https://www.sleepfoundation.org/aging-and-sleep>.
- Nina, N., Kalesaran, A. F. . dan Langi, F. L. F. 2018. “Hubungan Antara Aktivitas Fisik Dengan Kualitas Tidur Pada Masyarakat Pesisir Kota Manado,” *Jurnal Kesmas*, 7(4). Tersedia pada: <https://ejournal.unsrat.ac.id/index.php/kesmas/article/view/23171>.
- Nisa, Z. 2020. *Kuesioner Tingkat Pengetahuan*. Tersedia pada: <https://www.scribd.com/document/472615541/Kuesioner-Tingkat-Pengetahuan>.
- Notoatmodjo, S. 2012. “Promosi Kesehatan & Ilmu Perilaku,” *Jakarta: Rineka Cipta*.
- Notoatmodjo, S. 2018. *Metodologi Penelitian Kesehatan*. Jakarta: PT Rineka Cipta.
- Nurhidiyati. 2016. *Gambaran Pengetahuan Lansia Tentang Insomnia di Panti Sosial Tresna Werdha Budi Mulia 03 Margaguna Jakarta Selatan*. Universitas Islam Negeri Syarif Hidayatullah.

- P2PTM. 2017. *Ayo Bergerak Lawan Obesitas!* Tersedia pada: <http://p2ptm.kemkes.go.id/uploads/2017/11/BukuAyoBergerak.pdf> (Diakses: 2 Januari 2022).
- P2PTM. 2019. *Germas*. Tersedia pada: <http://p2ptm.kemkes.go.id/infographic-p2ptm/stress/setiap-orang-membutuhkan-istirahat-agar-tubuh-dan-pikirannya-kembali-segar> (Diakses: 30 Maret 2022).
- P2PTM Kemenkes RI. 2018. *Akibat Kurang Tidur*. Tersedia pada: <http://p2ptm.kemkes.go.id/preview/infographic/apa-saja-ancaman-akibat-kurang-tidur> (Diakses: 1 April 2022).
- P2PTM Kementerian Kesehatan RI. 2018. *Epidemi Obesitas, Factsheet Obesitas*. Tersedia pada: [http://p2ptm.kemkes.go.id/uploads/N2VaaXIxZGZwWFpEL1VIRFdQQ3ZRZz09/2018/02/FactSheet\\_Obesitas\\_Kit\\_Informasi\\_Obesitas.pdf](http://p2ptm.kemkes.go.id/uploads/N2VaaXIxZGZwWFpEL1VIRFdQQ3ZRZz09/2018/02/FactSheet_Obesitas_Kit_Informasi_Obesitas.pdf) (Diakses: 1 Juli 2022).
- PAHO. 2022. *Physical Activity*. Tersedia pada: <https://www.paho.org/en/topics/physical-activity> (Diakses: 4 Maret 2022).
- Papalambros, N. 2022. *Sleep as a Public Health Issue – Northwestern Public Health Review*. Tersedia pada: <https://sites.northwestern.edu/nphr/sleep-as-a-public-health-issue/> (Diakses: 3 Juli 2022).
- Peach, H. D., Gaultney, J. F. dan Ruggiero, A. R. 2018. “Direct and Indirect Associations of Sleep Knowledge and Attitudes With Objective and Subjective Sleep Duration and Quality via Sleep Hygiene,” *The Journal of Primary Prevention* 2018 39:6. Springer, 39(6), hal. 555–570. doi: 10.1007/S10935-018-0526-7.
- Pepin, J. R., Sayer, L. C. dan Casper, L. M. 2018. “Marital Status and Mothers’ Time Use: Childcare, Housework, Leisure, and Sleep,” *Demography*, 55(1), hal. 107–133. Tersedia pada: <https://doi.org/10.1007/s13524-018-0647-x>.
- Potter dan Perry. 2014. *Fundamental Keperawatan, Edisi 7*. Jakarta: EGC.
- Raditya, D. 2020. *Menata dan Mengelola Olahraga di Indonesia: Sebuah Tinjauan Singkat, Fisipol UGM*. Tersedia pada: <https://chub.fisipol.ugm.ac.id/2020/10/12/menata-dan-mengelola-olahraga-di-indonesia-sebuah-tinjauan-singkat/> (Diakses: 4 April 2022).
- Rizky, T. dan Sutrisno, R. Y. 2017. “Hubungan Aktivitas Fisik dengan Kualitas Tidur pada Mahasiswa UKM Tapak Suci Universitas Muhammadiyah Yogyakarta.” Tersedia pada: <http://repository.umy.ac.id/handle/123456789/15562>.

- Robotham, D., Chakkalackal, L. dan Chylarova, E. 2011. *The Impact of Sleep on Health and Wellbeing*, Mental Health Foundation. Tersedia pada: <https://www.mentalhealth.org.uk/sites/default/files/MHF-Sleep-Report-2011.pdf> (Diakses: 3 Januari 2022).
- Rohmah, W. K. dan Santik, Y. D. P. 2020. “Determinan Kualitas Tidur pada Santri di Pondok Pesantren,” *Higeia Journal of Public Health Research and Development*, 4(3), hal. 649–659. Tersedia pada: <https://doi.org/10.15294/higeia.v4iSpecial3/41257>.
- Safitri, A. M. 2019. *Pola Tidur Masyarakat Jakarta dan Luar Jakarta Ternyata Berbeda*, *Honestdocs*. Tersedia pada: <https://www.honestdocs.id/pola-tidur-masyarakat-jakarta-dan-luar-jakarta> (Diakses: 3 Juli 2022).
- Salih Mahfouz, M. *et al.* 2020. “Association Between Sleep Quality and Physical Activity in Saudi Arabian University Students,” *Nature and Science of Sleep*, 12, hal. 775–782. doi: 10.2147/NSS.S267996.
- Santhi, M. dan Mukunthan, A. 2013. “A Detailed Study of Different Stages of Sleep and Its Disorders - Medical Physics,” *Journal of Innovative Research in Science Engineering and Technology*, 2(10), hal. 5205–5212. Tersedia pada: [http://www.ijirset.com/upload/october/13\\_6.pdf](http://www.ijirset.com/upload/october/13_6.pdf).
- Satoto, S. 2017. *Konsep Gender, BPPK Kementerian Keuangan*. Tersedia pada: <https://bppk.kemenkeu.go.id/content/berita/balai-diklat-keuangan-balikpapan-konsep-gender-2019-11-05-b639e2fd/>.
- Sousa, I. C. *et al.* 2016. “Changes in sleep habits and knowledge after an educational sleep program in 12th grade students,” *Sleep and Biological Rhythms*. Springer, 11(3), hal. 144–153. doi: 10.1111/SBR.12016.
- Sugiono, W. W. P. dan Sari, S. I. K. 2018. *Ergonomi Untuk Pemula: (Prinsip Dasar & Aplikasinya)*. 1st ed. Malang: USB Press.
- Sulistiyani, C. 2012. “Several Factors Related to Quality of Sleep on the Students of the Faculty of Public Health University of Diponegoro in Semarang,” 1(2), hal. 280–292. Tersedia pada: <http://ejournals1.undip.ac.id/index.php/jkm> (Diakses: 1 Juli 2022).
- Suni, E. 2022. *How IS Sleep Different For Men and Women?*, *Sleep Foundation*. Tersedia pada: <https://www.sleepfoundation.org/how-sleep-works/how-is-sleep-different-for-men-and-women>.
- Tel Aviv University’s School of Psychological Sciences. 2014. *Sleep Quality - The Sleep Charity*. Tersedia pada: <https://thesleepcharity.org.uk/information-support/adults/sleep-hub/sleep-quality/> (Diakses: 30 Maret 2022).

- The College of Medicine. 2022. *Sleep Knowledge Survey*. Tersedia pada: [https://medicine.arizona.edu/sites/medicine/files/sleepknowledge\\_0.pdf](https://medicine.arizona.edu/sites/medicine/files/sleepknowledge_0.pdf).
- Tristianingsih, J. dan Handayani, S. 2021. “Determinan Kualitas Tidur Mahasiswa Kampus A di Universitas Muhammadiyah Prof DR Hamka,” *Indonesian Journal of Health Promotion and Behavior*, 3(2), hal. 121–128. doi: 10.47034/ppk.v3i2.5275.
- Victoria Department of Health. 2018. *Physical Activity - Better Health Channel*. Tersedia pada: <https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-its-important> (Diakses: 1 April 2022).
- WHO. 2020. *Physical Activity*. Tersedia pada: <https://www.who.int/news-room/fact-sheets/detail/physical-activity> (Diakses: 2 Januari 2022).
- WHO. 2021. *Adolescent Health*. <https://www.who.int/southeastasia/health-topics/adolescent-health> (Diakses: 21 Juni 2022)
- Widiyatmoko, F. A. dan Hadi, H. 2018. “Tingkat Aktivitas Fisik Siswa Di Kota Semarang,” *Journal Sport Area*, 3(2), hal. 140–147. doi: 10.25299/sportarea.2018.vol3(2).2245.
- Zhifei, H. *et al.* 2016. “Factors Influencing Health Knowledge and Behaviors among the Elderly in Rural China,” *National Center for Biotechnology Information*, 12(10), hal. 975. doi: 10.3390/ijerph13100975.