

DAFTAR PUSTAKA

- Aggelousis, N. & Vadikolias, K., 2024. Processing Speed and Attentional Shift/Mental Flexibility in Patients with Stroke: A Comprehensive Review on the Trail Making Test in Stroke Studies. *Neurology International*, 16(1), pp. 210–225. doi:10.3390/neurolint16010014.
- Alimohammadi, I. et al. (2019) “Combined effect of noise and smoking on the cognitive performance of automotive industry workers,” *Basic and clinical neuroscience*, 10(5), pp. 515–526. doi: 10.32598/bcn.10.5.513.
- Andreani, Robertha L., and Pauline Meryana. "Attention and Concentration Abilities, the Difference Between Students Who Had Breakfast and Students Who Didn't Have Breakfast in Uptd SMA Negeri 2 Nganjuk." *Jurnal Widya Medika*, vol. 7, no. 2, 31 Oct. 2021, pp. 165-176, doi:10.33508/jwm.v7i2.3455.
- Ardilla, S.N.J., Diba, F. & Putri, R.A., 2023. Yoga untuk Meningkatkan Konsentrasi Belajar Pada Anak.
- Baddeley, A. (2012) “Working memory: Theories, models, and controversies,” *Annual review of psychology*, 63(1), pp. 1–29. doi: 10.1146/annurev-psych-120710-100422.
- Basterrech, S. and Krömer, P. (2020) “A nature-inspired biomarker for mental concentration using a single-channel EEG,” *Neural computing & applications*, 32(12), pp. 7941–7956. doi: 10.1007/s00521-019-04574-2.

- Bear, M. F., Connors, B. W., & Paradiso, M. A. (2016). *Neuroscience: exploring the brain*. Lippincott Williams & Wilkins.
- Benton, D., 2010. The influence of dietary status on the cognitive performance of children. *Molecular Nutrition & Food Research*, 54(4), pp.457–470. Available at: <https://doi.org/10.1002/mnfr.200900158>.
- Bowie, C. R., & Harvey, P. D. (2006). Administration and interpretation of the Trail Making Test. *Nature Protocols*, 1(5), 2277–2281. doi: 10.1038/nprot.2006.390).
- Burgin, T. (2020) “Vinyasa in Yoga (Definition, Use, History & Tips),” *Yoga Basics*, 18 May. Available at: <https://www.yogabasics.com/learn/articles/vinyasa-moving-with-the-breath/> (Accessed: January 11, 2024).
- Burke, K.M., Molholm, S., Butler, J.S., Ross, L.A., & Foxe, J.J. (2019) 'Dissociable neural circuits underlie the resolution of three discrete sources of competition during task-switching', *bioRxiv*. doi: 10.1101/581777.
- Cardinali, D. (2018) 'Fourth Level: The Limbic System', *Neuroscience Bulletin*, 34, pp. 1029-1036.
- Cary, B. (2020). Importance of Vinyasa Yoga. *Journal of Yoga & Physical Therapy*, 10, 1-1.
- Cheruka, C. A., Sherman, S. A., Davis, K., & Kline, C. (2023). Oxygen Consumption and Heart Rate Responses in Different Vinyasa Yoga Sequences. *International journal of yoga therapy*.
- Clarke, A. (2021). 7 Most Popular Types of Yoga. Live Science. <https://www.livescience.com/7-types-of-yoga>
- Nabila Miralda Rahmi Oceania Naim, 2025**
HUBUNGAN VINYASA YOGA DENGAN PENINGKATAN KONSENTRASI ORANG DEWASA MUDA SEHAT
UPN Veteran Jakarta, Fakultas Kedokteran, S1 prodi kedokteran
[www.upnvj.ac.id – www.library.upnvj.ac.id - www.repository.upnvj.ac.id]

Cramer, H., Lauche, R., Klose, P., Lange, S., Langhorst, J., & Dobos, G. J. (2017). Yoga for improving health-related quality of life, mental health and cancer-related symptoms in women diagnosed with breast cancer. *Cochrane Database of Systematic Reviews*, (1).

Dalpati, N., Jena, S., Jain, S., & Sarangi, P. P. (2022). Yoga and meditation, an essential tool to alleviate stress and enhance immunity to emerging infections: A perspective on the effect of COVID-19 pandemic on students. Brain, Behavior, & Immunity - Health, 100420.

<https://doi.org/10.1016/j.bbih.2022.100420>

Desai, R., Tailor, A. & Bhatt, T., 2015. Effects of yoga on brain waves and structural activation: A review. *Complementary Therapies in Clinical Practice*, 21(2), pp.112-118.

Desai, R., Tailor, A. & Bhatt, T. (2015). Effects of yoga on brain waves and structural activation: A review. *Complementary Therapies in Clinical Practice*, 21(2), 112-118.

Diamond, A. (2013) "Executive functions," *Annual review of psychology*, 64(1), pp. 135–168. doi: 10.1146/annurev-psych-113011-143750.

Du, J., Rolls, E., Cheng, W., Li, Y., Gong, W., Qiu, J., & Feng, J. (2019) 'Functional connectivity of the orbitofrontal cortex, anterior cingulate cortex, and inferior frontal gyrus in humans', *Cortex*, 123, pp. 185-199. doi: 10.1016/j.cortex.2019.10.012.

Dubey, S. (2018). Yoga: As 'Holistic Approach' to Life in Our Education System. *Journal of Advanced Research in Ayurveda, Yoga, Unani, Sidhha & Homeopathy*.

Nabila Miralda Rahmi Oceania Naim, 2025

HUBUNGAN VINYASA YOGA DENGAN PENINGKATAN KONSENTRASI ORANG DEWASA MUDA SEHAT

UPN Veteran Jakarta, Fakultas Kedokteran, S1 prodi kedokteran

[www.upnvj.ac.id – www.library.upnvj.ac.id - www.repository.upnvj.ac.id]

- Dybvik, H. and Steinert, M. (2021) “Real-world fNIRS brain activity measurements during Ashtanga Vinyasa Yoga,” *Brain sciences*, 11(6), p. 742. doi: 10.3390/brainsci11060742.
- Ezrin, S. (2022) 'Sun Salutation Sequence', *Healthline*, 24 February. Available at: <https://www.healthline.com/health/fitness/sun-salutation-sequence> (Accessed: 4 February 2024).
- Field, A. (2018). Discovering statistics using IBM SPSS statistics. Sage.
- Frazier, P. et al. (2018) ‘Understanding stress as an impediment to academic performance’, *Journal of American College Health*, 67(6), pp. 562–570. doi: 10.1080/07448481.2018.1499649.
- Giovagnoli, A. R., Del Pesce, M., Mascheroni, S., Simoncelli, M., Laiacona, M., & Capitani, E. (1996). Trail making test: Normative values from 287 normal adult controls. *Journal of Clinical and Experimental Neuropsychology*, 18(4), 338–342. doi: 10.1080/01688639608408305).
- Gkoumas, C. and Shimi, A. (2021) “The influence of clutter on search-based learning, long-term memory, and memory-guided attention in real-world scenes: an eye-movement research protocol,” in *ACM Symposium on Eye Tracking Research and Applications*. New York, NY, USA: ACM.
- Golden, C. J. (1975). A group version of the Stroop Color and Word Test. *Journal of Personality Assessment*, 39(4), 386–388. doi: 10.1207/s15327752jpa3904_15).
- Guyton, A. C., & Hall, J. E. (2016). *Textbook of medical physiology*. Elsevier Health Sciences.

Handy, R. (2004) "Anatomy of an error," *Journal of Geotechnical and Geoenvironmental Engineering*, 130, pp. 768–771. doi: 10.1061/(ASCE)1090-0241(2004)130:7(768).

Hartfiel, N., Havenhand, J., Khalsa, S. B., Clarke, G., & Krayer, A. (2012). The effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace. *Scandinavian Journal of Work, Environment & Health*, 37-46.

Heryana, A. (ed.) (2020) *ETIKA PENELITIAN*. Prodi Kesehatan Masyarakat Universitas Esa Unggul. Available at: https://www.researchgate.net/profile/AdeHeryana/publication/342751890_Etiika_Penelitian/links/5f04e1e3299bf188160a2600/Etika-Penelitian.pdf (Accessed: January 15, 2024).

Instructions and scoring guidelines for the Trail Making Test (parts A and B) (no date) Scribd. Available at: <https://www.scribd.com/document/82276424/Trail-Making-Test> (Accessed: February 4, 2024).

Ishak, M. & Alvina, A., 2019. Pengaruh Yoga Terhadap Memori Jangka Pendek pada Dewasa Muda.

Javnbakht, M., Hejazi Kenari, R., & Ghasemi, M. (2009). Effects of yoga on depression and anxiety of women. *Complementary therapies in clinical practice*, 15(2), 102-104.

Jensen, A. R., & Rohwer, W. D. (1966). The Stroop color-word test: A review. *Quarterly Journal of Experimental Psychology*, 18(3), 242–249. doi: 10.1080/14640746608400053).

- Jones, D. T. and Graff-Radford, J. (2021) "Executive dysfunction and the prefrontal cortex," *Continuum (Minneapolis, Minn.)*, 27(6), pp. 1586–1601. doi: 10.1212/con.0000000000001009.
- Keller, A. S., Leikauf, J., Holt-Gosselin, B., Staveland, B. R., & Williams, L. M. (2019). Paying attention to attention in depression. *Translational Psychiatry*, 9. [DOI:10.1038/s41398-019-0616-1](https://doi.org/10.1038/s41398-019-0616-1).
- Kim, Hyun-Jun *et al.* (2013) "Effects of oxygen concentration and flow rate on cognitive ability and physiological responses in the elderly," *Neural Regeneration Research*, 8(3), p. 264. doi: 10.3969/j.issn.1673-5374.2013.03.009.
- Kringelbach, M. L. (2005) "The human orbitofrontal cortex: linking reward to hedonic experience," *Nature reviews. Neuroscience*, 6(9), pp. 691–702. doi: 10.1038/nrn1747
- Kulubya, E., Goldin, P., Goodarzi, A. & Girgis, F. (2018). Review of the Neural Oscillations Underlying Meditation. *Frontiers in Neuroscience*, 12.
- Lara, T. (2020). Consciousness in Motion: Vinyasa. *Journal of Yoga & Physical Therapy*, 10, 1-1.
- Lavie, N. (2010) "Attention, distraction, and cognitive control under load," *Current directions in psychological science*, 19(3), pp. 143–148. doi: 10.1177/0963721410370295.
- Leigh Gibson, E. & Green, M.W., 2002. Nutritional influences on cognitive function: mechanisms of susceptibility. *Nutrition Research Reviews*, 15(1), pp.169–206. Available at: <https://doi.org/10.1079/NRR200131>.

- Lemay, V., Hoolahan, J. and Buchanan, A. (2019) "Impact of a yoga and meditation intervention on students' stress and anxiety levels," *American journal of pharmaceutical education*, 83(5), p. 7001. doi: 10.5688/ajpe7001.
- Levesque, R. J. R. (2020) "Parietal Lobe," *Definitions*. doi: 10.1007/springerreference_223753. Tersedia di : <https://my.clevelandclinic.org/health/body/24628-parietal-lobe>
- Li, A. W., & Goldsmith, C. A. (2012). The effects of yoga on anxiety and stress. *Alternative Medicine Review*, 17(1), 21-35.
- Lindasari, N., Suharyanti, E., & Margowati, S., 2020. Yoga Pranayama Dhiirga Swasam with Sukhasana Position on Reducing Blood Pressure in the Elderly. , pp. 333-338. <https://doi.org/10.2991/assehr.k.200529.068>.
- Macaulay, G. (2017) *Sitali and Sitkari pranayama —, YogaHara*. Available at: <http://www.yogahara.com.au/news/2017/1/23/sitali> (Accessed: February 4, 2024).
- MacLeod, C. M., & MacDonald, P. A. (2000). Interdimensional interference in the Stroop effect: Uncovering the cognitive and neural anatomy of attention. *Trends in Cognitive Sciences*, 4(10), 383–391. doi: 10.1016/s1364-6613(00)01530-8
- Magnusdottir, B. B., Haraldsson, H. M., & Sigurdsson, E., 2021. Trail Making Test, Stroop, and Verbal Fluency: Regression-Based Norms for the Icelandic Population. *Archives of Clinical Neuropsychology*, 36(2), pp. 253–266. doi:10.1093/arclin/acz049.
- Malhotra, V., Srivastava, R., Parasuraman, P., Javed, D., Wakode, S., Thakare, A., Sampath, A., & Kumari, A. (2022). Immediate autonomic changes during **Nabila Miralda Rahmi Oceania Naim, 2025**
HUBUNGAN VINYASA YOGA DENGAN PENINGKATAN KONSENTRASI ORANG DEWASA MUDA SEHAT
UPN Veteran Jakarta, Fakultas Kedokteran, S1 prodi kedokteran
[www.upnvj.ac.id – www.library.upnvj.ac.id - www.repository.upnvj.ac.id]

right nostril breathing and left nostril breathing in regular yoga practitioners. *Journal of Education and Health Promotion*, 11. DOI: [10.4103/jehp.jehp_343_22](https://doi.org/10.4103/jehp.jehp_343_22).

Mariha, T., & Handayani, T. (2018). Pranayama breathing exercise as a nursing intervention to reduce blood pressure in families with hypertension. [DOI: 10.7454/UIPHM.V3I1.196]

Merri Silvia Basri, Adisthi Martha Yohani and Intan Suri (2022) "Hubungan Motivasi Belajar dengan Konsentrasi Belajar pada Mahasiswa Bahasa Jepang Universitas Riau (Penelitian Korelasi pada Mahasiswa Semester IV Prodi Pendidikan Bahasa Jepang di Universitas Riau)", *Jurnal Onoma: Pendidikan, Bahasa, dan Sastra*, 8(1), pp. 217-224. doi: 10.30605/onoma.v8i1.1691.

Morita, Y., Hardebo, J.E. & Bouskela, E. (1994). Influence of cerebrovascular parasympathetic nerves on resting cerebral blood flow, spontaneous vasomotion, autoregulation, hypercapnic vasodilation, and sympathetic vasoconstriction. *Journal of the Autonomic Nervous System*, 49(Suppl), S9-S14.

Nagata, J. M., Thurston, I. B., Karazsia, B. T., Woolridge, D., Buckelew, S. M., Murray, S. B., Calzo, J. P. (2020). Self-reported eating disorders and sleep disturbances in young adults: a prospective cohort study. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, 26, 695-702. doi:10.1007/s40519-020-00888-6

Niranjan, P., & Balaram, P., 2022. Immediate Effect of Ujjayi Pranayama on Attention and Anxiety among University Students: A Randomised Self-control Study. *JOURNAL OF CLINICAL AND DIAGNOSTIC RESEARCH*. <https://doi.org/10.7860/jcdr/2022/51480.15934>.

Nabila Miralda Rahmi Oceania Naim, 2025

HUBUNGAN VINYASA YOGA DENGAN PENINGKATAN KONSENTRASI ORANG DEWASA MUDA SEHAT

UPN Veteran Jakarta, Fakultas Kedokteran, S1 prodi kedokteran

[www.upnvj.ac.id – www.library.upnvj.ac.id - www.repository.upnvj.ac.id]

- Ogoh, S. (2017) "Relationship between cognitive function and regulation of cerebral blood flow," *The journal of physiological sciences: JPS*, 67(3), pp. 345–351. doi: 10.1007/s12576-017-0525-0.
- Orhan, M. A. *et al.* (2021) "Technology distraction at work. Impacts on self-regulation and work engagement," *Journal of business research*, 126(C), pp. 341–349. doi: 10.1016/j.jbusres.2020.12.048.
- Oumohand, S. E., Ward, D. D., Boenniger, M. M., Merten, N., Kirschbaum, C., & Breteler, M. (2020). Perceived stress but not hair cortisol concentration is related to adult cognitive performance. *Psychoneuroendocrinology*, 121.
- P, S. J. P., Manik, . K. A. & K, . S. P. (2018) Role of yoga in attention, concentration, and memory of medical students. *Natl J Physiol Pharm Pharmacol*, 8 (11), 1526-1528. doi:10.5455/njppp.2018.8.0723521082018
- Panta, R., Paudel, K., Toth, S., & Olsen, J. (2020). Correlation of Stroop Effect in Medical Students to Their Performance in Pharmacology National Board of Medical Examiners (NBME) Examination. *The FASEB Journal*, 34.
- Pascoe, M. & Bauer, I., 2015. A systematic review of randomised control trials on the effects of yoga on stress measures and mood. *Journal of Psychiatric Research*, 68, pp.270-282.
- Pizer, A., RYT (2022) 'Introduction to Vinyasa Flow Yoga', *Verywell Fit*, 22 August. Available at: <https://www.verywellfit.com/introduction-to-vinyasa-flow-yoga-4143120> (Accessed: 4 February 2024).
- Pratisti, W. D., & Yuwono, S. (2018). Psikologi Eksperimen Konsep, Teori, dan Aplikasi.

Purwanti, S.Z., S.Kep, Ners. (2022) 'Stress dan Penyebabnya', *Kementerian Kesehatan Republik Indonesia*, Direktorat Jenderal Pelayanan Kesehatan. Tersedia di: https://yankes.kemkes.go.id/view_artikel/1777/stress-dan-penyebabnya (Diakses pada: 12 January 2024).

Putri, A.F., 2019. Pentingnya Orang Dewasa Awal Menyelesaikan Tugas Perkembangannya. *SCHOULID: Indonesian Journal of School Counseling*, [e-journal] 3(2), pp.35-40. Tersedia melalui: <https://jurnal.iicet.org/index.php/schoulid> [Diakses 4 Februari 2024]. DOI: <https://doi.org/10.23916/08430011>.

Putri Rahmadani (2019) *Pengaruh konsentrasi belajar terhadap Hasil Belajar Siswa Pada Mata Pelajaran Ekonomi Di Madrasah Aliyah Diniyah Puteri Pekanbaru*. UNIVERSITAS ISLAM NEGERI SULTAN SYARIF KASIM RIAU.

Rabeya, K., Neela, M.M., Ahsan, R., Biswas, B. & Hossain, M. (2021) 'A Comparative Study of Memory, Attention, Cognition and Oestradiol in Pre and Postmenopausal Women in Bangladesh', *Bangladesh Pharmaceutical Journal*, 24(1), pp. 26-32. Tersedia di: <https://doi.org/10.3329/BPJ.V24I1.51632>.

Riley, K. & Park, C.L., 2015. How does yoga reduce stress? A systematic review of mechanisms of change and guide to future inquiry. *Health Psychology Review*, 9, pp.379-396.

Roman, Pablo & Velasquez, Juan. (2013). Cognitive Science for Web Usage Analysis. Studies in Computational Intelligence. 452. 35-73. 10.1007/978-3-642-33326-2_3.

Rudebeck, P. H. and Rich, E. L. (2018) “Orbitofrontal cortex,” *Current biology*: *CB*, 28(18), pp. R1083–R1088. doi: 10.1016/j.cub.2018.07.018.

Saleh, A. Y. . and Valentina, R. . (2023) “Do scientists still believe in mindfulness meditation for pain therapy? a bibliometric analysis regarding meditation trends for therapy from 1946 To 2022”, *Bali Medical Journal*, 12(2), pp. 1549–1577. doi: 10.15562/bmj.v12i2.4080.

Sánchez-Cubillo, I., Periáñez, J. A., Adrover-Roig, D., Rodríguez-Sánchez, J. M., Ríos-Lago, M., Tirapu, J., & Barceló, F. (2009). Construct validity of the Trail Making Test: Role of task-switching, working memory, inhibition/interference control, and visuomotor abilities. *Archives of Clinical Neuropsychology*, 24(31), 133–154. doi: 10.1093/arclin/acp010

Santiago, P. (no date) *Trail Making Test (TMT) Parts A & B*, *Academia.edu*. Available at: https://www.academia.edu/8438207/Trail_Making_Test_TMT_Parts_A_and_B (Accessed: February 4, 2024).

Santrock, J. W. (2011). Life-Span Development (13th ed.). New York: McGraw-Hill.

Scarpina, F. & Tagini, S., 2017. The Stroop Color and Word Test. *Frontiers in Psychology*, 8(557). doi:10.3389/fpsyg.2017.00557.

Sharma, N. (2022). Yoga intervention in health and lifestyle modification. *Southeast Asian Journal of Health Professional*.

SheelaJoiceP, P., Manik, K. & SudhirP, K., 2018. Role of yoga in attention, concentration, and memory of medical students.

Sherlee, J.I. dan David, A., 2020. Effectiveness of yogic visual concentration (Trataka) on cognitive performance and anxiety among adolescents. *Journal of Complementary and Integrative Medicine*, 17(3). DOI: 10.1515/jcim-2019-0055

Siddhi Yoga. (n.d.) 'Vinyasa Flow Yoga', *Siddhi Yoga*. Available at: <https://www.siddhiyoga.com/id/yoga/types/vinyasa/vinyasa-flow-yoga> (Accessed: 4 Februari 2024).

Sindhu, P. (2015). Panduan Lengkap Yoga: Untuk Hidup Sehat dan Seimbang (Edisi Baru). Penerbit Qanita

Singh, D. (ed.) (2015) *NEURONAL ACTIVITY AND CEREBRAL BLOOD FLOW CHANGES IN MEDITATIVE STATES AS DEFINED IN YOGA TEXTS*. Available at: https://www.researchgate.net/profile/Deepeshwar-Singh-3/publication/30394940_NEURONAL_ACTIVITY_AND_CEREBRAL_BLOOD_FLOW_CHANGES_IN_MEDITATIVE_STATES_AS_DEFINED_IN_YOGA_TEXTS/links/57623bca08aeeada5bc50d32/NEURONAL-ACTIVITY-AND-CEREBRAL-BLOOD-FLOW-CHANGES-IN-MEDITATIVE-STATES-AS-DEFINED-IN-YOGA-TEXTS.pdf (Accessed: January 10, 2024).

Slimani, M. et al. (2018) "The effect of mental fatigue on cognitive and aerobic performance in adolescent active endurance athletes: Insights from a randomized counterbalanced, cross-over trial," *Journal of clinical medicine*, 7(12), p. 510. doi: 10.3390/jcm7120510.

Sofiyanti, I. and Setyowati, H. (2021) "Satu Bulan Penerapan Yoga Anak Meningkatkan Konsentrasi Belajar Usia Prasekolah", *Indonesian Journal of Midwifery (IJM)*, 4(2), pp. 150–156. doi: 10.35473/ijm.v4i2.1236.

Son, C., Hegde, S., Smith, A., Wang, X., & Sasangohar, F. (2020). Effects of COVID-19 on college students' mental health in the United States: Interview survey study. *Journal of Medical Internet Research*, 22. <https://doi.org/10.2196/21279>

Syukkur, A., Debora, O., & Sulisytono. (2021). ABDIMASNU: Jurnal Pengabdian kepada Masyarakat PENGUATAN MASYARAKAT DALAM UPAYA MENGATASI STRES DAN KECEMASAN PADA MASA PANDEMI COVID 19. ABDIMASNU: Jurnal Pengabdian Kepada Masyarakat, 1(3), 69–73.

Tim Editorial RSK Puri Nirmala. (2021) 'Mengenal Korteks Prefrontal: Struktur Otak yang Sangat Berpengaruh kepada Kesehatan Jiwa', *Puri Nirmala*. Available at: <https://www.purinirmala.com/mengenal-korteks-prefrontal-struktur-otak-yang-sangat-berpengaruh-kepada-kesehatan-jiwa/> (Diakses pada: 3 Februari 2024).

Tombaugh, T. N. (2004). Trail Making Test A and B: Normative data stratified by age and education. *Archives of Clinical Neuropsychology*, 19(2), 203–214. doi: 10.1016/s0887-6177(03)00039-8 Tran, P. (2023) “How to practice Three-Part Breath in yoga,” *Everydayyoga.com*, 11 November. Available at: <https://www.everydayyoga.com/blogs/guides/how-to-practice-three-part-breath-in-yoga> (Accessed: February 4, 2024).

Tsopanidou, A. A., Venetsanou, F., Stavridis, I., Paradisis, G., & Zacharogiannis, E. G. (2020). Energy expenditure during a Vinyasa yoga session. *The Journal of sports medicine and physical fitness*, 60(8), 1110-1117. Link

Wang, F., & Szabo, A. (2020). Effects of yoga on stress among healthy adults: A systematic review. *Alternative Therapies in Health and Medicine*, 26(4), 58–64.

Watts, A., Rydell, S., Eisenberg, M. E., Laska, M. N., & Neumark-Sztainer, D. (2018). Yoga's potential for promoting healthy eating and physical activity behaviors among young adults: a mixed-methods study. *The International Journal of Behavioral Nutrition and Physical Activity*, 15. doi:10.1186/s12966-018-0674-4

Wickens, C. D. (2002). *Multiple resources and performance prediction. Theoretical Issues in Ergonomics Science*, 3(2), 159-177.

Wikipedia contributors (2023) *Inferior frontal gyrus*, Wikipedia, The Free Encyclopedia. Available at: https://en.wikipedia.org/w/index.php?title=Inferior_frontal_gyrus&oldid=1152189659.

Wikipedia contributors (2024) *Anterior cingulate cortex*, Wikipedia, The Free Encyclopedia. Available at: https://en.wikipedia.org/w/index.php?title=Anterior_cingulate_cortex&oldid=1199671677.

Williams, J. M., Mathews, A., & MacLeod, C. (1996). The emotional Stroop task and psychopathology. *Psychological Bulletin*, 120(1), 3–24. doi: 10.1037/0033-2909.120.1.3

Wu, W., Zhu, L., Dou, Z., Hou, Q., Wang, S., Yuan, Z. & Li, B., 2024. Ghrelin in Focus: Dissecting Its Critical Roles in Gastrointestinal Pathologies and Therapies. *Current Issues in Molecular Biology*, 46(1), pp.948–964. Available at: <https://doi.org/10.3390/cimb46010061>.

Nabila Miralda Rahmi Oceania Naim, 2025

HUBUNGAN VINYASA YOGA DENGAN PENINGKATAN KONSENTRASI ORANG DEWASA MUDA SEHAT

UPN Veteran Jakarta, Fakultas Kedokteran, S1 prodi kedokteran

[www.upnvj.ac.id – www.library.upnvj.ac.id - www.repository.upnvj.ac.id]

Yang, H., Xiao, W., Yang, M., Wang, Y. & Zhang, X. (2021) 'Decreased neuregulin1 β 1 in first episode and drug-naïve patients with schizophrenia: Negative correlation with cognitive impairment', *Psychiatry Research*, 304. Tersedia di: <https://doi.org/10.1016/j.psychres.2021.114164>.

Yogabasics. (n.d.) 'Pranayama', *Yogabasics*. Available at: <https://www.yogabasics.com/practice/pranayama/> (Accessed: 4 Februari 2024).

Yıldırım, A.D. & Satılmış, İ.G. (2022). The Effects of Yoga on Pregnancy, Stress, and Anxiety in Infertile Individuals. *Holistic Nursing Practice*, 36, 275-283.

Lee, D.J.,

Zok, A. et al. (2023) "The effect of vinyasa yoga practice on the well-being of breast-cancer patients during COVID-19 pandemic," *International journal of environmental research and public health*, 20(4), p. 3770. doi: 10.3390/ijerph20043770.