

## DAFTAR PUSTAKA

- Akbar, F. *et al.* (2021) 'Pelatihan dan Pendampingan Kader Posyandu Lansia di Kecamatan Wonomulyo', *Jurnal Abdidas*, 2(2). Available at: <https://doi.org/10.31004/abdidas.v2i2.282>.
- Apriyeni, E. *et al.* (2023) *Aktivitas Fisik Dan Kualitas Tidur Pada Lansia Laki-Laki, Indonesian Journal of Health Development*.
- Bachtiar, F. & Sirada, A. (2023) *Relationship Between Physical Activity And Sleep Quality In Adolescents, Indonesian Journal of Health Development*.
- Benveniste, H. *et al.* (2019) 'The Glymphatic System and Waste Clearance with Brain Aging: A Review', *Gerontology*, 65(2). Available at: <https://doi.org/10.1159/000490349>.
- Casagrande, M. *et al.* (2022) 'Sleep Quality and Aging: A Systematic Review on Healthy Older People, Mild Cognitive Impairment and Alzheimer's Disease', *International Journal of Environmental Research and Public Health*. Available at: <https://doi.org/10.3390/ijerph19148457>.
- Chehri, A. *et al.* (2020) 'Validation of the Persian version of the pittsburgh sleep quality index in elderly population', *Sleep Science*, 13(2). Available at: <https://doi.org/10.5935/1984-0063.20190134>.
- Chen, H.C. *et al.* (2021) 'The development of a rapid classification scale for sleep quality in community-dwelling older adults – the yilan study, taiwan', *Nature and Science of Sleep*, 13, pp. 1993–2006. Available at: <https://doi.org/10.2147/NSS.S324928>.
- Conte, F. *et al.* (2020) 'The Role of Environmental Context in Modulating Subjective Sleepiness and Sleep Quality in the Elderly: A Comparison Between Home-Dwelling Subjects and Nursing Home Residents', *Home Health Care Management and Practice*, 32(2), pp. 81–86. Available at: <https://doi.org/10.1177/1084822319883824>.
- Das, S. *et al.* (2020) 'Sleep Quality and its various correlates: A community-based study among geriatric population in a community development block of Purba Bardhaman district, West Bengal', *Journal of Family Medicine and Primary Care*, 9(3), p. 1510. Available at: [https://doi.org/10.4103/jfmpe.jfmpe\\_1021\\_19](https://doi.org/10.4103/jfmpe.jfmpe_1021_19).
- Dijk, D.J. & Landolt, H.P. (2019) 'Sleep Physiology, Circadian Rhythms, Waking Performance and the Development of Sleep-Wake Therapeutics', in *Handbook of Experimental Pharmacology*. Available at: [https://doi.org/10.1007/164\\_2019\\_243](https://doi.org/10.1007/164_2019_243).

- Fabbri, M. *et al.* (2021) 'Measuring subjective sleep quality: A review', *International Journal of Environmental Research and Public Health*. MDPI AG, pp. 1–57. Available at: <https://doi.org/10.3390/ijerph18031082>.
- Fachriani, N., *et al.*, (2023) 'Gambaran Fungsi Kognitif Pasien Hipertensi Puskesmas Purnama Kota Pontianak', *Jurnal Ilmiah Indonesia, Februari*, 2023(2), pp. 100–110. Available at: <https://doi.org/10.36418/cerdika.xxx>.
- Firza Nadia Putri *et al.* (2023) 'Kegiatan Fisioterapi Geriatri pada Lansia dengan Gangguan Kualitas Tidur di Posyandu Puskesmas Mojolangu', *Jurnal Ventilator*, 1(4), pp. 197–204. Available at: <https://doi.org/10.59680/ventilator.v1i4.705>.
- Gouthaman, R. & Devi, R. (2019) 'Descriptive study on sleep quality and its associated factors among elderly in urban population: Chidambaram', *International Journal Of Community Medicine And Public Health*, 6(5), p. 1999. Available at: <https://doi.org/10.18203/2394-6040.ijcmph20191808>.
- Harisa, A. *et al.* (2022) 'Analisis Faktor-Faktor yang Memengaruhi Kualitas Tidur Pasien Lanjut Usia dengan Penyakit Kronis', *Jurnal Kesehatan Vokasional*, 7(1), p. 1. Available at: <https://doi.org/10.22146/jkesvo.62916>.
- Hasibuan, R.K. & Hasna, J.A. (2021) 'Gambaran Kualitas Tidur pada Lansia dan Faktor-Faktor yang Mempengaruhinya di Kecamatan Kayangan, Kabupaten Lombok Utara, Nusa Tenggara Barat', *Jurnal Kedokteran dan Kesehatan*, 17(2). Available at: <https://doi.org/10.24853/jkk.17.2.187-195>.
- Hutasuhut, A.F., *et al.*, (2020) 'Analisis Fungsi Kognitif Pada Lansia Ditinjau Dari Jenis Kelamin, Riwayat Pendidikan, Riwayat Penyakit, Aktivitas Fisik, Aktivitas Kognitif, Dan Keterlibatan Sosial', *Jurnal Psikologi Malahayati*, 2(1). Available at: <https://doi.org/10.33024/jpm.v2i1.2428>.
- Jeong, S.H. *et al.* (2021) 'Association between sedentary time and sleep quality based on the Pittsburgh Sleep Quality Index among South Korean adults', *BMC Public Health*, 21(1). Available at: <https://doi.org/10.1186/s12889-021-12388-y>.
- Kadek, N. *et al.* (2021) 'Gambaran Kualitas Tidur Pada Lansia Di Desa Adat Pecatu, Kecamatan Kuta Selatan, Kabupaten Badung Tahun 2016', 10(9). Available at: <https://doi.org/10.24843.MU.2020.V10.i9.P12>.
- Kmetec, S. *et al.* (2022) 'Development of a slovenian version of the pittsburgh sleep quality index (PSQI-SLO) for use with older adults', *International Journal of Older People Nursing*, 17(1). Available at: <https://doi.org/10.1111/opn.12411>.

- Knoop, M.S., *et al.*, (2021) ‘Current ideas about the roles of rapid eye movement and non-rapid eye movement sleep in brain development’, *Acta Paediatrica, International Journal of Paediatrics*. Available at: <https://doi.org/10.1111/apa.15485>.
- Kurniawan, A. *et al.* (2020) ‘Pengaruh Senam Lansia Terhadap Penurunan Skala Insomnia Pada Lansia Di Desa Batu Belah Wilayah Kerja Puskesmas Kampar Tahun 2020’, *Jurnal Ners* , 4(23).
- Leba, I.P.R.P. (2020) ‘Literature Review Faktor-Faktor Yang Mempengaruhi Kualitas Tidur Pada Lansia’, *Professional Health Journal*, 4(2sp).
- Leng, M. *et al.* (2020) ‘Sleep Quality and Health-Related Quality of Life in Older People With Subjective Cognitive Decline, Mild Cognitive Impairment, and Alzheimer Disease’, *Journal of Nervous and Mental Disease*, 208(5), pp. 387–396. Available at: <https://doi.org/10.1097/NMD.0000000000001137>.
- Martins da Silva, R. *et al.* (2020) ‘Comparing sleep quality in institutionalized and non-institutionalized elderly individuals’, *Aging and Mental Health*, 24(9), pp. 1452–1458. Available at: <https://doi.org/10.1080/13607863.2019.1619168>.
- Marupuru, S. *et al.* (2022) ‘The Effect of Physical Activity on Sleep Quality among Older Stroke Survivors: Secondary Analysis from a Randomized Controlled Trial’, *International Journal of Environmental Research and Public Health*, 19(20). Available at: <https://doi.org/10.3390/ijerph192013320>.
- Mortazavi, S.S. *et al.* (2021) ‘Negative Factors Affecting the Sleep Quality of the Elderly in Iran: A Systematic Review’, *Journal of Rehabilitation*, 22(2), pp. 132–153. Available at: <https://doi.org/10.32598/RJ.22.2.3011.1>.
- Mousavi, S.V. *et al.* (2020) ‘Sleep Quality and Cognitive Function in the Elderly Population’, *Journal of Sleep sciences* [Preprint]. Available at: <https://doi.org/10.18502/jss.v5i1.4569>.
- Muhammadiyah, U. *et al.* (2022) *Prosiding Seminar Nasional Kesehatan Lembaga Penelitian dan Pengabdian Masyarakat Gambaran Tingkat Kecemasan Dan Kualitas Tidur Pada Lansia: Literature Review, Seminar Nasional Kesehatan*.
- Nelson, K.L., *et al.*, (2022) ‘Sleep quality: An evolutionary concept analysis’, *Nursing Forum*, 57(1). Available at: <https://doi.org/10.1111/nuf.12659>.
- Nie, Y. *et al.* (2021) ‘Social networks and cognitive function in older adults: findings from the HAPIEE study’, *BMC Geriatrics*, 21(1). Available at: <https://doi.org/10.1186/s12877-021-02531-0>.

- Nurhayati, I. *et al.* (2021) ‘Gambaran Kualitas Tidur Pada Pasien Gagal Ginjal Kronik Yang Menjalani Terapi Hemodialisa: Literature Review Sleep Quality in Chronic Kidney Disease in Hemodialysis Patients: A Literature Review’, 1(1).
- Nurul Anbiya, I. *et al.* (2022) ‘Gambaran Kualitas Tidur Pada Lansia Dengan Hipertensi: Literature Review Description of Sleep Quality In Elderly With Hypertension: Literature Review’, 1(10), pp. 721–726.
- Nurwijayanti, *et al.*, (2020) ‘Psychosocial Status is Associated with the Quality of Life for the Elderly’, *Jurnal Keperawatan*, 12(4).
- Prahasasgita, M.S. & Lestari, M.D. (2023) ‘Stimulasi Fungsi Kognitif Pada Lanjut Usia Di Indonesia: Tinjauan Literatur’, *Buletin Psikologi*, 31(2), p. 247. Available at: <https://doi.org/10.22146/buletinpsikologi.80371>.
- Prasani, M. *et al.* (2023) ‘Gambaran Kualitas Tidur Pada Perempuan Lansia Di Puskesmas Simpang Iv Sipin Kota Jambi’. Available at: <http://journal.universitaspahlawan.ac.id/index.php/ners>.
- Putri Lutfiatul Ulum, O. *et al.* (2022) ‘Gambaran Kualitas Tidur Pada Lansia Di Iryouhojin Nanrenkai Katsuren Byouin Jepang’, 3(7).
- Rahmani, J.A. & Rosidin, U. (2020) ‘Gambaran Kualitas Tidur Lansia Disatuan Pelayanan Rehabilitasi Sosial Lanjut Usia Kabupaten Garut’, *Jurnal Keperawatan BSI*, VIII(1). Available at: <http://ejurnal.ars.ac.id/index.php/keperawatan>.
- Saputra, H., *et al.*, (2021) ‘Gambaran Kualitas Tidur Yang Terjadi Pada Lansia Di Panti Sosial Tresna Werdha Nirwana Puri Samarinda Pada Era Pandemi Covid-19’, *Jurnal Keperawatan Wiyata*, 2(1).
- Scialpi, A. *et al.* (2022) ‘Italian Validation of the Pittsburgh Sleep Quality Index (PSQI) in a Population of Healthy Children: A Cross Sectional Study’, *International Journal of Environmental Research and Public Health*, 19(15). Available at: <https://doi.org/10.3390/ijerph19159132>.
- Silva, V.P.O. *et al.* (2022) ‘Effect of Physical Exercise on Sleep Quality in Elderly Adults: A Systematic Review with a Meta-Analysis of Controlled and Randomized Studies’, *Journal of Ageing and Longevity*, 2(2), pp. 85–97. Available at: <https://doi.org/10.3390/jal2020008>.
- Sinulingga, W. ayu lestari *et al.* (2022) ‘Gambaran Kualitas Tidur Lansia di Puskesmas Desa Pasir Tengah Kecamatan Tanah Pinem Kabupaten Dairi Tahun 2021’, *Healthcaring: Jurnal Ilmiah Kesehatan*, 1(2). Available at: <https://doi.org/10.47709/healthcaring.v1i2.1353>.

- Stuart, J. & Meiyanti (2021) 'Hubungan Fungsi Kognitif Dengan Kualitas Hidup Pada Lansia', *Media Ilmu Kesehatan*, 9(3). Available at: <https://doi.org/10.30989/mik.v9i3.290>.
- Sukmawati, N.M.H. & Putra, I.G.S.W. (2019) 'Reliabilitas Kusioner Pittsburgh Sleep Quality Index ( Psqi ) Versi Bahasa Indonesia Dalam Mengukur', *Jurnal Lngkungan dan pembangunan*, 3(2).
- Susanto, J. *et al.* (2022) 'Kondisi Psikologis dan Kualitas Tidur pada Lansia Kelompok Prolanis', *Jurnal Kesehatan Vokasional*, 7(4). Available at: <https://doi.org/10.22146/jkesvo.74460>.
- Syafitri, P.K. & Permanasari, V.Y. (2020) 'Analisis Layanan Fisioterapi Dal Analisis Layanan Fisioterapi Dalam Upaya Pelayanan Kesehatan di Puskesmas Wilayah DKI Jakarta', *Jurnal Ilmiah Fisioterapi*, 3(1). Available at: <https://doi.org/10.36341/jif.v3i1.1143>.
- Uswatun Sholikhah, D. *et al.* (2022) *Hubungan Aktifitas Fisik Dengan Kualitas Tidur Pada Lansia Di Posyandu Lansia Dusun Cangkring Desa Kedunglosari Kecamatan Tembalang Kabupaten Jombang*.
- Watanabe, D. *et al.* (2023) 'Combined Use of Sleep Quality and Duration Is More Closely Associated With Mortality Risk Among Older Adults: A Population-based Kyoto-Kameoka Prospective Cohort Study', *Journal of Epidemiology*, 33(12), pp. 591–599. Available at: <https://doi.org/10.2188/jea.JE20220215>.
- Wicaksono, D.W. (2019) 'Analisis Faktor Dominan Yang Berhubungan Dengan Kualitas Tidur Pada Mahasiswa Fakultas Keperawatan Universitas Airlangga', *Fundamental and Management Nursing Journal*, 1(1). Available at: <https://doi.org/10.20473/fmnm.v1i1.12131>.
- Yang, E. *et al.* (2022) 'Multidimensional Environmental Factors and Sleep Health for Aging Adults: A Focused Narrative Review', *International Journal of Environmental Research and Public Health*. MDPI. Available at: <https://doi.org/10.3390/ijerph192315481>.
- Yaslina, *et al.*, (2021) 'Aspek Fisik dan Psikososial terhadap Status Fungsional pada Lansia', *Prosiding Seminar Kesehatan Perintis*, 4(2).
- Yiallouris, A. *et al.* (2019) 'Adrenal aging and its implications on stress responsiveness in humans', *Frontiers in Endocrinology*, 10(FEB). Available at: <https://doi.org/10.3389/fendo.2019.00054>.
- Yue, Z. *et al.* (2022) 'Sleep Quality among the Elderly in 21st Century Shandong Province, China: A Ten-Year Comparative Study', *International Journal of Environmental Research and Public Health*, 19(21), p. 14296. Available at: <https://doi.org/10.3390/ijerph192114296>.

Yuliadarwati, N.M. & Utami, K.P. (2022) 'Pengaruh Latihan Relaksasi Otot Progresif bagi Lansia dengan Kualitas Tidur Buruk', *PengabdianMu: Jurnal Ilmiah Pengabdian kepada Masyarakat*, 7(2). Available at: <https://doi.org/10.33084/pengabdianmu.v7i2.2537>.

Zitser, J. *et al.* (2022) 'Pittsburgh Sleep Quality Index (PSQI) responses are modulated by total sleep time and wake after sleep onset in healthy older adults', *PLoS ONE*, 17(6 June). Available at: <https://doi.org/10.1371/journal.pone.0270095>.