

## DAFTAR PUSTAKA

- Abate, H. *et al.* (2023) ‘Shiftwork sleep disorder and associated factors among nurses working at public hospitals in Harari Regional state and Dire Dawa Administration, Eastern Ethiopia: a cross-sectional study’, *BMC Nursing*, 22(1). Available at: <https://doi.org/10.1186/s12912-023-01257-1>.
- Adane, A. *et al.* (2022) ‘Shift-work sleep disorder among health care workers at public hospitals, the case of Sidama national regional state, Ethiopia: A multicenter cross-sectional study’, *PLoS ONE*, 17(7 July). Available at: <https://doi.org/10.1371/journal.pone.0270480>.
- Agririsky, I.A.C. and Adiputra, I.N. (2018) *Gambaran Kualitas Tidur Perawat dengan Shift Kerja di Ruang Rawat Inap Anak RSUP Sanglah Denpasar Tahun 2016*. Nopember. Available at: <http://ojs.unud.ac.id/index.php/eum>.
- Ahmed, A.S., Hamed, R.A. and Ahmed, S. (2020) ‘Sleep disorder among shift work nurses and its impact on their quality of life at Al Ahrar Governmental Hospital, Zagazig City, Egypt’, *Egypt J Psychiatr*, 41, pp. 117–124. Available at: [https://doi.org/10.4103/ejpsy.ejpsy\\_6\\_20](https://doi.org/10.4103/ejpsy.ejpsy_6_20).
- Akbari, V. and Hajian, A. (2015) ‘Evaluating of Sleep Quality in Shift-Work Nurses; Iran’, *Journal of Sleep Disorders & Therapy*, 05(01). Available at: <https://doi.org/10.4172/2167-0277.1000225>.
- AlAwadhi, D. *et al.* (2020) ‘Relationship of insomnia, stress, and anxiety with shift work among nurses in the Kingdom of Bahrain’, *Majmaah Journal of Health Sciences*, 8(2), p. 32. Available at: <https://doi.org/10.5455/mjhs.2020.02.005>.
- Alim, I.Z. (2015) *Uji Validitas dan Reliabilitas Instrumen Pittsburgh Sleep Quality Index Versi Bahasa Indonesia*.
- American Sleep Disorders Association (2001) *The international classification of sleep disorders, revised : diagnostic and coding manual*. American Sleep Disorders Association.
- Amir, N. (2007) ‘Gangguan Tidur pada Lanjut Usia Diagnosis dan Penatalaksanaan’.
- Amran, Y. and Handayani, P. (2012) ‘Hubungan Pergantian Waktu Kerja dengan Pola Tidur Pekerja’, *Kesmas: National Public Health Journal*, 6(4), p. 153. Available at: <https://doi.org/10.21109/kesmas.v6i4.92>.
- Anbazhagan, S. *et al.* (2016) ‘Shift work disorder and related health problems among nurses working in a tertiary care hospital, Bangalore, South India’, *Indian Journal of Occupational and Environmental Medicine*, 20(1), pp. 35–38. Available at: <https://doi.org/10.4103/0019-5278.183842>.

- Aritonang, J.P., Widiastuti, I.A.E. and Harahap, I.L. (2022) ‘Gambaran Tingkat Aktivitas Fisik Mahasiswa Pendidikan Dokter Fakultas Kedokteran Universitas Mataram di Masa Pandemi COVID-19 Description of Physical Activity Level of Medical Students Faculty of Medicine, University Of Mataram In Covid-19 Pandemic’, 10(1). Available at: <https://doi.org/10.23886/ejki.10.129.58>.
- Asaoka, S. *et al.* (2013) ‘Factors associated with shift work disorder in nurses working with rapid-rotation schedules in Japan: The nurses’ sleep health project’, *Chronobiology International*, pp. 628–636. Available at: <https://doi.org/10.3109/07420528.2012.762010>.
- Bazrafshan, M.R. *et al.* (2019) ‘Prevalence and Effects of Sleep Disorders Among Shift Work Nurses’, *Jundishapur Journal of Chronic Disease Care*, 8(1). Available at: <https://doi.org/10.5812/jjcdc.81185>.
- Belcher, R., Gumenyuk, V. and Roth, T. (2015) ‘Insomnia in shift work disorder relates to occupational and neurophysiological impairment’, *Journal of Clinical Sleep Medicine*, 11(4), pp. 457–465. Available at: <https://doi.org/10.5664/jcsm.4606>.
- Booker, L.A. *et al.* (2018) ‘Individual vulnerability to insomnia, excessive sleepiness and shift work disorder amongst healthcare shift workers. A systematic review’, *Sleep Medicine Reviews*. W.B. Saunders Ltd, pp. 220–233. Available at: <https://doi.org/10.1016/j.smrv.2018.03.005>.
- Burooj, A. (2024) ‘Shift Work and Associated Health Consequences: A Review’, *Current Internal Medicine Research and Practice Surabaya Journal*, 5(2). Available at: <https://doi.org/10.20473/cimrj.v5i2.56842>.
- Buysse, D.J. *et al.* (1989) *The Pittsburgh Sleep Quality Index: A New Instrument for Psychiatric Practice and Research, Psychiatry Research*.
- Catalini, A. *et al.* (2024) ‘Workload Is Associated with Anxiety and Insomnia Symptoms in an Italian Nationally Representative Sample of Public Health Medical Residents: The PHRASI Cross-Sectional Study’, *Healthcare*, 12(22), p. 2299. Available at: <https://doi.org/10.3390/healthcare12222299>.
- Chang, M.J. *et al.* (2024) ‘The relationship of shift work disorder with symptoms of depression, anxiety, and stress’, *Journal of Affective Disorders Reports*, 15. Available at: <https://doi.org/10.1016/j.jadr.2023.100713>.
- Cheng, P. and Drake, C. (2019) ‘Shift Work Disorder’, *Neurologic Clinics*. W.B. Saunders, pp. 563–577. Available at: <https://doi.org/10.1016/j.ncl.2019.03.003>.
- Cheng, W.J. and Cheng, Y. (2017) ‘Night shift and rotating shift in association with sleep problems, burnout and minor mental disorder in male and female

- employees', *Occupational and Environmental Medicine*, 74(7), pp. 483–488. Available at: <https://doi.org/10.1136/oemed-2016-103898>.
- Chintami, A.S., Renovaldi, D. and Putra, M.D. (2023) 'Hubungan Indeks Massa Tubuh (IMT) dan Kualitas Tidur terhadap Irama Sirkadian pada Lansia di Panti Sosial', *Muhammadiyah Journal of Geriatric*, 4(1), p. 35. Available at: <https://doi.org/10.24853/mujg.4.1.35-43>.
- Deboer, T. (2018) 'Sleep homeostasis and the circadian clock: Do the circadian pacemaker and the sleep homeostat influence each other's functioning?', *Neurobiology of Sleep and Circadian Rhythms*. Elsevier Inc, pp. 68–77. Available at: <https://doi.org/10.1016/j.nbscr.2018.02.003>.
- D'etorre, G. *et al.* (2020) 'Shift work sleep disorder and job stress in shift nurses: Implications for preventive interventions', *Medicina del Lavoro*, 111(3), pp. 195–202. Available at: <https://doi.org/10.23749/mdl.v111i3.9197>.
- d'Ettorre, G. and Pellicani, V. (2020) 'Preventing Shift Work Disorder in Shift Health-care Workers', *Safety and Health at Work*, 11(2), pp. 244–247. Available at: <https://doi.org/10.1016/j.shaw.2020.03.007>.
- Fadeyi, B.A. *et al.* (2018) 'Prevalence, predictors and effects of shift work sleep disorder among nurses in a Nigerian teaching hospital', *Sleep Science and Practice*, 2(1). Available at: <https://doi.org/10.1186/s41606-018-0027-x>.
- Faizah, N., Muhardi and Suwarsi, S. (2023) 'Analisis Pengukuran Beban Kerja Fisik dan Mental Perawat Menggunakan Index of Physical Workload dan NASA-Task Load Index Sebagai Strategi dalam Seleksi dan Penempatan Perawat', 07(02), p. 2023.
- Fenwick, M.J. *et al.* (2023) 'Comparison of adult shift and non-shift workers' physical activity and sleep behaviours: cross-sectional analysis from the Household Income and Labour Dynamics of Australia (HILDA) cohort', *Journal of Public Health (Germany)*, 31(10), pp. 1621–1629. Available at: <https://doi.org/10.1007/s10389-022-01738-8>.
- Fithri, P. and Anisa, W.F. (2017) 'Pengukuran Beban Kerja Psikologis dan Fisiologis Pekerja di Industri Tekstil', *Jurnal Optimasi Sistem Industri*, 16(2), p. 120. Available at: <https://doi.org/10.25077/josi.v16.n2.p120-130.2017>.
- Fotokian, Z., Ebrahimi Rad, R. and Asghari Valujai, M. (2021) 'Sleep disorders and main determinants among hospital staffs in a referral hospital in Iran', *Journal of Preventive Epidemiology*, 6(1), pp. e01–e01. Available at: <https://doi.org/10.34172/jpe.2021.01>.
- Gök, D.K., Ünal, İ. and Aslan, K. (2020) 'Sleep disorders in a shift worker population sample in Turkey', *Neurological Sciences and Neurophysiology*, 37(4), pp. 183–189. Available at: [https://doi.org/10.4103/NSN.NSN\\_29\\_20](https://doi.org/10.4103/NSN.NSN_29_20).

- Haile, K.K. *et al.* (2019) ‘Shift work sleep disorders and associated factors among nurses at federal government hospitals in Ethiopia: A cross-sectional study’, *BMJ Open*, 9(8). Available at: <https://doi.org/10.1136/bmjopen-2019-029802>.
- Härmä, M. *et al.* (2020) ‘Characteristics of working hours and the risk of occupational injuries among hospital employees: A case-crossover study’, *Scandinavian Journal of Work, Environment and Health*, 46(6), pp. 570–578. Available at: <https://doi.org/10.5271/sjweh.3905>.
- International Physical Activity Questionnaire (2005) *Guidelines for Data Processing and Analysis of the International Physical Activity Questionnaire (IPAQ)-Short and Long Forms*. Available at: [www.ipaq.ki.se](http://www.ipaq.ki.se).
- Ismi, H.A., Muzakir, H. and Huljannah, M. (2024) *Faktor-Faktor yang Berhubungan dengan Kualitas Tidur pada Perawat di RSUD Tarakan Jakarta Factors Associated with Sleep Quality among Nurses at RSUD Tarakan Jakarta, Jurnal PPPKMI*.
- Jayanti, K.N. and Dewi, K.T.S. (2021) *Dampak Masa Kerja, Pengalaman Kerja,Kemampuan Kerja terhadap Kinerja Karyawan, JEMBA : Jurnal Ekonomi Pembangunan, Manajemen dan Bisnis, Akuntansi*.
- Kusuma, R.P. (2018) *Uji Validitas dan Reliabilitas Epworth Sleepiness Scale (ESS) Versi Bahasa Indonesia Sebagai Instrumen Penilaian Daytime Sleepiness*.
- Kwiecień-Jaguś, K. *et al.* (2022) ‘Analysis of Sleep Disorder Occurrence among Anaesthesiology Nurses Employed in Operating Theatres and Intensive Therapy Wards – a Prospective, Comparative Study Design using the Athens Insomnia Scale’, *The Journal of Neurological and Neurosurgical Nursing*, 11(3), pp. 105–113. Available at: <https://doi.org/10.15225/pnn.2022.11.3.2>.
- Lee, C.Y. *et al.* (2015) ‘The relationships among sleep quality and chronotype, emotional disturbance, and insomnia vulnerability in shift nurses’, *Journal of Nursing Research*, 23(3), pp. 225–235. Available at: <https://doi.org/10.1097/jnr.0000000000000095>.
- Li, Y. *et al.* (2021) ‘Predictors of Shift Work Sleep Disorder Among Nurses During the COVID-19 Pandemic: A Multicenter Cross-Sectional Study’, *Frontiers in Public Health*, 9. Available at: <https://doi.org/10.3389/fpubh.2021.785518>.
- Lim, Y.C. *et al.* (2020) ‘Association between night-shift work, sleep quality and health-related quality of life: A cross-sectional study among manufacturing workers in a middle-income setting’, *BMJ Open*, 10(9). Available at: <https://doi.org/10.1136/bmjopen-2019-034455>.
- Lontoh, S.O., Kumala, M. and Novendy, N. (2020) ‘Gambaran Tingkat Aktivitas Fisik pada Masyarakat Kelurahan Tomang Jakarta bARAT’, *Jurnal Muara*

- Sains, Teknologi, Kedokteran dan Ilmu Kesehatan*, 4(2), p. 453. Available at: <https://doi.org/10.24912/jmstkip.v4i2.8728>.
- Ma'ruf, M.A., Husaini and Fadillah, N.A. (2021) 'Faktor-Faktor yang Berhubungan dengan Kualitas Tidur Perawat RSUD Ratu Zalecha Martapura', *Jurnal Publikasi Kesehatan Masyarakat Indonesia*, 8(1).
- Mauliku, N.E., Hidayat, A.A. and Susilowati (2020) 'Faktor-Faktor yang Berhubungan dengan Gangguan Pola Tidur pada Perawat di Instalasi Rawat Inap Bagian D3 RSUD Cibabat Tahun 2014', *Immanuel Jurnal Ilmu Kesehatan*, 14(1), pp. 1410–234.
- McFarlane, S.I. (2017a) 'Shift work and sleep: medical implications and management', *Sleep Medicine and Disorders: International Journal*, 1(2). Available at: <https://doi.org/10.15406/smdij.2017.01.00008>.
- McFarlane, S.I. (2017b) 'Shift work and sleep: medical implications and management', *Sleep Medicine and Disorders: International Journal*, 1(2). Available at: <https://doi.org/10.15406/smdij.2017.01.00008>.
- Mlynarska, A. et al. (2022) 'Determinants of Sleep Disorders and Occupational Burnout among Nurses: A Cross-Sectional Study', *International Journal of Environmental Research and Public Health*, 19(10). Available at: <https://doi.org/10.3390/ijerph19106218>.
- Morin, C.M. et al. (2011) 'The Insomnia Severity Index: Psychometric Indicators to Detect Insomnia Cases and Evaluate Treatment Response', 3.
- Nabila, V.S. and Syarvina, W. (2022) 'Analisis Pengaruh Beban Kerja Terhadap Kinerja Karyawan PT. Perkebunan Nusantara IV Medan', *Jurnal Kewarganegaraan*, 6(2).
- Nazatul et al. (2008) 'Prevalence of Sleep Disturbance Among Nurses in a Malaysian Goverment Hospital and Its Association with Work Characteristics'.
- Nena, E. et al. (2018) 'Effect of shift work on sleep, health, and quality of life of health-care workers', *Indian Journal of Occupational and Environmental Medicine*, 22(1), pp. 29–34. Available at: [https://doi.org/10.4103/ijoem.IJOEM\\_4\\_18](https://doi.org/10.4103/ijoem.IJOEM_4_18).
- Nugroho, A., Sulistomo, A. and Roestam, A.W. (2018) *Hubungan Pola Kerja Gilir (2 Shift dan 3 Shift) dengan Kualitas Tidur pada Perawat di Dua Rumah Sakit Militer Jakarta (Suatu Studi Menggunakan Kuesioner PSQI)*, Artikel Penelitian J Indon Med Assoc.
- Olanrewaju, I. et al. (2019) 'Influence of Workload Burden on Shift Work Disorder among Nurses in Selected Nigerian Teaching Hospitals', *International*

- Journal of Caring Sciences*, 12, p. 2. Available at: [www.internationaljournalofcaringsciences.org](http://www.internationaljournalofcaringsciences.org).
- Park, H. and Suh, B. (2020) ‘Association between sleep quality and physical activity according to gender and shift work’, *Journal of Sleep Research*, 29(6). Available at: <https://doi.org/10.1111/jsr.12924>.
- Pitrianasary, P.V., Susanty, S. and Athar, M.I. (2024) *Pengaruh Gender terhadap Wisata Minat Khusus Staycation di Royal Regantris Hotel Gili Trawangan Lombok Utara, JRT Journal Of Responsible Tourism*.
- Purnama, H. and Suahda, T. (2019) *Tingkat Aktivitas Fisik pada Lansia di Provinsi Jawa Barat, Indonesia*.
- Ratih, R.M., Mulyatini, N. and Suhendi, R.M. (2020) ‘Pengaruh Shift Kerja terhadap Efektivitas Kerja Pegawai (Suatu Studi Pada PT. BKS (Berkat Karunia Surya) di Kota Banjar)’, 2.
- Santika, I.G.P.N. (2015) ‘Hubungan Indeks Massa Tubuh (IMT) dan Umur terhadap Daya Tahan Umum (Kardiovaskuler) Mahasiswa Putra Semester II Kelas A Fakultas Pendidikan Olahraga dan Kesehatan IKIP PGRI Bali Tahun 2014’.
- Sari, S. (2019) *Analisis Beban Kerja Menggunakan Metode Nasa-Task Load Index Pada Karyawan Telkom Applied Science School Bandung, Jurnal Teknologi dan Manajemen Industri*.
- Setyowati, A. et al. (2023) ‘Factors affecting shift work sleep disorder in female shift work nurses: Integrating shift workers’ coping with stress and transactional stress coping theory’, *Journal of Public Health Research*, 12(2). Available at: <https://doi.org/10.1177/22799036231182026>.
- Shaib, F. and Attarian, H. (2017) ‘Sex and Gender Differences in Sleep Disorders: An Overview’, in *Principles of Gender-Specific Medicine: Gender in the Genomic Era: Third Edition*. Elsevier, pp. 585–601. Available at: <https://doi.org/10.1016/B978-0-12-803506-1.00046-2>.
- Sonang, S., Purba, A.T. and Pardede, F.O.I. (2019) ‘Pengelompokan Jumlah Penduduk Berdasarkan Kategori Usia dengan metode K-Means’, *Jurnal Teknik Informasi dan Komputer (Tekinkom)*, 2(2), p. 166. Available at: <https://doi.org/10.37600/tekinkom.v2i2.115>.
- Sulana, I.O.P., Sekeon, S.A.S. and Mantjoro, E.M. (2020) *Hubungan Tingkat Stres dengan Kualitas Tidur Mahasiswa Tingkat Akhir Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi, Jurnal KESMAS*.
- Susanti, L. (2015) ‘Faktor-Faktor Yang Mempengaruhi Kejadian Insomnia di Poliklinik Saraf RS DR. M. Djamil Padang’, *Andalas*, 4(3). Available at: <http://jurnal>.

- Tareluan, D.G., Bawotong, J. and Hamel, R. (2016) ‘Hubungan antara Beban Kerja dengan Gangguan Pola Tidur pada Perawat di Instalasi Gawat Darurat Non Trauma RSUP Prof. Dr. R. D.Kandou Manado’.
- Vanttola, P. *et al.* (2019) ‘Sleep and alertness in shift work disorder: findings of a field study’, *International Archives of Occupational and Environmental Health*, 92(4), pp. 523–533. Available at: <https://doi.org/10.1007/s00420-018-1386-4>.
- Veqar, Z. and Hussain, M.E. (2020) ‘Validity and reliability of insomnia severity index and its correlation with pittsburgh sleep quality index in poor sleepers among Indian university students’, *International Journal of Adolescent Medicine and Health*, 32(1). Available at: <https://doi.org/10.1515/ijamh-2016-0090>.
- Vidya, S. *et al.* (2019) ‘Impact of shift work on sleep and quality of life in industrial workers: A cross sectional study’, *Archives of Mental Health*, 20(2), pp. 45–49. Available at: [https://doi.org/10.4103/AMH.AMH\\_3\\_19](https://doi.org/10.4103/AMH.AMH_3_19).
- Virtanen, M. *et al.* (2021) ‘Shift work, work time control, and informal caregiving as risk factors for sleep disturbances in an ageing municipal workforce’, *Scandinavian Journal of Work, Environment and Health*, 47(3), pp. 181–190. Available at: <https://doi.org/10.5271/sjweh.3937>.
- Wickwire, E.M. *et al.* (2017a) ‘Shift Work and Shift Work Sleep Disorder: Clinical and Organizational Perspectives’, *Chest*. Elsevier Inc, pp. 1156–1172. Available at: <https://doi.org/10.1016/j.chest.2016.12.007>.
- Wijanarti, H.L. and Anisyah, T.D.A. (2022) ‘Hubungan antara Kualitas Tidur, Beban Kerja Fisik terhadap Perasaan Kelelahan pada Perawat Rawat Inap Kelas 3 di RS PKU Muhammadiyah Gamping’, *Jurnal Lentera Kesehatan Masyarakat*, 1(1). Available at: <https://jurnalkesmas.co.id>.
- Winata, J.B., Imaallah, R.N. and Kurniasih, Y. (2024) *Hubungan kerja shift dengan kualitas tidur perawat di ruang rawat inap RS PKU Muhammadiyah Gamping*.
- Wong, S.D. *et al.* (2022) ‘Development of the circadian system in early life: maternal and environmental factors’, *Journal of Physiological Anthropology*. BioMed Central Ltd. Available at: <https://doi.org/10.1186/s40101-022-00294-0>.
- Wright, K.P., Bogan, R.K. and Wyatt, J.K. (2013) ‘Shift work and the assessment and management of shift work disorder (SWD)’, *Sleep Medicine Reviews*, pp. 41–54. Available at: <https://doi.org/10.1016/j.smrv.2012.02.002>.

- Xiao, Q. *et al.* (2024) ‘Determinants of sleep quality and their impact on health outcomes: a cross-sectional study on night-shift nurses’, *Frontiers in Psychiatry*, 15. Available at: <https://doi.org/10.3389/fpsy.2024.1506061>.
- Yu, L. *et al.* (2025) ‘Shift work sleep disorder in nurses: a concept analysis’, *BMC Nursing*. BioMed Central Ltd. Available at: <https://doi.org/10.1186/s12912-024-02651-z>.