

DAFTAR PUSTAKA

- Allo, A.A. dan Diah, T. (2025) 'Analisis penerapan perilaku keselamatan dan kesehatan kerja (K3) pada petani padi'. *Jurnal Kesehatan Ilmiah Indonesia*, 10(1). <https://doi.org/10.51933/health.v10i1.2197>.
- Anggraini, M.T. (2022) 'Hubungan beban kerja fisik dan durasi kerja dengan kejadian *heat strain* pada pekerja industri kerupuk'. *Jurnal Ilmiah Kesehatan*, 21(2). <https://doi.org/10.33221/jikes.v21i2.1706>.
- Apriliyanti, I.R. et al. (2025) *Penilaian Status Gizi*. Sada Kurnia Pustaka. Tersedia di: https://www.researchgate.net/profile/Sada-Pustaka/publication/397533391_Penilaian_Status_Gizi/links/6914a50eb8ea705bab99c76c/Penilaian-Status-Gizi.pdf (Diakses: 16 Maret 2026).
- Åstrand, P.O., et al. (2003) *Textbook of Work Physiology: Physiological Bases of Exercise*. Edisi ke-4. Champaign, IL: Human Kinetics.
- Badan Kebijakan Pembangunan Kesehatan (2024) *Antropometri dan prakteknya pada Master of Training SSGI 2024*. Tersedia di: <https://www.badankebijakan.kemkes.go.id/antropometri-dan-prakteknya-pada-master-of-training-ssgi-2024/> (Diakses: 2 Maret 2026).
- Badan Meteorologi, Klimatologi, dan Geofisika (2026a) *Anomali Suhu Udara Indonesia Tahun 2025*. Tersedia di: <https://www.bmkg.go.id/iklim/anomali-suhu-udara-rata-rata-tahun-2025> (Diakses: 1 April 2026).
- Badan Meteorologi, Klimatologi, dan Geofisika (2026b) *Prediksi Musim Kemarau Tahun 2026 di Indonesia*. Tersedia di: <https://www.bmkg.go.id/iklim/prediksi-musim/prediksi-musim-kemarau-tahun-2026-di-indonesia> (Diakses: 1 April 2026).
- Badan Meteorologi, Klimatologi, dan Geofisika Stasiun Klimatologi Jawa Timur (2025) 'Update suhu maksimum Jawa Timur: AWS Panarukan Situbondo tercatat 34,5°C', *Instagram*, 22 Oktober: (Diakses: 5 April 2026).
- Badan Pusat Statistik Kabupaten Situbondo (2025) *Kecamatan Panarukan dalam Angka 2025*. Situbondo: Badan Pusat Statistik Kabupaten Situbondo. Tersedia di: <https://situbondokab.bps.go.id/id/publication/2025/09/26/2e71358bcc747dcf99f8f12d/kecamatan-panarukan-dalam-angka-2025.html> (Diakses: 18 Maret 2026).
- Badan Standardisasi Nasional, 2019. *SNI 7061:2019 Pengukuran Beban Kerja Menggunakan Denyut Nadi*. Jakarta: BSN. <https://sispk.bsn.go.id/SNI/DetailSNI/12502>

- Benjamin, C.L., *et al.* (2019) 'Performance changes following heat acclimation and the factors that influence these changes: meta-analysis and meta-regression', *Frontiers in Physiology*, 10, hlm. 1448. <https://doi.org/10.3389/fphys.2019.01448>.
- Bernard, T.E., Wolf, S.T. dan Kenney, W.L. (2024) 'A novel conceptual model for human heat tolerance', *Exercise and Sport Sciences Reviews*, 52(2), hlm. 39–46. <https://doi.org/10.1249/JES.0000000000000332>.
- Brighenti-Zogg, S., *et al.* (2016) 'Physical workload and work capacity across occupational groups', *PLOS ONE*, 11(5). <https://doi.org/10.1371/journal.pone.0154073>.
- Centers for Disease Control and Prevention (2022) *Measuring Physical Activity Intensity*. Tersedia di: <https://www.cdc.gov/physicalactivity/basics/measuring/index.html> (Diakses: 11 Maret 2026)
- Centers for Disease Control and Prevention (2025) *About Heat and Your Health*. Tersedia di: <https://www.cdc.gov/heat-health/about/index.html> (Diakses: 11 Maret 2026).
- Cheng, J.L. dan MacDonald, M.J. (2019) 'Effect of heat stress on vascular outcomes in humans', *Journal of Applied Physiology*, 126(3), hlm. 771–781. <https://doi.org/10.1152/jappphysiol.00682.2018>.
- Chilwindwi, B.H., *et al.* (2025) 'Faktor yang berhubungan dengan keluhan *heat strain* pada pekerja *overhaul* tangki di PT X Kota Balikpapan', *National Journal of Occupational Health and Safety*, 6(1). <https://doi.org/10.7454/njohs.v6i1.1090>
- Dehghan, H., *et al.* (2015) 'Development and validation of a questionnaire for preliminary assessment of heat stress at workplace', *Journal of Research in Health Sciences*, 15(3), hlm. 175–181.
- De Lima, C.Z., *et al.* (2021) 'Heat stress on agricultural workers exacerbates crop impacts of climate change', *Environmental Research Letters*, 16(4). <https://doi.org/10.1088/1748-9326/abeb9f>
- De Sario, M., *et al.* (2023) 'Occupational heat stress, heat-related effects and the related social and economic loss: a scoping literature review', *Frontiers in Public Health*, 11, artikel 1173553. <https://doi.org/10.3389/fpubh.2023.1173553>
- Dinas Pariwisata Kabupaten Situbondo (n.d.) *Gambaran Umum Situbondo*. Tersedia di: <https://pariwisata.situbondokab.go.id/halaman/gambaran-umum-situbondo> (Diakses: 1 Maret 2026).

- Epstein, Y. dan Yanovich, R. (2019) 'Heatstroke', *New England Journal of Medicine*, 380(25), hlm. 2449–2459. <https://doi.org/10.1056/NEJMra1810762>.
- Fadhila, A.N., Santiasih, I. dan Disrinama, A.M. (2021) 'Kenyanamanan termal dan faktor individu yang mempengaruhi kejadian *heat strain* pada pekerja *labelling canning*', *Envirotek: Jurnal Ilmiah Teknik Lingkungan*, 13(1), hlm. 60–65. <https://doi.org/10.33005/envirotek.v13i1.99>
- Faizi, N. dan Alvi, Y. (2023) *Biostatistics Manual for Health Research: A Practical Guide to Data Analysis*. Amsterdam: Elsevier. Tersedia di: <https://books.google.co.id/books?id=IousEAAAQBAJ> (Diakses: 18 April 2026).
- Flouris, A.D., *et al.* (2018) 'Workers' health and productivity under occupational heat strain: a systematic review and meta-analysis', *The Lancet Planetary Health*, 2(12), hlm. e521–e531. [https://doi.org/10.1016/S2542-5196\(18\)30237-7](https://doi.org/10.1016/S2542-5196(18)30237-7).
- Grandjean, E. dan Kroemer, K.H.E. (2018) *Fitting the Task to the Human: A Textbook of Occupational Ergonomics*. Edisi ke-8. Boca Raton: CRC Press.
- Habib, R.R., Hojeij, S. dan Elzein, K. (2014) 'Gender in occupational health research of farmworkers: a systematic review', *American Journal of Industrial Medicine*, 57(12), hlm. 1344–1367. <https://doi.org/10.1002/ajim.22375>.
- Han, S., *et al.* (2024) 'Heat exposure and productivity loss among construction workers: a meta-analysis', *BMC Public Health*, 24, artikel 3252. <https://doi.org/10.1186/s12889-024-20744-x>.
- Hancock, P.A. dan Vasmatazidis, I. (2003) 'Effects of heat stress on cognitive performance: the current state of knowledge', *International Journal of Hyperthermia*, 19(3), hlm. 355–372. <https://doi.org/10.1080/0265673021000054630>.
- Havenith, G. dan Fiala, D. (2016) 'Thermal indices and thermophysiological modeling for heat stress', *Comprehensive Physiology*, 6, hlm. 255–302. <https://doi.org/10.1002/cphy.c140051>
- Holtermann, A., *et al.* (2022) 'Physical and psychological workloads and their association with occupational fatigue', *BMC Health Services Research*, 22, artikel 1118. <https://doi.org/10.1186/s12913-022-08530-0>.
- International Labour Organization (2019) *Working on a Warmer Planet: The Impact of Heat Stress on Labour Productivity and Decent Work*. Geneva: International Labour Office. Tersedia di:

https://www.ilo.org/global/publications/books/WCMS_711919/lang--en/index.htm (Diakses: 7 April 2026).

International Labour Organization (2024) *Ensuring Safety and Health at Work in a Changing Climate*. Geneva: International Labour Office. Tersedia di: https://www.ilo.org/sites/default/files/2024-07/ILO_SafeDay24_Report_r11.pdf (Diakses: 7 April 2026).

International Organization for Standardization (2017) *ISO 7243: Ergonomics of the Thermal Environment—Assessment of Heat Stress Using the WBGT Index*. Geneva: International Organization for Standardization. Tersedia di: <https://www.iso.org/standard/67188.html> (Diakses: 11 Maret 2026).

Ioannou, L.G., *et al.* (2022) 'Occupational heat strain in outdoor workers: a comprehensive review and meta-analysis', *Temperature*, 9(1), hlm. 67–102. <https://doi.org/10.1080/23328940.2022.2030634>.

Ioannou, L.G., *et al.* (2023) 'Indicators to assess physiological heat strain—Part 1: systematic review', *Temperature*, 10(3), hlm. 227–262. <https://doi.org/10.1080/23328940.2022.2037376>.

Isaac, T., *et al.* (2025) 'Physiological strain in outdoor workers: the hidden danger of high humidity', *Environmental Research*, 276. <https://doi.org/10.1016/j.envres.2025.121495>.

Jacklitsch, B.L., *et al.* (2016) *Criteria for a Recommended Standard: Occupational Exposure to Heat and Hot Environments*. Cincinnati: National Institute for Occupational Safety and Health (NIOSH). Tersedia di: <https://stacks.cdc.gov/view/cdc/37911> (Diakses: 2 Mei 2026).

Kenefick, R.W. dan Cheuvront, S.N. (2012) 'Hydration for recreational sport and physical activity', *Nutrition Reviews*, 70(Suppl. 2), hlm. S137–S142. <https://doi.org/10.1111/j.1753-4887.2012.00523.x>.

Kementerian Kesehatan Republik Indonesia (2014) *Pedoman Gizi Seimbang*. Jakarta: Kementerian Kesehatan Republik Indonesia.

Kementerian Kesehatan Republik Indonesia (2015) *Pedoman Kebutuhan Cairan bagi Pekerja agar Tetap Sehat dan Produktif*. Edisi ke-1. Jakarta: Direktorat Kesehatan Kerja, Kementerian Kesehatan Republik Indonesia.

Kementerian Ketenagakerjaan Republik Indonesia (2018a) *Pedoman Teknis Penerapan K3 Lingkungan Kerja: Penjelasan Tambahan Peraturan Menteri Ketenagakerjaan Nomor 5 Tahun 2018 tentang Keselamatan dan Kesehatan Kerja Lingkungan Kerja*. Jakarta: Direktorat Jenderal Pembinaan Pengawasan Ketenagakerjaan dan Keselamatan dan Kesehatan Kerja. Tersedia di: <https://jdih.kemnaker.go.id> (Diakses: 1 Juli 2026).

- Kementerian Ketenagakerjaan Republik Indonesia (2018b) *Peraturan Menteri Ketenagakerjaan Republik Indonesia Nomor 5 Tahun 2018 tentang Keselamatan dan Kesehatan Kerja Lingkungan Kerja*. Jakarta: Kementerian Ketenagakerjaan Republik Indonesia. Tersedia di: <https://jdih.kemnaker.go.id> (Diakses: 1 Juli 2026).
- Kenney, W.L., *et al.* (2021) 'Temperature regulation during exercise in the heat: insights for the aging athlete', *Journal of Science and Medicine in Sport*, 24(8), hlm. 739–746. <https://doi.org/10.1016/j.jsams.2020.12.005>.
- Kjellstrom, T., *et al.* (2016) 'Heat, human performance, and occupational health: a key issue for the assessment of global climate change impacts', *Annual Review of Public Health*, 37(1), hlm. 97–112. <https://doi.org/10.1146/annurev-publhealth-032315-021740>.
- Laitano, O., *et al.* (2019) 'Controversies in exertional heat stroke diagnosis, prevention, and treatment', *Journal of Applied Physiology*, 127(5), hlm. 1338–1348. <https://doi.org/10.1152/jappphysiol.00452.2019>.
- Lubis, A., Dhafir, M. dan Hidayat, T.R. (2016) 'Analisis pemanenan padi menggunakan sabit terhadap beban kerja fisik petani', *Jurnal Ilmiah Teknologi Pertanian AGROTECHNO*, 1(1), hlm. 1–11.
- Lucas, R.A., Epstein, Y. dan Kjellstrom, T. (2014) 'Excessive occupational heat exposure: a significant ergonomic challenge and health risk for current and future workers', *Extreme Physiology & Medicine*, 3(1), artikel 14. <https://doi.org/10.1186/2046-7648-3-14>.
- Lung, S.C., *et al.* (2026) 'An innovative method of evaluating the association of heat exposure and heart rate variability in a panel of agricultural workers with small and lightweight personal sensors', *Journal of Exposure Science & Environmental Epidemiology*. <https://doi.org/10.1038/s41370-026-00848-9>.
- Mac, V.V., *et al.* (2021) 'A modified physiological strain index for workplace-based assessment of heat strain experienced by agricultural workers', *American Journal of Industrial Medicine*, 64, hlm. 258–265. <https://doi.org/10.1002/ajim.23230>.
- Maekawa, S., Beltran, V.L. dan Henry, M.C. (2015) *Environmental Management for Collections: Alternative Conservation Strategies for Hot and Humid Climates*. Los Angeles: Getty Publications. Tersedia di: <https://www.getty.edu/publications/resources/virtuallibrary/9781606064344.pdf> (Diakses: 2 April 2026).
- Maknun, Y.F.J. (2019) *Hubungan karakteristik individu dan iklim kerja dengan kejadian heat strain pada pekerja bagian produksi Pabrik Es Lilin Brasil Sokaraja*. Skripsi. Purwokerto: Universitas Jenderal Soedirman.

- Mallette, M.M. et al. (2022) 'Sex differences in heat tolerance: a systematic review and meta-analysis', *Sports Medicine*, 52(8), hlm. 1775–1791. <https://doi.org/10.1007/s40279-022-01674-6>.
- Manning, C.N., et al. (2023) 'Environmental stress symptoms during heat acclimatization, heat acclimation, and intermittent heat training', *International Journal of Environmental Research and Public Health*, 20(4), artikel 3219. <https://doi.org/10.3390/ijerph20043219>.
- Marcelly, C., Irawan, G.C. dan Riana, A. (2026) 'Hubungan pola makan dan kelelahan kerja dengan status gizi pada petani di Desa Jayamulya Kabupaten Indramayu', *Jurnal Ilmiah Gizi Kesehatan*, 7(2). <https://doi.org/10.46772/jigk.v7i02.1799>.
- Mashhadi, N.S., et al. (2013) 'Anti-oxidative and anti-inflammatory effects of ginger in health and physical activity: review of current evidence', *International Journal of Preventive Medicine*, 4(Suppl. 1), hlm. S36–S42.
- Maughan, R.J. dan Griffin, J. (2003) 'Caffeine ingestion and fluid balance: a review', *Journal of Human Nutrition and Dietetics*, 16(6), hlm. 411–420. <https://doi.org/10.1046/j.1365-277X.2003.00477.x>.
- Maule, A.L., et al. (2025) 'Heat exhaustion and heat stroke among active component members of the U.S. Armed Forces, 2020–2024', *Medical Surveillance Monthly Report*, 32(6), hlm. 4–10.
- Mizelle, E., et al. (2022) 'Fluid intake and hydration status among North Carolina farmworkers: a mixed methods study', *Workplace Health & Safety*, 70(12), hlm. 579–589. <https://doi.org/10.1177/21650799221117273>.
- Moran, D.S., Shitzer, A. dan Pandolf, K.B. (1998) 'A physiological strain index to evaluate heat stress', *American Journal of Physiology-Regulatory, Integrative and Comparative Physiology*, 275(1), hlm. R129–R134. <https://doi.org/10.1152/ajpregu.1998.275.1.R129>.
- Morris, N.B., et al. (2020) 'Sustainable solutions to mitigate occupational heat strain – an umbrella review of physiological effects and global health perspectives', *Environmental Health*, 19, artikel 95. <https://doi.org/10.1186/s12940-020-00641-7>.
- Moyce, S. et al. (2020) 'Acute kidney injury and workload in a sample of California agricultural workers', *American Journal of Industrial Medicine*, 63(3), hlm. 258–268. <https://doi.org/10.1002/ajim.23076>.
- Nath, A. dan Sahu, S. (2023) 'Predicting heat-induced physiological strain and dehydration among male agricultural workers in Eastern India: implications of climate change', *Journal of Occupational and Environmental Medicine*, 68(1), hlm. e69–e76. <https://doi.org/10.1097/JOM.00000000000003543>.

- Nath, A., Sahu, S. dan Lee, J.K.W. (2026) 'An umbrella review of systematic reviews and meta-analyses on occupational heat exposure, health risks, and productivity losses globally', *Current Environmental Health Reports*, 13(2). <https://doi.org/10.1007/s40572-025-00520-8>.
- National Institute for Occupational Safety and Health (2016) *Criteria for a Recommended Standard: Occupational Exposure to Heat and Hot Environments*. Cincinnati: National Institute for Occupational Safety and Health. Tersedia di: <https://books.google.co.id/books?id=KxD6HGC86S8C> (Diakses: 29 Maret 2026).
- National Institute for Occupational Safety and Health (2023) *About Ergonomics and Work-Related Musculoskeletal Disorders*. Tersedia di: <https://www.cdc.gov/niosh/ergonomics/about/index.html> (Diakses: 11 Maret 2026).
- National Institute for Occupational Safety and Health (2024) *Hierarchy of Controls*. Tersedia di: <https://www.cdc.gov/niosh/hierarchy-of-controls/about/index.html> (Diakses: 2 Mei 2026).
- Nofanto, N.S. dan Ernawati, M. (2025) 'Faktor-faktor yang berhubungan dengan kejadian *heat strain* pada pekerja industri: literature review', *Jurnal Ilmiah Kedokteran dan Kesehatan*, 5(3). <https://doi.org/10.55606/klinik.v5i3.7106>
- Notley, S.R., *et al.* (2025) 'Physiological monitoring for occupational heat stress management: recent advancements and remaining challenges', *Applied Physiology, Nutrition, and Metabolism*, 50, hlm. 1–14. <https://doi.org/10.1139/apnm-2024-0395>.
- Notoatmodjo, S. (2018) *Metodologi Penelitian Kesehatan*. Cetakan ke-3. Jakarta: PT Rineka Cipta.
- Núñez-Rodríguez, S., *et al.* (2025) 'Heat tolerance in older adults: a systematic review of thermoregulation, vulnerability, environmental change, and health outcomes', *Healthcare*, 13(21). <https://doi.org/10.3390/healthcare13212785>.
- Occupational Safety and Health Administration (2026) *Heat – Overview: Working in Outdoor and Indoor Heat Environments*. Tersedia di: <https://www.osha.gov/heat-exposure> (Diakses: 29 Maret 2026).
- Palimbani, R.A.P. (2024) *Hubungan Karakteristik, Aktivitas Fisik, dan Iklim Kerja Panas dengan Kelelahan Kerja pada Petani Padi Perempuan di Desa Pudak Kabupaten Muaro Jambi Tahun 2024*. Skripsi. Jambi: Universitas Jambi. Tersedia pada: <https://repository.unja.ac.id/id/eprint/72966> (Diakses: 9 April 2026).

- Parsons, K. (2007) *Human Thermal Environments: The Effects of Hot, Moderate, and Cold Environments on Human Health, Comfort and Performance*. Edisi ke-3. Boca Raton: CRC Press.
- Parsons, K. (2019) *Human Heat Stress*. Boca Raton: CRC Press.
- Parsons, L.A., *et al.* (2022) 'Global labor loss due to humid heat exposure underestimated for outdoor workers', *Environmental Research Letters*, 17(1). <https://doi.org/10.1088/1748-9326/ac3dae>.
- Périard, J.D., Eijssvogels, T.M. dan Daanen, H.A.M. (2021) 'Exercise under heat stress: thermoregulation, hydration, performance implications, and mitigation strategies', *Physiological Reviews*, 101(4), hlm. 1873–1979. <https://doi.org/10.1152/physrev.00038.2020>.
- Périard, J.D., Racinais, S. dan Sawka, M.N. (2015) 'Adaptations and mechanisms of human heat acclimation: applications for competitive athletes and sports', *Scandinavian Journal of Medicine & Science in Sports*, 25(S1), hlm. 20–38. <https://doi.org/10.1111/sms.12408>.
- Periasamy, M., Herrera, J.L. dan Reis, F.C. (2017) 'Skeletal muscle thermogenesis and its role in whole body energy metabolism', *Diabetes & Metabolism Journal*, 41(5), hlm. 327–336. <https://doi.org/10.4093/dmj.2017.41.5.327>.
- Pethick, W.A., *et al.* (2019) 'Effects of hydration status during heat acclimation on plasma volume and performance', *Scandinavian Journal of Medicine & Science in Sports*, 29(2), hlm. 189–199. <https://doi.org/10.1111/sms.13319>.
- Petropoulos, Z.E., *et al.* (2023) 'Heat stress and heat strain among outdoor workers in El Salvador and Nicaragua', *Journal of Exposure Science & Environmental Epidemiology*, 33, hlm. 622–630. <https://doi.org/10.1038/s41370-023-00537-X>.
- Pribadi, A.P. dan Tualeka, A.R. (2024) 'Hubungan iklim kerja dan konsumsi air minum dengan dehidrasi pekerja unit produksi PT X', *JlIP (Jurnal Ilmiah Ilmu Pendidikan)*, 7(2), hlm. 1709–1711. <https://doi.org/10.54371/jiip.v7i2.3921>.
- Qomariyah, L., Melinda, A. dan Adha, M.Z. (2022) 'Hubungan tekanan panas, faktor pekerja dan beban kerja dengan kejadian *heat strain* pada pekerja bidang produksi di CV. Fatra Karya Logam, Kabupaten Tangerang', *Frame of Health Journal*, 1(1), hlm. 116–130.
- Raza, A., *et al.* (2024) 'Climate change impacts on crop productivity and food security: an overview', dalam Kanga, S., Singh, S.K., Shevkani, K., Pathak, V. dan Sajan, B. (eds.) *Transforming Agricultural Management for a Sustainable Future*. World Sustainability Series. Cham: Springer, hlm. 163–186. https://doi.org/10.1007/978-3-031-63430-7_8.

- Sahu, S., Sett, M. dan Kjellstrom, T. (2013) 'Heat exposure, cardiovascular stress and work productivity in rice harvesters in India: implications for a climate change future', *Industrial Health*, 51(4), hlm. 424–431. <https://doi.org/10.2486/indhealth.2013-0006>.
- Santos, E.C., *et al.* (2022) 'The effect of the participatory Heat Education and Awareness Tools (HEAT) intervention on agricultural worker physiological heat strain: results from a parallel, comparison, group allocated study', *BMC Public Health*, 22(1). <https://doi.org/10.1186/s12889-022-14144-0>.
- Sawka, M.N., Cheuvront, S.N. dan Carter, R. (2005) 'Human water needs', *Nutrition Reviews*, 63(6 Pt. 2), hlm. S30–S39. <https://doi.org/10.1111/j.1753-4887.2005.tb00152.x>.
- Sudijono, A. (2005) *Pengantar Statistik Pendidikan*. Jakarta: PT RajaGrafindo Persada.
- Sukma, W.L. dan Ruslan, K. (2024) 'Determinan partisipasi kelompok usia muda dalam usaha tani: analisis faktor-faktor pendorong regenerasi petani', *Jurnal Perencanaan Pembangunan Pertanian*, 1(1), hlm. 1–9. <https://doi.org/10.13140/RG.2.2.31996.04482>.
- Suma'mur, P.K. (2014) *Higiene Perusahaan dan Kesehatan Kerja (HIPERKES)*. Edisi ke-2. Jakarta: Sagung Seto.
- Tarwaka (2015) *Ergonomi Industri: Dasar-Dasar Pengetahuan Ergonomi dan Aplikasi di Tempat Kerja*. Edisi ke-2. Surakarta: Harapan Press.
- Tarwaka (2016) *Dasar-Dasar Keselamatan Kerja serta Pencegahan Kecelakaan di Tempat Kerja*. Surakarta: Harapan Press.
- Temple, J.L., *et al.* (2017) 'The safety of ingested caffeine: a comprehensive review', *Frontiers in Psychiatry*, 8. <https://doi.org/10.3389/fpsy.2017.00080>.
- Troyer, W., Render, A. dan Jayanthi, N. (2020) 'Exercise-associated muscle cramps in the tennis player', *Current Reviews in Musculoskeletal Medicine*, 13(5), hlm. 612–621. <https://doi.org/10.1007/s12178-020-09662-8>.
- Vanos, J., *et al.* (2021) 'Extreme heat exposure and occupational health in a changing climate', dalam Schwartz, J. (ed.) *Extreme Events and Climate Change: A Multidisciplinary Approach*. Hoboken: John Wiley & Sons, hlm. 147–166. <https://doi.org/10.1002/9781119413738.ch10>.
- WeatherSpark (2026) *Cuaca Rata-Rata pada Bulan di Situbondo, Indonesia Sepanjang Tahun*. Tersedia di: <https://id.weatherspark.com/y/127759/Cuaca-Rata-rata-pada-bulan-in-Situbondo-Indonesia-Sepanjang-Tahun#Sections-Summary> (Diakses: 7 Maret 2026).

Wolf, S.T., *et al.* (2023) 'Heat stress vulnerability and critical environmental limits for older adults', *Communications Earth & Environment*, 4. <https://doi.org/10.1038/s43247-023-01159-9>.

World Health Organization (2024) *Heat and Health*. Tersedia di: <https://www.who.int/news-room/fact-sheets/detail/climate-change-heat-and-health> (Diakses: 11 Maret 2026).

World Health Organization (2025) *Workplace Heat Stress*. Tersedia di: <https://www.who.int/news-room/questions-and-answers/item/workplace-heat-stress> (Diakses: 11 Maret 2026).