

## DAFTAR PUSTAKA

- Agustin, D. 2012, *Faktor-Faktor Yang Mempengaruhi Kualitas Tidur Pada Pekerja Shift Di PT Krakatau Tirta*, Fakultas Ilmu Keperawatan Universitas Indonesia, Jakarta.
- Amalia, I. N. *et al.* 2017, *Kelelahan Fisik Pada Lansia*, Fakultas Kedokteran Universitas Diponegoro, Semarang.
- Anggraini, D. A. and Bati, N. C. 2016, *Analisa Postur Kerja Dengan Nordic Body Map & Reba Pada Teknisi Painting Di Pt. Jakarta Teknologi Utama Motor Pekarbaru*, Photon: Jurnal Sain dan Kesehatan, Vol. 7, Issue 1, Pages 87–97  
<https://doi.org/10.37859/jpv7i01563>
- Assefa, S. Z. *et al.* 2015, *The functions of sleep*, AIMS Neuroscience, Vol. 2, Issue 3, Pages 155–171  
<https://doi.org/10.3934/Neuroscience.2015.3.155>.
- Barrett, K. E. and Ganong, W. F. 2019, *Ganong's review of medical physiology*, New York: McGraw-Hill Medical.
- Berhanu, H. *et al.* 2018, *Prevalence and Associated Factors of Sleep Quality among Adults in Jimma Town, Southwest Ethiopia: A Community-Based Cross-Sectional Study*, pp. 1–10.  
<https://doi.org/10.1155/2018/8342328>.
- Canadian Centre for Occupational Health and Safety 2018, *Work-related Musculoskeletal Disorders (WMSDs) : OSH Answers*, CCOHS, Page 1.  
<https://www.ccohs.ca/oshanswers/diseases/rmirsi.html>
- CDC 2016, *Work-Related Musculoskeletal Disorders & Ergonomics | Workplace Health Strategies by Condition | Workplace Health Promotion | CDC*, U.S. Department of Health & Human Services.  
<https://www.cdc.gov/workplacehealthpromotion/health-strategies/musculoskeletaldisorders/>
- Center for Disease Control and Prevention, 2017, *CDC - Data and Statistics - Sleep and Sleep Disorders*, p. 1.  
[https://www.cdc.gov/sleep/data\\_statistics.html](https://www.cdc.gov/sleep/data_statistics.html).
- CEBM 2015, *Study Designs - CEBM*. Nuffield Department of Primary Care Health Sciences.  
<http://www.cebm.net/study-designs/>.
- Chairani, A. 2013, *Uji Reabilitas NMQ pada Pekerja Administrasi Menggunakan Visual Display Terminal (VDT)*, Jakarta: Fakultas Kedokteran Universitas

Indonesia.

Choi, S. D., Yuan, L. and Borchardt, J. G. 2014, *Critical Analyses of Work-related Musculoskeletal Disorders and Practical Solutions in Construction*, SAGE Publishing.

<https://doi.org/10.1177%2F1541931214581341>

Condrowati *et al.*, 2020, *Musculoskeletal Disorder of Workers During Work From Home on Covid-19 Pandemic: A Descriptive Study*, 30(Ichd), pp. 153–160.

<https://doi.org/10.2991/ahsr.k.201125.025>.

Daneshmandi, H. *et al.* 2017, *The effect of musculoskeletal problems on fatigue and productivity of office personnel: A cross-sectional study*, Journal of Preventive Medicine and Hygiene, pp. E252–E258.

<https://doi.org/10.15167/2421-4248/jpmh2017.58.3.785>.

Dattilo, M. *et al.* 2011, *Sleep and muscle recovery: Endocrinological and molecular basis for a new and promising hypothesis*, Medical Hypotheses. Elsevier Ltd, Vol. 77, No.2, Pages. 220–222.

<https://doi.org/10.1016/j.mehy.2011.04.017>.

de Souza, J. C. *et al.*, 2014, *Work schedule influence on sleep habits in elementary and high school teachers according to chronotype*, Estudos de Psicologia, pp. 200–209.

<https://doi.org/10.1590/s1413-294x2014000300005>.

Division of Sleep Medicine, H. M. S. 2007, *External Factors that Influence Sleep | Healthy Sleep*, Division of Sleep Medicine, Harvard Medical School.

<http://healthysleep.med.harvard.edu/healthy/science/how/external-factors>.

Erick, P. N. and Smith, D. R., 2015, *Musculoskeletal disorders in the teaching profession: An emerging workplace hazard with significant repercussions for developing countries*, Industrial Health, pp. 385–386.

<https://doi.org/10.2486/indhealth.2014-0218>.

Fleetham, J., & Fleming, J. (2014). *Parasomnias*. Canadian Medical Association.

<https://doi.org/10.1503/cmaj.120808>

Gadie, A. *et al.* 2017, *How are age-related differences in sleep quality associated with health outcomes? An epidemiological investigation in a UK cohort of 2406 adults*, BMJ Open.

<https://doi.org/10.1136/bmjopen-2016-014920>.

General Microbiology at Boundless 2019, *Functions of the Musculoskeletal System*, LibreTexts.

[https://bio.libretexts.org/Bookshelves/Introductory\\_and\\_General\\_Biology/Book%3A\\_General\\_Biology\\_\(OpenStax\)/7%3A\\_Animal\\_Structure\\_and\\_Fun](https://bio.libretexts.org/Bookshelves/Introductory_and_General_Biology/Book%3A_General_Biology_(OpenStax)/7%3A_Animal_Structure_and_Fun)

ction/38%3A\_The\_Musculoskeletal\_System

- Hall, J. E. and Guyton, A. C. 2011, *Guyton and Hall textbook of medical physiology 12th edn*, Philadelphia: Saunders/Elsevier.
- Harrison, L., Wilson, S. and Munafò, M. R. 2014, *Exploring the associations between sleep problems and chronic musculoskeletal pain in adolescents: A prospective cohort study*, Pain Research and Management, pp. e139–e145.  
<https://doi.org/10.1155/2014/615203>.
- Heidarimoghadam, R. et al. 2019, *Does mental workload can lead to musculoskeletal disorders in healthcare office workers? Suggest and investigate a path*, Cogent Psychology. Cogent, 6(1).  
<https://doi.org/10.1080/23311908.2019.1664205>.
- Hidayat, A. 2012, *Populasi dan Sampel: Pengertian Populasi Adalah? - Uji Statistik*.  
<https://www.statistikian.com/2012/10/pengertian-populasi-dan-sampel.html>.
- Kementrian Kesehatan RI, 2018, *Laporan Nasional RISKESDAS 2018*, Lembaga Penerbit BALITBANGKES.
- Kusumasita, L. , 2017, *Validitas dan Reliabilitas Nordic Musculoskeletal Questionnaire (NMQ) Pada Pekerja “Blue Collar Worker*, FKUI.
- Lauralee, S. 2013, *From cells to systems 8th edn*, Cengage Learning. Belmont, CA:Brokks/Cole.
- Lenkeit, M. 2019, *Ergonomics in the workplace*, Textile Network, Page 57.  
<https://doi.org/10.1201/9781420033007.ch2>.
- Llave, O. V. and Messenger, J., 2018, *Working anytime, anywhere: the effects on the world of work*.  
<https://doi.org/10.1136/oemed-2018-icoabstracts.623>.
- Li, J., Vitiello, M. and Gooneratne, N. 2019, *Sleep in Normal Aging*.  
<https://dx.doi.org/10.1016%2Fj.jsmc.2017.09.001>.
- Lim, J. U. et al. 2017, *Comparison of World Health Organization and Asia-Pacific body mass index classifications in COPD patients*, International Journal of COPD, pp. 2465–2475.  
<https://doi.org/10.2147/COPD.S141295>.
- Luger, T. et al. 2017, *Work-break schedules for preventing musculoskeletal disorders in workers*, Cochrane Database of Systematic Reviews.  
<https://doi.org/10.1002/14651858.CD012886>.

- Mental Health Canada 2013, *Understanding Sleep*, National Sleep Foundation.  
[http://www.mentalhealthcanada.com/article\\_detail.asp?lang=e&id=28](http://www.mentalhealthcanada.com/article_detail.asp?lang=e&id=28).
- Middlesworth, M. 2015, *The Causes of Musculoskeletal Disorders (MSDs) | ErgoPlus*, Ergo Plus.  
<https://ergo-plus.com/causes-musculoskeletal-disorders-msds/>.
- Mongkareng, E. R. et al. 2018, *Hubungan Antara Masa Kerja Dan Posisi Kerja Dengan Keluhan Muskuloskeletal Pada Pekerja Pembuat Babi Guling Di Kelurahan Kolongan Kota Tomohon*, 7(5).
- Mukherjee, S. et al. 2013, *An Official American Thoracic Society Statement: The Importance of Healthy Sleep*, International Journal of Medical Informatics, Pages 696–701.  
<https://doi.org/10.1016/j.ijmedinf.2013.02.008>.
- Mutmainnah, R. 2018, *Hubungan Kualitas Tidur Terhadap Keluhan Musculoskeletal Disorders (Msd) Pada Mahasiswa Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang*. Fakultas Ilmu Kesehatan Universitas Muhammadiyah Malang, Malang.
- Nation Sleep Foundation , 2019, *National Sleep Foundation Recommends New Sleep Times*, National Sleep Foundation, pp. 1–4.  
<https://www.sleepfoundation.org/press-release/national-sleep-foundation-recommends-new-sleep-times>.
- NHS 2020, *Back pain - NHS*, National Health Service.  
<https://www.nhs.uk/conditions/back-pain/>
- NIH 2019, *Hypersomnia*, National Institute of Neurological Disorders and Stroke.  
<https://www.ninds.nih.gov/Disorders/All-Disorders/Dysgraphia-Information-Page>.
- NINDS 2017, *Restless Legs Syndrome Fact Sheet: National Institute of Neurological Disorders and Stroke (NINDS)*, National Institutes of health, Pages 1–4.  
[http://www.ninds.nih.gov/disorders/restless\\_legs/detail\\_restless\\_legs.htm](http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm).
- NINDS 2020, *Low Back Pain Fact Sheet \_ National Institute of Neurological Disorders and Stroke*, National Institutes of Health. Bethesda: National Institutes of health.  
<https://doi.org/20-NS-5161>.
- Norman, C. and Veldhuis, J. D. 2013, *Regulation of growth hormone secretion, Acromegaly: Diagnosis and Treatment*, Pages. 39–53.

<https://doi.org/10.2217/EBO.12.59>.

Parfenov, V. A. 2020, *Causes of lower back pain*, Russian neurological journal, Pages 14–20.

<https://doi.org/10.30629/2658-7947-2019-24-5-14-20>.

Quemelo, P. R. V., Gasparato, F. D. S. and Vieira, E. R. 2015, *Prevalence, risks and severity of musculoskeletal disorder symptoms among administrative employees of a Brazilian company*, pp. 533–540.

<https://doi.org/10.3233/WOR-152131>.

Ratnasari, C. D. 2016, *Gambaran Kualitas Tidur Pada Komunitas Game Online Mahasiswa Teknik Elektro Universitas Diponegoro*, Semarang: Fakultas Kedokteran Universitas Diponegoro.

Rawla, P. et al. 2018, *Hubungan Antara Kualitas Tidur Dengan Tekanan Darah Pada Siswa Kelas X-XI Di SMAN 1 Kwadungan Kabupaten Ngawi*, STIKES Bhakti Husada Mulia, Madiun.

Reed, D. L. and Sacco, W. P. 2016, *Measuring sleep efficiency: what should the denominator be?*, Journal of Clinical Sleep Medicine, pp. 263–266.

<https://doi.org/10.5664/jcsm.5498>.

Restuputri, D., Lukman, M. dan Wibisono 2017, *Metode REBA Untuk Pencegahan Musculoskeletal Disorder Tenaga Kerja*, Jurnal Teknik Industri, Vol. 18, No. 01, Pages 19-28.

<https://doi.org/10.22219/JTIUMM.Vol18.No1.19-28>

Robert Stickgold 2007, *Sleep, Learning, and Memory | Healthy Sleep*, Division of Sleep Medicine at Harvard Medical School.

<http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep/learning-memory>.

Roth, T. 2007, *Insomnia: Definition, prevalence, etiology, and consequences*, Journal of Clinical Sleep Medicine.

<https://doi.org/10.5664/jcsm.26929>.

Sari, N. Y. 2015, *Hubungan Intensitas Nyeri Pada Pasien Low Back Pain Dengan Kualitas Tidur Di Rsud Dr. Moewardi*, Fakultas Kedokteran Universitas Muhammadiyah Surakarta, Surakarta.

Septiani, A. 2017, *Faktor-faktor Yang Berhubungan Dengan Keluhan Musculoskeletal Disorders (MSDs) Pada Pekerja Bagian Meat Preparation PT. Bumi Sarimas Indonesia Tahun 2017*, Fakultas Kedokteran dan Ilmu Kesehatan UIN Syarif Hidayatullah, Jakarta.

<https://doi.org/10.3233/WOR-141853>.

- Sethi, J., Sandhu, J. S. and Imbanathan, V. 2011, *Effect of Body Mass Index on work related musculoskeletal discomfort and occupational stress of computer workers in a developed ergonomic setup*, Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology.  
<https://doi.org/10.1186/1758-2555-3-22>.
- Setia, M. S. 2016, *Methodology series module 3: Cross-sectional studies*, Indian Journal of Dermatology, Pages 261–264.  
<https://doi.org/10.4103/0019-5154.182410>.
- Sinicropi, S. 2018, *How Back Pain Affects Sleep*. Spine Health.  
[https://www.google.com/url?client=internal-element-cse&cx=002068812809425147455:gitm38kkfda&q=https://www.spine-health.com/wellness/sleep/how-back-pain-affects-sleep&sa=U&ved=2ahUKEwjgsq2vlarqAhULyZgGHbZXDGUQFjAAegQIARAB&usq=AOvVaw34V\\_oxJafqzJojVENoZxBU](https://www.google.com/url?client=internal-element-cse&cx=002068812809425147455:gitm38kkfda&q=https://www.spine-health.com/wellness/sleep/how-back-pain-affects-sleep&sa=U&ved=2ahUKEwjgsq2vlarqAhULyZgGHbZXDGUQFjAAegQIARAB&usq=AOvVaw34V_oxJafqzJojVENoZxBU)
- Smyth, C. 2012, *The Pittsburgh Sleep Quality Index (PSQI)*, Director (Cincinnati, Ohio), Vol. 8, Issue 1, Pages 28–29.  
<https://doi.org/10.3928/0098-9134-19991201-10>.
- Springer, R. 2008, *Obstructive sleep apnea*, Plastic Surgical Nursing, Pages 99–101.  
<https://doi.org/10.1097/01.PSN.0000324784.26332.5f>.
- Sumekar, D. W. and Natalia, D. 2010, *Nyeri Punggung pada Operator Komputer Akibat Posisi dan Lama Duduk*, Majalah Kedokteran Bandung, Vol. 42, Issue 3, Pages 123–127.  
<https://doi.org/10.15395/mkb.v42n3.23>.
- Sutianingsih, H. and Rokayah, Y. 2019, *Analisis Faktor Individu Yang Berhubungan Dengan Keluhan Msd Bidan Dalam Pertolongan Persalinan Di Puskesmas Wilayah Kerja I Dinkes Kab. Lebak*, Banten: Medikes.
- Sweeney, B. M. and Prézelin, B. B. 2020, *Circadian rhythms*, National Institute of General Medicine, Pages 841–847.  
<https://doi.org/10.1111/j.1751-1097.1978.tb07684.x>.
- Takahashi, Y. 1974, *Growth hormone secretion during sleep*, Hormon to rinsho, Clinical endocrinology, Vol. 22, No. 7, Pages. 829–838.  
<https://doi.org/10.1159/000181789>.
- Tarrwaka, 2012, *Keselamatan Dan Kesehatan Kerja*.  
<https://www.fkm.ui.ac.id>
- Tasdemir, S. and Oguzhan, O. Z. 2016, *The factors influencing sleep quality*, Annals of Indian Academy of Neurology, Pages 422.

<https://doi.org/10.4103/0972-2327.186859>.

Tjahayuningtyas, A. 2019, *Faktor Yang Mempengaruhi Keluhan Musculoskeletal Disorders (Msd) Pada Pekerja Informal*, The Indonesian Journal of Occupational Safety and Health, Vol. 8, Issue 1, Page 1.

<https://doi.org/10.20473/ijosh.v8i1.2019.1-10>.

Uniti, S., & Uniti, N. S. (2011). *Hubungan Posisi Meja Kerja dan Keluhan Musculoskeletal Disorders (Msd) Yang Dirasakan Oleh Para Pekerja Back Office PT. Nitra Sanata Dharma*. Esa Unggul.

Villa-Forte, A. 2019, *Introduction to the Biology of the Musculoskeletal System - Bone, Joint, and Muscle Disorders - Merck Manuals Consumer Version*, Merck Manuals.

<https://www.merckmanuals.com/home/bone,-joint,-and-muscle-disorders/biology-of-the-musculoskeletal-system/introduction-to-the-biology-of-the-musculoskeletal-system>.

WHO 2019, *Musculoskeletal Conditions*, Encyclopedia of Quality of Life and Well-Being Research, Pages 4228–4228.

[https://doi.org/10.1007/978-94-007-0753-5\\_102622](https://doi.org/10.1007/978-94-007-0753-5_102622).

Wicaksono, P. D. 2019, *Uji Reabilitas Nordic Musculoskeletal Questionnaire (NMQ) pada Kelompok Pekerja Batik Tulis Desa Wisata Giriloyo Di Bantul Tahun 2019*, Jakarta: Fakultas Kedokteran Universitas Pembangunan Nasional ‘Veteran’ Jakarta.

<https://doi.org/10.33333/0033-2909.126.1.78>.

Wulan, D. et al. 2010, *Nyeri Punggung pada Operator Komputer Akibat Posisi dan Lama Duduk Computer Operator*, MKB Vol. 42, No. 3, Pages. 123–127.