

DAFTAR PUSTAKA

- Abduh, Muhammad., Tri Alawiyah., Gio Apriansyah., Rusdy Abdullah Sirodj, M. W. A. (2023). Survey Design: Cross Sectional dalam Penelitian Kualitatif Muhammad. *Jurnal Pendidikan Sains Dan Komputer*, 3(1), 31–39. <https://doi.org/https://doi.org/10.47709/jpsk.v3i01.1955>
- Abidin, I., Nurlianawati, L., & Puspitasari, S. (2024). Efektivitas Intervensi Buteyko Breathing Terhadap Kualitas Tidur Mahasiswa Keperawatan. *Jurnal Keperawatan Florence Nightingale*, 7(2), 428–433. <https://doi.org/10.52774/jkfn.v7i2.326>
- Akbar, F., Darmiati., Arfan, F., & Putri, A. A. Z. (2021). Pelatihan dan Pendampingan Kader Posyandu Lansia di Kecamatan Wonomulyo. *Jurnal Abdimas*, Volume 2 (2), Halaman 329-397. <https://doi.org/10.31004/abdidas.v2i2.282>
- Alfianto, Y., Sapitri, A., Safira, T. B., Aisyah, N. S., & Ariyanti, S. (2026). Literatur Review: Analisis Faktor yang Mempengaruhi Kualitas Tidur pada Lansia. *Jurnal Siti Rufaidah*, 4(1), 1–12. <https://doi.org/https://doi.org/10.57214/jasira.v4i1.283>
- Alfini, A. J., Schrack, J. A., Urbanek, J. K., Wanigatunga, A. A., Wanigatunga, S. K., Zipunnikov, V., Ferrucci, L., Simonsick, E. M., Spira, A. P., & Newman, A. (2020). Associations of Actigraphic Sleep Parameters with Fatigability in Older Adults. *Journals of Gerontology - Series A Biological Sciences and Medical Sciences*, 75(9), e95–e102. <https://doi.org/10.1093/gerona/glaa137>
- Agus, S. U. (2017). Status Kesehatan Lansia yang Bekerja. *Jurnal Informasi Kesehatan Indonesia*, 3(1), 8–13. <http://polkesma-ojs.poltekkes-malang.ac.id/index.php/IJKI/article/view/44>
- Arifin, H., Boy, E., Rizki, D., Sitepu, A., Rangkuti, Z. A., Lailatu, A., Armadi, I. A., Krisna, A. P., Hafianty, F., & Meliala, A. A. (2022). Prevalensi Insomnia pada Perempuan Lanjut Usia: Studi Berbasis Komunitas. *Jurnal Implementa Husada*, 3(1), 6–11. <https://doi.org/10.30596/jih.v3i1.11632>
- Arifin, R., Fahdhienie, F., & Ariscasari, P. (2022). Analisis Minat Belajar Dan Aktivitas Belajar Di Masa Pandemi Covid-19 Terhadap Kualitas Belajar Daring Siswa SMP N 2 Trumon Timur Kabupaten Aceh Selatan Tahun 2021. *Journal Pusat Studi Pendidikan Rakyat*, 2(3), 75–84.
- Badan Pusat Statistik Jawa Timur. (2025). *Statistik kesehatan Jawa Timur tahun 2025*. Badan Pusat Statistik Jawa Timur.
- Bahtiar, B., Ramadania, R., Nopriyanto, D., & Nur, S. (2024). Hubungan Kualitas Tidur Dengan Tingkat Insomnia Pada Lansia Binaan PSTW Nirwana Puri Kota Samarinda Kalimantan Timur. *Alauddin Scientific Journal of Nursing*, 5(1), 15–24. <https://doi.org/10.24252/asjn.v5i1.45506>
- Billones, R., Liwang, J. K., Butler, K., Graves, L., & Saligan, L. N. (2021). Dissecting the fatigue experience: A scoping review of fatigue definitions, dimensions, and measures in non-oncologic medical conditions. *Brain, Behavior, and Immunity - Health*, 15(May), 100266. <https://doi.org/10.1016/j.bbih.2021.100266>
- Buyse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). *Buyse DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ. The Pittsburgh Sleep Quality Index: a new instrument for psychiatric practice and research. Psychiatry Res. 1989;28:193–213.*
- Casagrande, M., Forte, G., & Favieri, F. (2022). *Sleep Quality and Aging : A Systematic Review on Healthy Older People , Mild Cognitive Impairment and Alzheimer ' s Disease.*

- Cici Haryati, M., Kusumaningsih, I., Supardi, S., & Tinggi Ilmu Kesehatan Sint Carolus Jakarta, S. (2022). Faktor-Faktor Yang Berhubungan Dengan Kualitas Tidur Lansia. *Jurnal Keperawatan Malang*, 7(2), 76–93. <https://jurnal.stikespantiwaluya.ac.id/index.php/IPW>
- Dekanawati, V., Astriawati, N., Setiyantara, Y., Subekti, J., & Kirana, A. F. (2023). Analisis Pengaruh Kualitas Pelayanan Diklat Kepabeaan Terhadap Kepuasan Peserta Pelatihan. *Jurnal Sains Dan Teknologi Maritim*, 23(2), 159–176. <https://doi.org/10.33556/jstm.v23i2.344>
- DePasquale, N., Sliwinski, M. J., Zarit, S. H., Buxton, O. M., & Almeida, D. M. (2019). Unpaid caregiving roles and sleep among women working in nursing homes: A longitudinal study. *Gerontologist*, 59(3), 474–485. <https://doi.org/10.1093/geront/gnx185>
- El Hadiri, A., Bahatti, L., El Magri, A., & Lajouad, R. (2024). Sleep stages detection based on analysis and optimisation of non-linear brain signal parameters. *Results in Engineering*, 23(May), 102664. <https://doi.org/10.1016/j.rineng.2024.102664>
- Fabbri, M., Beracci, A., Martoni, M., Meneo, D., Tonetti, L., & Natale, V. (2021). Measuring subjective sleep quality: A review. *International Journal of Environmental Research and Public Health*, 18(3), 1–57. <https://doi.org/10.3390/ijerph18031082>
- Fadilla, S. A., Fithri Zatin, S., Larasati, A. D., Aitdulloh, A., Agustina, E., Zahro, F., Izzaniya, A., Apriliani, L., Afifah, N., & Anas, S. H. (2025). Hilangnya Semangat Hidup Pada Lansia Yang Mengalami Penurunan Mobilitas Fisik. *Jurnal Kajian Ilmiah Interdisipliner*, 9(5), 2118–7303.
- Fadilah, A., & Natalya, W. (2025). *Spiritual Level with Sleep Quality in the Elderly in Rowokembu Village , Wonopringgo District , Pekalongan Regency Tingkat Spiritual dengan Kualitas Tidur pada Lansia di Desa Rowokembu Kecamatan Wonopringgo Kabupaten Pekalongan*.
- Febrinawati, Y. (2018). Uji Validitas dan Reliabilitas Instrumen Penelitian Kuantitatif. *Jurnal Tarbiyah : Jurnal Ilmiah Kependidikan*, 7(1), 17–23.
- Fitri, T., Malau, B., Silitonga, S., & Hutagalung, S. A. (2023). Penyuluhan terhadap lansia: Mengenal karakteristik para lansia. *ELETTRA : Jurnal Pendidikan Penyuluhan Agama Kristen Negeri Truntung*, 1(1), 47–56. <https://elettra.iakntarutung.ac.id>
- Gordon, N. P., Yao, J. H., Brickner, L. A., & Lo, J. C. (2022). Prevalence of sleep-related problems and risks in a community-dwelling older adult population: a cross-sectional survey-based study. *BMC Public Health*, 22(1), 1–12. <https://doi.org/10.1186/s12889-022-14443-8>
- Giroto, J. E. (2017). Immunizations across the adult lifespan. *Drug Topics*, 161(6), 7–11. <https://doi.org/10.1016/j.exger.2016.02.001.Physical>
- Haufe, A., Baker, F. C., & Leeners, B. (2022). The role of ovarian hormones in the pathophysiology of perimenopausal sleep disturbances: A systematic review. *Sleep Medicine Reviews*, 66, 101710. <https://doi.org/10.1016/j.smrv.2022.101710>
- Hasbi, Aurana Zahro El., Rima Damayanti., Dina Hermina, H. M. (2023). PENELITIAN KORELASIONAL. *Jurnal Agama, Sosial, Dan Budaya*, 2(6), 784–808.
- Hu, T., Wang, F., Duan, Q., Zhao, X., & Yang, F. (2025). Prevalence of fatigue and perceived fatigability in older adults: a systematic review and meta-analysis. *Scientific Reports*, 15(1). <https://doi.org/10.1038/s41598-025-88961-x>
- Ihda Hilyati, Lukman Hakim, E. Y. U. (2023). Pengaruh Metode Pembelajaran Outdoor Study Terhadap Hasil Belajar IPA Di SD Negeri 232 Palembang. *Jurnal Dunia Pendidikan*. <https://jurnal.stokbinaguna.ac.id/index.php/JURDIP>

- Iriyani, I. S., Pratiwi Basri, R. L., & Erwin Rachman, M. (2023). Hubungan Aktivitas Fisik dengan Pola Tidur pada Usia Lanjut. *Fakumi Medical Journal*, 3(1), 1–11. <https://doi.org/10.33096/fmj.v3i1.171>
- Ismahmudi, R., & Fakhurizal, A. A. (2020). Relationship Between Active Physical Exercise and Sleep Quality With Physical Fatigue in Elderly on Harapan Baru Samarinda Public Health Care. *Jurnal Ilmu Kesehatan*, 8(1), 44–48. <https://doi.org/10.30650/jik.v8i1.1306>
- Ismail, S. S., Watung, G. I. V, Sibua, S., & Astuti, W. (2024). Hubungan kualitas tidur dengan kelelahan fisik pada lansia di wilayah kerja uptd puskesmas motoboi kecil. *Watson Journal of Nursing*, 2(2), 14–19.
- Jaqua, E. E., Hanna, M., Labib, W., Moore, C., & Matossian, V. (2023). Common Sleep Disorders Affecting Older Adults. *Permanente Journal*, 27(1), 122–132. <https://doi.org/10.7812/TPP/22.114>
- Jurianti Utami, B. R., Putri Rusiana, H., & Zulkahfi, Z. (2021). Status Kesehatan Dan Dukungan Sosial Lansia Di Kuripan Utara Wilayah Kerja Puskesmas Kuripan Lombok Barat. *Jurnal Ilmiah STIKES Yarsi Mataram*, 11(1), 42–50. <https://doi.org/10.57267/jisym.v11i1.80>
- Kavousi, P., Mali, E., Seifhashemi, N., Souri, M., Pakravan, L., & Khalili, F. (2025). Worldwide Prevalence of Poor Sleep Quality in Older Adults: A Systematic Review and Meta-Analysis. *Iranian Journal of Psychiatry*, 20(2), 265–280. <https://doi.org/10.18502/ijps.v20i2.18207>
- Kemenkes RI. (2023). *Klasifikasi lansia*. Kementerian Kesehatan Republik Indonesia.
- Kementerian Kesehatan Republik Indonesia. (2023). *Survei Kesehatan Indonesia Tahun 2023*. Jakarta: Kemenkes RI.
- Ken, A. (2025). GAMBARAN KUALITAS TIDUR LANJUT USIA PENDERITA DEMENSIA DI GROUP HOME TERESAEN ., 9, 9387–9398.
- Kurniati, N., & Nasruddin. (2024). Nusantara Hasana Journal. *Nusantara Hasana Journal*, 1(7), 132–137.
- Leba, I. P. R. P., Maria, L., & Harningtyas, S. (2023). Faktor-Faktor Yang Mempengaruhi Kualitas Tidur Pada Lansia. *Professional Health Journal*, 4(2sp), 166–177. <https://www.ojsstikesbanyuwangi.com/index.php/PHJ%0ALiterature>
- Maimaznah, Ns., Djaafar, Ns. N. S., Junaidi, Ns., Muhasidah, Dr., Sitindaon, S. R., Pesak, E., Tangka, J. W., Kolompoy, J. A., Triyanto, A., Tambuwun, S., Raule, Dr. J. H., Sabil, Ns. T. M., & Tampake, R. (2025). *Keperawatan Gerontik*. PT Media Pustaka Indo.
- Mardhiyah, Nur Afni Dinilhaq, Yona Amelia, Adelia Arini, Rully Hidayatullah, & Harmonedi Harmonedi. (2025). Populasi dan Sampel dalam Penelitian Pendidikan: Memahami Perbedaan, Implikasi, dan Strategi Pemilihan yang Tepat. *Katalis Pendidikan : Jurnal Ilmu Pendidikan Dan Matematika*, 2(2), 208–218. <https://doi.org/10.62383/katalis.v2i2.1670>
- Mekuria, B. A., Fentanew, M., Anteneh, Y. E., Suleman, J., Belet, Y., Getie, K., Melese, H., Sefiwu Zinabu, F., Takele, M. D., Cherkos, K., Gebeyehu Muluneh, A., & Jember Belay, G. (2024). Risk factors of fatigue among community-dwelling older adults in Bahir Dar, Northwest Ethiopia: a community-based cross-sectional study. *Frontiers in Public Health*, 12. <https://doi.org/10.3389/fpubh.2024.1491287>
- Mujiadi, & Rachmah, S. (2022). Buku Ajar Keperawatan Gerotik. In *Buku ajar keperawatan gerontik*. STIKes Majapahit Mojokerto.

- Murida, S., Vivi Yanti, S., Studi Sarjana Keperawatan, P., Keperawatan, F., Syiah Kuala, U., & Keperawatan Gerontik Fakultas Keperawatan, B. (2025). Gambaran Kualitas Tidur dan Kualiatas Hidup Lansia dengan Penyakit Kronis di Kota Banda Aceh Overview Of Sleep Quality And Quality Of Life Of Elderly Parents With Chronic Diseases In Banda Aceh City. *Journal of Healthcare Technology and Medicine*, 11(1), 2615–109.
- Muthoharoh, N. I., Dewi, S. R., & Suryaningsih, Y. (2024). Hubungan depresi dengan insomnia pada lansia di UPT Pelayanan Sosial Tresna Werdha (PSTW) Jember. *Assyifa Jurnal Ilmu Kesehatan*, 2(3), 420-427.
- Myllyntausta, S., Gibson, R., Salo, P., Allen, J., Gander, P., Alpass, F., & Stephens, C. (2021). Daytime fatigue as a predictor for subsequent retirement among older New Zealand workers. *Sleep Health*, 7(6), 742–748. <https://doi.org/10.1016/j.sleh.2021.08.010>
- Nakagawa, T., Yasumoto, S., Kabayama, M., Matsuda, K., Gondo, Y., Kamide, K., & Ikebe, K. (2023). Association between prior-night sleep and next-day fatigue in older adults: a daily diary study. *BMC Geriatrics*, 23(1), 1–9. <https://doi.org/10.1186/s12877-023-04539-0>
- Nanthakwang, N., Siviroj, P., Matanasarawoot, A., Sapbamrer, R., Lerttrakarnnon, P., & Awiphan, R. (2021). Prevalence and Associated Factors of Cognitive Impairment and Poor Sleep Quality among Community-Dwelling Older Adults in Northern Thailand. *The Open Public Health Journal*, 13(1), 815–822. <https://doi.org/10.2174/1874944502013010815>
- Novelli, L., Ferri, R., & Bruni, O. (2010). Sleep classification according to AASM and Rechtschaffen and Kales: Effects on sleep scoring parameters of children and adolescents. *Journal of Sleep Research*, 19(1 PART. 2), 238–247. <https://doi.org/10.1111/j.1365-2869.2009.00785.x>
- Patricia, H., & Apriyeni, E. (2020). Peningkatan Kualitas Tidur Lansia. *Jurnal Abdimas Saintika*, 2(2), 25–29. <https://jurnal.syedzasaintika.ac.id>
- Plagg, B., & Zerbe, S. (2021). How does the environment affect human ageing? An interdisciplinary review. *Journal of Gerontology and Geriatrics*, 69(1), 53–67. <https://doi.org/10.36150/2499-6564-420>
- Ratmawati, Y., & Listyaningsih, E. (2018). Hubungan Kualitas Tidur dengan Kualitas Hidup Lansia di Panti Wredha Budhi Dharma Yogyakarta. *Jurnal Kesehatan*, 4(2), 98–110.
- Rarasta, M., Ar, D., & Nita, S. (2018). Prevalensi Insomnia pada Usia Lanjut Warga Panti Werdha Dharma Bakti dan Tresna Werdha Teratai Palembang. *Jurnal Biomedik Fakultas Kedokteran Universitas Sriwijaya*, 4(2), 1–7.
- Ridwansyah, Nurbeti, & Sunarto, M. (2019). Faktor-Faktor yang Berhubungan dengan Kelelahan Pada Lanjut Usia. *Jkki*, 6, 188–197.
- Rudimin. (2017). Hubungan Tingkat Umur dengan Kualitas Tidur pada Lansia di Posyandu Permadi Kelurahan Tlogomas Kecamatan Lowokwaru Malang. 2, 119–127.
- Sella, E., Cellini, N., & Borella, E. (2022). How Elderly People's Quality of Life Relates to Their Sleep Quality and Sleep-Related Beliefs. *Behavioral Sleep Medicine*, 20(1), 112–124. <https://doi.org/10.1080/15402002.2021.1895792>
- Setyarini, E. A., Niman, S., Parulian, T. S., & Hendarsyah, S. (2022). Prevalensi Masalah Emosional: Stres, Kecemasan dan Depresi pada Usia Lanjut. *Bulletin of Counseling and Psychotherapy*, 4(1), 21–27. <https://doi.org/10.51214/bocp.v4i1.140>
- Sholikhah, D. U., Sasmito, N. B., Vidhiastutik, Y., & Wadid, M. T. W. (2022). Hubungan Aktifitas Fisik Dengan Kualitas Tidur Pada Lansia Di Posyandu Lansia Dusun Cangkring Desa

- Kedunglorsari Kecamatan Tembalang Kabupaten Jombang. *Prima Wiyata Health*, 3(2), 1–10. <https://doi.org/10.60050/pwh.v3i2.14>
- Slamet Widodo, S.S., M.Kes. dr.Festy Ladyani, M. K., La Ode Asrianto, SKM., M.Kes Ns. Rusdi., S.Kep., M. K., Khairunnisa, SKM., M.M., M. ke., dr. Sri Maria Puji Lestari, M.Pd.Ked. Dian Rachma Wijayanti, M.Sc Ade Devriany, SKM, M.Kes Abas Hidayat, M. P., dr. Dalfian, M.Kes., Sp KKL Sri Nurcahyati, SKM., M. E., & Dr.Tessa Sjahriani, dr., M.Kes. Ns. Armi, S.Kep., M.Kep Nurul Widya, S.Si., M.Si Ns. Rogayah, SKep, M. K. (2023). Metodologi Penelitian. In *Cv Science Techno Direct*.
- Sukmawati, N. M. H. (2020). Reliabilitas Kusiner Pittsburgh Sleep Quality Index (PSQI) Versi Bahasa Indonesia Dalam Mengukur. *Jurnal Lngkungan Dan Pembangunan*, 3(2), 30–38.
- Supriadi, D., Santoso, M. B., & Supriantini, N. P. (2023). Penatalaksanaan kualitas tidur pada lansia dengan melakukan aktivitas olahraga jalan kaki. *Holistik Jurnal Kesehatan*, 17(4), 294–303. <https://doi.org/10.33024/hjk.v17i4.9949>
- Sutiyo, T. A. W., Yuliadarwati, N. M., & Mufakhiroh, M. (2024). Pemeriksaan Fisioterapi Kualitas Tidur pada Lansia dengan Pittsburgh Sleep Quality Index di Griya Lansia Husnul Khotimah Wajak. *Jurnal Abdi Masyarakat Indonesia*, 4(2), 449–454. <https://doi.org/10.54082/jamsi.1121>
- Tharion, E. (2026). “ Sleep stages ” in physiology teaching : a wakeup call! 499–500. <https://doi.org/10.1152/advan.00058.2023>
- Thichumpa, W., Howteerakul, N., Suwannapong, N., & Tantrakul, V. (2018). Sleep quality and associated factors among the elderly living in rural Chiang Rai, northern Thailand. *Epidemiology and Health*, 40, 1–9. <https://doi.org/10.4178/EPIH.E2018018>
- Torossian, M., & Jacelon, C. S. (2021). Chronic Illness and Fatigue in Older Individuals: A Systematic Review. *Rehabilitation Nursing*, 46(3), 125–136. <https://doi.org/10.1097/RNJ.0000000000000278>
- Tra, H. S., Layun, M. K., Rusdi, R., & Ain, A. (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), 11. <https://doi.org/10.35728/jkw.v2i1.430>
- Utami, R. D., Hastuti, M. S., Sjarqiah, U., & Hasibuan, R. K. (2023). GAMBARAN KUALITAS TIDUR PADA LANSIA DAN FAKTOR RESIKO PENYERTA DI PANTI WERDHA YAYASAN HAJJAH HASMAH NOOR, JAKARTA UTARA 2023. *Jurnal UMJ*, 1–8. <http://jurnal.umj.ac.id/index.php/semnaslit%0AE-ISSN:2745-6080>
- Wati, D. I. R., Ashar, Y. K., & Indriani, F. (2025). Hubungan antara usia dan masa kerja dengan kelelahan kerja pada sopir pengemudi travel. *Holistik Jurnal Kesehatan*, 19(1), 171–177. <https://doi.org/10.33024/hjk.v19i1.795>
- World Health Organization. (2024). Elderly. WHO.
- Yao, X., Li, M., Wu, D., & Xiao, H. (2020). The Relationship between Sleep Quality and Sarcopenia in the Elderly. *Chinese General Practice*, 23(22), 17–21. <https://doi.org/10.12114/j.issn.1007-9572.2020.00.176>
- Zhang, Q., Sun, M. A., Sun, Q., Mei, H., Rao, H., & Liu, J. (2023). Mental Fatigue Is Associated with Subjective Cognitive Decline among Older Adults. *Brain Sciences*, 13(3). <https://doi.org/10.3390/brainsci13030376>