

## DAFTAR PUSTAKA

- A'yun, S. Q. (2018). *Hubungan Lama Penggunaan Gadget Sebelum Tidur Dengan Gejala Insomnia Pada Mahasiswa Program Studi Kesehatan Masyarakat. September*, 1–19. Retrieved from <http://eprints.ums.ac.id>
- Abdullah, N. (2018). Hubungan Academic Stres Dan *Smartphone* Addiction Dengan Kejadian Insomnia Pada Mahasiswa Jurusan Kesehatan Masyarakat Fakultas Olahraga Dan Kesehatan Universitas Negeri Gorontalo. Retrieved from <https://repository.ung.ac.id/>
- Akbar, A. (2013). Hubungan antara Kecerdasan Emosional dengan Kecemasan pada Mahasiswa STIKES Nani Hasanuddin Makassar yang Sedang Menyusun Skripsi. *Jurnal Ilmiah Kesehatan*, 2, 1-9. Retrieved from <http://ejournal.stikesnh.ac.id/index.ph>
- Alqudah, M., Balousha, S. A. M., Al-Shboul, O., Al-Dwairi, A., Alfaqih, M. A., & Alzoubi, K. H. (2019). Insomnia among Medical and Paramedical Students in Jordan: Impact on Academic Performance. *BioMed Research International*, 2019. Retrieved from <https://doi.org/10.1155/2019/>
- Alson, J.N., & Misagal, L.V. (2016). SMART PHONES USAGE AMONG COLLEGE STUDENTS. *International Journal of Research in Engineering & Technology*, 4, 63-70. Retrieved from <https://www.academia.edu/26769968/>
- Ambarwati, P., Astuti, R.T., & Pinilih, S. (2019). GAMBARAN TINGKAT STRES MAHASISWA. *Jurnal Keperawatan*, 5, 40-47. Retrieved from <https://www.researchgate.net/publicati>
- American Psychological Association*. (2019). Anxiety. Retrieved from <https://www.apa.org/topics/anxiety/>
- Atas, A.H., & Celik, B. (2019). *Smartphone* Use of University Students: Patterns, Purposes, and Situations. *Malaysian Online Journal of Education Technology*, 7, 59-70. Retrieved from <https://files.eric.ed.gov/fulltext/EJ1214011.pdf>
- Bhargava, D. & Trivedi, H. (2018). A Study of Causes of Stres and Stres Management among Youth. *International Journal of Management & Social Science*, 11, 108-117. Retrieved from [https://www.researchgate.net/publication/326474948\\_A\\_Study\\_of\\_Causes\\_of\\_Stres\\_and\\_Stres\\_Management\\_among\\_Youth](https://www.researchgate.net/publication/326474948_A_Study_of_Causes_of_Stres_and_Stres_Management_among_Youth)

- Cahyanti, N. D. (2011). Hubungan tingkat kecemasan dengan insomnia pada Mahasiswa Pendidikan Dokter Universitas Sebelas Maret Surakarta. *Pengaruh Adopsi Teknologi PHSL (Pemupukan Hara Spesifik Lokasi) Berbasis Pertanian Presisi Terhadap Pendapatan Petani Padi Di Desa Jembungan, Kabupaten Boyolali, Jawa Tengah, 11(1)*, 147–173. <https://doi.org/10.16194/j.cnki.31-1059/g4.2011.07.016>
- Chartered Accountants Benevolent Association (CABA). (2020). What's Your Anxiety Level? Retrieved from <https://www.caba.org.uk/help-and-guides/information/whats-your-anxiety-level>
- Choueiry, N., Salamoun, T., Jabbour, H., El, O.N., Hajj, A., dan Khabbaz, L.R. (2016) Insomnia and Relationship with Anxiety in University Students: A Cross-Sectional Designed Study. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4762701/>
- Cunningham, J. (2019). College Students aren't Getting Nearly Enough Sleep. *American Academy of Sleep Medicine*. Retrieved from <http://sleepeducation.org/news/2019/07/18/college>
- Dewi, R.K. (2017). Hubungan Penggunaan *Smartphone* di Malam Hari dengan Gangguan Tidur dan Gejala Depresi pada Remaja. Retrieved from <http://repository.unair.ac.id/77539/>
- Driver, H., Gottschalk, R., Hussain, M., Morin, M. C., Shapiro, C., & Zyl, L.V. (2012). *Insomnia in Adults and Children*. Retrieved from [https://css-scs.ca/files/resources/brochures/Insomnia\\_Adult\\_Child.pdf](https://css-scs.ca/files/resources/brochures/Insomnia_Adult_Child.pdf)
- Fawareh, H.M.A. & Jusoh, S. (2017). The Use and Effects of Smartphones in Higher Education. *International Journal of Interactive Mobile Technologies, 11*, 103-111. <https://doi.org/10.3991/ijim.v11i6.7453>
- Gamble, A.L., D'Rozario, A.L., Bartlett, D.J., Williams, S., Bin, Y.S., Grunstein, R.R., & Marshall, N.S. (2014). Adolescent sleep patterns and night-time technology use: results of the Australian Broadcasting Corporation's Big Sleep Survey. *PLoS One, 9*, 1-9.
- Gunes, Z. & Arslantas, H. (2017). Insomnia in nursing students and related factors: A cross-sectional study. *International Journal of Nursing Practice, 23*, 1-10. Retrieved from <https://www.researchgate.net/publicat>
- Hershner, S.D. & Chervin, R.D. (2014). Causes and Consequences of Sleepiness Among College Students. *Nature and Science of Sleep, 6*, 73-84. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4075951/>

- Indria, I., Siregar, J., & Herawaty, Y. (2019). Hubungan Antara Kesabaran Dan Stres Akademik Pada Mahasiswa Di Pekanbaru. *Jurnal Fakultas Psikologi*, 12, 21-34. Retrieved from <http://journal.uir.ac.id/index.php/annafs/article/download/2728/1748>
- Jackson, K. (2018). A Brief History of the *Smartphone*. Retrieved from <https://sciencenode.org/feature/How%2>
- Janah, R. (2014). Korelasi Antara Kecemasan Dengan Insomnia Pada Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Palembang Angkatan 2010-2013. Retrieve from <http://repository.um-palembang.ac.id/id/eprint/972/>
- Jiang, X.L., Zheng, X.Y., Yang, J., Ye, C.P., Chen, Y.Y., Zhang, Z.G., & Xiao, Z.J. (2015). A Systematic Review of Studies on the Prevalence of Insomnia in University Students. *Elsevier*, 12, 1579-1584. Retrieved from <http://ezproxy.library.uph.edu:2076/>
- Justin. (2019). Get rid of sleep anxiety and insomnia: Your guide to a better night's rest. *The American Institute of Stress*. Retrieved from <https://www.stres.org/get-rid-of-sleep-anxiety-and-insomnia-your-guide-to-a-better-nights-rest>
- Kementerian Kesehatan Republik Indonesia. (2019). Olahraga Atasi Gangguan Kecemasan. Retrieve from <http://p2ptm.kemkes.go.id/artikel-sehat/olah-raga-atasi-gangguan-kecemasan>
- Khazer, M. & Ahmad, S. (2019). Impact of Smartphones on Young Generation. *Library Philosophy and Practice (e-journal)*. Retrieved from <https://digitalcommons.unl.edu/cgi/viewcontent.cgi?>
- Legiran, L., Azis, Z. & Bellinawati, N. (2015). Faktor Risiko Stres dan Perbedaannya pada Mahasiswa Berbagai Angkatan di Fakultas Kedokteran Universitas Muhammadiyah Palembang. *Jurnal Kedokteran dan Kesehatan*, 2, 197-202. Retrieved from <https://ejournal.unsri.ac.id/index.php/jkk/article/view/2556/1401>
- Levenson, J.C., Kay, D. B., & Daniel, J.B. (2014). The Pathophysiology of Insomnia. *CHEST Journal*, 144, 1179-1192. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4388122/pdf>
- Masturoh, I., & Anggita T, N. (2018). Bahan ajar rekam medis dan informasi kesehatan (RMIK) METODOLOGI PENELITIAN KESEHATAN. *Kemenkes RI*, 307. Retrieved from <http://bppsdmk.kemkes.go.id/pusdiksdm>

- Maulida, Rina., 2017) Hubungan Internet Addiction Dengan Pola Tidur Pada Mahasiswa Keperawatan Universitas Syiah Kuala. retrieve from [https://etd.unsyiah.ac.id/index.php?p=show\\_detail&id=33121](https://etd.unsyiah.ac.id/index.php?p=show_detail&id=33121)
- Mayo Clinic. (2018). Anxiety Disorder. Retrieve from <https://www.mayoclinic.org/diseases-conditions/anxiety/symptoms->
- McPhee, J. (2020). Depression and Anxiety Among College Students. *The Jed Foundation*. Retrieved from <https://www.jedfoundation.org/depression-and-anxiety-among-college-students/>
- Mental Health Foundation*. (2018). Stres. Retrieved from <https://www.mentalhealth.org.uk/a-to-z/s/stres>
- Merriam Webster's Collegiate Dictionary*. (Online). (2020). *Smartphone*. Retrieved from <https://www.merriam-webster.com/dictionary/smartphone>
- Myakal, V.V., & Vedpathak, V.L. (2019). Nomophobia - mobile phone dependence, a study among students of a rural medical college. *International Journal of Community Medicine and Public Health*, 6, 2034-2040. Retrieved from <https://www.ijcmph.com/index.php/ijcmph/article/view/4443/3015>
- National Sleep Foundation*. (2019) Insomnia. Retrieved from <https://www.sleepfoundation.org/sleep-disorders/insomnia>
- Nazmi, L.K. (2013). Hubungan Antara Tingkat Kecemasan Dengan Derajat Insomnia Pada Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Malang Angkatan 2009. Retrieve from <http://eprints.umm.ac.id/28233/1/jiptummpg-gdl-lalukhairu-31878-1-pendahul-n.pdf>
- O'Donovan, R., Doody, O. & Lyons, R. (2013). The Effects of Stres on Health and Its Implications for Nursing. *British Journal of Nursing*, 22, 969-973. Retrieved from [https://www.researchgate.net/publication/256576462\\_The\\_effect\\_of\\_stres\\_on](https://www.researchgate.net/publication/256576462_The_effect_of_stres_on)
- Permatasari, D. (2013). *Hubungan Ketergantungan Smartphone Dengan Insomnia Pada Mahasiswa* (Doctoral Dissertation, Prodi Psikologi Unika Soegijapranata).
- Punnoose, A.R., Golub, R.M., Burke, A.E. (2012). Insomnia. *American Medical Association*. Retrieved from <https://jamanetwork.com/journals/j>



- Rakhmawati, D. (2017). *Gambaran Tingkat Kecemasan dalam Menghadapi Ujian Skripsi pada Mahasiswa Fakultas Pertanian Universitas Tanjungpura*. Retrieved from <http://jurnal.untan.ac.id/index.php/jfk/article/view/25649>
- Rector, N.A., Bourdeau, D., Kitchen, K. & Massiah, L.J. (2011). *Anxiety Disorder: An information guide*. Canada: Library and Archives Canada Cataloguing in Publication. Retrieved from <https://www.camh.ca/-/media/files/guides-and-publications/anxiety-guide-en.pdf>
- Sarafino, E.P. & Smith. T.W. (2012). *Health Psychology: Biopsychosocial Interaction*. Retrieved from <https://ultimatecieguide.files.wordpress.com/2017/03/sarafino-health->
- Saswati, N. & Maulani. (2020). Hubungan Tingkat Stres dengan Kejadian Insomnia pada Mahasiswa Prodi Keperawatan. *Manuju: Malahayati Nursing Journal*, 2, 336-343. <https://doi.org/10.33024/manuju.v2i2.2456>
- Sateia, M.J., Buysse, D.J., Krystal, A.D., Neubauer, D.N., & Heald, J.L. (2017). Clinical Guideline for the Evaluation and Management of Chronic Insomnia in Adults. *Journal of Clinical Sleep Medicine*, 4, 487-504. Retrieved from <https://aasm.org/resources/clinicalguidelines/040515.pdf>
- Sathivel, D., & Setyawati, L. (2017). Prevalensi Insomnia pada Mahasiswa Fakultas Kedokteran Universitas Udayana. *Intisari Sains Medis*, 8, 87-92. Retrieved from <https://isainsmedis.id/index.php/ism/artic>
- Schlarb, A. A., Friedrich, A., & Claben, M. (2017). Sleep Problems in University Students- an Intervention. *Neuropsychiatric Disease and Treatment*, 13, 1989-2001. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/>
- Segal, J., Smith, M., Segal, R & Robinson, L. (2019). Stres Symptoms, Signs, and Causes. *Help Guide*, 1-10. Retrieved from <https://www.helpguide.org/articles/stres/stres-symptoms-signs-and->
- Setia, M. S. (2016). Methodology series module 3: Cross-sectional studies. *Indian Journal of Dermatology*, 61(3), 261–264. Retrieved from <https://doi.org/10.4103/0019-5154.182410>
- Shahsavarani, A.M., Abadi, E.A.M. & Kalkhoran, M.H. (2015). Stres: Facts and Theoris through Literature Review. *International Journal of Medical Reviews*, 2, 230-241. Retrieved from [http://www.ijmedrev.com/article\\_68654\\_37adc02e9432adfa017b8d6095cb6760.pdf](http://www.ijmedrev.com/article_68654_37adc02e9432adfa017b8d6095cb6760.pdf)

- Smith, M., Robinson, L., & Segal, R. (2019). Sleep Needs. *Help Guide*, 1-8. Retrieved from <https://www.helpguide.org/articles/sleep/sleep->
- Subramanian, S., & Rajesh, M.S. (2015). Impact of Smart Phone Usage among College Students – An Analytical Study. *International Journal of Science and Research (IJSR)*, 6, 588-590. Retrieved from <https://www.ijsr.net/archive/v6i9/ART20176>
- Sugiyono. (2017). *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*. Bandung: Alfabeta, CV.
- Suratmi, S., Abdullah, R., Taufik, M. (2017). Hubungan Antara Tingkat Kecemasan Dengan Hasil Belajar Mahasiswa Di Program Studi Pendidikan Biologi UNTIRTA. *Jurnal Pembelajaran Biologi: Kajian Biologi Dan Pembelajarannya*, 4. Retrieve from <https://ejournal.unsri.ac.id/index.php/fpb/article/view/4952>
- Taber, K. (2017). The Use of Cronbach’s Alpha When Developing and Reporting Research Instruments in Science Education. *Research in Science Education*. Retrieved from <https://www.repository.cam.ac.uk/>
- The American Institute of Stress*. (2019). Get Rid of Sleep Anxiety and Insomnia: Your Guide to A Better Night’s Rest. Retrieved from <https://www.stres.org/get-rid-of-sleep-anxiety-and-insomnia-your-guide-to-a-better-nights-rest>
- Ulfiana, N. (2018). *Hubungan Penggunaan Media Sosial dengan Kejadian Insomnia pada Mahasiswa Jurusan Keperawatan*. Skripsi. Fakultas Ilmu Kedokteran dan Ilmu Kesehatan, UIN Alauddin Makassar. Makassar.
- Ulumuddin, B. (2011). Hubungan tingkat stres dengan kejadian insomnia pada mahasiswa Program Studi Ilmu Keperawatan Universitas Diponegoro. *Journal of Controlled Release*, 38, 1–10. Retrieved from <http://eprints.undip.ac.id/33160/>
- Warja I K., Afni, N., & Yani, A. (2019). Hubungan Stres dan Kecemasan dengan Insomnia pada Mahasiswa Reguler yang Sedang Menyusun Skripsi di Fakultas Kesehatan Masyarakat Unismuh Palu. *Jurnal Kolaboratif Sains*, 1, unknown. doi: 10.31934/jom.v1i1.822
- Waty, L.P., & Fourianalistyawati, E. (2018). Dinamika Kecanduan Telepon Pintar (*Smartphone*) pada Remaja dan Trait Mindfulness Sebagai Alternatif Solusi. *Jurnal Psikologi Unsyiah*, 2, 84-101. Retrieved from <http://jurnal.unsyiah.ac.id/seurune/a>

- Wulandari, F.E., Hadiati, T., & Sarjana, W. (2017). Hubungan antara Tingkat Stres dengan Tingkat Insomnia Mahasiswa/I Angkatan 2012/2013 Program Studi Pendidikan Dokter Fakultas Kedokteran Universitas Diponegoro. *Jurnal Kedokteran Diponegoro*, 6, 549-557. Retrieved from <https://ejournal3.undip.ac.id/index.php/medico/article/view>
- Wulandari. (2012). *HUBUNGAN TINGKAT STRES DENGAN GANGGUAN TIDUR PADA MAHASISWA SKRIPSI DI SALAH SATU FAKULTAS RUMPUN SCIENCE-TECHNOLOGY UI*. Retrieved from <http://lib.ui.ac.id/file?file=digital/20313206-S43681-Hubungan>
- Yang C.M., Hung C.Y., & Lee, H.C. (2014) Stres-Related Sleep Vulnerability and Maladaptive Sleep Beliefs Predict Insomnia at Long-Term Follow-Up. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/>
- Yikealo, D., Yemane, B., & Karvinen, I. (2018). The Level of Academic and Environmental Stres among College Students: A Case in the College of Education. *Journal of Social Sciences*, 6, 40-57. Retrieved from [https://www.scirp.org/pdf/JSS\\_20](https://www.scirp.org/pdf/JSS_20)
- Yudha, S., Halis, F., & Widiani, E. (2017). Hubungan Antara Tingkat Kecemasan dengan Kejadian Insomnia pada Mahasiswa yang akan Menghadapi Ujian Akhir Semester (UAS) di Universitas Tribhuwana Tungadewi Malang. *Nursing News*, 2, 543-554. Retrieved from <https://publikasi.unitri.ac.id/index.php/fikes/article/view/200/234>