DAFTAR PUSTAKA

1. Kennedy M, Rutherford-Johnson T, Kennedy J. The Oxford Dictionary of Music. OUP Oxford; 2013. (Oxford Paperback Reference).
2. Jenkins JS. The Mozart effect. J R Soc Med. 2001 Apr;94(4):170–2.
3. Cholerton B, Reger M, Craft S. Cognitive Changes Associated With Normal and Pathologic Aging. In: Halter JB, Ouslander JG, Studenski S, High KP, Asthana S, Supiano MA, et al., editors. Hazzard's Geriatric Medicine and Gerontology, 7e. New York, NY: McGraw-Hill Education; 2017.
4. Cohen RA. Sustained attention. Encycl Clin Neuropsychol New York Springer. 2011;2440–3.
5. Azad MC, Fraser K, Rumana N, Abdullah AF, Shahana N, Hanly PJ, et al. Sleep disturbances among medical students: A global perspective. J Clin Sleep Med. 2015;11(1):69–74.
6. Jahrami H, Dewald-Kaufmann J, Faris MAI, AlAnsari AMS, Taha M, AlAnsari N. Prevalence of sleep problems among medical students: a systematic review and meta-analysis. J Public Heal. 2020;28(5):605–22.
7. Massar SAA, Lim J, Sasmita K, Chee MWL. Sleep deprivation increases the costs of attentional effort: Performance, preference and pupil size. Neuropsychologia. 2019;123(February):169–77.
8. Cohen RA. Focused and Sustained Attention. In: The Neuropsychology of Attention. Boston, MA: Springer; 2014. p. 89–112.
9. Tai SK, Lin YK. The influence of different kinds of music on brainwave

signals. Proc 2018 IEEE Int Conf Adv Manuf ICAM 2018. 2019;223–6.

10. Cohen RA. Electrophysiology of Attention. In: The Neuropsychology of Attention. Boston, MA: Springer US; 2014. p. 159–210.
11. Gupta A, Bhushan B, Behera L. Short-term enhancement of cognitive functions and music: A three-channel model. Sci Rep. 2018;8(1):1–12.
12. Husain G, Thompson WF, Schellenberg EG. Effects of Musical Tempo and Mode on Arousal, Mood, and Spatial Abilities. Music Percept An Interdiscip J. 2002;20(2):151–71.
13. Pauwels EKJ, Volterrani D, Mariani G, Kostkiewics M. Mozart, music and medicine. Med Princ Pract. 2014/07/19. 2014;23(5):403–12.
14. The Elements of Music. 2013. 1–8 p.
15. Sarrazin N. Music: Fundamentals and Educational Roots in the U.S. In: Music and the Child. Open SUNY Textbooks;
16. Blume F. Classical Music. In: Classic and Romantic Music: A Comprehensive Survey. New York, NY: New York, W. W. Norton; 1970. p. 3–94.
17. Hurless N, Mekic A, Peña S, Humphries E, Gentry H, Nichols DF. Music genre preference and tempo alter alpha and beta waves in human non-musicians. Impuls Prem Undergrad Neurosci J. 2013;1–11.
18. Yuan Y, Lai Y-X, Wu D, Yao D-Z. A study on melody tempo with EEG. J Electron Sci Technol. 2009;7(1):88–91.
19. Kemper KJ, Danhauer SC. Music as therapy. South Med J. 2005 Mar;98(3):282–8.

20. White JM. Music therapy: an intervention to reduce anxiety in the myocardial infarction patient. Clin Nurse Spec. 1992;6(2):58–63.

21. White JM. Effects of relaxing music on cardiac autonomic balance and anxiety after acute myocardial infarction. Am J Crit care an Off Publ Am Assoc Crit Nurses. 1999 Jul;8(4):220–30.

22. Igawa-Silva W, Wu S, Harrigan R. Music and cancer pain management. Hawaii Med J. 2007 Nov;66(11):292–5.

23. Maratos AS, Gold C, Wang X, Crawford MJ. Music therapy for depression. Cochrane database Syst Rev. 2008 Jan;(1):2.

24. Harmat L, Takács J, Bódizs R. Music improves sleep quality in students. J Adv Nurs. 2008 May;62(3):327–35.

25. Sachdev PS, Blacker D, Blazer DG, Ganguli M, Jeste D V., Paulsen JS, et al. Classifying neurocognitive disorders: The DSM-5 approach. Nat Rev Neurol. 2014;10(11):634–42.

26. Kreutzer JS, DeLuca J, Caplan B. Cognitive Functioning. In: Encyclopedia of Clinical Neuropsychology. New York, NY: Springer; 2002. p. 624–6.

27. Frith CD. Social cognition. Philos Trans R Soc Lond B Biol Sci. 2008 Jun 12;363(1499):2033–9.

28. Sherwood L. The Central Nervous System. In: Human Physiology From Cells to System. 9th ed. Boston: Cengage Learning; 2016. p. 167–9.

29. Patestas MA, Gartner LP. Reticular Formation. In: A Textbook of Neuroanatomy. Oxford: Blackwell Publishing; 2006. p. 241–52.

30. Yeo SS, Chang PH, Jang SH. The ascending reticular activating system from

pontine reticular formation to the thalamus in the human brain. Front Hum Neurosci. 2013;7:416.

31. Arguinchona JH, Tadi P. Neuroanatomy, Reticular Activating System. Treasure Island (FL): StatPearls Publishing; 2020.

32. Nishino S. Hypothalamus, hypocretins/orexin, and vigilance control. Handb Clin Neurol. 2011;99:765–82.

33. Roohi-Azizi M, Azimi L, Heysieattalab S, Aamidfar M. Changes of the brain's bioelectrical activity in cognition, consciousness, and some mental disorders. Med J Islam Repub Iran. 2017;31(1):307–12.

34. Buskila Y, Bellot-Saez A, Morley JW. Generating Brain Waves, the Power of Astrocytes. Front Neurosci. 2019;13(October):1–10.

35. Cohen RA. Varieties and Manifestations of Attention. In: The Neuropsychology of Attention. Boston, MA: Springer; 2014. p. 5–6.

36. Raz A. Anatomy of attentional networks. Anat Rec - Part B New Anat. 2004;281(1):21–36.

37. Cohen RA. Consciousness and Self-Directed Attention. In: The Neuropsychology of Attention. Boston, MA: Springer US; 2014. p. 721–34.

38. Cohen RA. Attention and the Frontal Cortex. In: The Neuropsychology of Attention. Boston, MA: Springer US; 2014. p. 335–79.

39. Cohen RA. Subcortical and Limbic Attentional Influences. In: The Neuropsychology of Attention. Boston, MA: Springer US; 2014. p. 381–428.

40. Chun MM, Golomb JD, Turk-Browne NB. A Taxonomy of external and

internal attention. Annu Rev Psychol. 2011;62:73–101.

41. Ward A. Selective Attention. In: Attention: A Neuropsychological Approach. New York, NY: Taylor & Francis; 2004. p. 4–17. (Psychology Focus).

42. Ward A. Divided Attention. In: Attention: A Neuropsychological Approach. New York, NY: Taylor & Francis; 2004. p. 17–21.

43. Ward A. Vigilance. In: Attention: A Neuropsychological Approach. New York, NY: Taylor & Francis; 2004. p. 131–6.

44. Sarter M, Givens B, Bruno JP. The cognitive neuroscience of sustained attention: Where top-down meets bottom-up. Brain Res Rev. 2001;35(2):146–60.

45. Katsuki F, Constantinidis C. Bottom-up and top-down attention: Different processes and overlapping neural systems. Neuroscientist. 2014;20(5):509–21.

46. Dang LC, O'Neil JP, Jagust WJ. Dopamine supports coupling of attention-related networks. J Neurosci. 2012;32(28):9582–7.

47. Sara SJ. The locus coeruleus and noradrenergic modulation of cognition. Nat Rev Neurosci. 2009;10(3):211–23.

48. Langner R, Eickhoff SB. Sustaining attention to simple tasks: A meta-analytic review of the neural mechanisms of vigilant attention. Psychol Bull. 2013;139(4):870–900.

49. Clayton MS, Yeung N, Cohen Kadosh R. The roles of cortical oscillations in sustained attention. Trends Cogn Sci. 2015;19(4):188–95.

50. Ruijter J, Lorist MM, Snel J, De Ruiter MB. The influence of caffeine on sustained attention: An ERP study. Pharmacol Biochem Behav. 2000;66(1):29–37.

51. Brice C, Smith A. The effects of caffeine on simulated driving, subjective alertness and sustained attention. Hum Psychopharmacol. 2001;16(7):523–31.

52. Harvey PD. Domains of Cognition and Their Assessment. Dialogues Clin Neurosci. 2019 Sep;21(3):227–37.

53. Committee on Psychological Testing, Including Validity Testing for SSADDB on the H of SPI of M. Cognitive Tests and Performance Validity Tests. In: Psychological Testing in the Service of Disability Determination. Washington (DC): National Academies Press (US); 2015.

54. Beauvais J, Martino S, Walker JS, Roback HB, Welch L. Psychological Assessment. In: Ebert MH, Leckman JF, Petrakis IL, editors. Current Diagnosis & Treatment: Psychiatry, 3e. New York, NY: McGraw-Hill Education; 2019.

55. Kelland DZ, Lewis RF. The Digit Vigilance Test: reliability, validity, and sensitivity to diazepam. Arch Clin Neuropsychol. 1996;11(4):339–44.

56. Telles S, Verma S, Sharma SK, Gupta RK, Balkrishna A. Alternate-Nostril Yoga Breathing Reduced Blood Pressure While Increasing Performance in a Vigilance Test. Med Sci Monit Basic Res. 2017 Dec 29;23:392–8.

57. Bernard M, Chaparro B, Mills M, Halcomb C. Comparing the effects of text size and format on the readibility of computer-displayed Times New Roman

and Arial text. Int J Hum Comput Stud. 2003 Dec 1;59:823–35.

58. Sarnthein J, vonStein A, Rappelsberger P, Petsche H, Rauscher FH, Shaw GL. Persistent patterns of brain activity: an EEG coherence study of the positive effect of music on spatial-temporal reasoning. Neurol Res. 1997 Apr;19(2):107–16.

59. Salimpoor VN, Benovoy M, Larcher K, Dagher A, Zatorre RJ. Anatomically distinct dopamine release during anticipation and experience of peak emotion to music. Nat Neurosci. 2011;14(2):257–64.

60. Kamus Besar Bahasa Indonesia. Kementerian Pendidikan dan Kebudayaan Republik Indonesia; 2016.

61. National Sleep Foundation. National Sleep Foundation Recommends New Sleep Times. 2015.

62. Nehlig A, Daval JL, Debry G. Caffeine and the central nervous system: mechanisms of action. Brain Res Rev. 1992;17(2):139–70.

63. Panel E, Nda A. Scientific Opinion on the substantiation of health claims related to caffeine and increased fat oxidation leading to a reduction in body fat mass (ID 735, 1484), increased energy expenditure leading to a reduction in body weight (ID 1487), increased alert. EFSA J. 2011;9(4):1–29.

64. Kiss L, Linnell KJ. The effect of preferred background music on task-focus in sustained attention. Psychol Res. 2020;

65. Katzung BG, Kruidering-Hall M, Trevor AJ. Drugs of Abuse. In: Katzung & Trevor's Pharmacology: Examination & Board Review, 12e. New York, NY: McGraw-Hill Education; 2019.

66. Schuckit MA. Central Nervous System (CNS) Depressants. In: Drug and Alcohol Abuse: A Clinical Guide to Diagnosis and Treatment. Boston, MA: Springer US; 1989. p. 19–44.
67. World Health Organization. Substance Abuse. 2016.
68. World Health Organization. What are neurological disorders? 2016.
69. Parekh R. What is mental illness? American Psychiatric Association. 2018.
70. Lin G-H, Wu C-T, Huang Y-J, Lin P, Chou C-Y, Lee S-C, et al. A Reliable and Valid Assessment of Sustained Attention for Patients With Schizophrenia: The Computerized Digit Vigilance Test. Arch Clin Neuropsychol. 2018 Mar 1;33(2):227–37.
71. Ballard JC. Computerized assessment of sustained attention: A review of factors affecting vigilance performance. J Clin Exp Neuropsychol. 1996;18(6):843–63.
72. Cassidy G, Macdonald R. The effects of music choice on task performance: A study of the impact of self-selected and experimenter-selected music on driving game performance and experience. Music Sci. 2009 Sep 1;13(2):357–86.
73. Feng S, Bidelman GM. Music familiarity modulates mind wandering during lexical processing. Proc 37th Annu Meet Cogn Sci Soc. 2015;680–5.