

BAB VII

DAFTAR PUSTAKA

1. Ohayon M, Wickwire EM, Hirshkowitz M, Albert SM, Avidan A, Daly FJ, et al. National Sleep Foundation's sleep quality recommendations: first report. *Sleep Health*. 2017;
2. Colten HR, Altevogt BM. *Sleep disorders and sleep deprivation: An unmet public health problem*. Washington, D.C., DC: National Academies Press; 2006.
3. Gross JJ. *Handbook of emotion regulation, second edition*. New York, NY: Guilford Publications; 2013.
4. Palmer CA, Alfano CA. Sleep and emotion regulation: An organizing, integrative review. *Sleep Med Rev*. 2017.
5. Ford BQ, Mauss IB. Culture and emotion regulation. *Curr Opin Psychol*. 2015.
6. Vishkin A, Ben-Nun Bloom P, Schwartz SH, Solak N, Tamir M. Religiosity and emotion regulation. *J Cross Cult Psychol*. 2019a;50(9).
7. de la Fuente J, Verónica Paoloni P, Vera-Martínez MM, Garzón-Umerenkova A. Effect of levels of self-regulation and situational stress on achievement emotions in undergraduate students: Class, study and testing. *Int J Environ Res Public Health*. 2020;17(12).
8. Isaacowitz DM, Livingstone KM, Castro VL. Aging and emotions: experience, regulation, and perception. *Curr Opin Psychol*. 2017;17.
9. McRae K, Ochsner KN, Mauss IB, Gabrieli JJD, Gross JJ. Gender differences in emotion regulation: An fMRI study of cognitive reappraisal. *Group Process Intergroup Relat*. 2008;
10. Purnamaningsih EH. Personality and emotion regulation strategies. *Int J Psychol Res (Medellin)*. 2017;10(1):53–60

11. Langer K, Hagedorn B, Stock L-M, Otto T, Wolf OT, Jentsch VL. Acute stress improves the effectivity of cognitive emotion regulation in men. *Sci Rep*. 2020;10(1):11571.
12. Midkiff MF, Lindsey CR, Meadows EA. The role of coping self-efficacy in emotion regulation and frequency of NSSI in young adult college students. *Cogent Psychol*. 2018;5(1):1–14.
13. American Psychiatric Association. *Diagnostic and statistical manual of mental disorders (DSM-5 (R))*. 5th ed. Arlington, TX: American Psychiatric Association Publishing; 2013.
14. Lima IMM, Peckham AD, Johnson SL. Cognitive deficits in bipolar disorders: Implications for emotion. *Clin Psychol Rev*. 2018;59:126–36.
15. Preece DA, Becerra R, Robinson K, Gross JJ. The Emotion Regulation Questionnaire: Psychometric properties in general community samples. *J Pers Assess*. 2020;
16. Gross JJ, John OP. Individual differences in two emotion regulation processes: implications for affect, relationships, and well-being. *J Pers Soc Psychol*. 2003;
17. Niven K, Totterdell P, Stride CB, Holman D. Emotion regulation of others and self (EROS): The development and validation of a new individual difference measure. *Curr Psychol*. 2011;30(1):53–73.
18. Gratz KL, Roemer L. Multidimensional assessment of emotion regulation and dysregulation: Development, factor structure, and initial validation of the difficulties in emotion regulation scale. *J Psychopathol Behav Assess*. 2004;26(1):41–54.
19. Schwartz JRL, Roth T. Neurophysiology of sleep and wakefulness: basic science and clinical implications. *Curr Neuropharmacol*. 2008;6(4):367–78.
20. Zisapel N. New perspectives on the role of melatonin in human sleep, circadian rhythms and their regulation. *Br J Pharmacol*. 2018;175(16):3190–9.
21. Kumar S, Rai S, Hsieh KC, McGinty D, Alam MN, Szymusiak R. Adenosine A(2A) receptors regulate the activity of sleep regulatory GABAergic neurons in the preoptic hypothalamus. *Am J Physiol Regul Integr Comp Physiol*. 2013;305(1).
22. Carley DW, Farabi SS. Physiology of Sleep. *Diabetes Spectr*. 2016;29(1):5-9.

23. Luppi P-H, Fort P. What are the mechanisms activating the sleep-active neurons located in the preoptic area?: Sleep networks. *Sleep Biol Rhythms*. 2011;9:59–64.
24. Vandekerckhove M, Wang Y-L. Emotion, emotion regulation and sleep: An intimate relationship. *AIMS Neurosci*. 2017;5(1):1–22.
25. Brown RE, Basheer R, McKenna JT, Strecker RE, McCarley RW. Control of sleep and wakefulness. *Physiol Rev*. 2012;92(3):1087–187.
26. Vyazovskiy VV, Delogu A. NREM and REM sleep: Complementary roles in recovery after wakefulness: Complementary roles in recovery after wakefulness. *Neuroscientist*. 2014;20(3):203–19.
27. Jones BE. Sleep–wake state regulation by acetylcholine. In: *Encyclopedia of Neuroscience*. Elsevier; 2009. p. 1075–8.
28. Potter, Patricia A, Perry, Anne G. *Fundamental of Nursing: Concept, Process and Practice 4th Edition*. 2005.
29. Engelberth RCGJ, de Pontes ALB, Fiuza FP, de Azevedo Silva KD, Resende N da S, Azevedo CV de M, et al. Changes in the suprachiasmatic nucleus during aging: Implications for biological rhythms. *Psychol Neurosci*. 2013;
30. Gruber J. *The oxford handbook of positive emotion and psychopathology*. Oxford University Press; 2019.
31. Buckley TM, Schatzberg AF. On the interactions of the hypothalamic-pituitary-adrenal (HPA) axis and sleep: normal HPA axis activity and circadian rhythm, exemplary sleep disorders. *J Clin Endocrinol Metab*. 2005;90(5):3106–14.
32. Beck SL, Schwartz AL, Towsley G, Dudley W, Barsevick A. Psychometric evaluation of the Pittsburgh Sleep Quality Index in cancer patients. *J Pain Symptom Manage*. 2004;27(2):140–8.
33. Buysse DJ, Reynolds CF 3rd, Monk TH, Berman SR, Kupfer DJ. The Pittsburgh Sleep Quality Index: a new instrument for psychiatric practice and research. *Psychiatry Res*. 1989;28(2):193–213.
34. Önder İ, Masal E, Demirhan E, Horzum MB, Beşoluk Ş. Psychometric properties of sleep quality scale and sleep variables questionnaire in Turkish student sample. *Int j psychol educ stud*. 2016;3(3):9–21.

35. Ochsner KN, Silvers JA, Buhle JT. Functional imaging studies of emotion regulation: a synthetic review and evolving model of the cognitive control of emotion: Functional imaging studies of emotion regulation. *Ann N Y Acad Sci.* 2012;1251(1):E1-24.
36. Herawati K, Gayatri D. The correlation between sleep quality and levels of stress among students in Universitas Indonesia. *Enferm Clin.* 2019;29 Suppl 2:357–61.
37. Mauss IB, Troy AS, LeBourgeois MK. Poorer sleep quality is associated with lower emotion-regulation ability in a laboratory paradigm. *Cogn Emot.* 2013;27(3):567–76.
38. Reddy, R., Palmer, C. A., Jackson, C., Farris, S. G., & Alfano, C. A. (2017). Impact of sleep restriction versus idealized sleep on emotional experience, reactivity and regulation in healthy adolescents. *Journal of Sleep Research*, 26(4), 516–525.
39. Phillips AC. *Perceived Stress*, 1 ed. New York: Springer; 2013.
40. Badan Pengembangan dan Pembinaan Bahasa, Kementerian Pendidikan dan Kebudayaan Republik Indonesia. Kafeina. <https://kbbi.kemdikbud.go.id/entri/kafeina> (accessed 21 Mei 2021).