

DAFTAR PUSTAKA

- Abedzadeh-Kalahroudi M, Taebi M, Sadat Z, Saberi F, Karimian Z. (2012). *Prevalence and Severity of Menopausal Symptoms and Related Factors Among Women 40-60 Years in Kashan, Iran*. Nurs Mid -wifery Stud, 1 (2):88-93
- Adesla, V. (2009). *Insomnia 2, E-Psikologi*, diakses tanggal 30 Maret 2016. Dari: http://www.e-psikologi.com/epsi/kesehatan_detail.asp.
- AIPNI. (2011). *Jurnal Keperawatan Hubungan Antara Insomnia dan Depresi pada Lanjut Usia, Asosiasi Institusi Pendidikan Ners Indonesia*. Diakses pada tanggal 22 Maret 2016. Dari: <http://www.aipni-ainec.com/index-show.php?id=58>
- Amir, N. (2007). *Gangguan Tidur pada Lanjut Usia, Diagnosis dan Penatalaksanaan*. Jakarta: Cermin Dunia Kedokteran.
- Anthierens, S et al. (2009). *Perceptions of nurses in nursing homes on the usage of benzodiazepines*, in: *Journal of clinical nursing* , Vol 18, pp.3098-3106. Agren, Gunnar & Berensson, Karin. 2007, *Healthy ageing: A challenge for europe*.
- Apostolska S, Rendzova V, Ivanovski K, Peeva M, Elencevski S. (2011). *Presence of Caries with Different Levels of Oral Hygiene*. *Sec Biol Med Sci*, 32(1) :269- 81.
- Arakane, C. Et al. (2011). *Factors Relating to Insomnia During the Menopausal Transition as Evaluated by the Insomnia Sever-ity Index*, *Maturitas* , vol. 69, no. 2, pp. 157–161.
- Batool, S. F., Saggu, Y.and Ghani, M. (2014). *Perception of Menopausal Symptoms among Educated versus Non Educated Women by Using Menopausal Rating Scale (MRS)*. *Journal of Nursing*,4, 602 -607 .
- Badan Pusat Statistik, (2014). *Proyeksi Penduduk Sumatera Barat Menurut Jenis Kelamin Tahun 2015*. Data Statistik Indonesia. Dari: http://demografi.bps.go.id/versi2/index.php?option=com_proyeksi&task=show&Itemid=100018.
- Badan Pusat Statistik. (2013). *Proyeksi Penduduk Indonesia 2010-2035*. Jakarta: BPS . Diakses pada tanggal 11 Maret 2016.
- Baziad, A. (2003). *Menopause dan Andropause*. Jakarta:Yayasan Bina Pustaka Sarwono Prawirohardjo. CetakanI, hal. 3
- Chedraui P, Hidalgo L, Chavez D et al. (2009). *Menopausal Symptoms and Associated Risk Factors among Postmenopausal Women Screened for the Metabolic Syndrome*. *Arch Gynecol obstet*, 275: 161-68.

- Dahlan, M.S. (2013). *Besar Sampel dan Cara Pengambilan Sampel*. Jakarta: Penerbit Salemba Medika.
- Daniel, B., et al., (2010). *Psychosocial Correlates of Insomnia Severity in Primary Care*. *JABFM Volume 23 No.2*; p.204-211.
- Decherney, A. H. et al. (2007). *Current Diagnosis and Treatment Obstetrics & Gynecology*. (10th edition). New York: McGraw- Hill
- Egede, L.E., Tejada, M.A.H. (2013). Effect of comorbid depression on quality of Life in adults with Type 2 diabetes. *Expert Rev. Pharmacoecon. Outcomes Res*,13(1), 83–91.
- Elazim H A, et al. (2014). *Quality of Life Among of Menopausal Women Journal of Biology, Agriculture and Health Care*. www.iiste.org ISSN 2224-3208 (Paper) ISSN 2225-093X (Online) Vol.4, No.11
- Hachul, L. R. A. Et al. (2009). *Sleep in Post-Menopausal Women: Diferences between Early and Late Post-menopause*, " *European Journal of Obstetrics & Gynecology and Reproductive Biology*, vol. 145, no. 1, pp. 81–8
- Hynninen, S. Pallesen, and I. H. Nordhus, (2007). *Factors afect-ing health status in COPD patients with co-morbid anxiety or depression*, *International Journal of Chronic Obstructive Pul-monary Disease*, vol.2, no.3, pp.323–328
- Jahangard, L., Haghighi, M. & Ahmadpanah, M. (2012). *Prevalence of Sleep Disorder in Menopause Women in Hamadan*, *Global Journal of Psychology Research*. 2, 04-08.
- Gharaibeh M, Al-Obeisat S, dan Hattab J (2010). *Keparahan Gejala Menopause Perempuan Yordania*. 13: (4), 385-394.
- Glasier A, Gebbie A. (2005). *Keluarga Berencana dan Kesehatan Reproduksi*. Jakarta: EGC
- Greenblum, G.S. (2012). *Midlife Women: Symptoms Associated with Menopausal Transition and Early Postmenopause and Quality of Life*. *Journal of the North American Menopause Society*, Vol. 20, No. 1.
- Kaplan, H.I. dan Sadock, B.J. (2010). *Sinopsis Psikiatri*. Jilid 2, edisi VII. Jakarta: Binarupa Aksara.
- Kasdu, D. (2004). *Kiat Sehat dan Bahagia di Usia Menopause*. Jakarta: Gramedia.
- Landis, C. A. & Moe, K. E. (2004). *Sleep and Menopause, The Nursing Clinics of North America* Vol. 39: 97-115.
- Luoto, R. (2009). *Hot Lushes and Quality of Life during Menopause*. *BMC Women's Health*, vol. 9, article13.
- Minarik, P A. (2009). *Sleep Disturbance in Midlife Women*. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, vol. 38, no. 3, pp. 333–343

- Marosa L, Siregar FG, Munthe IG, et al. (2014). *Perbandingan Kadar Saliva 17 β Estradiol Pada Wanita Menopause Dengan Keluhan Dan Tanpa Keluhan Di RSUP H Adam Malik Dan RS Jejaring FK USU Medan*, Departemen Obstetri dan Ginekologi Fakultas Kedokteran USU. Medan.
- Morin, Charles M. (2012). *Insomnia: Prevalence, Burden and Consequences*, in *Insomnia Rounds* , Vol. 1, issue 1, pp. 1-6.
- Moustafa,MF. (2015). *Impact of menopausal symptoms on quality of life among women's in Qena City*. *Nursing Journal*.
- Mulyani, N. (2013). *Menopause*. Yogyakarta: Nuha Medika
- Notoatmodjo, S. (2012). *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta
- Northrup. C. (2006). *Bijak di Saat Menopause*. Bandung: Penerbit Q-P ress
- Nirmala. (2003). *Hidup Sehat dengan Menopause*. Jakarta: Buku Populer
- Nursalam. (2011). *Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan*. Jakarta: Salemba Medika
- Ohayon, M. (2006). *Severe Hot Flashes are Associated with Chronic Insomnia*. *Archives of Internal Medicine*.166: p. 1262-1268
- Pérez, JAM; Garcia, FC; Palacios, S. (2009). *Epidemiology of Risk Factors and Symptoms Associated with Menopause in Spanish Women*, *Maturitas* Vol. 62: 30-36.
- Potter & Perry. (2005). *Buku Ajar Fundamental Keperawatan; Konsep, Proses dan Praktik*. Edisi 4 Volume 2. Jakarta: EGC
- Reeder, S. (2011). *Meternity Nursing Family Newborn and Woment Health Care*.Edisi 8.Jakarta: EGC
- Rebecca dan Pam. (2007). *Simple Guide Menopause*. Jakarta: Erlangga.
- Roth, T. (2007). *Insomnia: Definition, Prevalence, Etiology, and Consequences*. *Journal of Clinical Sleep Medicine*, vol. 3(5), p. 1-3.
- Susilo, Y., & Wulandari, A.(2011). *Cara Jitu Mengatasi Insomnia*. Yogyakarta : Penerbit ANDI.
- Takesihaeng, J. (2000). *Hidup Sehat Bagi Wanita*. Jakarta: Gramedia.
- Thacker, H (2011). *Assessing Risks and Benefits of Non-hormonal Treatments for Vasomotor Symptoms in Perimenopausal and Postmenopausal Women*." *J. Womens Health* 20 (7): 1007–16. doi:10.1089/jwh.2010.2403. PMID 21675874.
- Thurston R. C and Joffe H.(2011). *Vasomotor Symptoms and Menopause: Findings from the Study of Women's Health Across the Nation* . *Obstet Gynecol Clin North Am*. September ; 38(3): 489 –501.