

DAFTAR PUSTAKA

- Abassi, M. R., Safavi, A., Haghverdi, M., & Saedi, B. (2016). Sleep disorders in ESRD patients undergoing hemodialysis. *Acta Medica Iranica*, *54*(3), 176–184.
- Ahmady, S., Rezaei, M., & Khatony, A. (2019). Comparing effects of aromatherapy with lavender essential oil and orange essential oil on fatigue of hemodialysis patients: A randomized trial. *Complementary Therapies in Clinical Practice*, *36*, 64–68. <https://doi.org/10.1016/j.ctcp.2019.05.005>
- Al-Ali, F., Elshirbeny, M., Hamad, A., Kaddourah, A., Ghonimi, T., Ibrahim, R., & Fouda, T. (2021). Prevalence of depression and sleep disorders in patients on dialysis: A cross-sectional study in Qatar. *International Journal of Nephrology*, *2021*, 1–7. <https://doi.org/10.1155/2021/5533416>
- Ali, H. H., & Taha, N. M. (2017). Fatigue, depression and sleep disturbance among hemodialysis patients. *Journal of Nursing and Health Science*, *06*(03), 61–69. <https://doi.org/10.9790/1959-0603016169>
- Anggraini, Y., & Mertajaya, I. M. (2019). *Modul keperawatan dasar*. Jakarta: Universitas Kristen Indonesia.
- Aris. (2021). *Teori kebutuhan maslow: Pengertian, konsep & pembagiannya*. Jakarta: Gramedia.
- Asaf, A. S. (2020). Upaya pemenuhan kebutuhan dasar manusia. *Jurnal Cakrawarti*, *02*(02), 26–31.
- Auliasari, B. M., & Maliya, A. (2020). Pengaruh aromaterapi terhadap tingkat kelelahan (fatigue) pada pasien gagal ginjal yang menjalani terapi

hemodialisa. *Seminar Nasional Keperawatan Universitas Muhammadiyah Surakarta (SEMNASKEP)*, 45–53.

Bagheri-Nesami, M., Shorofi, S. A., Nikkhah, A., Espahbodi, F., & Koolae, F. S. G. (2016). The effects of aromatherapy with lavender essential oil on fatigue levels in haemodialysis patients: A randomized clinical trial. *Complementary Therapies in Clinical Practice*, 22, 33–37.

<https://doi.org/10.1016/j.ctcp.2015.12.002>

Balouchi, A., Masinaeinezhad, N., Abdollahimohammad, A., Firouzkouhi, M., & Sepehri, Z. (2016). Comparison of effects of orange and lavender extract on fatigue in hemodialysis patients. *Der Pharmacia Lettre*, 8(7), 148–152. <https://www.researchgate.net/publication/303641523>

Biçer, S., & Taşci, S. (2022). The effect of acupressure on blood pressure and fatigue level in individuals suffering from hypotension during hemodialysis: A randomized controlled trial. *Alternative Therapies*, 28(2), 6–16.

Bouya, S., Ahmadidarehsima, S., Badakhsh, M., Balouchi, A., & Koochakzai, M. (2018). Effect of aromatherapy interventions on hemodialysis complications: A systematic review. *Complementary Therapies in Clinical Practice*, 32, 130–138. <https://doi.org/10.1016/j.ctcp.2018.06.008>

Brunner, L. S., & Suddarth, D. S. (2013). *Keperawatan medikal bedah* (12th ed.). Jakarta: EGC.

Cabrera, V. J., Hansson, J., Kliger, A. S., & Finkelstein, F. O. (2017). Symptom management of the patient with CKD: The role of dialysis. *Clinical Journal*

of the American Society of Nephrology, 12(4), 687–693.
<https://doi.org/10.2215/CJN.01650216>

Çeçen, S., & Lafcı, D. (2021). The effect of hand and foot massage on fatigue in hemodialysis patients: A randomized controlled trial. *Complementary Therapies in Clinical Practice*, 43, 1–8.
<https://doi.org/10.1016/j.ctcp.2021.101344>

Davey, C. H., Webel, A. R., Sehgal, A. R., Voss, J. G., & Huml, A. M. (2019). Fatigue in individuals with end stage renal disease. *Nephrol Nurs J*, 46(5), 497–508.

Eloot, S., Holvoet, E., Dequidt, C., Maertens, S. J., Vanommeslaeghe, F., & Biesen, W. V. (2021). The complexity of sleep disorders in dialysis patients. *Clinical Kidney Journal*, 14(9), 2029–2036. <https://doi.org/10.1093/ckj/sfaa258>

Ernstmeyer, K., & Christman, E. (2021). *Nursing fundamentals*. Chippewa Valley Technical College. <https://www.ncbi.nlm.nih.gov/books/NBK591812/>

Haghi, S., Zadeh, S. M., & Vafayee, M. (2019). The effect of music on fatigue and anxiety of patients undergoing hemodialysis. *Advances in Nursing and Midwifery*, 28(1), 20–25. <https://doi.org/10.29252/anm-28014>

Harmilah. (2020). *Asuhan keperawatan pada pasien dengan gangguan sistem perkemihan*. Yogyakarta: Pustaka Baru Press.

Hidayat, R., Azmi, S., & Pertiwi, D. (2016). Hubungan kejadian anemia dengan penyakit ginjal kronik pada pasien yang dirawat di bagian ilmu penyakit dalam RSUP Dr M Djamil Padang tahun 2010. *Jurnal Kesehatan Andalas*, 5(3), 546–550.

- Jhamb, M., Liang, K., Yabes, J., Steel, J. L., Dew, M. A., Shah, N., & Unruh, M. (2014). Prevalence and correlates of fatigue in chronic kidney disease and end-stage renal disease: Are sleep disorders a key to understanding fatigue? *American Journal of Nephrology*, 38(6), 489–495. <https://doi.org/10.1159/000356939>
- Jung, S.-M., Lee, S.-W., Lee, H.-G., Cho, K.-H., Moon, S.-K., Jung, W.-S., & Kwon, S. (2023). Case of Restless Leg Syndrome Patient with Chronic Kidney Failure Treated with Jakyakgamcho-tang. *The Journal of Internal Korean Medicine*, 44(2), 146–157. <https://doi.org/10.22246/jikm.2023.44.2.146>
- Kalantar-Zadeh, K., Lockwood, M. B., Rhee, C. M., Tantisattamo, E., Andreoli, S., Balducci, A., Laffin, P., Harris, T., Knight, R., Kumaraswami, L., Liakopoulos, V., Lui, S. F., Kumar, S., Ng, M., Saadi, G., Ulasi, I., Tong, A., & Li, P. K. T. (2022). Patient-Centred approaches for the management of unpleasant symptoms in kidney disease. *Nature Reviews Nephrology*, 18(3), 185–198. <https://doi.org/10.1038/s41581-021-00518-z>
- Kallenbach, J. Z. (2016). *Review of hemodialysis for nurses and dialysis personnel* (9th ed.). Elsevier.
- Karadag, E., & Baglama, S. S. (2019). The effect of aromatherapy on fatigue and anxiety in patients undergoing hemodialysis treatment: A randomized controlled study. *Holistic Nursing Practice*, 33(4), 222–229. <https://doi.org/10.1097/HNP.0000000000000334>

- Kavurmacı, M., Sariaslan, A., & Yıldız, İ. (2021). Determination the effects of lavender oil quality of sleep and fatigue of students. *Perspectives in Psychiatric Care*, 58(3), 1–8. <https://doi.org/10.1111/ppc.12892>
- Kemenkes RI. (2018). *Kebutuhan tidur sesuai usia*. Retrieved from <https://p2ptm.kemkes.go.id/infographic-p2ptm/obesitas/kebutuhan-tidur-sesuai-usia>
- Kemenkes RI. (2019). *Apa saja tanda dan gejala penyakit ginjal kronis (PGK)?* Retrieved from <https://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluh-darah/apa-saja-tanda-dan-gejala-penyakit-ginjal-kronis-pgk>
- Lee, E.-J., Kim, B.-S., Sa, I.-H., Moon, K.-E., & Kim, J.-H. (2011). The effects of aromatherapy on sleep disorders, satisfaction of sleep and fatigue in hemodialysis patients. *Korean Society of Adult Nursing*, 23(6), 615–623.
- Maung, S. C., Sara, A. E., Chapman, C., Cohen, D., & Cukor, D. (2016). Sleep disorders in chronic kidney disease. *World Journal of Nephrology*, 5(3), 224–232. <https://doi.org/10.5527/wjn.v5.i3.224>
- Mohamed, H. G., & Hafez, M. K. (2019). Effect of aromatherapy on sleep quality, fatigue and anxiety among patients undergoing hemodialysis. *IOSR Journal of Nursing and Health Science (IOSR-JNHS)*, 8(5), 17–25. <https://doi.org/10.9790/1959-0805101725>
- Muz, G., & Taşçı, S. (2017). Effect of aromatherapy via inhalation on the sleep quality and fatigue level in people undergoing hemodialysis. *Applied Nursing Research*, 37, 28–35. <https://doi.org/10.1016/j.apnr.2017.07.004>

- Naamani, Z. A., Gormley, K., Noble, H., Santin, O., & Maqbali, M. A. (2021). Fatigue, anxiety, depression and sleep quality in patients undergoing haemodialysis. *BMC Nephrology*, 22(1), 1–8. <https://doi.org/10.1186/s12882-021-02349-3>
- Nigam, G., Camacho, M., Chang, E. T., & Riaz, M. (2018). Exploring sleep disorders in patients with chronic kidney disease. *Nature and Science of Sleep*, 10, 35–43. <https://doi.org/10.2147/NSS.S125839>
- Nurin, F. (2021). *Kelelahan (fatigue)*. Retrieved from <https://hellosehat.com/sehat/gejala-umum/kelelahan-fatigue-adalah/>
- Pius, E. S., & Herlina, S. (2019). *Faktor-faktor yang berhubungan dengan kualitas tidur pada pasien gagal ginjal kronik yang menjalani hemodialisis di rumah sakit tarakan Jakarta*.
- Ramar, K., Malhotra, R. K., Carden, K. A., Martin, J. L., Abbasi-Feinberg, F., Aurora, R. N., Kapur, V. K., Olson, E. J., Rosen, C. L., Rowley, J. A., Shelgikar, A. V., & Trotti, L. M. (2021). Sleep is essential to health: An American academy of sleep medicine position statement. *Journal of Clinical Sleep Medicine*, 17(10), 2115–2119. <https://doi.org/10.5664/jcsm.9476>
- Rasmiati, Herawati, T., & Sukmarini, L. (2023). Terapi komplementer dalam mengatasi gangguan tidur pasien yang menjalani hemodialisis. *Journal of Telenursing (JOTING)*, 5(1), 1050–1063. <https://doi.org/10.31539/joting.v5i1.6261>
- Rohayati, E. (2019). *Keperawatan dasar I*. Cirebon: LovRinz Publishing.

Şentürk, A., & Kartın, P. T. (2018). The effect of lavender oil application via inhalation pathway on hemodialysis patients' anxiety level and sleep quality. *Holistic Nursing Practice*, 32(6), 324–335. <https://doi.org/10.1097/HNP.0000000000000292>

Setyaningrum, N., Setyawan, A., & Bistara, D. N. (2022). The effect of lavender essential oil aromatherapy on sleep quality in hemodialysis patients. *Jurnal Aisyah: Jurnal Ilmu Kesehatan*, 7(S2), 155–160. <https://doi.org/10.30604/jika.v7is2.1423>

Shafeik, H. F., Abdelaziz, S. H., & Elsharkawy, S. I. (2018). Effect of warm water foot bath on fatigue in patients undergoing hemodialysis. *International Journal of Nursing Didactics*, 8(02), 26–32. <https://doi.org/10.15520/ijnd.2018.vol8.iss2.276>

Shin, D. S., Im, B. J., Kang, Y. S., Lee, J. H., Jung, E. K., Oh, J. H., Min, K. A., & Na, K. R. (2017). Physical, physiological, and psychological factors determining sleep quality in patients on maintenance hemodialysis. *Journal of Korean Clinical Nursing Research*, 23(2), 258–266. <https://doi.org/10.22650/JKCNR.2017.23.2.258>

Silaen, H., Purba, J. R., & Hasibuan, M. T. D. (2023). *Pengembangan rehabilitasi non medik untuk mengatasi kelemahan pada pasien hemodialisa di rumah sakit*. Jawa Barat: CV Jejak.

Siregar, C. T. (2020). *Manajemen komplikasi pasien hemodialisa*. Yogyakarta: Deepublish.

- Suhartini, Ropiyanto, C. B., Hastuti, Y. D., Hidayati, W., Sujianto, U., Widyaningsih, S., Lazuardi, N., Yuwono, I. H., Husain, F., Galih, E., Selvia, A., & Benita, M. Y. (2019). *Mengenal penyakit ginjal kronis dan perawatannya*. Fakultas Kedokteran Universitas Diponegoro.
- Tim Pokja SDKI DPP PPNI. (2017). *Standar diagnosis keperawatan Indonesia. Definisi dan indikator diagnostik* (1st ed.). Jakarta: Dewan Pengurus Pusat Persatuan Perawat Nasional Indonesia.
- Tim Pokja SIKI DPP PPNI. (2019). *Standar intervensi keperawatan keperawatan indonesia. Definisi dan tindakan keperawatan* (1st ed.). Jakarta: Dewan Pengurus Pusat Persatuan Perawat Nasional Indonesia.
- Tim Pokja SLKI DPP PPNI. (2019). *Standar luaran keperawatan Indonesia. Definisi dan kriteria hasil keperawatan* (1st ed.). Jakarta: Dewan Pengurus Pusat Persatuan Perawat Nasional Indonesia.
- Tosun, N., Kalender, N., Cinar, F. I., Bagcivan, G., Yenicesu, M., Dikici, D., & Kaya, D. (2015). Relationship between dialysis adequacy and sleep quality in haemodialysis patients. *Journal of Clinical Nursing*, 24(19–20), 2936–2944. <https://doi.org/10.1111/jocn.12908>
- Utami, S. S., Arifah, S., & Rahayuningsih, F. B. (2023). Terapi komplementer untuk mengatasi fatigue pada pasien hemodialisis: Literatur review. *Jurnal Kesehatan Vokasional*, 8(2), 123–133. <https://doi.org/10.22146/jkesvo.68679>
- Vaidya, S. R., & Aeddula, N. R. (2022). *Chronic kidney disease*. Retrieved from <https://pubmed-ncbi-nlm-nih-gov.translate.goog/30571025/>

Wang, Q., Wei, L., Luo, Y., Lin, L., Deng, C., Hu, P., Zhu, L., Liu, Y., & Lin, M. (2022). Effectiveness of aromatherapy on ameliorating fatigue in adults: A meta-analysis. *Evidence-Based Complementary and Alternative Medicine*, 2022, 1–16. <https://doi.org/10.1155/2022/1141411>

Wijayanti, A. E., Bara, A. A., & Hirnimus, R. (2022). Edukasi dan pengenalan aromaterapi lavender terhadap tingkat kelelahan (fatigue) pada pasien hemodialisa. *Jurnal Pengabdian Kepada Masyarakat: Kesehatan (JPKMK)*, 2(4), 26–33.

Yang, X. H., Zhang, B. L., Gu, Y. H., Zhan, X. L., Guo, L. L., & Jin, H. M. (2018). Association of sleep disorders, chronic pain, and fatigue with survival in patients with chronic kidney disease: a meta-analysis of clinical trials. *Sleep Medicine*, 51, 59–65. <https://doi.org/10.1016/j.sleep.2018.06.020>

Yazıcı, R., & Güney, İ. (2022). Prevalence and related factors of poor sleep quality in patients with pre-dialysis chronic kidney disease. *International Journal of Artificial Organs*, 45(11), 905–910. <https://doi.org/10.1177/03913988221118941>

You, A. S., Kalantar, S. S., Norris, K. C., Peralta, R. A., Narasaki, Y., Fischman, R., Fischman, M., Semerjian, A., Nakata, T., Azadbadi, Z., Nguyen, D. V., Kalantar-Zadeh, K., & Rhee, C. M. (2022). Dialysis symptom index burden and symptom clusters in a prospective cohort of dialysis patients. *Journal of Nephrology*, 35(5), 1427–1436. <https://doi.org/10.1007/s40620-022-01313-0>

Zhu, J., Xiong, Q., Xu, Y., & Wang, J. (2023). Wuling capsules alleviate sleep disorders in patients receiving maintenance hemodialysis. *Am J Transl Res*, *15*(11), 6534–6542.

