

DAFTAR PUSTAKA

- Amalia, S. (2017). Hubungan antara stres akademik dengan perilaku merokok mahasiswa UIN Salatiga. *Journal of nursing*. 4(02), 108-120
- Aslan, H., & Akturk, U. (2018). Nursing education stress levels of nursing students and the associated factors. *Annals of Medical Research*, 25(4), 660. doi:0.5455/annalsmedres.2018.06.108
- Asmadi. 2008. Teknik Prosedural Keperawatan: *Konsep dan Aplikasi Kebutuhan Dasar Klien*, Jakarta : Salemba Medika.
- Azizah, Lely N. 2016. Hubungan Dukungan Sosial Dan Efikasi Diri Terhadap Stres Akademik Pada Mahasiswa Baru Fakultas Psikologi UIN Malang Angkatan 2015:*Skipsi*,Malang.UIN Malang.
- Barseli, M., & Nikmarijal, N. (2017). Konsep Stres Akademik Siswa. *Jurnal Konseling Dan Pendidikan*, 5(3), 143–148.doi:10.29210/119800
- Benavente, S. B. T., da Silva, R. M., Higashi, A. B., Guido, L. de A., & Costa, A. L. S. (2014). Influence of stress factors and socio demographic characteristics on the sleep quality of nursing students, 48(3), 514–520. doi:10.1590/S0080-623420140000300018.
- Busari, A. O. (2014). Academic Stress among Undergraduate Students: Measuring the Effects of Stress Inoculation Techniques. *Mediterranean Journal of Social Sciences*, 5(27), 599–609. doi:10.5901/mjss.2014.v5n27p599.
- Buysse, D. J. (2014). Sleep Health : Can We Define It ? Does It Matter ? *Sleep Medicine Institute and Department of Psychiatry, School of Medicine, University of Pittsburgh, Pittsburgh*, 1(37), 1–9. doi:10.5665/sleep.3298.
- Chokroverty, S. (2014). Overview of sleep & sleep disorders, 6665, 126–140. doi:10.1016/S0030-6665(05)70123-7.

- Criollo, Frank Pulido & Gabriel, G.R. (2018). Stress in Nursing University Students and Mental Health. *Health and Academic Achievement*, 2, 64. doi:10.5772/32009.
- Daglar, G., Pinar, S. E., Sabanciogullari, S., & Kav, S. (2014). Sleep quality in the elderly either living at home or in a nursing home. *Australian Journal of Advanced Nursing*, 31(4), 6–13.
- Dahlan. 2012. *Statistik untuk kedokteran dan kesehatan Edisi kelima*. Jakarta: Salemba Medika.
- Darmawan, Deni. 2014. *Metode Penelitian kuantitatif*. Bandung: PT Remaja Rosdakarya.
- Dayfiventy, Y., & Nurhidayah, R. E. (2012). Stressor dan coping mahasiswa pembelajaran kurikulum berbasis kompetensi fakultas keperawatan universitas sumatera utara. *E-Journal Psikologi USU*, 1(1), 6–12.
- Dharma, K. 2011. *Metodologi penelitian keperawatan (Pedoman Melaksanakan dan menerapkan Hasil Penelitian)*, Jakarta: Trans Info Media.
- Eko, Prabowo. 2014. Keperawatan Jiwa. Yogyakarta: Nuha Medika.
- Gamayanti, Mahardianisa & Syafei. (2018). Self Disclosure dan Tingkat Stres pada Mahasiswa yang sedang Mengerjakan Skripsi. *Psypathic : Jurnal Ilmiah Psikologi*, 5(1), 115–130.doi:10.15575/psy.v5i1.2282
- Garcia Ros, Perez-Gonzalez, & Tomas, J. M. (2018). Analyzing academic stress in adolescence and their relationship with students' psychological and physical well-being: Development and validation of the Questionnaire of Academic Stress in Secondary Education. *International Journal of Environmental Research and Public Health*, 15(9).doi:10.3390/ijerph15092023.
- Ghatol, S. D. (2017). Academic Stress among Higher Secondary School Students : A Review. *International Journal of Advanced Research in Education &*

- Technology (IJARET), 4(1), 38–41.*
- Guyton AC, Hall JE. (2007). Textbook of medical physiology 11th ed. Philadelphia: Elsevier Sauders.
- Hafifah, Nur (2017). Perbedaan Stres Akademik Pada Mahasiswa Program Studi Ilmu Keperawatan Berdasarkan Jenis Kelamin Di Fakultas Kesehatan Universitas Tribhuwana Tunggadewi Malang. *vol-2*.
- Hanan, El Hangouche, A. J., Jniene, A., Aboudrar, S., Errguig, L., Rkain, Cherti, M., & Dakka, T. (2018). Relationship between poor quality sleep, excessive daytime sleepiness and low academic performance in medical students. *Advances in Medical Education and Practice, Volume 9*, 631–638. doi.10.2147/AMEP.S162350
- Hardisman, Pertiwi D. 2014. Gambaran distres pada mahasiswa tahun ketiga fakultas kesehatan dan non kesehatan. *Indonesia J of Med Edu*, vol 3:4.
- Hidayat, A A. 2006. *Pengantar Kebutuhan Dasar Manusia: Aplikasi Konsep dan Proses Keperawatan*. Jakarta. Salemba Medika.
- Hikmah, Y. 2014. *Pengaruh Layanan Konseling Kelompok Eklektik Dalam Mengurangi Stress pada Anak Berprestasi Belajar Tinggi Siswa Kelas Xi Sma Negeri 8 Medan Tahun Ajaran 2014/2015* (Doctoral dissertation, UNIMED).
- Hirshkowitz, M., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., Doncarlos, L., Ware, J. C. (2015). National Sleep Foundation's updated sleep duration recommendations : final report.doi:10.1016/j.sleh.2015.10.004
- Jafri , Syed Aoun Muhammad (2017). Stress Level Comparison of Medical and Nonmedical Students: A Cross Sectional Study done at Various Professional Colleges in Karachi, Pakistan. *Acta Psychopathologica, 03(02)*, 1–6. doi:10.4172/2469-6676.100080
- Jenita, Doli Tine Donsu. 2016. Metodologi Penelitian Keperawatan.Yogyakarta: PT Pustaka Baru.

- Kozier, B. 2008. *Fundamental of Nursing: Concepts, Process, and Practice*. New Jersey: Berman Audrey.
- Lemma, S. et al. (2012). Sleep quality and its psychological correlates among university students in Ethiopia: a cross-sectional study. *BMC psychiatry*.
- Madalena Silva. Chaves, C., Duarte, J., Amaral, O., & Ferreira, M. (2016). Sleep Quality Determinants Among Nursing Students, 217, 999–1007.doi:10.1016/j.sbspro.2016.02.090
- Marcio Flavio Moura de, A. (2013). Sleep quality assessment in college students, 22(2), 352–360.
- Martos, M., Augusto-Landa, J. M., & Lopez-Zafra, E. (2013). Sources of stress in nursing students: a systematic review of quantitative studies. *International Nursing Review*, 59(1), 15–25.doi:10.1111/j.1466-7657.2011.00939.
- Mesquita, G., & Reimão, R. (2010). Effects of nighttime computer and television use. *Journal of Quality of Sleep*, 68(5), 720–725.
- Mihalik, Jason. P. (2013). The effects of sleep quality and sleep quantity on concussion baseline assessment. *Clinical Journal of Sport Medicine*, 23(5), 343–348.
- Modjod, D. 2007. Insomnia Experience, Management Strategies, and Outcomes in ESRD Patients Undergoing Hemodialysis [Tesis]. Mahidol University.
- Nasrani, Lusia. 2015. Perbedaan Tingkat Stres Antara Laki-Laki dan Perempuan Pada Peserta Yoga Dikota Denpasar. *E-Journal Medika Udayana*. Vol-4 (12)
- National Sleep Foundation. (2018). The Sleep Disorders. Diakses 21 Maret 2019, dari: psleepdisorders.sleepfoundation.org
- Nursalam & Ferry Efendi. Pendidikan dalam Keperawatan. Jakarta. Salemba Medika. 2008
- Notoatmodjo, S. 2010. Metodologi Penelitian Kesehatan. Jakarta : Rineka Cipta

- Ohayon, M., Wickwire, E. M., Hirshkowitz, M., Albert, S. M., Avidan, A., Daly, F. J., Vitiello, M. V. (2017). National Sleep Foundation ' s sleep quality recommendations : first report. *Sleep Health: Journal of the National Sleep Foundation*, 3(1), 6–19.doi:10.1016/j.slehd.2016.11.006
- Olejnik, S. N. L (2007) & Holschuh, J.P (2007). College rules!2nd Edition How TI study survive, and succeed in college. New york: Ten Speed Press.
- Olii, N. (2018). Hubungan Kejadian Insomnia Dengan Konsentrasi Belajar Pada Mahasiswa Semester V Program Studi Ilmu Keperawatan Fakultas Kedokteran Universitas Sam Ratulangi. *E-Journal Keperawatan*, 6.
- Oner Altıok, H., & Ustun, B. (2013). The stress sources of nursing students. *Educational Sciences Theory and Practice*, 13(2), 760–766.
- Perry, G. S., Patil, S. P., & Presley Cantrell, L. R. (2013). Raising awareness of sleep as a healthy behavior. *Preventing Chronic Disease*, 10.
- Potter & Perry. (2013). *Fundamental of Nursing* (eighth edition). Canada: Deborah L. Vogel.
- Rahmawati, W. K. 2017. Efektivitas Teknik Restrukturisasi Kognitif untuk Menangani Stres Akademik Siswa. *Jurnal Konseling Indonesia*, 2(1 Oktober).
- Raphael, Mwiti Gikunda. (2014). The Effect of Sleep Quantity on Performance of Students in Public Universities , Kenya. *Education and Review*, 2(6), 113–118.
- Revathi, R., Annamalai, M., & Elavally, S. (2016). Correlation between knowledge and practice on sleep hygiene and sleep quality among nursing students. *Jounal of Nursing and Health Sciences*, 2(2), 46–49.
- Rizqiea, Shovie & Hartati (2012). Pengalaman Mahasiswa Yang Mengalami Insomnia Selama Mengerjakan Tugas Akhir. *Jurnal Nursing Studies*, 1, 231–236.

- Sandra, R., & Ifdil, I. (2015). Konsep Stres Kerja Guru Bimbingan dan Konseling. *Jurnal Education: Jurnal Pendidikan Indonesia*, 1(1), 80-85.
- Sarwono,S. 2011. *Psikologi Remaja*. Jakarta: PT. Rajagrafindo Persada
- Sastrawa, I Made Ari & Griadhi, I Putu Adiartha. (2017). Hubungan Antrata Kualitas Tidur Dan Daya Konsentrasi Mahasiswa Program Studi Pendidikan Dokter Fakultas Kedokteran Udayana. *Jurnal Medika*, Vol (6), No 8. ISSN:2303-1395
- Sathya, Devi. S. M. (2015). A Study On Stress And Its Effects On College Students. *International Journal of Scientific and Applied Science (IJSEAS)*, 1(7), 449–456.
- Sayekti, E. 2017. *Efektifitas Teknik Self-Instruction dalam Mereduksi Stress Akademik pada Siswa Kelas XI MA YAROBI Kec. Grobogan, Kab. Grobogan Tahun 2016/2017* (Doctoral dissertation, IAIN Salatiga).
- Setiawati, O. R., Wulandari, M., & Mayestika, D. (2016). Hubungan Kualitas Tidur Dengan Stres Pada Mahasiswa Fakultas Kedonteran Universitas Malahayati, 26.
- Shanmugam, G. (2018). Impact Of Stress On Nursing Students. *International Journal of Innovative Research and Advanced Studies*, 4(August), 107–110.
- Shankar, N. L., & Park, C. L. (2016). Effects of stress on students' physical and mental health and academic success. *International Journal of School and Educational Psychology*, 4(1), 5–9.doi:10.1080/21683603.2016.1130532.
- Shudifat, R. M., & Al-Husban, R. Y. (2015). Perceived Sources of Stress Among First-Year Nursing Students in Jordan. *Journal of Psychosocial Nursing and Mental Health Services*, 53(6), 37–43.doi:10.3928/02793695-20150522-01
- Shukla Aniket, Gurvinder Kalra, A. P. (2013). Understanding stress and coping mechanisms in Indian student nurses. *Sri Lanka Journal of Psychiatry*, 4(2), 29.doi:10.4038/sljpsyc.v4i2.5387.
- Siagan, S. P. 2014. Manajemen sumber daya manusia. Jakarta: Bumi Aksara.

- Sigarlaki, J. Y. (2014). Hubungan antara adjustment dan social support terhadap stress akademik pada mahasiswa tahun pertama. Thesis Psikologi-Pascarjana, Universitas 17 Agustus 1945 Surabaya.
- Silva, Amaral, & Ferreira. (2016). Sleep Quality Determinants among Nursing Students. *Social and Behavioral Sciences*, 217, 999–1007.doi:10.1016/j.sbspro.2016.02.090
- Silva, Heitkemper & Kimura, etc. (2018). Changes in nursing students' health one year after starting the nursing degree program. *Journal of Cancer Prevention & Current Research*, 9(2), 81–87.doi:10.15406/jcpcr.2018.09.00325
- Singh, P. (2016). Insomnia: A sleep disorder: Its causes , symptoms and treatments. *International Journal of Medical and Health Research*, 2(10), 37–41.
- Tarwoto, Wartonah. (2006). *Kebutuhan Dasar Manusia dan Proses Keperawatan*. Jakarta: Salemba Medika.
- Tua, N., & Gaol, L. (2016). Teori Stres: Stimulus Respons dan Transaksional.24(1), 1–11.doi:10.22146/bpsi.11224.
- Uzoka, Z. A. Lekkas, E., Mwanakayaya, N., & Ogie-Osahon, C. (2016). Experiences of Newly Admitted Nursing Students in Theoretical and Clinical Practice. *Bachelor's Thesis JAMK University of Applied Sciences*,
- Vaughans, Bennita.W. (2013). Keperawatan Dasar. Terjemahan oleh Arie Prabawati. Yogyakarta: Rapha Publishing.
- Wardi, R., & Ifdil, I. (2016). Stress Conditions In Students Completing Thesis. GUIDENA: Jurnal Ilmu Pendidikan, Psikologi, Bimbingan dan Konseling, 6(2), 190-194.
- Weaver, Supnet & Olson (2016). Sleep quality, but not quantity, is associated with self-perceived minor error rates among emergency department nurses. *International Emergency Nursing*, 25, 48–52.doi:10.1016/j.ijenj.2015.08.003

Wulandari,L.H. (2011). Gambaran Stres dibidang akademik pada pelajar Sindrom Hurried Child disekolah Chandra Kusuma.Skripsi: Medan Universitas Sumatera Utara.

Wong, D.L., Hockenberry, M., Wilson, D., Winkelstein, M.L., & Schwartz, P. (2009). *Buku Ajar Keperawatan Pediatric*. Jakarta: EGC.

Zul Saam,fan & Sri Wahyuni. 2012.*Psikologi Keperawatan*.Jakarta:Raja Grafindo Persada.

