

DAFTAR PUSTAKA

1. Lynn R, Becker D. The intelligence of nations. United Kingdom: Ulster Institute; 2020. p. 93-95.
2. Melby L, Indredavik MS, Løhaugen G, Brubakk AM, Skranes J, Vik T. Is there an association between full IQ score and mental health problems in young adults? A study with a convenience sample. *BMC Psychol*. 30 Januari 2020;8(1).
3. Schalock RL, Luckasson R, Tassé MJ. An overview of intellectual disability: Definition, diagnosis, classification, and systems of supports (12th ed.). *Am J Intellect Dev Disabil* [Internet]. 2021;126 6:439–42. Tersedia pada: <https://api.semanticscholar.org/CorpusID:239999442>
4. Indonesia2045. Visi indonesia 2045 [Internet]. Jakarta: Sekretariat Indonesia 2045; 2022 [diakses pada 26 April 2025]. Tersedia pada: <https://indonesia2045.go.id>.
5. Funke J. It requires more than intelligence to solve consequential world problems. Vol. 9, *Journal of Intelligence*. MDPI AG; 2021.
6. Schalbetter SM, von Arx AS, Cruz-Ochoa N, Dawson K, Ivanov A, Mueller FS, dkk. Adolescence is a sensitive period for prefrontal microglia to act on cognitive development. *Sci Adv* [Internet]. 2022;8(9):eabi6672. Tersedia pada: <https://www.science.org/doi/abs/10.1126/sciadv.abi6672>
7. Averbeck BB. Pruning recurrent neural networks replicates adolescent changes in working memory and reinforcement learning. *Proceedings of the National Academy of Sciences* [Internet]. 2022;119(22):e2121331119. Tersedia pada: <https://www.pnas.org/doi/abs/10.1073/pnas.2121331119>
8. Tervo-Clemmens B, Calabro FJ, Parr AC, Fedor J, Foran W, Luna B. A canonical trajectory of executive function maturation from adolescence to adulthood. *Nat Commun* [Internet]. 2023;14(1):6922. Tersedia pada: <https://doi.org/10.1038/s41467-023-42540-8>
9. Flores C, Tseng KY, Delevich K, Reynolds LM, Naneix F. The role of dopamine and endocannabinoid systems in prefrontal cortex development: Adolescence as a critical period.

10. Rah JH, Melse-Boonstra A, Agustina R, van Zutphen KG, Kraemer K. The triple burden of malnutrition among adolescents in Indonesia. Vol. 42, Food and Nutrition Bulletin. SAGE Publications Inc.; 2021. hlm. S4–8.
11. Toschi N, Passamonti L, Bellesi M. Sleep quality relates to emotional reactivity via intracortical myelination. *Sleep*. 1 Januari 2021;44(1).
12. Leonard H, Montgomery A, Wolff B, Strumpher E, Masi A, Woolfenden S, dkk. A systematic review of the biological, social, and environmental determinants of intellectual disability in children and adolescents. Vol. 13, *Frontiers in Psychiatry*. Frontiers Media S.A.; 2022.
13. Galan-Lopez P, Domínguez R, Gísladóttir T, Sánchez-Oliver AJ, Pihu M, Ries F, dkk. Sleep quality and duration in european adolescents (The adoleshealth study): A cross-sectional, quantitative study. *Children*. 1 Maret 2021;8(3).
14. Musshafen LA, Tyrone RS, Abdelaziz A, Sims-Gomillia C, Pongetti LS, Teng F, dkk. Associations between sleep and academic performance in US adolescents: a systematic review and meta-analysis. *Sleep Med [Internet]*. 2021;83:71–82. Tersedia pada: <https://api.semanticscholar.org/CorpusID:234683154>
15. Chen WC, Wang XY. Longitudinal associations between sleep duration and cognitive impairment in Chinese elderly. *Front Aging Neurosci*. 17 November 2022;14.
16. Miletínová E, Bušková J. Functions of Sleep. *Physiol Res*. 1 April 2021;70(2):177–82.
17. Goto A, Hayashi Y. Offline neuronal activity and synaptic plasticity during sleep and memory consolidation. *Neurosci Res*. 2023;189:29–36. doi:10.1016/j.neures.2022.12.021.
18. Dissel S. Drosophila as a model to study the relationship between sleep, plasticity, and memory. Vol. 11, *Frontiers in Physiology*. Frontiers Media S.A.; 2020.
19. Galan-Lopez P, Domínguez R, Gísladóttir T, Sánchez-Oliver AJ, Pihu M, Ries F, dkk. Sleep quality and duration in european adolescents (The

- adoleshealth study): A cross-sectional, quantitative study. *Children*. 1 Maret 2021;8(3).
20. Şimşek Y, Tekgül N. Sleep quality in adolescents in relation to age and sleep-related habitual and environmental factors. *The Journal of Pediatric Research*. 1 Desember 2019;6(4):307–13.
 21. Hadi Susanto A, Salsabila J, Utami Y. Sleep quality and hemoglobin levels in adolescents. *Media Keperawatan Indonesia*. April 2024;7:297.
 22. Fadzil A. Fadzil A. Factors affecting the quality of sleep in children. *Children (Basel)*. 2021;8(2):122. doi:10.3390/children8020122. *Children*. MDPI;
 23. Illingworth G. The challenges of adolescent sleep. *Interface Focus*. 2020;10(3):20190080. doi:10.1098/rsfs.2019.0080.
 24. Zhai X, Zeng J, Eshak ES, Zhang Y, Yang M, Di L, Xiang B, Cao J. The influencing factors of sleep quality among chinese junior and senior high school adolescents during the COVID-19 pandemic. *J Trop Pediatr*. 2021 Aug 27;67(4):fmab069. doi: 10.1093/tropej/fmab069. PMID: 34329443; PMCID: PMC8385850.
 25. Bani-Issa W, Radwan H, Saqan R, Hijazi H, Fakhry R, Alameddine M, Naja F, Ibrahim A, Lin N, Naing YT, Awad M. Association between quality of sleep and screen time during the COVID-19 outbreak among adolescents in the United Arab Emirates. *J Sleep Res*. 2023 Feb;32(1):e13666. doi: 10.1111/jsr.13666. Epub 2022 Jun 7. PMID: 35670277; PMCID: PMC9348184.
 26. Hahn M, Joechner AK, Roell J, Schabus M, Heib DPJ, Gruber G, dkk. Developmental changes of sleep spindles and their impact on sleep-dependent memory consolidation and general cognitive abilities: A longitudinal approach. *Dev Sci*. 2019;22(1).
 27. Simon KC, Nadel L, Payne JD. The functions of sleep: A cognitive neuroscience perspective. *Proc Natl Acad Sci U S A*. 2022;119(44).
 28. Lapidaire W, Urrila AS, Artiges E, Miranda R, Vulser H, Bezivin-Frere P, dkk. Irregular sleep habits, regional grey matter volumes, and psychological functioning in adolescents. *PLoS One*. 1 Februari 2021;16(2).

29. Quevedo-Blasco R, Díaz-Román A, Quevedo-Blasco VJ. Associations between sleep, depression, and cognitive performance in adolescence. *Eur J Investig Health Psychol Educ*. 2023;13(2).
30. Khan MA, Al-Jahdali H. The consequences of sleep deprivation on cognitive performance. Vol. 28, *Neurosciences*. Saudi Arabian Armed Forces Hospital; 2023. hlm. 91–9.
31. Zhu G, Cassidy S, Hiden H, Woodman S, Trenell M, Gunn DA, dkk. Exploration of sleep as a specific risk factor for poor metabolic and mental health: A UK biobank study of 84,404 participants. *Nat Sci Sleep*. 2021;13:1903–12.
32. Javakhishvili M, Widom CS. Childhood maltreatment, sleep disturbances, and anxiety and depression: A prospective longitudinal investigation. *J Appl Dev Psychol*. 1 November 2021;77.
33. Zhang Q, Pan Y, Zhang L, Lu H. Parent-Adolescent Communication and Early Adolescent Depressive Symptoms: The Roles of Gender and Adolescents' Age. *Front Psychol* [Internet]. 2021;Volume 12-2021. Tersedia pada:
<https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2021.647596>
34. Zhang J, Liu D, Ding L, Du G. Prevalence of depression in junior and senior adolescents. *Front Psychiatry* [Internet]. 2023;Volume 14-2023. Tersedia pada:
<https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2023.1182024>
35. WHO. Adolescent health. WHO. Diperbarui 2024; [diakses pada 30 Maret 2025]. Tersedia dari: https://www.who.int/health-topics/adolescent-health#tab=tab_1.
36. Best O, Ban S. Adolescence: physical changes and neurological development. *Br J Nurs*. 2021;30(5):272–5. doi:10.12968/bjon.2021.30.5.272.

37. Vijayakumar N, Youssef G, Allen NB, Anderson V, Efron D, Mundy L, dkk. The effects of puberty and its hormones on subcortical brain development. *Compr Psychoneuroendocrinol*. 1 Agustus 2021;7.
38. Branje S, de Moor EL, Spitzer J, Becht AI. Dynamics of identity development in adolescence: a decade in review. Vol. 31, *Journal of Research on Adolescence*. John Wiley and Sons Inc; 2021. hlm. 908–27.
39. Weinberg L, Suleiman A, Dahl R. Context, development, and digital media: implications for very young adolescents in LMICs. *Front Psychol*. April 2021;12:632713.
40. Branje S. Adolescent identity development in context. *Curr Opin Psychol* [Internet]. 2022;45:101286. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S2352250X2100230X>
41. Santrock JW. *Adolescence*. McGraw-Hill Education; 2019.
42. Braams BR, Krabbendam L. Adolescent development: From neurobiology to psychopathology. Vol. 48, *Current Opinion in Psychology*. Elsevier B.V.; 2022.
43. American Academy of Pediatrics. Stages of adolescence [Internet]. Itasca (IL): American Academy of Pediatrics; 2019 [diakses pada 2025 May 2]. Tersedia dari: <https://www.healthychildren.org/English/ages-stages/teen/Pages/Stages-of-Adolescence.aspx>.
44. British Medical Association. *The British medical association illustrated medical dictionary 4th edition*. Dorling Kindersley; 2018.
45. Sternberg RJ. *Cognitive psychology*. 6th ed. Belmont: Wadsworth; 2012.
46. Kamus Besar Bahasa Indonesia (KBBI). *Inteligensi* [Internet]. Jakarta: Badan Pengembangan dan Pembinaan Bahasa, Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi Republik Indonesia; [diakses pada 7 April 2025]. Tersedia dari: <https://kbbi.kemdikbud.go.id/>.
47. Flores C, Tseng KY, Delevich K, Reynolds LM, Naneix F. The role of dopamine and endocannabinoid systems in prefrontal cortex development: Adolescence as a critical period.

48. Reis A, Spinath FM. The Genetics of Intelligence. *Dtsch Arztebl International* [Internet]. 24 Januari 2025;122(2):38–42. Tersedia pada: <https://www.aerzteblatt.de/int/article.asp?id=242633>
49. Nyaradi A, Li J, Hickling S, Foster J, Oddy WH. The role of nutrition in children's neurocognitive development, from pregnancy through childhood. *Front Hum Neurosci* [Internet]. 2013;Volume 7-2013. Tersedia pada: <https://www.frontiersin.org/journals/human-neuroscience/articles/10.3389/fnhum.2013.00097>
50. Puri S, Shaheen M, Grover B. Nutrition and cognitive health: A life course approach. *Front Public Health* [Internet]. 2023;Volume 11-2023. Tersedia pada: <https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2023.1023907>
51. Ajide KB, Alimi OY, Asongu SA. Intelligence and its effects on environmental decline: A worldwide analysis. *J Environ Manage* [Internet]. 2024;358:120953. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S0301479724009393>
52. McKinney WS, Williford DN, Abbeduto L, Schmitt LM. The impact of social-environmental factors on IQ in syndromic intellectual developmental disabilities. *J Clin Transl Sci* [Internet]. 2024/04/05. 2024;8(1):e59. Tersedia pada: <https://www.cambridge.org/core/product/719A793470E9FD4D61BCA6D5B726CF56>
53. Feraco T, Sella E, Meneghetti C, Cona G. Adapt, explore, or keep going? The role of adaptability, curiosity, and perseverance in a network of study-related factors and scholastic success. *J Intell* [Internet]. 2023;11(2). Tersedia pada: <https://www.mdpi.com/2079-3200/11/2/34>
54. Adamis AM, Olatunji BO. Specific emotion regulation difficulties and executive function explain the link between worry and subsequent stress: A prospective moderated mediation study. *J Affect Disord* [Internet]. 2024;348:88–96. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S0165032723014970>

55. Puri S, Shaheen M, Grover B. Nutrition and cognitive health: A life course approach. *Front Public Health* [Internet]. 2023;Volume 11-2023. Tersedia pada: <https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2023.1023907>
56. Birney DP, Beckmann JF. Intelligence is cognitive flexibility: Why multilevel models of within-individual processes are needed to realise This. *J Intell* [Internet]. 2022;10(3). Tersedia pada: <https://www.mdpi.com/2079-3200/10/3/49>
57. Kline P. Kline P. *The handbook of psychological testing*. 2nd ed. London: Routledge; 2000.
58. Janzen H, Obrzut J, Marusiak C. Test Review: Roid, G. H. (2003). *Stanford-Binet intelligence scales, fifth edition (SB:V)*. Itasca, IL: Riverside Publishing. *Can J Sch Psychol*. April 2003;19:235–44.
59. Hall JE, Hall ME. *Guyton and hall textbook of medical physiology*. 14th ed. Philadelphia: Elsevier; 2021.
60. Moody OA, Zhang ER, Vincent K, Kato R, Melonakos ED, Nehs CJ, dkk. The neural circuits underlying general anesthesia and sleep. *Anesth Analg* [Internet]. 2021;132 5:1254–64. Tersedia pada: <https://api.semanticscholar.org/CorpusID:233259938>
61. Bear MF, Connors BW, Paradiso MA. *Neuroscience : Exploring the brain*. Enhanced fourth edition. Jones & Bartlett Learning; 2016.
62. Sherwood L. *Human Physiology : From cells to systems*. 9th edition. Cengage Learning; 2016.
63. Nollet M, Franks NP, Wisden W. Understanding sleep regulation in normal and pathological conditions, and why it matters. *J Huntingtons Dis* [Internet]. 2023;12:105–19. Tersedia pada: <https://api.semanticscholar.org/CorpusID:259130969>
64. Baranwal N, Yu PK, Siegel NS. Sleep physiology, pathophysiology, and sleep hygiene. *Prog Cardiovasc Dis*. 2023;77:59–69.
65. Centers for Disease Control and Prevention. About sleep [Internet]. Atlanta (GA): CDC; [diakses 30 Maret 2025]. Tersedia dari: <https://www.cdc.gov/sleep/about/index.html#print>.

66. Taillard J, Gronfier C, Bioulac S, Philip P, Sagaspe P. Sleep in normal aging, homeostatic and circadian regulation and vulnerability to sleep deprivation. *Brain Sci* [Internet]. 2021;11(8). Tersedia pada: <https://www.mdpi.com/2076-3425/11/8/1003>
67. von Gall C. The effects of light and the circadian system on rhythmic brain function. *Int J Mol Sci* [Internet]. 2022;23(5). Tersedia pada: <https://www.mdpi.com/1422-0067/23/5/2778>
68. Frank MG. Challenging sleep homeostasis. *Neurobiol Sleep Circadian Rhythms* [Internet]. 2021;10:100060. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S2451994421000018>
69. Pandi-Perumal SR, Cardinali DP, Zaki NFW, Karthikeyan R, Spence DW, Reiter RJ, dkk. Timing is everything: Circadian rhythms and their role in the control of sleep. *Front Neuroendocrinol* [Internet]. 2022;66:100978. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S0091302222000012>
70. Barrett KE, Barman SM, Yuan J, Brooks HL. Ganong's review of medical physiology. 26th ed. New York: McGraw-Hill Education; 2019.
71. Castiglione-Fontanellaz CEG, Schaufler S, Wild S, Hamann C, Kaess M, Tarokh L. Sleep regularity in healthy adolescents: Associations with sleep duration, sleep quality, and mental health. *J Sleep Res*. 2023;32(4).
72. Nelson KL, Davis JE, Corbett CF. Sleep quality: An evolutionary concept analysis. *Nurs Forum (Auckl)* [Internet]. 2022;57(1):144–51. Tersedia pada: <https://onlinelibrary.wiley.com/doi/abs/10.1111/nuf.12659>
73. Setyowati A, Chung MH. Validity and reliability of the Indonesian version of the pittsburgh sleep quality index in adolescents. *Int J Nurs Pract*. 2021;27(5):e12856. doi:10.1111/ijn.12856.
74. Del Brutto OH, Mera RM, Rumbea DA, Sedler MJ, Castillo PR. Poor sleep quality increases mortality risk: A population-based longitudinal prospective study in community-dwelling middle-aged and older adults. *Sleep Health*. 2024;10(1):144-148. doi:10.1016/j.sleh.2023.10.009.

75. Carskadon MA, Carskadon MA. Adolescent sleep patterns: Biological, social, and psychological influences. 1 ed. Cambridge: Cambridge University Press; 2001.
76. Arns M, Kooij JJS, Coogan AN. Review: Identification and management of circadian rhythm sleep disorders as a transdiagnostic feature in child and adolescent psychiatry. *J Am Acad Child Adolesc Psychiatry* [Internet]. 1 September 2021;60(9):1085–95. Tersedia pada: <https://doi.org/10.1016/j.jaac.2020.12.035>
77. Hidayat M, Muto'an A, Nurmaulid A, Aditya D, Wulandari D. Hubungan gelombang cahaya lampu dan cahaya biru dengan kualitas tidur remaja dewasa. *Jurnal Ilmiah JKA (Jurnal Kesehatan Aeromedika)*. Mei 2024;10:1–9.
78. de Feijter M, Katimertzoglou A, Tiemensma J, Ikram MA, Luik AI. Polysomnography-estimated sleep and the negative feedback loop of the hypothalamic-pituitary-adrenal (HPA) axis. *Psychoneuroendocrinology* [Internet]. 2022;141:105749. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S0306453022000907>
79. Indriana D, Yunita R, Tinggi Ilmu Kesehatan Hafshawaty Pesantren Zainul Hasan Probolinggo S. Hubungan tingkat kenyamanan lingkungan dengan kualitas tidur pasien di ruang rawat inap kelas 3 rsud waluyo jati kraksaan probolinggo. 2023.
80. Pandi-Perumal SR, Cardinali DP, Zaki NFW, Karthikeyan R, Spence DW, Reiter RJ, dkk. Timing is everything: Circadian rhythms and their role in the control of sleep. *Front Neuroendocrinol* [Internet]. 2022;66:100978. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S0091302222000012>
81. Dorland WA, Newman. *Dorland's illustrated medical dictionary*. Edisi ke-32. Jakarta: EGC; 2011.
82. Masturoh I, Anggita T N. *Metodologi penelitian kesehatan*. Jakarta: Kementerian Kesehatan Republik Indonesia; 2018.
83. Obstetrika D, Fakultas G, Ugm-Rs K, Yogyakarta S. Siswosudarno R. Pendekatan praktis penelitian epidemiologi klinis dan aplikasi SPSS untuk

- analisis statistika. Yogyakarta: Departemen Obstetrika dan Ginekologi Fakultas Kedokteran UGM-RS Sardjito; 2015.
84. Kementerian Pendidikan, Kebudayaan, Riset, dan Teknologi. FAQ SPMB 2025. Tersedia dari: <https://pdm.kemendikdasmen.go.id/faq-spmb-2025>. Diakses pada: 28 Oktober 2025.
 85. Shulman EP, Smith AR, Silva K, Icenogle G, Duell N, Chein J, dkk. The dual systems model: Review, reappraisal, and reaffirmation. Vol. 17, Developmental Cognitive Neuroscience. Elsevier Ltd; 2016. hlm. 103–17.
 86. Pusat Data dan Teknologi Informasi. Statistik sekolah menengah pertama (SMP) Tahun 2024/2025. Jakarta: Pusat Data dan Teknologi Informasi; 2025 Mar 18. 2024.
 87. Zhu J, Qiu A. Interindividual variability in functional connectivity discovers differential development of cognition and transdiagnostic dimensions of psychopathology in youth. *Neuroimage* [Internet]. 2022;260. Tersedia pada: <https://api.semanticscholar.org/CorpusID:250501975>
 88. Ozkan AR, Kucukerdonmez O, Kaner G. Sleep quality and associated factors among adolescents. *Revista Espanola de Nutricion Humana y Dietetica*. 2020;24(3):256–67.
 89. Bedir Y, Gündoğdu F, Sisman FN, Ergün A. Relationship between sleep quality and emotion-behavior problems in adolescents. *Journal of Turkish Sleep Medicine* [Internet]. 2020; Tersedia pada: <https://api.semanticscholar.org/CorpusID:234541467>
 90. Angayomi AD. Gambaran kualitas tidur pada remaja di SMP arrahman kota depok [Skripsi]. Depok: Universitas Indonesia, Fakultas Ilmu Keperawatan; 2025.
 91. Buysse DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ. The Pittsburgh sleep quality index: A new instrument for psychiatric practice and research. *Psychiatry Res* [Internet]. 1989;28(2):193–213. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/0165178189900474>
 92. Rakesh D, McLaughlin KA, Sheridan M, Humphreys KL, Rosen ML. Environmental contributions to cognitive development: The role of cognitive

- stimulation. *Dev Rev* [Internet]. 2024;73. Tersedia pada: <https://api.semanticscholar.org/CorpusID:270456953>
93. Spiegel K, Leproult R, L'Hermite-Balériaux M, Copinschi G, Penev PD, van Cauter E. Leptin levels are dependent on sleep duration: relationships with sympathovagal balance, carbohydrate regulation, cortisol, and thyrotropin. *J Clin Endocrinol Metab* [Internet]. 2004;89 11:5762–71. Tersedia pada: <https://api.semanticscholar.org/CorpusID:8269181>
94. nova juliana sagala, Sofyani S, Supriatmo S. Association between sleep quality and obesity in adolescents. *Paediatr Indones* [Internet]. 2017;57:41. Tersedia pada: <https://api.semanticscholar.org/CorpusID:78824878>
95. Goldstein EB, Cacciamani L. *Sensation and perception*. 11th ed. Cengage; 2022. 492 hal.
96. Shrivastava D, Jung S, Saadat M, Sirohi R, Crewson K, Concepcion T, Barbosa C, Vélez JC, et al. Daytime sleepiness, poor sleep quality, eveningness chronotype, and common mental disorders among Chilean college students. *J Am Coll Health*. 2014;62(7):441-448. doi:10.1080/07448481.2014.917652. *J Community Hosp Intern Med Perspect*. 25 November 2014;4:24983.
97. Rakesh D, McLaughlin KA, Sheridan M, Humphreys KL, Rosen ML. Environmental contributions to cognitive development: The role of cognitive stimulation. *Developmental Review* [Internet]. 2024;73:101135. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S0273229724000194>
98. Nixon GM, Thompson JMD, Han DY, Becroft DMO, Clark PM, Robinson E, dkk. Falling asleep: the determinants of sleep latency. *Arch Dis Child* [Internet]. 1 September 2009;94(9):686. Tersedia pada: <http://adc.bmj.com/content/94/9/686.abstract>
99. Willoughby AR, Alikhani I, Karsikas M, Chua XY, Chee MWL. Country differences in nocturnal sleep variability: Observations from a large-scale, long-term sleep wearable study. *Sleep Med* [Internet]. 2023;110:155–65. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S1389945723003003>

100. Hypersomnia Foundation. Efisiensi tidur [Internet]. Tersedia dari: <https://www.hypersomniafoundation.org/glossary/sleep-efficiency/> [Diakses pada 23 Oktober 2025].
101. Pangestika G, Lestari DR, Setyowati A. Stres dengan kualitas tidur pada remaja. *Jurnal Ilmu Keperawatan*. 2021;8(1):107-115.
102. San L, Arranz B, Sant S, De J. The night and day challenge of sleep disorders and insomnia: A narrative review. 2024.
103. Cates CB, Roby E, Canfield CF, Johnson M, Raak C, Weisleder A, dkk. Validation of the StimQ2: A parent-report measure of cognitive stimulation in the home. *PLoS One*. 1 Juli 2023;18(7 July).
104. Chinn LK, Momotenko DA, Sukmanova AA, Ovchinnikova I V, Golovanova I V, Grigorenko EL. Effects of childhood institutionalization on semantic processing and its neural correlates persist into adolescence and adulthood. *Cortex* [Internet]. 2023;161:93–115. Tersedia pada: <https://www.sciencedirect.com/science/article/pii/S0010945223000321>

