

DAFTAR PUSTAKA

1. Gunawan D, Puspasari G, Susanto A. Pengaruh minyak jasmine (*jasminum sambac*) terhadap ketelitian dan kewaspadaan pada laki-laki dewasa. 2014. [Cited 2017 Desember 21], Available from http://repository.maranatha.edu/12742/10/1110153_Journal.pdf
2. Badan Pusat Statistik. Jumlah kecelakaan, koban mati, luka berat, luka ringan, dan kerugian materi yang diderita tahun 1992-2016. 2018. [Cited 2018 Juni 24], Available from <https://www.bps.go.id/dynamictable/2016/02/09/1134/jumlah-kecelakaan-koban-mati-luka-berat-luka-ringan-dan-kerugian-materi-yang-diderita-tahun-1992-2016.html>
3. Pratama EW. Hubungan antara perilaku pekerja dengan kejadian kecelakaan kerja bagian produksi pt. Linggarjati mahardika mulia di pacitan. 2015. p.17. [Cited 2017 Desember 7], Available from <http://lib.unnes.ac.id/20243/1/6450408130%2DS.pdf>
4. Apridasari E. Faktor-faktor yang mempengaruhi hasil belajar mahasiswa dalam mata kuliah bidang akuntansi. Dewantara. 2016; 2(2): 237. [Cited 2017 Desember 7], Available from <http://ejournal.iqrometro.co.id/index.php/pendidikan/article/view/Faktor-Faktor-Yang-Mempengaruhi-Hasil-Belajar-Mahasiswa-Dalam-Mata-Kuliah-Bidang-Akuntansi/31>
5. Penetar DM, McCann U, Thorne D, Schelling A, Galinski C, Sing H, *et al*. Effects of caffeine on cognitive performance, mood, and alertness in sleep-deprived humans. 1994. [Cited 2017 Desember 7], Available from <https://www.ncbi.nlm.nih.gov/books/NBK209050/>
6. Sherwood L. Human Physiology from Cells to Systems. Edisi 8. Kanada: Nelson Education; 2013. p.158-9, 169-171, 233-4, 458
7. Hochadel MA. Mosby's Drug Reference for Health Professions. Edisi 4. USA: Elsevier; 2013. p.91
8. MIMS Indonesia Website. 2017. [Cited 2017 Desember 12], Available from <https://www.mims.com/indonesia/drug/info/caffeine?mtype=generic>
9. Moss M, Oliver L. Plasma 1,8 cineole correlates with cognitive performance following exposure to rosemary oil aroma. 2012. [Cited 2017 Desember 7], Available from www.ncbi.nlm.nih.gov/pmc/articles/PMC3736918/
10. Ali B, Al-Wabel AN, Shams S, Ahamad A, Khan SA, Anwar F. Essential oils used in aromatherapy. 2015. [Cited 2017 Desember 12], Available from <https://www.sciencedirect.com/science/article/pii/S2221169115001033>

11. Moss M, Cook J, Wesnes K, Duckett P. Aromas of rosemary and lavender essential oils differentially affect cognition and mood in healthy adults. *Int J Neurosci*. 2003; 113: 15–38. [Cited 2017 Desember 12], Available from <http://www.ncbi.nlm.nih.gov/m/pubmed/12690999/>
12. Moss M, Hewitt S, Moss L, Wesnes K. Modulation of cognitive performance and mood by aromas of peppermint and ylang-ylang. *Int J Neurosci*. 2008; 118: 59–77. [Cited 2017 Desember 12], Available from <http://www.ncbi.nlm.nih.gov/m/pubmed/18041606/>
13. Williams C. *Medicinal Plants in Australia: Gums, Resins, Tannin, And Essential Oils*. Volume 2. Australia: Rosenberg Publishing; 2011. p.36
14. Santaphongse S, Kurotschka W, Sarikaphuti A, Sittiprapaporn W. The study of eucalyptus essential oil wave inhalation on brain activities, working memory and reaction time. 2014. [Cited 2017 Desember 12], Available from http://anti-aging.mfu.ac.th/File_PDF/research_inter/P2557_22.pdf
15. *Essential Oils Desk Reference*. Edisi 3. USA: Life Science Publishing; 2015. p.50-51
16. Dechen S. Autumn is here: the metal element. *NAHA's Aromatherapy Journal*. 2016; p.17. [Cited 2018 Maret 25], Available from <https://conference.naha.org/wp-content/uploads/2013/12/NAHAJournal-Fall2016-FinalEmiOpt.pdf>
17. Shutes J. *Methods of application*. 2013. [Cited 2017 Desember 12], Available from <https://naha.org/explore-aromatherapy/about-aromatherapy/methods-of-application/>
18. Hall JE. *Guyton and Hall Textbook of Medical Physiology*. Edisi 13. USA: Elsevier; 2016. p.586, 688-692, 746, 751-757
19. Price L, Price S. *Aromatherapy for Health Professionals E-Book*; 2011. p.152
20. CALD. *Cambridge Advanced Learner's Dictionary*. Edisi 2. Cambridge: Cambridge University Press; 2005. p.9
21. Wibowo DS. *Neuroanatomi untuk Mahasiswa Kedokteran*. Edisi 1. Malang: Bayumedia Publishing; 2014. h.73-75, 147
22. Oken BS, Salinsky MC, Elsas SM. Vigilance, Alertness, or Sustained Attention: Physiological Basis and Measurement. *Clin Neurophysiol*, 2006; 117(9): 1885–1901. [Cited 2018 Juni 20], Available from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2865224/>
23. Strohm CM. *Vigilance: The Problem of Sustained Attention*. Edisi 1. Oxford: Pergamon Press Ltd; 1971. p.32, 37-8, 48

24. Swanson HL, Cooney JB. Relationship between intelligence and vigilance in children. *Journal of School Psychology*, 1983; Vol 27, Issue 2 : 141-153. [Cited 2018 Juni 29], Available from <https://www.sciencedirect.com/science/article/pii/0022440589900022?via%3Dihub>
25. Simic N, Gregov L. Sex hormones and cognitive functioning of women. *Arh Hig Rada Toksikol*, 2009; 60 (3):363-374.[Cited 2018 Juli 13], Available from <https://www.ncbi.nlm.nih.gov/pubmed/19789167>
26. Gillies GE, McArthur S. Estrogen actions in the brain and the basis for differential action in men and women: a case for sex-specific medicines. *Pharmacol Rev*, 2010; 62(2): 155–198. [Cited 2018 Juli 13], Available from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2879914/>
27. Puradisastra S, Soeng S, Tjondro ET, Prahasto BA. Pengaruh sirup buah pala (*myristica fragrans houtt*) terhadap ketelitian, kewaspadaan dan fungsi kognitif. 2011. [Cited 2018 Juli 13], Available from <http://www.farmako.uns.ac.id/perhipba/wp-content/uploads/2011/12/FEK.5.pdf>
28. Duarte R. Reticular formation, sleep and wakefulness. 2009. [Cited 2018 Januari 25], Available from http://physiology.lf2.cuni.cz/teaching/Reticular%20formation,sleep%20and%20wakefulness_2.ppt
29. Koensoemardiyah. A-Z Aromaterapi untuk Kesehatan, Kebugaran, dan Kecantikan. Edisi 1. Yogyakarta: Lily Publisher; 2009. h.1-4, 14
30. Biodiversity of the Western Volcanic Plains. Narrow-leaf peppermint eucalyptus radiata. 2018. [Cited 2018 Maret 26], Available from <http://bwvp.ecolinc.vic.edu.au/fieldguide/flora/narrow-leaf-peppermint#details>
31. Whitehorse City Council. Eucalyptus radiata – Narrow-leaved peppermint. 2007. [Cited 2018 Juli 20], Available from <http://www.whitehorse.vic.gov.au/Narrow-leaved-Peppermint.html>
32. ITIS Report. Taxonomy eucalyptus radiata. 2011. [Cited 2018 Maret 25], Available from https://www.itis.gov/servlet/SingleRpt/SingleRpt?search_topic=TSN&search_value=835093#null
33. Fischer J, Dethlefsen U. Efficacy of cineole in patients suffering from acute bronchitis: a placebo-controlled double-blind trial. *Cough*, 2013; 9 (1): 25. [Cited 2018 Juni 18], Available from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3842692/>
34. Bachir RG, Benali M. Antibacterial activity of the essential oils from the leaves of eucalyptus globulus against escherichia coli and staphylococcus aureus. *Asian Pac J Trop Biomed*, 2012; 2(9):739-42. [Cited 2018 Juni 18], Available

from <https://www.ncbi.nlm.nih.gov/pubmed/23570005>

35. Hassan SB, Muhtasib HG, Göransson H, Larsson R. Alpha terpineol: a potential anticancer agent which acts through suppressing nf-kb signalling. *Anticancer Research*, 2010; 30:6. [Cited 2018 Juni 18], Available from <http://ar.iijournals.org/content/30/6/1911.full>
36. Sun J. D-limonene: safety and clinical applications. *Altern Med Rev*, 2007; 12(3):259-64. [Cited 2018 Juni 18], Available from <https://www.ncbi.nlm.nih.gov/pubmed/18072821>
37. Kim DS, Lee HJ, Jeon YD, Han YH, Kee JY, Kim HJ, *et al.* Alpha-pinene exhibits anti-inflammatory activity through the suppression of mapks and the nf-kb pathway in mouse peritoneal macrophages. *Am J Chin Med*, 2015; 43(4):731-42. [Cited 2018 Juni 18], Available from <https://www.ncbi.nlm.nih.gov/pubmed/26119957>
38. Sayorwan W, Ruangrungsi N, Piriapunyporn T, Hongratanaworakit T, Kotchabhakdi N, Siripornpanich V. Effects of inhaled rosemary oil on subjective feelings and activities of the nervous system. *Scientia Pharmaceutica*, 2013; 81(2):531-542. [Cited 2018 Juni 6] , Available from <https://doi.org/10.3797/scipharm.1209-05>
39. J. Wiesner, R. Honow. Assessment report on *Eucalyptus globulus* Labill., *Eucalyptus polybractea* R.T. Baker and/or *Eucalyptus smithii* R.T. Baker, aetheroleum. Committee on Herbal Medicine Products, 2014; 16:1-38. [Cited 2018 Juli 31], Available from http://www.ema.europa.eu/docs/en_GB/document_library/Herbal_-_HMPC_assessment_report/2014/05/WC500166508.pdf
40. Epilepsi Society. Complementary therapies. 2015. [Cited 2018 Juli 31], Available from <https://www.epilepsysociety.org.uk/complementary-therapies#.W2CTqmlxWaM>
41. Juniper Russo. Eucalyptus oil side effects. 2017. [Cited 2018 Juli 31], Available from <https://www.livestrong.com/article/181623-guide-to-using-essential-oils-with-babies/>