

DAFTAR PUSTAKA

1. Kemenkes RI. 2017. Analisis Lansia di Indonesia. Pusat data dan Informasi Kementerian Kesehatan RI. Diakses tanggal 22 Desember 2019 dalam [www.depkes.go.id/download.php?file=download/.../infodatin lansia 2016.pdf](http://www.depkes.go.id/download.php?file=download/.../infodatin%20lansia%202016.pdf).
2. Nugroho, W. 2008. Keperawatan gerontic dan geriatric. Buku Kedokteran EGC: Jakarta.
3. Safitri N. 2018. Masalah Kesehatan Pada Lansia. Diakses tanggal 22 Desember 2019 dalam <http://yankes.kemkes.go.id/read-masalah-kesehatan-pada-lansia-4884.html>.
4. Kozier et al. 2004. Fundamentals of Nursing Concepts, Process, and Practice, New Jersey: Pearson Prentise Hall.
5. Wang CF, Sun YL, Zang HX. Music therapy improves sleep quality in acute and chronic sleep disorders: A meta-analysis of 10 randomized studies. *Int J Nurs Stud*. 2014; 51(1): 51–62.
6. Sunarko. 1985. Pengantar Pengetahuan Musik. Jakarta: Dekdikbud
7. Ximenes PNL, Syafitri N, Amigo TAE, Korespondensi P. Pengaruh Terapi Musik Terhadap Kualitas Tidur Pada Lansia Di Bpstw Yogyakarta Unit Abiyoso. *J Keperawatan Respati Yogyakarta*. 2016;3(2):35–8.
8. Merlianti A. 2014. Pengaruh Terapi Musik Terhadap Kualitas Tidur Penderita Insomnia pada Lanjut Usia (LANSIA) di Panti Jompo Graha Kasih Bapa Kabupaten Kubu Raya. Program Studi Keperawatan FK Universitas Tanjungpura Pontianak.
9. Wang Q, Chair SY, Wong EML, Li X. 2016. The effects of music intervention on sleep quality in community-dwelling elderly. *J Altern Complement Med*. 2016;22(7):576–84.
10. Lai H.-L dan Good M. 2005. Music Improves Sleep Quality in Older Adults. *Journal of Advanced Nursing*, 49(3), 234-244. DOI: 10.1.1.574.8393.pdf.
11. Lestarini A, Putra KSP. 2018. Music therapy on sleep quality in elderly. *IOP Conf Ser Mater Sci Eng*. 2018;434(1).
12. Chan, M.F., Chan, E.A., Mok, E. 2010. Effects of music on depression and sleep quality in elderly people: A randomised controlled trial.

- Complementary Therapies in Medicine 18 (3-4): 150-159 .
ScholarBank@NUS Repository. <https://doi.org/10.1016/j.ctim.2010.02.004>.
13. Lemma, Seblewengel et al. 2015. Good Quality Sleep is Associated with Better Academic Performance among University Students in Ethiopia. Ethiopia : NIH Public Access.
 14. Hajibagheri A, Babaii A, Adib-Hajbaghery M. Effect of Rosa damascene aromatherapy on sleep quality in cardiac patients: A randomized controlled trial. *Complement Ther Clin Pract*. 2014;20(3):159
 15. Shaleha, Rinanda Rizky Amalia. 2019. “Do Re Mi: Psikologi, Musik, Dan Budaya.” *Buletin Psikologi*, vol. 27, no. 1, 2019, p. 43, doi:10.22146/buletinpsikologi.37152.
 16. Reggyanti, Medina, and Tantri Wenny Sitanggang. “Efektifitas Pemberian Terapi Musik Klasik Terhadap Penurunan Gejala Insomnia Pada Lansia.” *Jurnal Kesehatan*, vol. 9, no. 1, 2020, pp. 1095–102, doi:10.38165/jk.v9i1.78.
 17. Snyder, M & Lindquist, R. 2010. *Complementary & Alternative Therapies Nursing. Sixth edition*. New York: Springer.
 18. Jespersen., Vibe, K., Vuust., Petter. 2012. The Effect of Relaxation Music Listening on Sleep Quality in Traumatized Refugees. *Journal of Music Therapy*.
 19. Sahanantya, et al. “Pengaruh Terapi Musik Klasik Mozart Terhadap Kualitas Tidur Pada Pasien Stroke Di Rumah Sakit Pantiwilasa Citarum Semarang.” *Jurnal Ilmu Keperawatan Dan Kebidanan*, 2015, pp. 1–8.
 20. Suhadianto, Suhadianto. 2016. "*Pengaruh Musik Mozart Terhadap Memori Pada Pelajaran Menghafal Di SMP Ta'Miriyah Surabaya*". Fakultas Psikologi Universitas 17 Agustus 1945 Surabaya Colin Blakemor. doi:10.30996/persona.
 21. Nnode Y, Ardiyani V dan Yasin D. “Pengaruh Terapi Musik Klasik Mozart Terhadap Kualitas Tidur Pada Pasien *Post* Operasi Di Rumah Sakit Baptis Baru” *Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Tribhuwana Tungadewi Malang*. Volume 3, Nomor 1, 2018.
 22. Pramono, Harijadi, et al. *The Effect of Classical and Jazz Background-Music on Concentration and Reading Comprehension in Young Adult Women*. Department

- of Physiology Faculty of Medicine Maranatha Christian University, Department of Anatomy Faculty of Medicine Maranatha Christia. no. 4, 2019, pp. 965–74.*
23. Lee, Taekyu, et al. "Music for Sleep and Wake-Up: An Empirical Study." *IEEE Access*, vol. 7, IEEE, 2019, pp. 145816–28, doi:10.1109/ACCESS.2019.2945404.
 24. Richard L Drake, Wayne Vogl, Adam WM Mitchell. 2014. *Gray's Anatomy: Anatomy of the Human Body*. Elsevier, 2014.
 25. Setyo Nugroho, Puguh, and HMS Wiyadi. "Anatomi Dan Fisiologi Pendengaran Perifer." *Jurnal THT-KL*, vol. 2, no. 2, 2012, pp. 76–85.
 26. Tewfik, Ted L. 2017. *Auditory System Anatomy*. Diakses tanggal 26 Oktober 2020 dalam <https://www.emedicine.medscape.com/article/1948643-overview>.
 27. Peterson, Diana C dan Hamel, Renee N. 2018. *Neuroanatomy, Auditory Pathway*. Diakses tanggal 26 Oktober 2020 dalam <https://www.ncbi.nlm.nih.gov/books/NBK532311/>.
 28. Guyton AC, Hall JE. *Buku Ajar Fisiologi Kedokteran*. Edisi ke-12. Singapore: Elsevier Singapore; 2016.
 29. Potter, Perry. (2010). *Fundamental Of Nursing: Consep, Proses and Practice*. Edisi 7. Vol. 3. Jakarta: EGC
 30. Sherwood, Lauralee. *Fisiologi Manusia dari Sel ke Sistem* Edisi 6. Jakarta: EGC, 2011.
 31. Aakash K. Patel, Vamsi Reddy dan John F. Araujo. 2020. *Physiology, Sleep Stages*. Diakses tanggal 26 Oktober 2020 dalam <https://www.ncbi.nlm.nih.gov/books/NBK526132/>.
 32. Colten HR, Altevogt BM. 2006. *Sleep Disorders and Sleep Deprivation: An Unmet Public Health Problem*. Diakses tanggal 26 Oktober 2020 dalam <https://www.ncbi.nlm.nih.gov/books/NBK19956/>.
 33. Driver, Helen, et al. 2012. *Insomnia in Adults and Children*. Joli Joco Publications Inc., 2012.
 34. Cusner et al 2018. *Stages of Sleep and Sleep Cycle*. Diakses tanggal 20 Oktober 2020 dalam <https://www.tuck.com/stages/>.
 35. National Institute of Neurological Disorders and Stroke. 2019. *Brain Basics: Understanding Sleep*. Diakses tanggal 23 Oktober 2020 dalam

<https://www.ninds.nih.gov/Disorders/patient-caregiver-education/understanding-sleep>.

36. National Institute of Neurological Disorders and Stroke. 2019. Understanding Sleep. Diakses tanggal 20 Oktober 2020 dalam <https://catalog.ninds.nih.gov/pubstatic//17-NS-3440-C/17-NS-3440-C.pdf>.
37. Smyth C. The Pittsburgh Sleep Quality Index (PSQI). Issue Number 6.1, Revised 2012. From The Hartford Institute for Geriatric Nursing, New York University, College of Nursing.
38. Brinkman J, Reddy V, Sharma S. 2018. Diakses tanggal 25 Oktober 2020 dalam <https://www.ncbi.nlm.nih.gov/books/NBK482512/>.
39. Ohayon, Maurice, et al. "National Sleep Foundation's Sleep Quality Recommendations: First Report." *Sleep Health*, vol. 3, no. 1, National Sleep Foundation., 2017, pp. 6–19, doi:10.1016/j.sleh.2016.11.006.
40. Asmadi. 2012. Teknik prosedural keperawatan : konsep dan aplikasi kebutuhan dasar klien. Jakarta : Salemba Medika.
41. Sarikaya, Nihan Altan. "Effect of Passive Music Therapy On Sleep Quality Among Elderly People Living in Nursing Home." *Journal of Psychiatric Nursing*, 2016, pp. 55–60, doi:10.5505/phd.2016.05900.
42. Kemenkes RI. 2017. "Analisis Lansia Di Indonesia" Pusat Data Dan Informasi Kementrian Kesehatan RI. pp. 1-2. Diakses tanggal 27 Oktober 2020 www.depkes.go.id/download.php?file=download/.../infodatin_lansia_2016.pdf%0A.
43. Kemenkes RI. 2013. "Buletin lansia" Pusat Data Dan Informasi Kementrian Kesehatan RI. Diakses tanggal 27 Oktober 2020 <https://www.kemkes.go.id/download.php?file=download/pusdatin/buletin/buletin-lansia.pdf>.
44. Sayekti Nilam, Hendrati Luci. 2015. Analisis Risiko Depresi, Tingkat Sleep Hygiene Dan Penyakit Kronis Dengan Kejadian Insomnia Pada Lansia. Departemen Epidemiologi FKM UA. pp. 181–93.
45. Mahmudah, Amalia Nuke. "FAKTOR YANG MEMPENGARUHI ANGKA HARAPAN HIDUP DI PROVINSI JAWA TIMUR TAHUN 2014 DENGAN

- MELIHAT NILAI STATISTIK CP MALLOWS". Fakultas Kesehatan Masyarakat Universitas Airlangga." *Jurnal Wiyata*, vol. 2014, 2019, pp. 13–19.
46. Ardianti, Astri Vonita, et al. "Faktor-Faktor Yang Mempengaruhi Angka Harapan Hidup Di Kabupaten Jember (The Factors That Affect Life Expectancy in District Of Jember)." *SRA-Economic and Business Article*, 2015, p. 6.
47. Suzuki K, Miyatomo M dan Hirata K. 2017. Sleep disorders in the elderly: Diagnosis and management. Diakses 16 November 2020 dalam <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5689397/>.
48. Irving, John. 2013. *Understanding Mozart's Piano Sonatas*. Ashgate. p. 54. ISBN 9781409494096.
49. Robins, Brian. 2011. Piano Sonata No. 11 in A Major ("Alla Turca") K. 331 (K. 300i). Diakses tanggal 11 Februari 2021 dalam <https://www.allmusic.com/composition/mc0002374455>.

