

DAFTAR PUSTAKA

1. ILO. Meningkatkan Keselamatan dan Kesehatan Pekerja Muda [Internet]. Kantor Perburuhan Internasional , CH- 1211 Geneva 22, Switzerland. 2018. Tersedia dari: http://www.oit.org/wcmsp5/groups/public/---asia/---ro-bangkok/---ilo-jakarta/documents/publication/wcms_627174.pdf
2. Kementerian Kesehatan Republik Indonesia [Internet]. [cited 2019 Feb 5]. Tersedia dari: <http://www.depkes.go.id/article/print/18012200004/menakerhanif-canangkan-peringatan-bulan-k3-nasional-2018.html>
3. Indonesia KKR. Peraturan Menteri Ketenagakerjaan Republik Indonesia Nomor 5 tahun 2018 tentang Keselamatan dan Kesehatan Kerja. 2018;
4. Common Causes of Stress & Their Effect on Your Health [Internet]. [cited 2019 Feb 7]. Tersedia dari: <https://www.webmd.com/balance/guide/causes-of-stress#2>
5. Kandola A, Vancampfort D, Herring M, Rebar A, Hallgren M, Firth J, *et al.* Moving to Beat Anxiety: Epidemiology and Therapeutic Issues with Physical Activity for Anxiety. *Curr Psychiatry Rep* [Internet]. 2018 Aug 24 [cited 2019 Feb 6];20(8):63. Tersedia dari: <http://link.springer.com/10.1007/s11920-018-0923-x>
6. Crain TL, Barber LK. Sick, Unsafe, and Unproductive: Poor Employee Sleep Is Bad for Business. 2018;
7. Perkebunan PT, Xii N. Pelatihan dasar satuan pengamanan.

8. Monica Roy AV. Exploring a Behavioural Therapy for Insomnia in Shift Workers. *J Sleep Disord Ther* [Internet]. 2015;04(03). Tersedia dari: <http://www.omicsgroup.org/journals/exploring-a-behavioural-therapy-for-insomnia-in-shift-workers-2167-0277-1000202.php?aid=53147>
9. What is Stress? - The American Institute of Stress [Internet]. [cited 2019 Feb 9]. Tersedia dari: <https://www.stress.org/what-is-stress>
10. Butler G. Definitions of stress. *Occas Pap R Coll Gen Pract* [Internet]. 1993;(61):1–5. Tersedia dari: <http://www.ncbi.nlm.nih.gov/pubmed/8199583> <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC2560943>
11. Yip A. Hans Selye (1907–1982): Founder of the stress theory. 2018;59(4):170–1.
12. Li C-T, Cao J, Li TMH. Eustress or distress. *Proc 2016 ACM Int Jt Conf Pervasive Ubiquitous Comput Adjunct - UbiComp '16* [Internet]. 2016;1209–17. Tersedia dari: <http://dl.acm.org/citation.cfm?doi=2968219.2968309>
13. Mohammad Mosadeghrad A. Occupational stress and its consequences: Implications for health policy and management. *Leadersh Heal Serv*. 2014;27(3):224–39.
14. Lumban Gaol NT. Teori Stres: Stimulus, Respons, dan Transaksional. *Bul Psikol* [Internet]. 2016;24(1):1. Tersedia dari: <https://jurnal.ugm.ac.id/buletinpsikologi/article/view/11224>
15. Service PH. ... AT WORK.
16. McEwen BS, Bowles NP, Gray JD, Hill MN, Hunter RG, Karatsoreos IN, *et al.*

- Mechanisms of stress in the brain. *Nat Neurosci* [Internet]. 2015 Oct [cited 2019 Feb 8];18(10):1353–63. Tersedia dari: <http://www.ncbi.nlm.nih.gov/pubmed/26404710>
17. Miche S. Causes and Management of Stress At Work. *Occup Environ Med* [Internet]. 2002;59(1):67–72. Tersedia dari: <http://oem.bmj.com/cgi/doi/10.1136/oem.59.1.67>
18. Crevecoeur GU. A system approach to the General Adaptation Syndrome. 2016;(July). Tersedia dari: file:///C:/Users/Davide/Downloads/Generaladaptationsyndrome_03.pdf
19. Harrington JM, Gill FS, Aw TC, Gardiner K, Howard G, Spurgeon A, *et al.* Occupational health . 1998;4:1–423.
20. Surveys for work related stress in the workplace [Internet]. [cited 2019 Feb 6]. Tersedia dari: <http://www.hse.gov.uk/stress/standards/step2/surveys.htm>
21. Standards M, Tool I, Executive S, Standards TM, Health U, Representatives S. Work-Related Stress Questionnaire.
22. The science of sleep - Expert Articles - Sleepio [Internet]. [cited 2019 Feb 10]. Tersedia dari: <https://www.sleepio.com/articles/sleep-science/the-science-of-sleep/>
23. NIMH » Sleep and Memory [Internet]. [cited 2019 Feb 10]. Tersedia dari: <https://www.nimh.nih.gov/labs-at-nimh/research-areas/clinics-and-labs/snpm/sleep-and-memory.shtml>
24. Arifin AR, Burhan E. Fisiologi Tidur dan Pernapasan. 1950;0–12.

25. Carskadon MA, Dement WC. Chapter 2 – Normal Human Sleep : An Overview. *Princ Pract Sleep Med Fifth Ed.* 2011;(July 2014):1602–9.
26. Buysse DJ. Sleep health: can we define it? Does it matter? *Sleep* [Internet]. 2014 Jan 1 [cited 2019 Jan 30];37(1):9–17. Tersedia dari: <http://www.ncbi.nlm.nih.gov/pubmed/24470692>
27. Ohayon M, Wickwire EM, Hirshkowitz M, Albert SM, Avidan A, Daly FJ, *et al.* National Sleep Foundation’s sleep quality recommendations: first report. *Sleep Heal* [Internet]. 2017;3(1):6–19. Tersedia dari: <http://dx.doi.org/10.1016/j.sleh.2016.11.006>
28. Harvey AG, Stinson K, Whitaker KL, Moskowitz D, Virk H. The subjective meaning of sleep quality: A comparison of individuals with and without insomnia. *Sleep.* 2008;31(3):383–93.
29. Sleep Quantity vs. Sleep Quality | Sleep.org [Internet]. [cited 2019 Feb 10]. Tersedia dari: <https://www.sleep.org/articles/sleep-quantity-different-sleep-quality/>
30. Carole B, Msn S, Gnp ANP. The Pittsburgh Sleep Quality Index (PSQI) The Pittsburgh Sleep Quality Index (PSQI). 2012;29(6):1–2.
31. Landry GJ, Best JR, Liu-Ambrose T. Measuring sleep quality in older adults: A comparison using subjective and objective methods. *Front Aging Neurosci.* 2015;7(SEP):1–10.
32. Tsigos C, Kyrou I, Kassi E, Chrousos GP. Stress, Endocrine Physiology and Pathophysiology [Internet]. *Endotext.* MDText.com, Inc.; 2000 [cited 2019 Feb

- 10]. Tersedia dari: <http://www.ncbi.nlm.nih.gov/pubmed/25905226>
33. Outcomes N, Noc C, Labels O, Cessation A, Protection A, Status AR, *et al.* NursingOutcomesClassificationLabelsDefinitions. 2004.
34. Eva Susanti, Halis Dyah Kusuma, Rosdiana. Hubungan Tingkat Stres Kerja dengan Kualitas Tidur pada Perawat Puskesmas Dau Malang. *Nursing News*. 2017;2(3):168-172.
35. Hui-Chuan Hsu. Age Differences in Work Stress, Exhaustion, Well-Being, and Related Factors from an Ecological Perspective. *Environmental Research and Public Health*. 2018 Dec 25;16(50):6-15.
36. Thorsten Lunau, Johannes Siegrist, Nico Dragano. The Association between Education and Work Stress: Does the Policy Context Matter?. *PLoS ONE*. 2015 March 26;10(3):6-12.
37. C.E. Koch, B. Leinweber, B.C. Drenberg. Neurobiology of Stress. *Chronophysiology Group*. 2016 Sept 8;6(1):57-64.
38. Milena Pavlova. Circadian Rhythm Sleep-Wake Disorder. *American Academy of Neurology*. 2017 August;23(4):1051-1063.
39. Hiwot Berhanu, Andualem Mossie, Samuel Tadesse, Daniel Geleta. Prevalence and Associated Factors of Sleep Quality among Adults in Jimma Town, Southwest Ethiopia. *Hindawi*. 2018 April 22:1-10.