

DAFTAR PUSTAKA

- Abassi, M. R., Safavi, a., Haghverdi, M., & Saedi, B. (2016). *Sleep disorders in ESRD patients undergoing hemodialysis*. Acta Medica Iranica.
- Achmad Ramadhan, Hani Fauziah, A. P. (2020). *Penerapan Terapi Slow Stroke Back Massage Pada Pasien Hipertensi Di Wilayah Kerja Puskesmas Bekasi Raya*. *Slow Stroke Back Massage Therapy In Hypertension Patiens In Public Health Center Of Bekasi Jaya*.
<https://osf.io/preprints/inarxiv/bfkqd/>
- Ali Rahmani, Mahdi Naseri, Mohammad Mahdi Salaree, B. N. (2016). Comparing the Effect of Foot Reflexology Massage, Foot Bath and Their Combination on Quality of Sleep in Patients with Acute Coronary Syndrome. *Journal of Caring Sciences*, 5(4), 299–306.
<https://doi.org/10.15171/jcs.2016.031>
- Anninah, Asmawati, S. P. (2020). Pengaruh Slow Stroke Back Massage Terhadap Kualitas Tidur Ibu Post Sectio Caesarea di RS. Bhayangkara Bengkulu. *Jurnal Keperawatan Rafflesia*, 2(1), 41–50.
<https://doi.org/10.33088/jkr.v2i1.427>
- Asmadi. (n.d.). *Teknik Prosedural Keperawatan: Konsep dan Aplikasi Kebutuhan Dasar Klien*. Salemba Medik.
- Azadeh Kheyri, Farideh Bastani, H. H. (2016). Effects of Reflexology on Sleep Quality of Elderly Women Undergoing Abdominal Surgery.

Journal of Client-Centered Nursing Care, 2(1), 11–18.
<https://doi.org/10.32598/jccnc.2.1.11>

Azis, W. F. Al. (2016). Pengaruh Masase Kaki Dan Aromaterapi Sereh Terhadap Penurunan Insomnia Pada Lansia Di Panti Wredha Daerah Surakarta Publikasi Ilmiah. *Naskah Publikasi*, 1–12.

Capezuti, E., Sagha Zadeh, R., Pain, K., Basara, A., Jiang, N. Z., & Krieger, A. C. (2018). A systematic review of non-pharmacological interventions to improve nighttime sleep among residents of long-term care settings. *BMC Geriatrics*, 18(1), 1–18.
<https://doi.org/10.1186/s12877-018-0794-3>

Chien, H., Chung, Y., Yeh, M., & Lee, J. (2015). *Breathing exercise combined with cognitive behavioural intervention improves sleep quality and heart rate variability in major depression.*

Cinar, Ş., & Eser, I. (2012). Effect on Sleep Quality of Massage Effect on Sleep Quality of Back Massage in Older Adults in Rest Home. *Dokuz Eylül Üniversitesi Hemşirelik Yüksekokulu Elektronik Dergisi*, 5(1), 2–7. <http://www.deuhyoedergi.org>

Deviana, S. U. (2018). PERBEDAAN PENGARUH FOOT REFLEXOLOGY DAN MASSAGE THERAPY TERHADAP KUALITAS TIDUR PADA LANSIA. *Spectrochimica Acta - Part A: Molecular and Biomolecular Spectroscopy*.

http://ec.europa.eu/energy/res/legislation/doc/biofuels/2006_05_05_c

onsultation_en.pdf%0Ahttp://dx.doi.org/10.1016/j.saa.2017.10.076%0Ahttps://doi.org/10.1016/j.biortech.2018.07.087%0Ahttps://doi.org/10.1016/j.fuel.2017.11.042%0Ahttps://doi.org/10.1016/j.

Dionesia, E. A. (2019). Perbedaan Efektifitas Tindakan Massage Dan Pemberian Rendam Air Hangat Dalam Memenuhi Kualitas Tidur Pada Lansia. *Jurnal Riset Kesehatan Nasional*, 1(2), 111. <https://doi.org/10.37294/jrkn.v1i2.79>

Dua, Anahita; Shalhub, Sherene; Shin, S. (2017). *Hemodialysis Access*.

Washington. Springer International Publishing.

Dwi Ariani, S. (2019). Pengaruh Food Massage Terhadap Kualitas Tidur Pada Lansia Di Panti Wredha Dharma Bakti Kasih Surakarta. *Interest: Jurnal Ilmu Kesehatan*, 8(1), 87–93. <https://doi.org/10.37341/interest.v8i1.122>

Endang, D. dan Z. (2018). *Relationship between Sleep Quality and Heart Attacks Incidents among Infarct Myocard Acute Patients at Ulin Banjarmasin Hospital*. Poltekkes Kemenkes Banjarmasin.

Erna Melastuti, L. U. A. (2015). *PENGARUH TERAPI SLOW STROKE BACK MASSAGE (SSBM) TERHADAP KUALITAS TIDUR PASIEN POST OPERASI DI RSI SULTAN AGUNG SEMARANG*. 7–12.

Ezzat, H. & Mohab, A. (2015). *Prevalence of sleep disorders among ESRD patients. Renal Failure*.

Fakihan A. (2016). *Hubungan aktivitas fisik dengan kualitas tidur pada*

lanjut usia. Skripsi. Fakultas Ilmu Kesehatan Universitas Muhammadiyah.

Fitri ahmad zaena. (2018). *hubungan aktivitas fisik dengan kualitas tidur pada lanjut usia di desa karangrejo kecamatan gabus kabupaten grobogan.*

Flavia Baggio Nerbass, Maria Ignez Zanetti Feltrim, Silvia Alves de Souza, Daisy Satomi Ykeda, G. L.-F. (2010). Effects of Massage Therapy on Sleep Quality After Coronary Artery Bypass Graft Surgery. *Clinics*, 65(11), 1105–1110.
<https://doi.org/10.1590/S1807-59322010001100008>

Galea, M. (2008). Subjective Sleep Quality In The Elderly : Relationship To Anxiety , Depressed Mood , Sleep Beliefs , Quality Of Life , And Hypnotic Use . Melissa Galea Doctor of Psychology (Clinical Neuropsychology) School Of Psychology, Victoria University. *School of Psychology, Victoria University.*

Hadi Hasankhani, Fariba Ghaderi, Sima Lakdizaji, M. N. (2013). The Effect Of The Slow-Stroke Back Massage On Fatigue Of Dialyzed Patients. *International Research Journal of Applied and Basic Sciences*, 4(10), 3004–8.

Hajrah Ainun, Gregorius Benard Ndruru, Krisna Yuliriska Baeha, S. (2020). *Pengaruh Terapi Massage Punggung Terhadap Peningkatan Kualitas Tidur Pada Lansia Di Panti Jompo Yayasan Guna Budi Bakti*

Medan Tahun 2020. 6(2), 93–98.

Heriana, P. (2014). *Buku ajar kebutuhan dasar manusia*. Binarupa Aksara.

Plus 37 jurnal.

Hidayat, A, Aziz Alimul & Uliyah, M. (2008). *Buku Saku Praktikum Kebutuhan Dasar Manusia*. Editor, Monica Ester. EGC.

Hidayat. (2008). *Metode Penelitian Kesehatan*. Bineka Cipta.

I.A. Pascha Paramurthi, Komang Tri Adi Suparwati, N. P. D. S. K. (2019). Efektifitas Slow Stroke Back Massage Terhadap Peningkatan Kualitas Tidur Pada Lansia. *Bali Health Journal*, 3.(2).

Immanuel Sri Mei Wulandari, S. F. (2016). *HUBUNGAN LAMANYA MENJALANI HEMODIALISIS DENGAN KUALITAS TIDUR PASIEN GAGAL GINJAL TERMINAL DI RUMAH SAKIT ADVENT BANDUNG*.

Ira Suarilah, Mohammad Hayat, R. I. (2020). The Effect of Cutaneous Stimulation: Slow Stroke Back Massage on Sleep Quality Improvement in Elderly. *Systematic Reviews in Pharmacy*, 11(3), 918–920.
<https://doi.org/10.31838/srp.2020.3.137>

Jacobus, D. J. (2016). *Gangguan Tidur Meningkatkan Risiko Diabetes Melitus*. 43(2), 144–146.

Joys, J., & Komari, S. S. (2016). *Effectiveness of Back Massage Therapy in Promoting Sleep Quality among Post Operative Patients after Cardiac Surgery*.

Khodayar Oshvandi, Saeid Abdi, Arezo Karampourian, Abbas

- Moghimbaghi, S. H. (2014). *The effect of foot massage on quality of sleep in ischemic heart disease patients hospitalized in CCU*. 7(2), 66–73.
- Kozier et al. (2010). *Buku Ajar Fundamental Of Nursing: Teory and Practice* (7th ed.). EGC.
- Laily, et al. (2015). *Efektifitas Pemberian Terapi Musik Instrumen Terhadap Kualitas Tidur Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisa*. *Jurnal Keperawatan Indonesia*. 4(3), 2087–2879.
- Lee Ks, Lenny Ta, Heo S, Kyeung L, M. D. (2016). Prognostic Improtance Of Sleep Quality In Patient With Heart Failure. *AJCC American Assosiation on Critical Care*, 25(6).
- Lindner, A. V., Novak, M., Bohra, M., & Mucsi. (2015). *Insomnia in Patients With Chronic Kidney Disease*. *Seminars in Nephrology*. 35(4), 359–372.
- Lyndon, S. (2014). *Visual Nursing Kardiovaskular*. Binarupa Aksara.
- Mahadeo B Shinde, S. A. (2014). Effectiveness of Slow Back Massage on Quality of Sleep among ICU Patent's. *International Journal Of Science And Research*, 3(3), 292–298.
[httpwww.ijsr.net/archive/v3i3MDIwMTMxMTI0.pdf](http://www.ijsr.net/archive/v3i3MDIwMTMxMTI0.pdf)
- Mailisna, Sutomo Kasiman, E. K. B. (2017). Perbedaan Terapi Back Massage dan Akupresur Terhadap Kualitas Tidur Pasien Hemodialisa

di Rumah Sakit Umum Langsa. *Jppni*, 01(03). <http://jurnal-ppni.org/ojs/index.php/jppni/article/view/32/26>

Masoud Hatefi, Molouk Jaafarpour, Ali Khani, Javaher Khajavikhan, T. K. (2015). The Effect Of Whole Body Massage On The Process And Physiological Outcome Of Trauma ICU Patients: A Double-Blind Randomized Clinical Trial. *Journal of Clinical and Diagnostic Research*, 9(6), UC05–UC08. <https://doi.org/10.7860/JCDR/2015/12756.6096>

Maulana, F. H. (2016). Pengaruh Masase Ekstremitas Bawah Dengan Minyak Esensial Lavender Terhadap Penurunan Tekanan Darah Pada Lansia Dengan Hipertensi Di UPTD Griya Werdha Surabaya Skripsi. *Skripsi*.

Mojtaba Miladinia, MSc Shahram Baraz, PhD Abdolali Shariati, MSc Amal Saki Malehi, P. (2017). Effects Of Slow-Stroke Back Massage On Symptom Cluster In Adult Patients With Acute Leukemia: Supportive Care In Cancer Nursing. *Cancer Nursing*, 40(1), 31–38. <https://doi.org/10.1097/NCC.0000000000000353>

Mubarak. W. I. & Chayatin, N. (2014). *Buku Ajar Kebutuhan Dasar Manusia : Teori & Aplikasi Dalam Praktik*.

Mulia, A. (2019). *SKRIPSI PENGARUH FOOT MASSAGE TERHADAP KUALITAS TIDUR PADA PASIEN CHF (CONGESTIVE HEART*

*FAILURE) DI RUANG HCU CEMPAKA 2 RSUD Dr. ADNAAN WD
PAYAKUMBUH.*

Muliana. (2018). *Analisis praktik klinik keperawatan pada pasien chornic kidney disease dengan intervensi inoasi akupresur aurikula terhadap uremik pruritus selama proses hemodialisa di Ruang Hemodialisa RSUD Abdul Wahab Sjahrani Samarinda.* KIAN.

Murti, N. W. (2017). *Efek Circulo Massage Terhadap Gangguan Tidur Pada Wanita Lansia Di Posyandu Lansia Cebongan Ngestiharjo Kasihan Bantul.* VI(3), 1–9.

Napitupulu, Y. C. R. (2016). *Gambaran Kualitas Tidur pada Kelompok Obesitas.* Universitas.

Nopri Afrila, Ari Pristiana Dewi, E. (2015). EFEKTIFITAS KOMBINASI TERAPI SLOW STROKE BACK MASSAGE DAN AKUPRESUR TERHADAP PENURUNAN TEKANAN DARAH PADA PENDERITA HIPERTENSI. *Cybrarians Journal*, 2(37), 1–31.
<https://doi.org/10.12816/0013114>

Ns. Thomas Ari Wibowo, M. K. (2017). *Slow Stroke Back Massage Terhadap Penurunan Depresi Pada Penderita Pascastroke Iskemik.* *Jurnal Ilmiah Sehat Bebaya*, 1(2), 155–162.

Nurlaily Afianti, A. M. (2017). *Pengaruh Foot Massage terhadap Kualitas Tidur Pasien di Ruang ICU.* *Jurnal Keperawatan Padjadjaran*, 5(1), 86–97. <https://doi.org/10.24198/jkp.v5n1.10>

Potter, P. A., & Perry, A. . (2007). *Buku ajar fundamental keperawatan:*

Konsep, proses dan praktek. EGC.

Potter & Perry. (n.d.). *Fundamental Keperawatan. EGC.*

Riset Kesehatan Dasar (Riskesdas) Hasil Utama Riskesdas 2018.
(2018).

Badan Litbangkes, Kemenkes RI.

RIZKIANA, J. (2018). *PENGARUH TERAPI MASSAGE PUNGGUNG TERHADAP KUALITAS TIDUR LANSIA DI BALAI PELAYANAN SOSIAL TRESNA WERDHA UNIT BUDI LUHUR KASONGAN BANTUL YOGYAKARTA NASKAH PUBLIKASI.*

Sari, I. K. (2017). *Perbedaan Kualitas Tidur Pasien Gagal Ginjal Kronik Yang Menjalani Terapi Hemodialisa 2 Kali Dan 3 Kali Di Rumah Sakit Pku Muhammadiyah Yogyakarta.* Universitas Muhammadiyah.

Seiger Cronfalk, B., Åkesson, E., Nygren, J., Nyström, A., Strandell, A. M., Ruas, J., & von Euler, M. (2020). A qualitative study—Patient experience of tactile massage after stroke. *Nursing Open*, 7(5), 1446–1452. <https://doi.org/10.1002/nop2.515>

Sugiono. (2012). *Metode penelitian kuantitatif dan kualitatif dan R&D.* Alfabes.

Theresia Anita Pramesti, Ni Wayan Nanda Indriani, Ni Wayan Trisnadewi,

D. G. J. (2019). *THE EFFECT OF FOOT MASSAGE ON SLEEP QUALITY IN THE ELDERLY.* 215–223.

Triyadini, Asrin, A. S. U. (2010). Efektifitas Terapi Massage Dengan Terapi

Mandi Air Hangat Terhadap Penurunan Insomnia Lansia. *The Soedirman Journal of Nursing*, 5(3), 174–181.

Wei-Ling Chen, RN, MSN, Gin-Jen Liu, RN, MSN, Shu-Hui Yeh, RN, ANP, PhD, Ming-Chu Chiang, RN, MSN, Mao-Young Fu, MD, and Yuan-Kai Hsieh, M. (2013). Effect Of Back Massage Intervention On Anxiety, Comfort, And Physiologic Responses In Patients With Congestive Heart Failure. *Journal of Alternative and Complementary Medicine*, 19(5), 464–470. <https://doi.org/10.1089/acm.2011.0873>

Wicaksono D.W, Yusuf A., W. I. . (2015). *Analisis faktor dominan yang berhubungan dengan kualitas tidur pada mahasiswa Fakultas Keperawatan Universitas Airlangga. Fundamental and Management Nursing Journal.*

Widya, G. (2010). *Mengatasi Insomnia: Cara Mudah Mendapatkan Kembali Tidur Nyenyak Anda.* Katahati.

Zulmi, A. Z. (2016). Pengaruh Masase Punggung Terhadap Kualitas Tidur Pada Lansia Di Upt Pslu Jember Skripsi. In *Digital Repository Universitas Jember.*
<http://repository.unej.ac.id/handle/123456789/76514>