



DAFTAR PUSTAKA

- Aldabal, L., Bahammam, A. S. (2011). Metabolic, endocrine, and immune consequences of sleep deprivation. *Open Respir Med J.* 5:31-43. doi: 10.2174/1874306401105010031. Epub 2011 Jun 23. PMID: 21754974; PMCID: PMC3132857.
- Ayaki, M., Hattori, A., Maruyama, Y., Tsubota, K., & Negishi, K. (2017). Large-scale integration in tablet screens for blue-light reduction with optimized color: The effects on sleep, sleepiness, and ocular parameters, *Cogent Biology*, 3:1, DOI: 10.1080/23312025.2017.1294550.
- Baiden, P., Tadeo, S.K., Kersley E. Peters, K.E., (2019). The association between excessive screen-time behaviors and insufficient sleep among adolescents: Findings from the 2017 youth risk behavior surveillance system. *Psychiatry Research.* Volume 281. <https://doi.org/10.1016/j.psychres.2019.112586>.
- Benham, G. (2021). Stress and sleep in college students prior to and during the COVID-19 pandemic. *Stress and Health*, 37(3), 504–515. <https://doi.org/10.1002/smj.3016>.
- Bixler, E., (2009). Sleep and society: an epidemiological perspective. *Journal of Sleep Medicine*. 10, S3–S6.
- Carpenter, J. S. & Andrykowski, M. A. (1998). PSYCHOMETRIC EVALUATION OF THE PITTSBURGH SLEEP QUALITY INDEX. *Journal of Psychosomatic Research*. 45, 1. S0022-3999(97)00298-5.
- Chairudin, C. T. (2021). Hubungan antara screen time dengan kualitas tidur mahasiswa selama kelas daring. Bachelor Thesis, Universitas Pelita Harapan.
- Cheng, S. H., Shih, C.-C., Lee, I. H., Hou, Y.-W., Chen, K. C., Chen, K.-T., ... Yang, Y. C. (2012). A study on the sleep quality of incoming university students. *Psychiatry Research*, 197(3), 270–274. doi:10.1016/j.psychres.2011.08.011.
- Clement-Carbonell, V., Portilla-Tamarit, I., Rubio-Aparicio, M., Madrid-Valero, J.J. (2020). Sleep Quality, Mental and Physical Health: A Differential Relationship. *Int. J. Environ. Res. Public Health* 2021, 18, 460. <https://doi.org/10.3390/ijerph18020460>.
- Doerr, J., Ditzen, B., Strahler, J., et al. (2015). Reciprocal relationship between acute stress and acute fatigue in everyday life in a sample of university



students. *Biol Psychol.* 110:42–49.<https://doi.org/10.1016/j.biopsycho.2015.06.009>.

Edinger, J. D., Bonnet, M. H., Bootzin, R. R., Doghramji, K., Dorsey, C. M., ... Stepanski, E. J. (2004). American Academy of Sleep Medicine Work Group. Derivation of research diagnostic criteria for insomnia: report of an American Academy of Sleep Medicine Work Group. *Sleep*. 27(8):1567–96. doi: 10.1093/sleep/27.8.1567. PMID: 15683149.

Feng, Q., Zhang, Q., Du, Y., dkk. (2014). Associations of Physical Activity, Screen Time with depression, Anxiety, and Sleep Quality among Chinese College Freshmen. *PLoS One*. 9:(6) e100914.

Foundation NS. (2011). Sleep in America poll [Online] Available from: http://sleepfoundation.org/sites/default/files/sleepinamericapol/SIAP_2011_Summary_of_Findings.pdf [Accessed: 8 Juli 2021].

Graham, J., Streitel, K. (2010). Sleep quality and acute pain severity among young adults with and without chronic pain: the role of biobehavioral factors. *J Behav Med*. 33(5):335–345. <https://doi.org/10.1007/s10865-010-9263-y>.

Haba-Rubio, J., Marques-Vidal, P., Andries, D., Tobback, N., Preisig, M., Vollenweider P., ... Heinzer R. (2015). Objective sleep structure and cardiovascular risk factors in the general population: the HypnoLaus Study. *Sleep*. 38(3):391–400. doi: 10.5665/sleep.4496. PMID: 25325467; PMCID: PMC4335515.

Hadi, S. (2000). *Analisa butir untuk instrumen, angket, tes dan skala nilai*. Yogyakarta: Andi Offset.

Hale, L., & Guan, S. (2015). Screen time and sleep among school-aged children and adolescents: A systematic literature review. *Sleep Medicine Reviews*, 21, 50–58. doi:10.1016/j.smrv.2014.07.007.

Hall, M. H., Muldoon, M. F., Jennings, J. R., Buysse, D. J., Flory, J. D., Manuck, S. B. (2008). Selfreported sleep duration is associated with the metabolic syndrome in midlife adults. *Sleep* 31, 635–643.

Hasanah, A., Lestari, A. S., Rahman, A. Y., Daniel, Y. I. (2020). Analisis aktivitas belajar daring mahasiswa pada pandemic Covid-19.

Hiltunen, P., Leppänen, M. H., Ray, C., Määttä, S., Vepsäläinen, H., Koivusilta, L., ... Roos, E. (2020). Relationship between screen time and sleep among Finnish preschool children: results from the DAGIS study. *Sleep Medicine*. doi:10.1016/j.sleep.2020.11.008.



- Hoggard, L., Hill, L. (2016). Examining how racial discrimination impacts sleep quality in African Americans: is perseveration the answer?. *Behav Sleep Med.* 16(5):471–481. <https://doi.org/10.1080/15402002.2016.1228648>.
- Hobfoll, S. E. (1991). Traumatic stress: A theory based on rapid loss of resources. *Anxiety Research*, 4(3), 187–197. doi:10.1080/08917779108248773.
- Horowitz, M., Wilner, N., Alvarez, W. (1979). Impact of Event Scale: a measure of subjective stress. *Psychosom Med.* 41(3):209-18. doi: 10.1097/00006842-197905000-00004. PMID: 472086.
- Hyyppä, M. T. & Kronholm, E. (1989). Quality of sleep and chronic illnesses. *J Clin Epidemiol.* 42(7):633-8. doi: 10.1016/0895-4356(89)90006-1. PMID: 2788211.
- Janie, D. N. A. (2012). Statistik deskriptif & regresi linier berganda dengan SPSS. *Jurnal, April*.
- Jin, Y., Ding, Z., Fei, Y., et al. (2014). Social relationships play a role in sleep status in Chinese undergraduate students. *Psychiatry Res.* 220(1-2):631–638. <https://doi.org/10.1016/j.psychres.2014.08.029>.
- Kalat, J. W. (2009). *Biological Psychology, Tenth Edition*. Canada: Cengage Learning. ISBN-13: 978-0-495-60300-9.
- Kamila, H. I. & Kusrohmaniah, S. (2020). Hubungan Antar Stres Akademik dan Kualitas Tidur pada Mahasiswa Kedokteran. Skripsi. Yogyakarta: Universitas Gadjah Mada
- Kang, J., Chen, S. (2009). Effects of an irregular bedtime schedule on sleep quality, daytimesleepiness, and fatigue among university students in Taiwan. *BMC Public Health.* 9(1). <https://doi.org/10.1186/1471-2458-9-248>.
- Kartika, R. (2020). Analisis Faktor Munculnya Gelaja Stres pada Mahasiswa akibat Pembelajaran Jarak Jauh di Masa Pandemi Covid-19. <https://doi.org/10.31234/osf.io.nqesb>.
- Kartini, Amalia, H., Zaina, N. A., Yenny, Anggraeni, C. (2020). Penyuluhan Menjaga Kesehatan Mata Anak Selama Pembelajaran Daring di Masa Pandemik Covid-29. *Jurnal Wahana Abdimas Sejahtera.* 2(1), 9-32. DOI: 10.25105/juara.v2i1.8267.
- Kementerian Kesehatan RI. (2020) *Situasi COVID-19*. [Online] Available from: <https://www.kemkes.go.id/> [Accessed: 15 Juli 2021].
- Khare, R., Mahour, J., Ohary, R., & Kumar, S. (2021). Impact of online classes, screen time, naps on sleep, and assessment of sleep-related problems in



- medical college students during lockdown due to coronavirus disease-19 pandemic. *National Journal of Physiology, Pharmacy and Pharmacology*, 11(1), 56-61. doi:<http://dx.doi.org/10.5455/njppp.2021.10.09235202006092020>.
- Lee, J., Jang, S., Ju, Y., Kim, W., Lee, H., Park, E. (2017). Relationship between Mobile Phone Addiction and the Incidence of Poor and Short Sleep among Korean adolescents:a longitudinal study of the Korean Children & Youth Panel Survey. *J Korean MedSci.* 32(7):1166.<https://doi.org/10.3346/jkms.2017.32.7.1166>.
- Lovie, A. D. (1995). Who discovered Spearman's rank correlation?, *British Journal of Mathematical and Statistical Psychology*. 48, 255–269.
- Ma, C., Zhou, L., Xu, W., Ma, S., Wang, Y. (2020). Associations of physical activity and screen time with suboptimal health status and sleep quality among Chinese college freshmen: A cross-sectional study. *PLOS ONE* 15(9): e0239429. <https://doi.org/10.1371/journal.pone.0239429>.
- Megarita, Y., Lara, L., Anjelly, F., Sebo, T. A. R. (2021). Pandangan Masyarakat Terhadap Overthinking dan Relasinya dengan Teori Rational Emotive Brief Therapy. *PsyArXiv*. <https://doi.org/10.31234/osf.io/s8xpk>.
- National Sleep Foundation. (2020). What Is Sleep Quality?. [online] dikunjungi dari situs [What Is Sleep Quality? | National Sleep Foundation \(thensf.org\)](https://www.sleepfoundation.org/sleep-quality) pada 30 Mei 2021.
- Nilifda, H., Nadjimir, Hardisman. (2016). Hubungan Kualitas Tidur dengan Prestasi Akademik Mahasiswa Program Studi Pendidikan Dokter Angkatan 2010 FK Universitas Andalas. *Jurnal Kesehatan Andalas*. 5(1). <https://doi.org/10.25077/jka.v5i1.477>.
- Nyer, M., Farabaugh, A., Fehling, K., et al. (2013). Relationship between sleep disturbanceand depression, anxiety, and functioning in college students. *Depress Anxiety*. 30(9):873–880.<https://doi.org/10.1002/da.22064>.
- Olguin, M. A. (2021). The Correlation Between Dietary Intake, Stress, Food Insecurity, Physical Activity, Sleep, and Screen Time in College Students During Covid-19. *Theses & Dissertations*. 390. https://athenaeum.uiw.edu/uiw_etds/390.
- Patil, A. et al., 2019. Eyeing Computer Vision Syndrome: Awareness, Knowledge, and its Impact on Sleep Quality among Medical Students. *Industrial Psychiatry Journal*. 28(1):68-74. doi: 10.4103/ijp.ipj_93_18.
- Pawicara, R., & Conilie, M. (2020). Analisis Pembelajaran Daring terhadap Kejemuhan Belajar Mahasiswa Tadris Biologi IAIN Jember di



- Tengah Pandemi Covid-19. ALVEOLI: Jurnal Pendidikan Biologi, 1(1), 29-38.
- Potter, P. A., & Perry, G. A. (2010). Fundamental of nursing. Edisi 7. Jakarta : EGC.
- Rafique, N., Al-Asoom, L. I., Al Sunni, A., Saudagar, F. N., Almulhim, L. A., & Alkaltham, G. K. (2020). Effects of Mobile Use on Subjective Sleep Quality. *Nature and Science of Sleep*, Volume 12, 357–364. doi:10.2147/nss.s253375.
- Rosita, F. N., (2021). Prevalensi dan Asosiasi Antara Depresi, Kecemasan, Stres, dan Kualitas Tidur pada Mahasiswa Selama Pandemi Covid-19. *PSIKODIMENSI*. 20(2). 131-143.
- Ruiter Petrov, M. E., Letter, A. J., Howard, V. J., Kleindorfer, D. (2014). Selfreported sleep duration in relation to incident stroke symptoms: nuances by body mass and race from the REGARDS study. *J Stroke Cerebrovasc Dis.* 23(2):e123- 32. doi: 10.1016/j.jstrokecerebrovasdis.2013.09.009. Epub 2013 Oct 8. PMID: 24119626; PMCID: PMC3946730.
- Sadikin, A., Hamidah, A. (2020). Pembelajaran Daring di Tengah Wabah Covid-19:(Online Learning in the Middle of the Covid-19 Pandemic). *Biodik*, 6(2), 214-224.
- Safaringga, E., Herprandika, R. P., (2018). Hubungan Antara Kebugaran Jasmani dengan Kualitas Tidur. *Jurnal SPORTIF: Jurnal Penelitian Pembelajaran*. Volume 4, 235-247. https://doi.org/10.29407/js_unpgri.v4i2.12498.
- Sherwood, L. (2011). *Fisiologi Manusia Edisi 2*. Jakarta: EGC.
- Shevlin, M., McBride, O., Murphy, J., Miller, J., Hartman, T., Levita, L., . . . Bentall, R. (2020). Anxiety, depression, traumatic stress and COVID-19-related anxiety in the UK general population during the COVID-19 pandemic. *BJPsych Open*, 6(6), E125. doi:10.1192/bjo.2020.109.
- Sigman, A. (2012). Time for a view on screen time. *Archives of Disease in Childhood*. 97:935-942.
- Spearman, C. (1906). “Footrule” for measuring correlation. *British Journal of Psychology*. 2, 89–108.
- Susanto, S., & Azwar, A. G. (2020). ANALISIS TINGKAT KELELAHAN PEMBELAJARAN DARING DALAM MASA COVID-19 DARI ASPEK BEBAN KERJA MENTAL (Studi Kasus Pada Mahasiswa Universitas Sangga Buana). *TECHNO-SOCIO EKONOMIKA*, 13(2), 102-112.



- Tasya, D. F., Bustamam, N., Lestari, W. (2021). Perbandingan Screen-time Berdasarkan Kuantitas dan Kualitas Tidur Mahasiswa Fakultas Kedokteran Universitas Pembangunan Nasional Veteran Jakarta pada Pandemi Corona Virus Disease-19. 21(2). <https://doi.org/10.24815/jks.v21i2.20406>.
- Trockel, M.T., Barnes, M.D., Egget, D.L. (2000). Health-related variables and academic performance among first-year college students: implications for sleep and other behaviors. *Journal of American College Health*. 49, 125–131.
- Vanaken, L., Scheveneels, S., Belmans, E., & Hermans, D. (2020). Validation of the Impact of Event Scale With Modifications for COVID-19 (IES-COVID19). *Frontiers in Psychiatry*, 11, 738. <https://doi.org/10.3389/fpsyg.2020.00738>.
- Vizcaino, M., Buman, M., DesRoches, C. T., & Wharton, C. (2019). Reliability of a new measure to assess modern screen time in adults. *BMC Public Health*, 19(1). doi:10.1186/s12889-019-7745-6.
- Wahyuni, L. T., (2018). Hubungan Stres dengan Kualitas Tidur Mahasiswa profesi Keperawatan STIKes Ranah Minang Padang Tahun 2016. *MENARA Ilmu*. XII(3). 1693-2617.
- Wijndaele, K., Brage, S., Besson, H., Khaw, K., Sharp, S. J., Luben, R., dkk. (2011). Television viewing and incident cardiovascular disease: prospective associations and mediation analysis in the EPIC Norfolk study. *PLoS One*. 6:e20058.
- Wu, X., Tao, S., Zhang, Y., Zhang, S., Tao, F., (2015). Low Physical Activity and High Screen Time Can Increase the Risks of Mental Health Problems and Poor Sleep Quality among Chinese College Students. *PLoS ONE*. 10(3): e0119607. doi:10.1371/journal.pone.0119607.
- Xiang, M., Zhang, Z., Kuwahara, K. (2020) Impact of COVID-19 Pandemic on Children and Adolescents' Lifestyle Behavior larger than Expected. 63(4):531-2.
- Yahia, N., Brown, C., Potter, S., dkk. (2017). Night eating syndrome and its association with weight status, physical activity, eating habits, smoking status, and sleep patterns among college students. *Eating and Weight Disorders - Studies on Anorexia.Bulimia.Obesity*. 2017;22(3):421–433. <https://doi.org/10.1007/s40519-017-0403-z>.
- YI, H., SHIN, K., & SHIN, C. (2006). Development of the Sleep Quality Scale. *Journal of Sleep Research*, 15(3), 309–316. <https://doi.org/10.1111/j.1365-2869.2006.00544.x>.



UNIVERSITAS
GADJAH MADA

Peran Stres Traumatis dan Screen Time dengan Kualitas Tidur Mahasiswa Peserta Pembelajaran
Jarak
Jauh Pada Masa Pandemi Covid-19
TETRIA YUNINGTYAS M, Dra. Sri Kusrohmaniah, M.Si., Ph.D.
Universitas Gadjah Mada, 2022 | Diunduh dari <http://etd.repository.ugm.ac.id/>

- Yoshimura, M., Kitazawa, M., Maeda, Y., Mimura, M., Tsubota, K., & Kishimoto, T. (2017). Smartphone viewing distance and sleep: an experimental study utilizing motion capture technology. *Nature and science of sleep*, 9, 59–65. <https://doi.org/10.2147/NSS.S123319>.
- Zar, J. H. (2014). Spearman Rank Correlation: Overview. *Wiley StatsRef: Statistics Reference Online*. doi:10.1002/9781118445112.stat05964.
- Zhong, Q.-Y., Gelaye, B., Sánchez, S. E., & Williams, M. A. (2015). Psychometric Properties of the Pittsburgh Sleep Quality Index (PSQI) in a Cohort of Peruvian Pregnant Women. *Journal of Clinical Sleep Medicine*. doi:10.5664/jcsm.4936.
- Zuraikat, F. M., Makarem, N., Liao, M., St-Onge, M., & Aggarwal, B. (2020). Measures of Poor Sleep Quality Are Associated With Higher Energy Intake and Poor Diet Quality in a Diverse Sample of Women From the Go Red for Women Strategically Focused Research Network. *Journal of the American Heart Association*, 9(4). doi:10.1161/jaha.119.014587.