

## DAFTAR PUSTAKA

- Adamson, K. A., & Prion, S. (2013). Reliability: Measuring Internal Consistency Using Cronbach's  $\alpha$ . *Clinical Simulation in Nursing*, 9(5), e179–e180. <https://doi.org/10.1016/j.ecns.2012.12.001>
- Ahmad, R., Naqvi, A. A., Al-Bukhaytan, H. M., Al-Nasser, A. H., & Baqer Al-Ebrahim, A. H. (2019). Evaluation of aromatherapy with lavender oil on academic stress: A randomized placebo controlled clinical trial. *Contemporary Clinical Trials Communications*, 14(March), 100346. <https://doi.org/10.1016/j.conctc.2019.100346>
- Ambarwati, B. (2013). Hubungan Dukungan Sosial Dengan Stres Pada Keluarga Pasien Yang Dirawat Di Ruang Intensive Care Unit (Icu) RS PKU Muhammadiyah Yogyakarta. *Journal of Chemical Information and Modeling*, 53(9), 1–14.
- Amelia, W., & Melia, D. (2020). Efektifitas Hand Massage Terhadap Skala Nyeri Pada Pasien Post Operasi Laparatomi J. *Jurnal Kesehatan MIDWINERSLION*, 5(1), 96–105.
- Anastasia, Sarah Bayhakkki Annis Nauli, F. (2015). Pengaruh Aromaterapi Inhalasi Lavender Terhadap Kecemasan Pasien Gagal Ginjal Kronik yang Menjalani Hemodialis. 2(2), 3–4.
- Andreou, E., Alexopoulos, E. C., Lionis, C., Varvogli, L., Gnardellis, C., Chrousos, G. P., & Darviri, C. (2011). Perceived Stress Scale: Reliability and validity study in Greece. *International Journal of Environmental Research and Public Health*, 8(8), 3287–3298. <https://doi.org/10.3390/ijerph8083287>
- Anggraini, Y. D. S., Ghozali, & Hidayat, F. R. (2015). Pengaruh Aromaterapi Lavender Terhadap Stres Mahasiswa Tingkat Akhir S1 Keperawatan Kelas B Program A Stikes Muhammadiyah Samarinda The. 151, 10–17.

- Bikmoradi, A., Seifi, Z., Poorolajal, J., Araghchian, M., Safiaryan, R., & Oshvandi, K. (2015). Effect of inhalation aromatherapy with lavender essential oil on stress and vital signs in patients undergoing coronary artery bypass surgery: A single-blinded randomized clinical trial. *Complementary Therapies in Medicine*, 23(3), 331–338. <https://doi.org/10.1016/j.ctim.2014.12.001>
- Brand, L. R., Munroe, D. J., & Gavin, J. (2013). The Effect of Hand Massage on Preoperative Anxiety in Ambulatory Surgery Patients. *AORN Journal*, 97(6), 708–717. <https://doi.org/10.1016/j.aorn.2013.04.003>
- Chen, P. J., Chou, C. C., Yang, L., Tsai, Y. L., Chang, Y. C., & Liaw, J. J. (2017). Effects of Aromatherapy Massage on Pregnant Women’s Stress and Immune Function: A Longitudinal, Prospective, Randomized Controlled Trial. *Journal of Alternative and Complementary Medicine*, 23(10), 778–786. <https://doi.org/10.1089/acm.2016.0426>
- Cohen, S. (1994). Perceived Stress Scale (PSS). *Mind Garden*, 1646–1648. [https://doi.org/10.1007/978-3-030-39903-0\\_773](https://doi.org/10.1007/978-3-030-39903-0_773)
- Dahlan, M. S. (2016). *Besar Sampel dan Cara Pengambilan Sampel dalam Penelitian Kedokteran dan Kesehatan*. Salemba Medika.
- Dewi, AP, I. P. (2013). Lavender Aromateraphy As a Relaxant. *E-Jurnal Medika Udayana*, 2(1), 21–53.
- Donelli, D., Antonelli, M., Bellinazzi, C., Gensini, G. F., & Firenzuoli, F. (2019). Effects of lavender on anxiety: A systematic review and meta-analysis. *Phytomedicine*, 65(July), 153099. <https://doi.org/10.1016/j.phymed.2019.153099>
- Donsu, J. D. T. (2017). *Psikologi Keperawatan: Aspek-Aspek Psikologi Konsep Dasar Psikologi Teori Perilaku Manusia*. [http://ucs.sulselib.net//index.php?p=show\\_detail&id=154764](http://ucs.sulselib.net//index.php?p=show_detail&id=154764)

- Farhan, Z., Ibrahim, K., Sriati, A., Ilmu, F., Universitas, K., Ilmu, F., & Universitas, K. (2012). *Prediktor Stres Keluarga Akibat Anggota Keluarganya Dirawat di General Intensive Care Unit Predictors of Stress in the Family whose Family Member was Treated in General Intensive Care Unit*. 46(150), 150–154.
- Frota, O. P., de Sene, A. G., Ferreira-Júnior, M. A., Giacon-Arruda, B. C. C., Teston, É. F., Pompeo, D. A., & Martins de Paula, F. (2021). Coping strategies of family members of intensive care unit patients. *Intensive and Critical Care Nursing*, 63, 102980. <https://doi.org/10.1016/j.iccn.2020.102980>
- Gazerani, A., Sarchahi, Z., Hosseini, S. S., lakziyan, R., & Abavisani, M. (2021). The effect of inhalation aromatherapy of geranium on pain and physiological indices after appendectomy: A double-blind randomized clinical trial. *International Journal of Surgery Open*, 28, 44–49. <https://doi.org/10.1016/j.ijso.2020.12.004>
- Ghaderi, F., & Solhjoui, N. (2020). The effects of lavender aromatherapy on stress and pain perception in children during dental treatment: A randomized clinical trial. *Complementary Therapies in Clinical Practice*, 40(March 2019), 101182. <https://doi.org/10.1016/j.ctcp.2020.101182>
- Golo, T., Kesehatan, F. I., Katolik, U., Santu, I., & Ruteng, P. (2022). *Analisis yuridis batas usia dewasa pasien dalam memberikan persetujuan tindakan kedokteran di indonesia*. 10(11), 2540–2556.
- Hajjar, S. T. EL. (2018). Statistical Analysis: Internal-Consistency Reliability and Construct Validity. *International Journal of Quantitative and Qualitative Research Methods*, 6(1), 27–38.
- Harlina, & Aiyub. (2018). Faktor-Faktor Yang Mempengaruhi Tingkat Kecemasan Keluarga Pasien Yang Dirawat Di Unit Perawatan Kritis. *JIM FKep*, 3(3), 192–200.

- Hary, Z. A. P. (2017). Hubungan Antara Kelekatan Terhadap Ibu Dengan Tingkat Stres Pada Mahasiswa Perantau. *Skripsi*, 1–136.  
[https://repository.usd.ac.id/8332/1/121414071\\_full.pdf](https://repository.usd.ac.id/8332/1/121414071_full.pdf)
- Haryono, R., Permana, I., & Chayati, N. (2016). Pengaruh Kombinasi Pijat Punggung Dan Dzikir Terhadap Tingkat Stres Pada Penderita Hipertensi. *Jurnal Keperawatan Notokusumo*, IV(1), 12–21.
- Heale, R., & Twycross, A. (2015). Validity and reliability in quantitative studies. *Evidence-Based Nursing*, 18(3), 66–67. <https://doi.org/10.1136/eb-2015-102129>
- Hsu, H. C., Lin, M. H., Lee, H. F., Wu, C. Y., Chou, C. T., & Lin, S. F. (2021). Effects of aromatherapy with essential oil massage on the sleep quality of critical care nurses: A randomized controlled trial. *Complementary Therapies in Clinical Practice*, 43(September 2020).  
<https://doi.org/10.1016/j.ctcp.2021.101358>
- Husna, S. A., & Sari, H. (2018). *Stres Keluarga Dengan Anggota Keluarga Dirawat Di Ruang Intensive Stress Level of Patient ' S Family Treated in an Intensive*. 3, 119–124.
- Idarahyuni, E., Ratnasari, W., & Haryanto, E. (2017). Tingkat Kecemasan Keluarga Pasien di Ruang Intensive Care Unit (ICU) RSAU dr. M Salamun Ciumbuleuit Bandung. *Jurnal Kesehatan Aeromedika*, 3(1), 24–30.  
<https://jurnal.poltekestniau.ac.id/jka/article/view/71>
- Iswari, M. F. (2014). Pengaruh Spiritual Therapy Terhadap Tingkat Kecemasan, Stres dan Depresi Keluarga Pasien yang Dirawat di Ruang Intensive Care Unit. *Seminar Workshop Nasional*, 218–222.
- Jaelani. (2009). *Aroma Terapi*. Yayasan Pustaka Obor Indonesia.

- Jannah, R. (2019). Analisis Faktor Yang Berhubungan Dengan Stres Pada Pasien Diabetes Mellitus Di Puskesmas Kota Surabaya analisis Faktor Yang Berhubungan Dengan Stres Pada Pasien Diabetes Mellitus Di Puskesmas Kota Surabaya. *PERPUSTAKAAN UNIVERSITAS AIRLANGGA*, 512(58), 432–441. <https://doi.org/10.1016/B978-0-323-67254-2.00255-2>
- Kartini, D. (2019). Hubungan Faktor Fisik, Emosional, dan Interpersonal Terhadap Tingkat Stres Keluarga Pasien di Ruang Intensive Care Unit (ICU) Rumah Sakit Syafira Pekanbaru. <Http://localhost:8080/Xmlui/Handle/123456789/187>, 1–25.
- Kirschner, M., & Robin Kirschner, R. (2019). Hand Massage Reduces Perceived Stress, Anxiety and Fatigue. *International Journal of Innovative Studies in Medical Sciences*. [www.graphpad.com](http://www.graphpad.com)
- Klein, E. M., Brähler, E., Dreier, M., Reinecke, L., Müller, K. W., Schmutzer, G., Wölfling, K., & Beutel, M. E. (2016). The German version of the Perceived Stress Scale - psychometric characteristics in a representative German community sample. *BMC Psychiatry*, 16(1), 1–10. <https://doi.org/10.1186/s12888-016-0875-9>
- Komori, T., Kageyama, M., Tamura, Y., Tateishi, Y., & Iwasa, T. (2018). Anti-stress effects of simplified aroma hand massage. *Mental Illness*, 10(1), 31–34. <https://doi.org/10.4081/mi.2018.7619>
- Majewska-Pulsakowska, M., & Mączka, M. (2021). The influence of a relaxing massage on stress levels in women. *Aesthetic Cosmetology and Medicine*, 10(1), 19–22. <https://doi.org/10.52336/acm.2021.10.1.03>
- Maratos, F. A., Duarte, J., Barnes, C., McEwan, K., Sheffield, D., & Gilbert, P. (2017). The physiological and emotional effects of touch: Assessing a hand-massage intervention with high self-critics. *Psychiatry Research*, 250(January), 221–227. <https://doi.org/10.1016/j.psychres.2017.01.066>

- Maryam, S. (2017). Stres Keluarga: Model Dan Pengukurannya. *Psikoislamedia : Jurnal Psikologi*, 1(2), 335–343.  
<https://doi.org/10.22373/psikoislamedia.v1i2.920>
- Mayangsari, D., & Sari, D. G. (2021). Manfaat Aromatherapy Lavender dan Chamomile Mengatasi Nyeri Perineum Ibu Nifas. *Jurnal Ilmiah Kesehatan*, 14(1), 1. <https://doi.org/10.48144/jiks.v14i1.523>
- Mclain DE. (2009). Chronic Health Effect Assessment of Spike Lavender Oil. *Walker Doney and Associates*, 1–18.
- Musabiq, S., & Karimah, I. (2018). Gambaran Stress dan Dampaknya Pada Mahasiswa. *Insight: Jurnal Ilmiah Psikologi*, 20(2), 74.  
<https://doi.org/10.26486/psikologi.v20i2.240>
- Park, M. J., & Park, H. (2019). Is hand massage with the preferred aroma oil better than lavender on stress and sleep for long-term care facility residents? *Korean Journal of Adult Nursing*, 31(2), 156–164.  
<https://doi.org/10.7475/kjan.2019.31.2.156>
- Polit, Denise F & Beck, C. T. (2004). *Nursing Research : Principles and Methods* (7th ed). Lippincott Williams & Wilkins.
- Pratiwi, F., & Subarnas, A. (2020). Aromaterapi Sebagai Media Relaksasi. *Farmaka*, 18(1), 1–15.
- Priyoto. (2014). *Konsep Manajemen Stress* (Cetakan pe). Nuha Medika.
- Putri, D. M. P., & Amalia, R. N. A. (2019). *terapi komplementer konsep dan aplikasi dalam keperawatan*. PT.Pustaka Baru.
- Rawiti, N. M. R. (2014). Pengaruh Pijat dan Aroma Terapi Lavender Tingkat Kecemasan Mahasiswa Sebelum Ujian LAB Klinik Keperawatan. 02(03), 1–6. <https://ojs.unud.ac.id/index.php/coping/article/view/10770/8011>

- Schneeberger, A., Brandstetter, S., Bein, T., Blecha, S., & Apfelbacher, C. (2020). Stressors and strains of next of kin of patients with ARDS in intensive care: A qualitative interview study using a stress–strain approach. *Intensive and Critical Care Nursing*, *57*, 102783. <https://doi.org/10.1016/j.iccn.2019.102783>
- Setyawan, A., & Oktavianto, E. (2020). Efektifitas Aromaterapi Lavender terhadap Tingkat Kecemasan Menghadapi Osce pada Mahasiswa Keperawatan. *Jurnal Berkala Kesehatan*, *6*(1), 9. <https://doi.org/10.20527/jbk.v6i1.8356>
- Silpia, W., Nurhayati, N., & Febriawati, H. (2021). The Effectiveness Of Hand Massage Therapy In Reducing Pain Intensity Among Patients With Post-Laparotomy Surgery. *Jurnal Vokasi Keperawatan (JVK)*, *4*(1), 212–218.
- Sitompul, E., & . M. (2017). Hand Massage Terhadap Penurunan Tingkat Kecemasan Klien Pra-Operasi Pada Pembedahan Elektif. *Jurnal Persatuan Perawat Nasional Indonesia (JPPNI)*, *1*(1), 20. <https://doi.org/10.32419/jppni.v1i1.11>
- Soewono, R., Gernowo, R., & Sasongko, P. S. (2014). Sistem Pakar Identifikasi Modalitas Belajar Siswa Dengan Implementasi Algoritma C4.5. *Jurnal Sistem Informasi Bisnis*, *4*(1), 20–27. <https://doi.org/10.21456/vol4iss1pp20-27>
- Sulistyowati, R., & Syam'ani. (2020). Pengaruh Aromaterapi Lavender Secara Masase Terhadap Tekanan Darah Dan Tingkat Stres Mahasiswa Jurusan Keperawatan Poltekkes Palangka Raya. *Surya Medika*, *5*(2), 100–107.
- Susilarini, S., Winarsih, S., & Idhayanti, R. I. (2017). Pengaruh Pemberian Aromaterapi Lavender Terhadap Pengendalian Nyeri Persalinan Kala I Pada Ibu Bersalin. *Jurnal Kebidanan*, *6*(12), 47. <https://doi.org/10.31983/jkb.v6i12.1912>
- Tang, Y., Gong, M., Qin, X., Su, H., Wang, Z., & Dong, H. (2021). The Therapeutic Effect of Aromatherapy on Insomnia: a Meta-Analysis. *Journal of Affective Disorders*, *288*(March), 1–9. <https://doi.org/10.1016/j.jad.2021.03.066>

- Tarigan, E. R., Simanullang, R. H., Wahyu, A., Ginting, L., & Hutahaean, M. M. (2022). *Pemberian Aroma Terapi Bunga Lavender Terhadap Skala Ansietas Pada Pasien Pre- Mastektomi*. 5(1), 1–9.
- Taukhit, & Haryono, R. (2018). Pengaruh Terapi Kombinasi Aromaterapi Lavender Dan Dzikir Terhadap Penurunan Stres Dan Tekanan Darah Pada Penderita Hipertensi. *Jurnal Keperawatan Notokusumo*, VI(1), 68–79.
- Toda, M., & Matsuse, R. (2020). Endocrinological effect of lavender aromatherapy on stressful visual stimuli. *Contemporary Clinical Trials Communications*, 17, 100547. <https://doi.org/10.1016/j.conctc.2020.100547>
- Tricinta, Y., Ivana, T., & Agustina, D. . (2017). Pengaruh Pemberian Aromaterapi Lavender Terhadap Tingkat Stress Dalam Menjalani Osce Mahasiswa Semester Vi Angkatan Viii Di Stikes Suaka Insan Banjarmasin. *Jurnal Keperawatan Suaka Insani*, 2(8), 85–102. [http://clpsy.journals.pnu.ac.ir/article\\_3887.html](http://clpsy.journals.pnu.ac.ir/article_3887.html)
- Widiarti, A. W., & Suhardi. (2015). Penurunan Kecemasan Menghadapi Skripsi Dengan Menggunakan Aromaterapi Inhalasi. *Jurnal Terpadu Ilmu Kesehatan*, 4(2), 82–196.
- Wiradi, D., & Purnamasari, A. (2021). Teknik Self Instruction untuk Menurunkan Stres pada Remaja di Wilayah Puskesmas Gondomanan. *Psyche 165 Journal*, 14(3), 284–289. <https://doi.org/10.35134/jpsy165.v14i3.48>
- Yamada, K., Mimaki, Y., & Sashida, Y. (2005). Effects of inhaling the vapor of *Lavandula burnatii* super-derived essential oil and linalool on plasma adrenocorticotrophic hormone (ACTH), catecholamine and gonadotropin levels in experimental menopausal female rats. *Biological and Pharmaceutical Bulletin*, 28(2), 378–379. <https://doi.org/10.1248/bpb.28.378>
- Yusuf, A.H, F., & ,R & Nihayati, H. . (2015). Buku Ajar Keperawatan Kesehatan Jiwa. *Buku Ajar Keperawatan Kesehatan Jiwa*, 1–366. <https://doi.org/ISBN978-xxx-xxx-xx-x>