

DAFTAR PUSTAKA

- Akerstedt, T. (1995). Work Hours, Sleepiness and The Underlying Mechanism. *Journal of Sleep Research*, 4, 15-22.
- Åkerstedt, T., Discacciati, A., & Miley-Åkersted, A. (2018). Aging and the Change in Fatigue and Sleep: A Longitudinal Study Across 8 Years in Three Age Groups. *Frontiers in Psychology*, 9 (234), 1-8.
- Akerstedt, T., Knutsson, A., Westerholm, P., Theorell, T., Alfredsson, L., & Kecklund, G. (2004). Mental Fatigue, Work and Sleep, 57 (5). *Journal of Psychosomatic Research*, 427-433.
- Alim, I. Z. (2015). *Uji Validitas dan Reliabilitas Instrumen Pittsburgh Sleep Quality Index Versi Bahasa Indonesia*. Tesis. Depok: Universitas Indonesia.
- Ansori, R. F. (2020). Analysis of Correlation between Workload and Work Attitudes Toward Work Fatigue (Case Study in Kalititik Lamongan Restaurant Workers). *The Indonesian Journal of Occupational Safety and Health*, 48-54.
- Azwar, A., Susilowati, I. H., Dinar, A., Indriyani, K., & Wirawan, M. (2018). Impact of Work-related and Non-work-related Factors on Fatigue in Production/Shift Workers. *International Conference of Occupational Health and Safety* (pp. 213–224). Bali: Knowledge E.
- Belenky, Wesensten, N. J., Thorne, D. R., Thomas, M. L., Sing, H. C., Redmond, D. P., . . . Balkin, T. J. (2003). Patterns of Performance Degradation and Restoration During Sleep Restriction and Subsequent Recovery: A Sleep Dose-Response Study. *J Sleep Res*, 12(1), 1-12.
- Berhanu, H., Moss, A., Tadesse, S., & Geleta, D. (2018). Prevalence and Associated Factors of Sleep Quality among Adults in Jimma Town, Southwest Ethiopia: A Community-Based Cross-Sectional Study. *Sleep Disorders*, 1-10.
- Bills, A. (2004). Blocking: A new principle of mental fatigue. In C. A. Kushida, *Sleep Deprivation: Clinical Issues, Pharmacology, and Sleep Loss Effects* (pp. 230-245). New York: Taylor & Francis Group, LCC.
- Bils, P. (2017). *Quality Sleep: The Center of a Healthy Life, Evidence of the Essential Role of Sleep and What Happens when We Don't get Enough of It*. Plymouth: Sleep Number.
- Bjorvatn, B., & Pallesen, S. (2009). A Practical Approach to Circadian Rhythm Sleep Disorders. *Sleep Medicine Reviews*, 13 (1), 47-60.

- Blafoss, R., Sundstrup, E., Jakobsen, M., Brandt, M., Bay, H., & Andersen, L. (2019). Physical Workload and Bodily Fatigue After Work: Cross-Sectional Study Among 5000 Workers, 29(5). *European Journal of Public Health*, 837-842.
- Bureau of Labor Statistics. (2019, September 21). *United States Department of Labor*. Retrieved from Average Weekly Hours and Overtime of Production and Nonsupervisory Employees on Private Nonfarm Payrolls by Industry Sector, Seasonally Adjusted: <https://www.bls.gov/news.release/empsit.t23.htm>
- Centers for Disease Control and Prevention. (2012). *Work Schedules: Shift Work and Long Hours Educational Resources for Managers and Workers*. Diakses melalui: <https://www.cdc.gov/features/dssleep/>
- Centers for Disease Control and Prevention (2015). Sleep and Sleep Disorders: Data & Statistics. Diakses dari: cdv.gov/sleep/data_statistics.html
- Chaput, J. P., Dutil, C., & Kanyinga, H. S. (2018). Sleeping Hours: What is The Ideal Number and How Does Age Impact This? *Natural and Science Sleep*, Volume 10, 421-430.
- Choi, D. W., Chun, S. Y., Lee, S. A., Han, K. T., & Park, E. C. (2018). Association between Sleep Duration and Perceived Stress: Salaried Worker in Circumstances of High Workload, 15(4). *Int J Environ Res Public Health*, 1-11.
- De Lange, A. H., Kompier, M. A., Taris, T. W., Geurts, S. A., Beckers, D. G., Houtman, I. L., & Bongers, P. M. (2009). A Hard Day's Night: A Longitudinal Study on The Relationships Among Job Demands and Job Control, Sleep Quality and Fatigue. *Journal of Sleep Research*, 18(3), 374-383.
- DeArmond, S., & Chen, P. Y. (2004). *The effects of job stressors on workplace sleepiness: A meta-analysis (Unpublished master's thesis)*. Fort Collins: Colorado State University.
- Dempsey, J. A., Veasey, S. C., Morgan, B. J., & O'Donnell, C. P. (2010). Pathophysiology of Sleep Apnea. *Physiol*, 90, 47-112.
- Dewi, U., & Satria, A. (2012). *Analisis Kebutuhan Tenaga Kerja Berdasarkan Beban Kerja Karyawan pada PT PLN (Persero) Distribusi Jakarta Raya dan Tangerang Bidang Sumber Daya Manusia dan Organisasi*. Depok: Universitas Indonesia.
- Duffy, J. F., Rimmer, D. W., & Czeisler, C. A. (2001). Association of Intrinsic Circadian Period with Morningness-Eveningness, Usual Wake Time, and Circadian Phase. *Behavioral Neuroscience*, 115(4), 895-899.
- Duntley, S. P. (2005). Fatigue and Sleep. In J. Deluca, *Fatigue as A Window to the Brain* (p. 209). Cambridge: The MIT Press.

- Engberg, I., Segerstedt, J., Waller, G., Wennberg, P., & Eliasson, M. (2017). Fatigue in The General Population Associations to Age, Sex, Socioeconomic, Status, Physical Activity, Sitting Time and Self-Rated Health: The Northern Sweden MONICA 2014. 17(654). *BMC Public Health*, 2-9.
- Frone, M. R., & Tidwell, M. C. (2015). The Meaning and Measurement of Work Fatigue: Development and Evaluation of the Three-Dimensional Work Fatigue Inventory (3D-WFI). *American Psychological Association*, 20(3), 273–288.
- Gawron, V. J. (2008). *Human Performance, Workload, and Situational Awareness Measures Handbook*. New York: CRC Press.
- Gellman, M. D., & Turner, J. R. (2013). Workload. In K. Jacobs, J. Markowitz, & E. Wuest, *Encyclopedia of Behavioral Medicine*. New York: Springer.
- Ghasemi, F., Samavat, P., & Soleimani, F. (2019). The Links Among Workload, Sleep Quality, and Fatigue in Nurses: A Structural Equation Modeling Approach. *Fatigue: Biomedicine, Health & Behavior, Volume 7 (3)*, 141-152.
- Gore, B. F. (2018). Workload and Fatigue. In T. Sgobba, B. Kanki, J.-F. Clervoy, & G. M. Sandal, *Space Safety and Human Performance* (pp. 53-85). Butterworth: Elsevier Ltd.
- Hart, S. G., & Staveland, L. E. (1988). Development of NASA-TLX (Task Load Index) Result of Empirical and Theoretical Research. *Advances in Psychology*, 52, 139-183.
- Hastings, M. H., & O'Neill, J. S. (2015). Cytosolic and Transcriptional Cycles Underlying Circadian Oscillations. In C. S. Colwel, *Circadian Medicine* (pp. 1-18). New Jersey: Wiley & Sons.
- Hayes, A. F. (2013). *Introduction to Mediation, Meoderation, and Conditional Process Analysis: A Regression-Based Approach*. New York: The Guilford Press.
- Heidarimoghadam, R., Saidnia, H., Joudaki, J., Mohammadi, Y., & Babamiri, M. (2019). Does Mental Workload Can Lead to Musculoskeletal Disorders in Healthcare Office Workers? Suggest and Investigate a Path, 6(1). *Cogent Psychology*, 1-8.
- Hirshkowitz, N., Whiton, K., Albert, S. M., Alessi, C., Bruni, O., DonCarlos, L., & Hillard, P. J. (2015). National Sleep Foundation's Sleep Time Duration Recommendations: Methodology and Result Summary. *Sleep Health*, 1, 40-43.
- Hockey, R. (2013). *The Psychology of Fatigue: Work, Effort and Control*. New York: Cambridge University Press.

- Hossain, J.L., Reinish. L. W., Kayumov. L., Bhuiya. P., Shapiro. A. M. (2003). Underlying Sleep Pathology May Cause Chronic High Fatigue in Shift Workers. *Journal of Sleep Research*. 12(3). 223-230.
- Hsu, H. C. (2019). Age Differences in Work Stress, Exhaustion, Well-Being, and Related Factors From an Ecological Perspective, 16(1). *Int J Environ Res Public Health*, 1-15.
- Jansen, E. C., Peterson, K. E., O'Brien, L., Hershner, S., & Boolani, A. (2019). Associations between Mental Workload and Sleep Quality in a Sample of Young Adults Recruited from a US College Town. *Behavioral Sleep Medicine*, 1-10.
- Jauhari, M. A. (2019). Analysis on Factors Causing Fatigue among Steel Casting Workers at PT X Sidoarjo. *The Indonesian Journal of Occupational Safety and Health*, 224-232.
- Juda, M., Vetter, C., & Roenneberg, T. (2013). Chronotype Modulates Sleep Duration, Sleep Quality, and Social Jet Lag in Shift-Workers, 28(2). *Journal of Biological Rhythms*, 141-151.
- Kerkhof, G. A. (1985). Inter-Individual Differences in The Human Circadian System: A Review, 20(2). *Biological Psychology*, 83-112.
- Khalsa, S. B., Jewett, M. E., Cajochen, C., & Czeisler, C. A. (2003). A Phase Response Curve to Single Bright Light Pulses in Human Subjects. *Physiol*, 549, 945-952.
- Knudsen, H. K., Duchrame, L. J., & Roman, P. M. (2007). Job Stress and Poor Sleep Quality: Data from an American sample of Full-Time Workers. *Social Science & Medicine*, 1997-2007.
- Krystal, A. D., & Edinger, J. D. (2008). Measuring Sleep Quality. *Sleep Medicine*, 9(1), 10-17.
- Lee, K., Suh, C., Kim, J. E., & Park, J. O. (2017). The impact of long working hours on psychosocial stress response among white-collar workers. 55(1). *Industrial Health*, 46-53.
- Legault, G. (2011). Sleep and Heat Related Changes in The Cognitive Performance for Underground Miners: A Possible Health and Safety Concern. *Minerals*. 1(1). 49-72.
- Li, C., Zhang, Y., Randhawa, A. K., & Madigan, D. J. (2020). Emotional Exhaustion and Sleep Problems in University Students: Does Mental Toughness Matter? *Personality and Individual Differences*, 1-6.

- Litwiller, B., Snyder, L. A., Taylor, W. D., & Steele, L. M. (2017). The Relationship Between Sleep and Work: A Meta-Analysis. *Journal of Applied Psychology, 102*(4), 682-699.
- MacDonald, W. (2003). The Impact of Job Demands and Workload on Stress and Fatigue. *Australian Psychologist, 38*(2), 102-117.
- MacKinnon, D. P. (2008). *Introduction to Statistical Mediation Analysis*. New York: Taylor & Francis Group.
- Michael, J. D., ValleBianca, Cox, J., Kalns, J. e., & Fogt, D. L. (2013). Salivary Biomarkers of Physical Fatigue as Markers of Sleep Deprivation. *Journal of Clinical Sleep Medicine, 9*(12), 1325-1331.
- Mulia, S. A. (2019). Work Fatigue based on Workload and Calories Intake in Several Food. *The Indonesian Journal of Occupational Safety and Health, 158*-167.
- Mustofani, & DwiYanti, E. (2019). Relationship between Work Climate and Physical Workload with WorkRelated Fatigue. *The Indonesian Journal of Occupational Safety and Health, 150*-157.
- National Safety Council (NSC). (2017). *Workplace Fatigue: Causes, Consequences, and Managing Risks*. New York: NSC.org
- Park, J. S., Kim, Y. H., Chung, H. K., & Hisanaga, N. (2001). Long Working Hours and Subjective Fatigue Symptoms. *Industrial Health, 39* (3), 250-254.
- Park, Y., & Sprung, J. M. (2015). Weekly Work–School Conflict, Sleep Quality, and Fatigue: Recovery Self-Efficacy as a Cross-level. *Journal of Organizational Behavior, 112*-127.
- Patterson, P. D., Weaver, M. D., Frank, R. C., Warner, C. W., Martin-Gill, C., Guyette, F. X., . . . Hubble, M. W. (2012). Association Between Poor Sleep, Fatigue, and Safety Outcomes in Emergency Medical Services Providers. *Prehosp Emerg Care, 16*(1), 86-97.
- Peetz, D., Murray, G., & Muurlink, O. (2012). *Work and Hours Amongst Mining and Energy Workers*. South East Queensland: Centre for Work, Organisation and Well-being, Griffith University.
- Querstret, D., & Cropley, M. (2012). Exploring the Relationship Between Work-Related Rumination, Sleep Quality, and Work-Related Fatigue. *American Psychological Association, Volume 17* (3), 341-353.
- Rajaratnam, S. M., & Arendt, J. (2001). Health in A 24-H Society. *Lancet, 358*, 999-1005.
- Roenneberg, T. (2012). *Internal Time: Chronotypes, Social Jet Lag, and Why You're So Tired*. Harvard University Press: DuMont Buchverlag.

- Roenneberg, T. (2015). Having Trouble Typing? What on Earth Is Chronotype?, 3(6). *Journal of Biological Rhythms*, 487-491.
- Roenneberg, T., Kuehnle, T., Juda, M., Kantermann, T., Allebrandt, K., Gordijn, M., & Mellow, M. (2007). Epidemiology of The Human Circadian Clock, 11(6). *Sleep Medicine Reviews*, 429-438.
- Ruiz-Fernández, M. D., Pérez-García, E., & Ortega-Galán, Á. M. (2020). Quality of Life in Nursing Professionals: Burnout, Fatigue, and Compassion Satisfaction. *International Journal of Environmental Research and Public Health*, 17(15), 1-12.
- Simonson, E. (1971). *Physiology of Work Capacity and Fatigue*. Michigan: The University of Michigan.
- Techera, U., Hallowell, M., Stambaugh, N., & Littlejohn, R. (2016). Causes and Consequences of Occupational Fatigue: Meta-Analysis and Systems Model. *J Occup Environ Med*, 58(10), 961-973.
- Techera, U., Stambaugh, n., & Littlejohn, R. (2016). Causes and Consequences of Occupational Fatigue: Analysis and Systems Model. *Journal of Occupational and Environment Medicine*, 58(10), 961-973.
- Thach, T.-Q., Mahirah, D., Dunleavy, G., Zhang, Y., Nazeha, N., Rykov, Y., . . . Car, J. (2020). Association Between Shift Work and Poor Sleep Quality in An Asian Multi-ethnic Working Population: A Cross-Sectional Study. *Research Article*, 1-15.
- Theron, W. J., & Van Heerden, G. M. (2011). Fatigue Knowledge: A New Lever in Safety Management. *The Journal of The Southern African Institute of Mining and Metallurgy*, 111, 1-10.
- Torsvall, L., Akerstedt, T., Gillander, K., & Knutsson, A. (1989). Sleep on The Night Shift 24 Hours EEG Monitoring of Spontaneous Sleep Wake Behavior. *Psychophysiology*, 26, 352-358.
- Vedaa, O. H., Bjorvatn, B., Waage, S., Sivertsen, B., Tucker, P., & Pallesen, S. (2016). Systemaic Review of The Relationship Between Quick Returns in Rotating Shift Work and Health-Related Outcomes. *Ergonomics*, 59, 1-14.
- Williamson, A., Lombardi, D. A., Folkard, S., Stutts, J., Courtney, T. K., & Connor, J. L. (2011). The Link Between Fatigue and Safety,43(2). *Accident Analysis & Prevention*, 498-515.
- Windwood, P. C., Winefield, A. H., & Lushington, K. (2006). Work-related Fatigue and Recovery: The contribution of Age, Domestic, Responsibilities and Shiftwork. *Journal of Advanced Nursing*, 56(4), 438-449.



- Wong, J. H., & Kelloway, E. K. (2016). Fatigue and Safety at Work. In J. Barling, C. M. Barnes, E. Carleton, & D. Wagner, *Work and Sleep: Research Insight for the Workplace* (pp. 171-192). Online Publication: Oxford Scholarship .
- Wong, K., Chan, A. H., & Ngan, S. C. (2019). The Effect of Long Working Hours and Overtime on Occupational Health: A Meta-Analysis of Evidence from 1998 to 2018. 6(12). *Int J Environ Res Public Health*, 1-22.
- Wyatt, J. K., & Cvetengros, J. A. (2012). Delayed and Advanced Sleep Phase Disorders. In T. J. Barkoukis, J. K. Matheson, R. Ferber, & K. Doghrami, *Therapy in Sleep Medicine* (pp. 402-410). Edinburgh: Elsevier.
- Yumang-Ross, D. J., & Burns, C. (2014). Shift Work and Employee Fatigue Implications for Occupational Health Nursing. *Workplace Health & Safety*, 62(6), 256-261.