

DAFTAR PUSTAKA

- Agustya, N., Afifah, E., & Indonesia, U. (2015). *Sleep Hygiene Dan Kualitas Tidur Mahasiswa Di Salah Satu. 2010, 1–9.*
<http://lib.ui.ac.id/detail?id=20411615&lokasi=lokal#parentHorizontalTab5>
- Aiken, Lewis, R. (1985). Three Coefficients For Analyzing The Reliability And Validity Of Ratings. *Educational and Psychological Measurement*, 45, 131–141. [file:///D:/SKRIPSI/E-SKRIPSI/ejurnal/uji coba produk/validitas/33.pdf](file:///D:/SKRIPSI/E-SKRIPSI/ejurnal/uji%20coba%20produk/validitas/33.pdf)
- Alfiyah, S. N., Susilaningsih, F. S., & Yudianto, K. (2018). Adolescent Moslem Students Sleep Hygiene Behaviour Description At Pondok Pesantren. *Journal of Nursing Care*, 1(1), 16. <https://doi.org/10.24198/jnc.v1i1.15760>
- Auliansyah, D., Carolia, N., Studi, P., Dokter, P., Kedokteran, F., Lampung, U., Farmakologi, B., Kedokteran, F., & Lampung, U. (2018). Peran kafein dalam tatalaksana nyeri kepala dan kafein withdrawal. *J Agromedicine Unila*, 5(2), 592–595.
- Azwar, S. (2016). *Reliabilitas dan Validitas* (4th ed.). Pustaka pelajar.
- Beaton, D., Bombardier, C., Guillemin, F., & Ferraz, M. B. (2000). Guidelines for the process of Cross-Cultural Adaptation of Self-Report Measures. *SPINE*, 25. <https://doi.org/10.1080/000163599428823>
- Brown, F. C., Buboltz, W. C., & Soper, B. (2002). Relationship of sleep hygiene awareness, sleep hygiene practices, and sleep quality in university students. *Behavioral Medicine*, 28(1), 33–38. <https://doi.org/10.1080/08964280209596396>
- Brown, F. C., Buboltz, W. C., & Soper, B. (2006). Development and evaluation of the Sleep Treatment and Education Program for Students (STEPS). *Journal of American College Health*, 54(4), 231–237. <https://doi.org/10.3200/JACH.54.4.231-237>
- Brown, J. D. (2000). What is Construct Validity>. *JALT Testing and Evaluation SIG Newsletter*, 4(2), 8–12. <http://hosted.jalt.org/test/PDF/Brown8.pdf>
- Bujang, M. A. (2017). *A simplified guide to determination of sample size requirements for estimating the value of intraclass correlation coefficient : a review. August.*
- Calvert, B. (2013). The impact of psychological reactance and approach/avoidance motivation on the effectiveness of sleep interventions. *Dissertation Abstracts International: Section B: The Sciences and Engineering*, 74(3-B(E)), No-Specified. http://gateway.proquest.com/openurl?url_ver=Z39.88-2004&rft_val_fmt=info:ofi/fmt:kev:mtx:dissertation&res_dat=xri:pqm&rft_dat=xri:pqdiss:3532942%5Cnhttp://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=psyc8&NEWS=N&AN=2013-99181-138
- Carla, J., Faculdade, D. S., & Ciências, D. (2016). *Effect of a sleep education program on sleep knowledge and habits in elementary and high school teachers. 21(4), 369–380.* <https://doi.org/10.5935/1678-4669.20160036>
- Chien-Yun, D., Wan-Fei, C., Yu-Hsi, Y., & Chia-Hung, Y. (2011). A Study on Modification of Knowledge, Attitude and Practice on Vocational High School Electronics Courses Integrated with Nanotechnology Concept. *International Journal of Thermal and Environmental Engineering*, 4(1), 73–79. <https://doi.org/10.5383/ijtee.04.01.011>

- Chung, M. H., Liu, W. I., Lee, H. L., & Hsu, N. (2013). Selected neurophysiological, psychological, and behavioral influences on subjective sleep quality in nurses: A structure equation model. *PLoS ONE*, 8(11). <https://doi.org/10.1371/journal.pone.0079529>
- Cohen, L., Manion, L., & Morrison, K. (2020). Experiments, quasi-experiments, single-case research and meta-analysis. In *Research Methods in Education*. <https://doi.org/10.4324/9780203029053-23>
- Dewi, D. A. N. N. (2018). Modul Uji Validitas dan Reliabilitas. *Researchgate*, October, 1–15. www.researchgate.net/
- Dewi, F. I., Anwar, F., & Amalia, L. (2009). Persepsi Terhadap Konsumsi Kopi Dan Teh Mahasiswa Tpb-Ipb Tahun Ajaran 2007-2008. *Jurnal Gizi Dan Pangan*, 4(1), 20. <https://doi.org/10.25182/jgp.2009.4.1.20-28>
- Dharma, K. . (2011). *Metodologi Penelitian Keperawatan: Panduan Melaksanakan dan Menerapkan Hasil Penelitian*. Trans Info Media.
- Fadillah, F. (2016). *Kebiasaan yang Dilakukan Remaja Sebelum Tidur untuk Meningkatkan Kualitas Tidur dan Kesehatan di SMA*.
- Fanani, I., Djati, S. P., & Silvanita, K. (2016). Pengaruh Kepuasan Kerja dan Komitmen Organisasi Terhadap Organizational Citizenship Behavior (OCB) (Studi Kasus RSU UKI). *Indonesian Christian University*, 1(1), 40–53.
- Galland, B. C., & Mitchell, E. A. (2010). Helping children sleep. *Archives of Disease in Childhood*, 95(10), 850–853. <https://doi.org/10.1136/ad.2009.162974>
- Gallasch, J., & Gradisar, M. (2007). Relationships between sleep knowledge, sleep practice and sleep quality. *Sleep and Biological Rhythms*, 5(1), 63–73. <https://doi.org/10.1111/j.1479-8425.2006.00248.x>
- Garson, G. D. (2016). *Validity & Reliability*. 1–29.
- Halal, C. S. E., & Nunes, M. L. (2014). Education in children's sleep hygiene: Which approaches are effective? A systematic review. *Jornal de Pediatria*, 90(5), 449–456. <https://doi.org/10.1016/j.jped.2014.05.001>
- Hall, J. E. (2011). *Guyton and Hall textbook of medical physiology* (12th ed.).
- Haryani, H., Hsu, Y. Y., Warsini, S., & Wang, S. T. (2018). Measuring the Symptom Experience of Patients With Cancer in Indonesia: Cross-Cultural Adaptation and Validation of the Memorial Symptom Assessment Scale—Indonesian Version. *Journal of Pain and Symptom Management*, 56(6), 920–927. <https://doi.org/10.1016/j.jpainsymman.2018.08.016>
- Hendryadi. (2017). *VALIDITAS ISI: TAHAP AWAL PENGEMBANGAN KUESIONER* Hendryadi. 2(2), 169–178.
- Herdiman, A., Hartanto, F., & Hendrianingtyas, M. (2015). Hubungan Gangguan Tidur Terhadap Prestasi Belajar Pada Remaja Usia 12-15 Tahun Di Semarang: Studi Pada Siswa Smp N 5 Semarang. *Jurnal Kedokteran Diponegoro*, 4(4), 327–335.
- Jiang, Y., Chen, W., Spruyt, K., Sun, W., Wang, Y., Li, S., Shen, X., Wang, G., & Jiang, F. (2016). Bed-sharing and related factors in early adolescents. *Sleep Medicine*, 17, 75–80. <https://doi.org/10.1016/j.sleep.2015.08.022>
- Khumaedi, M. (2012). 129541-ID-reliabilitas-instrumen-penelitian-pendid.pdf. In *Jurnal Pendidikan Teknik Mesin* (Vol. 12, pp. 25–30).

- Kloss, J. D., Nash, C. O., Walsh, C. M., Culnan, E., Horsey, S., & Sexton-Radek, K. (2016). A "Sleep 101" program for college students improves sleep hygiene knowledge and reduces maladaptive beliefs about sleep. *Behavioral Medicine*, 42(1), 48–56. <https://doi.org/10.1080/08964289.2014.969186>
- Kusumo, M. P. (2020). *Pemantauan aktivitas fisik*.
- Lacks, P., & Rotert, M. (1986). *Knowledge and practice of sleep hygiene techniques in insomniacs and good sleepers*. 24(3), 365–368.
- Lynn, M. R. (1986). Determination and Quantification of Content Validity.pdf. In *Journal of Experimental Psychology: General* (Vol. 136, Issue 1, pp. 382–386). <https://doi.org/10.1161/CIRCULATIONAHA.112.092098>
- Mohajan, H. K. (2017). Two Criteria for Good Measurements in Research: Validity and Reliability. *Annals of Spiru Haret University. Economic Series*, 17(4), 59–82. <https://doi.org/10.26458/1746>
- Murti, B. (2011). *Variabel dan Pengukuran*. 1–19.
- Notoatmojo, S. (2010). *Ilmu Perilaku Kesehatan*. Rineka Cipta.
- Orzech, K. M., Acebo, C., Seifer, R., Barker, D., & Carskadon, M. A. (2014). Sleep patterns are associated with common illness in adolescents. *Journal of Sleep Research*, 23(2), 133–142. <https://doi.org/10.1111/jsr.12096>
- Otte, J. L., Wu, J., Yu, M., & Carpenter, J. S. (2016). *Evaluating the Sleep Hygiene Awareness and Practice Scale in Midlife Women With and Without Breast Cancer*. August. <https://doi.org/10.1891/1061-3749.24.2.258>
- Owens, J. A., Jones, C., & Nash, R. (2011). Caregivers' knowledge, behavior, and attitudes regarding healthy sleep in young children. *Journal of Clinical Sleep Medicine*, 7(4), 345–350. <https://doi.org/10.5664/JCSM.1186>
- Polit, D. F., & Beck, T. (2006). The Content Validity Index: Are You Sure You Know What's Being Reported? Critique and Recommendations. *Research in Nursing & Health*, 489–497. <https://doi.org/10.1002/nur>
- Posner, D., & Gehrman, P. R. (2011). *Sleep Hygiene*. 31–44. <https://doi.org/10.1016/B978-0-12-381522-4.00003-1>
- Putro, K. Z. (2017). *Memahami Ciri dan Tugas Perkembangan Masa Remaja*. 17, 25–32.
- Respatiadi, H., & Tandra, S. (2018). Di Bawah Umur dan Ilegal: Konsumsi Alkohol dan Risiko Kesehatannya Bagi Anak-anak Muda Studi Kasus di Bandung, Jawa Barat. *Center for Indonesia Policy Studies (CIPS)*, 6–24. <https://repository.cips-indonesia.org/media/270467-di-bawah-umur-dan-ilegal-konsumsi-alkoho-3d4d0053.pdf%0Ahttps://repository.cips-indonesia.org/id/publications/270484/underage-and-unrecorded-alcohol-consumption-and-its-health-risk-for-the-youth-ca>
- Retnawati, H. (2015). *Validitas Reliabilitas dan Karakteristik Butir* (I). Parama Publishing.
- Retnawati, H. (2017). *Validitas Reliabilitas dan Karakteristik Butir* (II). Parama Publishing.
- Sastroasmoro, S. (2014). *Dasar-dasar metodologi penelitian klinis* (5th ed.). Sagung Seto.
- Satriyandari, Y. (2019). Fenomena Pergeseran Budaya Dengan Trend Pernikahan Dini Di Kabupaten Sleman D.I. Yogyakarta. *Jurnal Kebidanan*, 8(2), 105.

- <https://doi.org/10.26714/jk.8.2.2019.105-114>
- Setyawati, A. R. (2014). *Gambaran pengetahuan sleep hygiene pada mahasiswa di wilayah depok. 1998.*
- Shehnaz, S. I., Khan, N., Sreedharan, J., Issa, K. J., & Arifulla, M. (2013). Self-medication and related health complaints among expatriate high school students in the United Arab Emirates. *Pharmacy Practice*, 11(4), 211–218. <https://doi.org/10.4321/S1886-36552013000400006>
- Sousa, V. D., & Rojjanasrirat, W. (2011). Translation, adaptation and validation of instruments or scales for use in cross-cultural health care research: A clear and user-friendly guideline. *Journal of Evaluation in Clinical Practice*, 17(2), 268–274. <https://doi.org/10.1111/j.1365-2753.2010.01434.x>
- Suen, L. K. P., Tam, W. W. S., & Hon, K. L. (2010). *Association of sleep hygiene – related factors and sleep quality among university students in Hong Kong. May 2014.*
- Suni, E. (2020). *How Much Sleep Do We Really Need?* SleepFoundation.Org. <https://www.sleepfoundation.org/articles/how-much-sleep-do-we-really-need>
- Taherdoost, H. (2017). *Validity and Reliability of the Research Instrument ; How to Test the Validation of a Questionnaire / Survey in a Research. September.* <https://doi.org/10.2139/ssrn.3205040>
- Tavakol, M., & Dennick, R. (2011). *Making sense of Cronbach ' s alpha.* 53–55. <https://doi.org/10.5116/ijme.4dfb.8dfd>
- Voinescu, B., & Szentagotai-Tatar, A. (2015). Sleep hygiene awareness: its relation to sleep quality and diurnal preference. *Journal of Molecular Psychiatry*, 3(1), 1. <https://doi.org/10.1186/s40303-015-0008-2>
- Wahyuni, N. (2014). *Uji Validitas dan Reliabilitas.* QMC - Binus University. <https://qmc.binus.ac.id/2014/11/01/u-j-i-v-a-l-i-d-i-t-a-s-d-a-n-u-j-i-r-e-l-i-a-b-i-l-i-t-a-s/>
- Waliyanti, E., & Pratiwi, W. (2017). Hubungan Derajat Insomnia dengan Konsentrasi Belajar Mahasiswa. *Indonesian Journal of Nursing Practices*, 1(2), 5–7. <https://doi.org/10.18196/ijnp.1256>
- WHO. (2018). *Handout for Module A Introduction.*
- Widi, R. (n.d.). *UJI VALIDITAS DAN RELIABILITAS DALAM PENELITIAN EPIDEMIOLOGI KEDOKTERAN GIGI* Ristya Widi E Laboratorium Ilmu Kesehatan Gigi Dan Mulut Dan Pencegahan Fakultas Kedokteran Gigi Universitas Jember.
- Worthman, C. M., & Brown, R. A. (2013). Sleep budgets in a globalizing world: Biocultural interactions influence sleep sufficiency among Egyptian families. *Social Science and Medicine*, 79(1), 31–39. <https://doi.org/10.1016/j.socscimed.2012.03.048>
- Yono, L., Agus, & Jumiaty Tuharea. (2020). Presepsi Masyarakat Terhadap Perkawinan Di Bawah Umur Di Tinjau Dari Undang-Undang No 1 Tahun 1974 Tentang Perkawinan. *Jurnal Pattimura Civic*, 1(1), 38–47.
- Yusup, F. (2018). Uji Validitas dan Reliabilitas Instrumen Penelitian Kuantitatif. *Jurnal Tarbiyah : Jurnal Ilmiah Kependidikan*, 7(1), 17–23. <https://doi.org/10.18592/tarbiyah.v7i1.2100>
- Zamanzadeh, V., Ghahramanian, A., Rassouli, M., Abbaszadeh, A., Alavi-Majd,

- H., & Nikanfar, A.-R. (2015). Design and Implementation Content Validity Study: Development of an instrument for measuring Patient-Centered Communication. *Journal of Caring Sciences*, 4(2), 165–178. <https://doi.org/10.15171/jcs.2015.017>
- Zhang, J., Chan, N. Y., Lam, S. P., Li, S. X., Liu, Y., Chan, J. W. Y., Kong, A. P. S., Ma, R. C. W., Chan, K. C. C., Li, A. M., & Wing, Y. K. (2016). Emergence of sex differences in insomnia symptoms in adolescents: A large-scale school-based study. *Sleep*, 39(8), 1563–1570. <https://doi.org/10.5665/sleep.6022>