

DAFTAR PUSTAKA

- Abrori, F.M. 2020, 'Dosen tidak siap menghadapi pandemi: Kajian permasalahan isolasi digital pada pembelajaran daring', *Borneo Journal of Biology Education*, vol. 2, no. 2, pp. 113–8.
- Adashi, E.Y., Walters, L.R.B. & Menikoff, J.A. 2018, 'The belmont report at 40: Reckoning with time', *American Journal of Public Health*, vol. 108, no. 10, pp. 1345–8.
- Andira, A.D., Usman, A.M. & Wowor, T.J.. 2020, 'Hubungan penggunaan gadget terhadap kualitas tidur pada mahasiswa keperawatan di Universitas Nasional', *Jurnal Promotif Preventif*, vol. 3, no. 1, pp. 58–68.
- Andriany, A.R. & Pertiwi, M. 2021, 'Hubungan antara stress kerja dan kualitas tidur dengan subjective well-being pada Dosen Uhamka selama pandemi Covid-19', *Syntax Idea*, vol. 3, no. 11, pp. 2307–18.
- Annisa, S.R., Hardy, F.R., Pristya, T.Y.R. & Pulungan, R.M. 2021, 'Determinan kualitas tidur selama pembelajaran jarak jauh pada Mahasiswa Kesehatan', *Jurnal Kesehatan Masyarakat Khatulistiwa*, vol. 9, no. 3, pp. 183–94.
- Arikunto, S. 2010, *Prosedur penelitian suatu pendekatan praktik*, Rineka Cipta, Jakarta.
- Baso, M.C., Langi, F.L.F. & Sekeon, S.A.. 2018, 'Hubungan antara aktivitas fisik dengan kualitas tidur pada Remaja di SMA Negeri 9 Manado', *Kesmas*, vol. 7, no. 5, pp. 5–10.
- Basuki, A.T. 2016, *Pengantar Ekonometrika*, Danisa Media, Sleman.
- Bawono, A. & Shina, A.F.I. 2018, *Ekonometrika Terapan Untuk Ekonomi dan Bisnis Islam*, Lembaga Penelitian dan Pengabdian kepada Masyarakat (LP2M) IAIN Salatiga, Salatiga.
- Berman, A., Snyder, S. & Frandsen, G. 2016, *Kozier&Erb's Fundamentals of Nursing Concept, Process, and Practice*, Tenth Edit., Pearson, United States of America.
- Bhattacharya, S., Bashar, M., Srivastava, A. & Singh, A. 2019, 'Nomphobia: No Mobile Phone Phobia', *Journal of Family Medicine and Primary Care*, vol. 8, no. 4, p. 1297.
- Buchner, A., Erdfelder, E., Faul, F. & Lang, A.-G. 2020, *G*Power*.
- Buysse, D.J., Reynolds, C.F., Monk, T.H., Berman, S.R. & Kupfer, D.J. 1989, 'The Pittsburgh sleep quality index: A new instrument for psychiatric practice and research', *Psychiatry Research*, vol. 28, no. 2, pp. 193–213.
- Copaja-Corzo, C., Miranda-Chavez, B., Vizcarra-Jiménez, D., Hueda-Zavaleta, M., Rivarola-Hidalgo, M., Parihuana-Travezaño, E.G. & Taype-Rondan, A. 2022, 'Sleep Disorders and Their Associated Factors during the COVID-19 Pandemic: Data from Peruvian Medical Students', *Medicina (Lithuania)*, vol. 58, no. 10, pp. 1–10.
- Damaris, A. & Santoso, S.K. 2017, 'Fasilitas Olahraga Mahasiswa Universitas Kristen Petra Surabaya', *eDimensi Arsitektur Petra*, vol. 5, no. 2, pp. 161–8.

- Fahreza, A. 2021, 'Ketergantungan gawai pada Mahasiswa di masa pandemi', *Beritaunsoed.com*, viewed 19 September 2022, <<https://beritaunsoed.com/2021/12/01/ketergantungan-gawai-pada-mahasiswa-di-masa-pandemi/>>.
- Fakultas Ilmu-ilmu Kesehatan 2022, *Daftar Dosen Fakultas Ilmu-ilmu Kesehatan Unsoed*, viewed 21 September 2022, <<https://fikes.unsoed.ac.id/features/shortcodes/faculties/>>.
- Firmansyah, M.F., Rante, S.D.T. & Hutasoit, R.M. 2019, 'Hubungan kecanduan penggunaan smartphone terhadap kualitas tidur Mahasiswa Fakultas Kedokteran Universitas Nusa Cendana Tahun 2019', *Cendana Medical Journal*, vol. 18, no. 3, pp. 535–43.
- Hamdi, M.M., Arneliwati & Nauli, F.A. 2022, 'Hubungan aktivitas fisik dengan kejadian excessive daytime sleepiness pada Mahasiswa tingkat akhir', *Jurnal Kesehatan Ilmiah Indonesia*, vol. 7, no. 1, pp. 156–64.
- Haryati, E.A., Widiyanti, E. & Hidayati, N.O. 2020, 'Nomophobia in Nursing Students at Padjadjaran University', *Jurnal Pendidikan Keperawatan Indonesia*, vol. 6, no. 2, pp. 105–12.
- Indonesia 2012, *Undang-Undang Republik Indonesia Nomor 12 Tahun 2012 Tentang Pendidikan Tinggi*, Jakarta.
- Indrawati, N. 2012, 'Perbandingan kualitas tidur Mahasiswa yang mengikuti UKM dan tidak mengikuti UKM pada Mahasiswa reguler FIK UI', Universitas Indonesia.
- Kementerian Pendidikan dan Kebudayaan 2019, *Penggunaan Gawai Oleh Peserta Didik Tingkat Sekolah Menengah Atas*.
- Khan, F., Haroon, H., Murtaza, H. & Anwar, E. 2016, 'Determinants of Sleep Quality among Undergraduate Students of Universities of Karachi', *Annals of Psychophysiology*, vol. 3, no. 1, pp. 04–13.
- Kurnia, E.A., Satiadarma, M.P. & Wati, L. 2021, 'The Relationship Between Nomophobia and Poorer Sleep Among College Students', *Proceedings of the International Conference on Economics, Business, Social, and Humanities (ICEBSH 2021)*, vol. 570, pp. 1254–61.
- Mengi, A., Singh, A. & Gupta, I. 2017, 'An institution-based study to assess the prevalence of Nomophobia and its related impact among medical students in Southern Haryana, India', *Journal of Family Medicine and Primary Care*, vol. 6, no. 2, pp. 169–70.
- Moreno-Guerrero, A.J., Hinojo-Lucena, F.J., Trujillo-Torres, J.M. & Rodríguez-García, A.M. 2021, 'Nomophobia and the influence of time to Rest among nursing students. A descriptive, correlational and predictive research', *Nurse Education in Practice*, vol. 52, no. March 2020, p. 103025.
- Nina, N., Kalesaran, A.F.C. & Langi, F.L.F.G. 2018, 'Hubungan antara aktivitas fisik dengan kualitas tidur pada Masyarakat pesisir Kota Manado', *Jurnal Kesehatan Masyarakat Universitas Sam Ratulangi*, vol. 7, no. 4.
- Nita, Y. & Adina, N.I. 2021, 'Analisis work from home selama pandemi Covid 19

- pada Dosen Keperawatan’, *Jurnal Keperawatan BSI*, vol. 9, no. 2, pp. 200–4.
- Pacheco, D. & Rehman, A. 2021, ‘How Is Sleep Quality Calculated? How Can You Calculate Your Sleep Quality at’, *Sleep Foundation*, viewed <<https://www.sleepfoundation.org/sleep-hygiene/how-is-sleep-quality-calculated>>.
- Pasongli, A., Ratag, B.T. & Kalesaran, A.F.. 2020, ‘Faktor-faktor yang berhubungan dengan nomophobia pada mahasiswa Fakultas Kesehatan Masyarakat Universitas Sam Ratulangi’, *Jurnal Kesehatan Masyarakat*, vol. 9, no. 6, pp. 88–95.
- Potter, P.A., Perry, A.G., Stockert, P.A. & Hall, A.M. 2016, *Fundamental of Nursing Eight Edition*, Elsevier.
- Qutishat, M., Rathinasamy Lazarus, E., Razmy, A.M. & Packianathan, S. 2020, ‘University students’ nomophobia prevalence, sociodemographic factors and relationship with academic performance at a University in Oman’, *International Journal of Africa Nursing Sciences*, vol. 13, no. December 2019, p. 100206.
- Rahmatika, R.A. 2021, ‘Gambaran nomophobia pada Mahasiswa Keperawatan Universitas Jenderal Soedirman’, Jenderal Soedirman University.
- Rodríguez-García, A.M., Belmonte, J.L. & Moreno-Guerrero, A.J. 2020, ‘Nomophobia: An individual’s growing fear of being without a smartphone—a systematic literature review’, *International Journal of Environmental Research and Public Health*, vol. 17, no. 2.
- Saat, Hanawi, Chan, Teh, Aznan & Zulkefli 2020, ‘Sleep Quality among University Students: Associations between Demographic Factors and Physical Activity Level’, *International Journal of Pharmaceutical Research & Allied Sciences*, vol. 9, no. 3, pp. 57–65.
- Saragih, A.H. 2020, ‘Hubungan aktivitas fisik terhadap prediksi Vo2maks pada calon jemaah Haji lansia Di Kbih Kodam I Bukit Barisan Kota Medan’, Universitas Muhammadiyah Sumatera Utara.
- Sarfriyanda, J., Karim, D. & Dewi, A.P. 2015, ‘Hubungan antara kualitas tidur dan kuantitas tidur dengan prestasi belajar mahasiswa’, *Jurnal Online Mahasiswa*, vol. 2, no. 2, pp. 1178–85.
- Sugiyono 2021, *Metode Penelitian Kuantitatif, Kualitatif, dan R&D*, Sutopo (ed.), ALFABETA, Bandung.
- Suni, E. & Truong, K. 2022, ‘Sleep Statistics’, *Sleep Foundation*, viewed 20 October 2022, <<https://www.sleepfoundation.org/how-sleep-works/sleep-facts-statistics>>.
- Tam, A.B., Chairani, A. & Bustamam, N. 2021, ‘Gambaran kualitas tidur, keluhan muskuloskeletal, dan hubungannya pada staf akademik Tahun 2020’, *PREPOTIF : Jurnal Kesehatan Masyarakat*, vol. 5, no. 1, pp. 195–203.
- Teker, A.G. & Yakşi, N. 2021, ‘Factors Affecting Sleep Quality in High School Students and its Relationship with Nomophobia’, *Journal of Turkish Sleep Medicine*, vol. 8, no. 3, pp. 216–21.

- Tristianingsih, J. & Handayani, S. 2021, 'Determinan Kualitas Tidur Mahasiswa Kampus A di Universitas Muhammadiyah Prof DR Hamka', *Perilaku dan Promosi Kesehatan: Indonesian Journal of Health Promotion and Behavior*, vol. 3, no. 2, p. 120.
- Wang, F. & Bíró, É. 2021, 'Determinants of sleep quality in college students: A literature review', *Explore*, vol. 17, no. 2, pp. 170–7.
- Wang, F. & Boros, S. 2021, 'The effect of physical activity on sleep quality: a systematic review', *European Journal of Physiotherapy*, vol. 23, no. 1, pp. 11–8.
- Whiteside, J. & Butcher, D. 2015, 'Not a job for a man: Factors in the use of touch by male nursing staff', *British Journal of Nursing*, vol. 24, no. 6, pp. 335–41.
- Widya, R. 2020, 'Dampak Negatif Kecanduan Gadget Terhadap Perilaku Anak', *Jurnal Abdi Ilmu*, vol. 13, no. 1, pp. 29–34.
- Wilkinson, J., Treas, L., Barnett, K. & Smith, M. 2016, *Fundamentals of Nursing*, Third Edit., F. A Davis Company, Philadelphia.
- Yildirim, C. & Correia, A.P. 2015, 'Exploring the dimensions of nomophobia: Development and validation of a self-reported questionnaire', *Computers in Human Behavior*, vol. 49, no. August, pp. 130–7.
- Zhang, Y., Peters, A. & Bradstreet, J. 2018, 'Relationships among sleep quality, coping styles, and depressive symptoms among college nursing students: A multiple mediator model', *Journal of Professional Nursing*, vol. 34, no. 4, pp. 320–5.

