

DAFTAR PUSTAKA

- Ali S.A., Tahamina B., Faruque R. 2018. Hormonal Influences on Cognitive Function. *Malays J Med Sci.* 25(4):31-41.
- Ardyarini H.T., Muflihatul M., Nani M. 2018. Perbedaan Memori Jangka Pendek Sebelum dan Sesudah Mendengarkan Musik Saat Lari pada Dewasa Muda. *Jurnal Kedokteran Diponegoro.* 7(2):733-750.
- Azad N., Shailesh P., W Earl B., Nicholas F. 2003. Testosterone Treatment Enhances Regional Brain Perfusion in Hypogonadal Men. *The Journal of Clinical Endocrinology & Metabolism.* 88(7):3064-3068.
- B. Hamzah, Rahmawati H. 2020. Faktor-Faktor yang Berhubungan dengan Tingkat Stres Akademik pada Mahasiswa Stikes Graha Medika. *Indonesian Journal for Health Sciences.* 4(2):59-67.
- Bachtiar A., Hidayah N. 2015. Hubungan Andropause dengan Stres Pria Beristri. *Jurnal Keperawatan.* 6(2):71-78.
- Balthazart J., Ball G.F. 2006. Is Brain Estradiol a Hormone or a Neurotransmitter?. *Trends in Neurosciences.* 29(5):241-249.
- Barret, K.E., Susan, M.B., Heddwen, L.B., Jason, Y. 2019. *Ganong's Review of Medical Physiology 26th Edition.* McGraw-Hill Education, USA.
- Basaria S. 2013. Reproductive Aging in Men. *Endocrinology and Metabolism Clinics of North America.* 42(2):255-270.
- Beauchet, Olivier. 2006. Testosterone and Cognitive Function: Current Clinical Evidence of a Relationship. *European Journal of Endocrinology.* 155(6):773-781.
- Bhinnety, Magda. 2008. Struktur dan Fungsi Memori. *Buletin Psikologi.* 16(2):74-88.
- Bloemen K.G., Fitriah H., Nur A.S., Vera D.T. 2020. Perbandingan Kualitas Tidur dan Memori Jangka Pendek pada Mahasiswa Peminum Kopi dan Bukan Peminum Kopi Fakultas Kedokteran Universitas Tadulako. *Healthy Tadulako Journal.* 6(1): 1-9.
- Bremner J.D. 2006. Traumatic Stress: Effects on The Brain. *Dialogues in Clinical Neuroscience.* 8(4):445-461.
- Bryan, K., Lan, Q.W. 2009. *Fundamental of Human Neuropsychology.* Worth Publishers, New York.

- Chraif M. 2012. The Influence of Sleep Deprivation on Short Term Memory and Attention to Details in Young Students. *Procedia - Social and Behavioral Sciences*. 33:1052-1056.
- Clifton S., W Macdowall, A J Copas, C Tanton, B G Keevil, D M Lee, *et al.* 2016. Salivary Testosterone Levels and Health Status in Men and Women in the British General Population: Findings from the Third National Survey of Sexual Attitudes and Lifestyles (Natsal-3). *J Clin Endocrinol Metab*. 101(11):3939-3951.
- Dahlan, S. 2012. *Statistik Untuk Kedokteran dan Kesehatan Edisi 5*. Salemba Medika, Jakarta.
- DBC. 2018. *Testosterone ELISA*. Diagnostics Biochem Canada Inc, Kanada.
- De Luccia T.P.B. 2016. Use of the Testosterone/Cortisol Ratio Variabel in Sports. *The Open Sports Sciences Journal*. 9:104-113.
- Decroli E. 2011. Testosteron and The Benefit for Men's Health. *Journal of Research in Pharmacy*. 23(2):292-297.
- Denene, Melissa, Rod, Dana, L., Edith, David, J. 2010. *Encyclopedia of Clinical Neuropsychology*. Springer-Verlag, Berlin.
- Dohle, G.R., Arver, S., Bettocchi, C. 2015. *EAU Guidelines on Male Hypogonadism*. European Association of Urology.
- Fandakova Y., Myriam C.S., Markus W.B., Yee L.S. 2014. Age Differences in Short-Term Memory Binding are Related to Working Memory Performance Across the Lifespan. *American Psychological Association*. 29(1):140-149.
- Feldman H.A., Christopher L., Carol A.D., Catherine B., Johannes A.B.A., Andrea D., *et al.* 2002. Age Trends in the Level of Serum Testosterone and Other Hormones in Middle-Aged Men: Longitudinal Results from the Massachusetts Male Aging Study. *The Journal of Clinical Endocrinology & Metabolism*. 87(2):589-598.
- Ferdinand C., Susy O. 2018. Hubungan Kafein Terhadap Daya Ingat Jangka Pendek pada Mahasiswa Angkatan 2012 Fakultas Kedokteran Universitas Tarumanegara. *Tarumanegara Medical Journal*. 1(1):41-47.
- Filova B., Daniela O., Peter C., Julius H. 2013. The Effect of Testosterone on the Formation of Brain Structures. *Cells Tissues Organs*. 197(3):169-177.

- Giofre D., Erika B., Irene C.M. 2017. The Relationship Between Intelligence, Working Memory, Academic Self-Esteem, and Academic Achievement. *Journal of Cognitive Psychology*. 29(6):731-747.
- Gryglewska J.O. 2010. Consequences of Sleep Deprivation. *International Journal of Occupational Medicine and Environmental Health*. 23(1):95-114.
- Guerrieri G.M., Paul G.W., P A.K., Linda A.S., Kate B., Carolyn J.G., *et al.* 2016. Sex Differences in Visuospatial Abilities Persist during Induced Hypogonadism. *Neuropsychologia*. 81:219-229.
- Guiu J.A.M., Ana C.M., Maria V.S., Celia O.G., Vanesa P., Paloma M., *et al.* 2017. Functional components of cognitive impairment in Multiple sclerosis: a cross-sectional investigation. *Frontiers in Neurology*. 8(643):1-9.
- Guyton, A.C, Hall, J.E. 2014. *Textbook of Medical Physiology*. 12th Ed. Elsevier, Singapore.
- Halpern, D.F. 2012. *Sex Differences in Cognitive Abilities 4th Ed.* Psychology Press, New York.
- Hamson D.K., Meighen M.R., Liisa A.M.G. 2016. Sex Hormones and Cognition: Neuroendocrine Influences on Memory and Learning. *Comprehensive Physiology*. 6(3):1295-1337.
- Hines M. 2010. Sex-related Variation in Human Behavior and the Brain. *Trends in Cognitive Sciences*. 14(10):448-456.
- Ibrahim, Andika H. 2017. Pengaruh Merokok terhadap Hormon Testosteron pada Laki-Laki Usia diatas 40 Tahun. *Jurnal Medika Saintika*. 7(2): 76-85.
- Ibrahim, Fadil O., Ami A. 2015. Hubungan Obesitas dengan Hormon Testosteron pada Mahasiswa STIKes Indonesia Padang. *Jurnal Kesehatan Andalas*. 4(3):772-776.
- Indira N.P.R.D.A. 2016. Terapi Sulih Testosteron Meningkatkan Ekspresi Messenger Ribonucleic Acid (mRNA) Reseptor Androgen pada Penis Tikus Wistar (*Rattus norvegicus*) Dewasa yang Dikastrasi. *Intisari Sains Medis*. 7(1):76-80.
- Jardi F., Michael R.L., Nari K., Rougin K., Dimitri D.B., Ann V.E., *et al.* 2018. Testosterone Boosts Physical Activity in Male Mice Via Dopaminergic Pathways. *Scientific Reports*. 8(957):1-14.

- Julianto V. 2017. Meningkatkan Memori Jangka Pendek Dengan Karawitan. *Jurnal Ilmiah Psikologi*. 2(2):137-147.
- Liem A. 2010. Pengaruh Nikotin terhadap Aktivitas dan Fungsi Otak serta Hubungannya dengan Gangguan Psikologis pada Pecandu Rokok. *Buletin Psikologi*. 18(2):37-50.
- Liu J., I-Hui L., Chieh-Hui W., Kao-Chin C., Chien-I L., Yen-Kuang Y. 2013. Cigarette Smoking Might Impair Memory and Sleepquality. *Journal of The Formosan Medical Association*. 112(5):287-290.
- McCleery J., Abraham R.P., Denton D.A., Rutjes A.W.S., Chong L.Y., Al-Assaf A.S., et al. 2018. Vitamin and Mineral Supplementation for Preventing Dementia or Delaying Cognitive Decline in People With Mild Cognitive Impairment. *The Cochrane Collaboration*. 11(5):1-95.
- Merz C.J. 2017. Contribution of Stress and Sex Hormones to Memory Encoding. *Psychoneuroendocrinology*. 82(1):51-58.
- Merz M.G. 2017. The Relationship Between Sleep, Working Memory, and Decision Making in Young and Old Adult Populations. *University of Central Florida*. 1(2):210.
- Moffat S.D., Alan B.Z., E Jeffrey M., Marc R.B., S Mitchell, H., Susan M.R. 2002. Longitudinal Assessment of Serum Free Testosterone Concentration Predicts Memory Performance and Cognitive Status in Elderly Men. *The Journal of Clinical Endocrinology & Metabolism*. 87(11):5001–5007.
- Moffat S.D., Hampson E. 1996. A Curvilinear Relationship between Testosterone and Spatial Cognition in Humans: Possible Influence on Hand Preference. *Psychoneuroendocrinology*. 21(3):323-337.
- Munthe I.P., Ratih Y.U., Isti I.F. 2017. Hubungan Kualitas Tidur dengan Memori Jangka Pendek pada Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Sumatera Utara. *Ibnu Sina Biomedika*. 1(2):1-17.
- Musdalifah R. 2019. Pemrosesan dan Penyimpanan Informasi pada Otak Anak dalam Belajar: *Short Term and Long Term Memory*. *Jurnal Pendidikan Islam*. 17(2):217-235.
- Nurmidin M.F., Fatimawali, Jimmy P. Pengaruh Pandemi Covid-19 Terhadap Aktivitas Fisik dan Penerapan Prinsip Gizi Seimbang pada Mahasiswa Pascasarjana. *Journal of Public Health and Community Medicine*. 1(4):28-32.

- Olson C.R., Claudio V.M. 2010. Significance of Vitamin A to Brain Function, Behavior and Learning. *Mol Nutr Food Res.* 54(4): 489-495.
- Pangestu K., Alya D. 2020. Hubungan Kualitas Tidur dengan Memori Jangka Pendek pada Mahasiswa Fakultas Kedokteran Universitas Tarumanagara Angkatan 2017. *Tarumanagara Medical Journal.* 2(2):302-307.
- Park D.C., Sara B.F. 2017. Theories of Memory and Aging: A Look at the Past and a Glimpse of the Future. *Journals of Gerontology: Psychological Sciences.* 72(1): 82-90.
- Purnakarya I. 2009. Peran Zat Gizi Makro Terhadap Kejadian Demensia pada Lansia. *Jurnal Kesehatan Masyarakat Andalas.* 3(2):89-92.
- Putra Y. 2014. Pengaruh Rokok terhadap Jumlah Sel Spermatozoa Mencit Jantan (*Mus Musculus*, Strain Jepang). *Jurnal Sainstek.* 6(1):30-42.
- Quervain D.J.F.D., Andreas P. 2006. Identification of A Genetic Cluster Influencing Memory Performance and Hippocampal Activity in Humans. *Proceedings of the National Academy of Sciences of the United States of America.* 103(11):4270-4274.
- Rahmawati A., I Dewa P.P., Martalena B.P. 2012. Asupan Zat Gizi Mikro dengan Fungsi Kognitif pada Lanjut Usia. *Jurnal Gizi Klinik Indonesia.* 8(4):195-201.
- Resnick S.M., Alvin M.M., Alisa J.S.S., Susan S.E., Thomas M.G., Sally A.S., *et al.* 2017. Testosterone Treatment and Cognitive Function in Older Men with Low Testosterone and Age-Associated Memory Impairment. *Journal of the American Medical Association.* 317(7):717-727.
- Rosenfeld C.R., Dusti A.S., Victoria J.V.P. 2018. Cognitive Effects of Aromatase and Possible Role in Memory Disorders. *Frontiers in Endocrinology.* 9(610):1-18.
- Sherwood, L. 2016. *Fisiologi Manusia: dari Sel ke Sistem edisi 6.* EGC, Jakarta.
- Smith A.P. 2016. Acute Tension-Type Headaches are Associated with Impaired Cognitive Function and More Negative Mood. *Frontiers in Neurology.* 7(42):1-9.
- Solikhin A.N., Yani D.S., Zulmansyah. 2016. Hubungan Antara Durasi Tidur dengan Memori Jangka Pendek Siswa Siswi SMP Darul Hikam Kota

Bandung Tahun Ajaran 2015-2016. *Prosiding Pendidikan Dokter*. 2(2):833-838.

Susanto Y., Pinandjojo D., Rosnaeni. 2009. Pengaruh Olahraga Ringan terhadap Memori Jangka Pendek pada Wanita Dewasa. *Maranatha Journal of Medicine and Health*. 8(2):144-150.

Sutrisno R., Faisal F., Fathul H. 2017. Perbandingan Kualitas Tidur Mahasiswa Fakultas Kedokteran Universitas Padjadjaran yang Menggunakan dan tidak Menggunakan Cahaya Lampu Saat Tidur. *Jurnal Sistem Kesehatan*. 3(2): 73 – 79.

Suweino, Parwanto E., Tjahjadi D. 2012. Hubungan Kadar Sex Hormon Binding Globulin (SHBG) dengan Testosteron pada Laki-laki Dewasa di Kecamatan Cilandak, Jakarta Selatan. *Cermin Dunia Kedokteran*. 39(11):817-822.

Tashnimi M. 2017. Short Term Memory vs. Working Memory. *International Journal of English, Literature and Social Science*. 2(1):38-40.

Tih F., Rizna T., Roy C. 2006 Pengaruh Minuman yang Mengandung Vitamin C Terhadap Memori Jangka Pendek pada Remaja. *Jurnal Kedokteran Universitas Kristen Maranatha*. 1-5.

Ulinuha R., Ari U., Mateus S.A., M Arie W. 2018. Gambaran Kejadian Obesitas, Asupan Gizi dan Aktivitas Fisik Berdasarkan Status Andropause pada Laki-laki Usia 30-50 Tahun (Studi di Kecamatan Tembalang Kota Semarang). *Jurnal Kesehatan Masyarakat*. 6(1): 287-297.

Ulinuha R., Ari U., Mateus S.A., M Arie, Wuryanto. Gambaran Kejadian Obesitas, Asupan Gizi dan Aktivitas Fisik Berdasarkan Status Andropause pada Pria Usia 30-50 Tahun (Studi di Kecamatan Tembalang Kota Semarang). *Jurnal Kesehatan Masyarakat*. 6(1):287-297.

Vaughan C., Felicia C.G., J Lisa T. 2007. Exogenous Testosterone Alone or With Finasteride Does Not Improve Measurements of Cognition in Healthy Older Men with Low Serum Testosterone. *Journal of Andrology*. 28(6):875-882.

Wahyuni L.T., Nurdin A.E., Anas E. 2015. Pengaruh Gangguan Tidur terhadap Kadar Hormon Testosteron dan Jumlah Spermatozoa pada Tikus Jantan Wistar. *Jurnal Kesehatan Andalas*. 4(3):835-840.

Yang Q., Zhenjie L., Wencai L., Liang L., Haoqiang W., Yiyi Z., *et al.* 2019. Association of Total Testosterone, Free Testosterone, Bioavailable

Testosterone, Sex Hormone–Binding Globulin, and Hypertension. *Medicine*. 98(20):1-6.

Yuen E.Y., Liu W., Karatsoreos I.N., Feng J., McEwen B.S., *et al.* 2007. Acute Stress Enhances Glutamatergic Transmission in Prefrontal Cortex and Facilitates Working Memory. *Proceedings of the National Academy of Sciences*. 106(33):14075-14079.

Zitzmann M., Nieschlag E. 2001. Testosterone Levels in Healthy Men and The Relation to Behavioural and Physical Characteristics: Facts and Constructs. *European Journal of Endocrinology*. 144(3):183-197.

Zulissetiana E.F., Puji R.S. 2016. Degenerasi Kognitif pada Stres Kronik. *Jurnal Kedokteran Unila*. 1(2): 418-423.

Zulkarnain, Darma S., T.M. Yus, Soraya R. 2015. Pengaruh Latihan Fisik Teratur terhadap Kadar Glukosa Darah dan Hubungannya dengan Kadar Testosteron Total pada Tikus Model Diabetes. *Majalah Kedokteran Bandung*. 47(1):16-21.

