

DAFTAR PUSTAKA

1. Novianti GASW, Ayu Astiti Suadnyana I. Hubungan kecemasan terhadap kualitas tidur mahasiswa baru prodi fisioterapi Universitas Bali internasional. *Prepotif Jurnal Kesehatan Masyarakat*. 2022 Apr;6(1).
2. Nindya K, Wulandari A, Ayu D, Alit A, Astini S, Wayan I, et al. Tingkat stres mahasiswa fakultas kedokteran dan ilmu kesehatan Universitas Warmadewa selama pembelajaran daring pada masa pandemi COVID-19. *Aesculapius Medical Journal*. 2022 Aug;2(2):69–75.
3. Syauki D, Prananjaya BA, Aini S, Suryani PR, Cendana V, Nicholas Tze Ping Pang. Suicide in medical student: how to prevent? *Jurnal Psikiatri Surabaya*. 2022 Nov 22;11(2):54–60.
4. Sari DP, Nugroho H, Iskandar A. Gambaran tingkat kecemasan mahasiswa fakultas kedokteran Universitas Mulawarman sebelum menghadapi OSCE. *Jurnal Sains dan Kesehatan*. 2021 Aug 31;3(4):482–8.
5. Ramadianto A, Kusumadewi I, Agiananda F, Raharjanti NW. Symptoms of depression and anxiety in Indonesian medical students: association with coping strategy and resilience. *BMC Psychiatry*. 2022 Dec 1;22(1).
6. Quek TTC, Tam WWS, Tran BX, Zhang M, Zhang Z, Ho CSH, et al. Global prevalence of anxiety among medical students: a meta-analysis. Vol. 16, *International Journal of Environmental Research and Public Health*. MDPI AG; 2019.
7. Asfaw H, Fekadu G, Tariku M, Oljira A. Anxiety and stress among undergraduate medical students of Haramaya University, Eastern Ethiopia. *Neuropsychiatric Disease and Treatment*. 2021;17:139–46.

8. Steel R, Lawrie S. *Davidson's Principles and Practice of Medicine*. Edisi 24. Ralston SH, Penman ID, Strachan MW, Hobson RP, editors. London : Elsevier; 2022. 1200–1201 p.
9. Almokhtar A. Adwas MJ and AEA. Anxiety: insights into signs, symptoms, etiology, pathophysiology, and treatment. *East African Scholars Journal of Medical Sciences* [Internet]. 2019;Volume-2 | Issue-10. Available from: <http://www.easpublisher.com/easjms/>
10. Ravichandran K, Dewi DAS, Aryabiantara IW. The characteristic of anxiety disorder among medical students of Universitas Udayana, Bali, Indonesia in the 2019 period. *Intisari Sains Medis*. 2020 Dec 1;11(3):1264–70.
11. Stephanie M, Surjadi C. The mental health of first- and final-year preclinical medical students. *The Indonesian Journal of Medical Education*. 2020 Nov 16;9(3):291.
12. Putu N, Cyntia KP, Gita D, Kareri R, Djie S, Rante T, et al. Hubungan tingkat kecemasan dengan prestasi akademik mahasiswa fakultas kedokteran Universitas Nusa Cendana. *Cendana Medical Journal*. 2021 Apr;21(1).
13. Permata KA, Widiyasavitri PN. Hubungan antara kecemasan akademik dan *sleep paralysis* pada mahasiswa fakultas kedokteran Universitas Udayana tahun pertama. *Jurnal Psikologi Udayana*. 2019;6(1):1–10.
14. Ahmad SR, Anissa M, Triana R, Kunci K. Hubungan tingkat stres dengan kejadian insomnia pada mahasiswa angkatan 2017 fakultas kedokteran Universitas Baiturrahmah. *Indonesian Journal for Health Sciences*. 2022;6(1):1–7.
15. Nurdin MA, Arsin AA, Thaha RM, Masyarakat FK, Hasanuddin U, Fakultas BE, et al. Kualitas hidup penderita insomnia pada mahasiswa pascasarjana Universitas Hasanuddin. *Jurnal Kedokteran Kesehatan Masyarakat* [Internet]. 2018 Mar [cited 2023 May 24];Volume 2(No. 1 : 235– 243). Available from: <https://journal.unhas.ac.id>

16. National Sleep Foundation. Insomnia [Internet]. 2022 [cited 2023 May 30]. Available from: www.sleepbetter.com.au Last updated : 19 August 2022
17. Faradisa Fauziyah N, Nur Aretha K. Hubungan kecemasan, depresi dan stres dengan kualitas tidur mahasiswa fakultas kedokteran selama pandemi Covid-19. *Herb-Medicine Journal*. 2021 Apr;Volume 4(No. 2).
18. Windiani IGAT, Noviyani NMR, Adnyana IGANS, Murti NLSP, Soetjningsih S. Prevalence of sleep disorders in adolescents and its relation with screen time during the COVID-19 pandemic era. *Open Access Macedonian Journal of Medical Sciences*. 2021 May 14;9(B):297–300.
19. National Sleep Foundation. *How Much Sleep Do You Really Need?* [Internet]. 2020 [cited 2023 Jul 5]. Available from: <https://www.thensf.org/how-many-hours-of-sleep-do-you-really-need/>
20. Schmickler JM, Blaschke S, Robbins R, Mess F. Determinants of sleep quality: a cross-sectional study in university students. *International Journal of Environmental Research and Public Health*. 2023 Feb 1;20(3).
21. Sing CY, Wong WS. Prevalence of insomnia and its psychosocial correlates among college students in Hong Kong. *Journal of American College Health*. 2011 Nov;59(3):174–82.
22. Yassin A, Al-Mistarehi AH, Beni Yonis O, Aleshawi AJ, Momany SM, Khassawneh BY. Prevalence of sleep disorders among medical students and their association with poor academic performance: a cross-sectional study. *Annals of Medicine and Surgery*. 2020 Oct 1;58:124–9.
23. Unika. Daftar jumlah mahasiswa periode TA 2022-2023. Universitas Katolik Soegijapranata Semarang .

24. Elviani P. Pengaruh adaptasi lingkungan pembelajaran terhadap kemampuan akademik mahasiswa di program studi pendidikan dokter fakultas kedokteran Universitas Abulyatama. *Jurnal Health Sains*. 2020 Dec;1(6).
25. Manery DE, Saija AF, Angkejaya OW, Bension JB. Hubungan *culture shock* dengan penyesuaian diri mahasiswa perantau semester pertama tahun 2020 dan 2021 di fakultas kedokteran Universitas Pattimura Ambon. *Molucca Medica*. 2023 May 16;16(1):39–50.
26. Wibowo DH. Sendiri saat pandemi: peran kecerdasan emosi terhadap stres pada mahasiswa rantau. *Journal Sains Psikologi*. 2022;Vol. 11, No. 1.
27. Maulina B, Sari DR. Derajat stres mahasiswa baru fakultas kedokteran ditinjau dari tingkat penyesuaian diri terhadap tuntutan akademik. *Jurnal Psikologi Pendidikan dan Konseling: Jurnal Kajian Psikologi Pendidikan dan Bimbingan Konseling*. 2018 Jun 24;4(1):1.
28. Tia Audina S, Narulita S, Manurung S. Hubungan tingkat kecemasan dengan kualitas tidur mahasiswa reguler tingkat akhir di Universitas Binawan Jakarta. *Binawan Student Journal (BSJ)*. 2020 Dec;Volume 2, Nomor 3.
29. Nurhayati N, Redaksi AA. Hubungan insomnia dengan tingkat kecemasan selama masa pandemi pada mahasiswa/i fakultas kedokteran Universitas Tarumanagara angkatan 2020-2021. *JKKT- Jurnal Kesehatan dan Kedokteran Tarumanagara*. 2022 Nov;Volume 1, Nomor 1.
30. Singh R, Chang Yen Li S, Innaci Dass F, Ismah N, Hafizuddin M. Association of insomnia and mental health among medical students of a private medical college in Malaysia (a cross sectional analytical study). *Advances in Biomedical Sciences*. 2018;3(5):72–8.
31. Eleftheriou A, Rokou A, Arvaniti A, Nena E, Steiropoulos P. Sleep quality and mental health of medical students in greece during the COVID-19 pandemic. *Frontiers in Public Health*. 2021 Nov 19;9.

32. James Sadock B, Alcoht Sadock V, Ruiz P. *Synopsis Of Psychiatry : Behavioral Sciences/Clinical Psychiatry, 11th Edition*. Pataki CS, Sussman N, editors. Philadelphia: Wolters Kluwer; 2015. 387–391 p.
33. Yunita R, Subardjo S. Perbedaan tingkat kecemasan pada mahasiswa baru di fakultas ilmu kesehatan dan non fakultas ilmu kesehatan Yogyakarta. *Jurnal Psikologi Integratif Prodi Psikologi UIN Sunan Kalijaga*. 2018;Volume 6, Nomor 1:18–28.
34. World Health Organization. *Depression and other common mental disorders global health estimates* [Internet]. 2017 [cited 2023 May 23]. 10–11 p. Available from: <https://apps.who.int/iris/handle/10665/254610> License: CC BY-NC-SA 3.0 IGO
35. Kementrian Kesehatan Republik Indonesia. *Laporan Nasional Riset Kesehatan Dasar*. Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan. Jakarta: Lembaga Penerbit Badan Penelitian dan Pengembangan Kesehatan; 2019.
36. Resti D, Nanda D, Stikes D, Padang P. Hubungan kualitas tidur dengan tingkat kecemasan pada pasien terpasang infus di ruang rawat inap interne RSUD dr. Achmad Mochtar Bukitinggi. *Perintis's Health Journal*. 2018 Dec;5(2):30–42.
37. Mao Y, Zhang N, Liu J, Zhu B, He R, Wang X. A systematic review of depression and anxiety in medical students in China. *BMC Medical Education*. 2019 Dec 2;19(1):327.
38. Qin S. Etiology and treatment of anxiety. Wu F, Wang F, editors. *BIO Web of Conferences* [Internet]. 2023 May 8;59:02006. Available from: <https://www.bio-conferences.org/10.1051/bioconf/20235902006>
39. Rutsch A, Kantsjö JB, Ronchi F. The gut-brain axis: how microbiota and host inflammasome influence brain physiology and pathology. *Front Immunol*. 2020 Dec 10;11.
40. Merry, Christine Mamahit H. Stres akademik mahasiswa aktif angkatan 2018 dan 2019 Universitas Swasta di DKI Jakarta. *Jurnal*

- Konseling Indonesia* [Internet]. 2020 Oct [cited 2023 Jun 28];6(1):6–13. Available from: <http://ejournal.unikama.ac.id/index.php/JKI>
41. Clinical Practice Review Mental health. Symptoms and causes of anxiety, and its diagnosis and management. *Nursing Time Self-Assesment* [Internet]. 2020 Oct;Volume 116(Issue 10):2–3. Available from: www.nursingtimes.net
 42. Jiang L, Atasoy S, Johar H, Herder C, Peters A, Kruse J, et al. Anxiety boosts progression of prediabetes to type 2 diabetes: findings from the prospective cooperative health research in the region of augsburg F4 and FF4 studies. *Diabetic Medicine*. 2020 Feb 3;
 43. Kim H, Kim SH, Jang SI, Park EC. Association between sleep quality and anxiety in Korean adolescents. *Journal of Preventive Medicine and Public Health*. 2022 Mar 31;55(2):173–81.
 44. Akçay Nİ, Awode A, Sohail M, Baybar Y, Alweithi K, Alilou MM, et al. Sleeping disorders and anxiety in academicians: a comparative analysis. *Journal of Turkish Sleep Medicine*. 2018 Sep 1;5(3):86–90.
 45. Reiss F, Meyrose AK, Otto C, Lampert T, Klasen F, Ravens-Sieberer U. Socioeconomic status, stressful life situations and mental health problems in children and adolescents: results of the German BELLA cohort-study. *PLoS One*. 2019 Mar 13;14(3).
 46. Misdani M, Syahniar S, Marjohan M. The effectiveness of rational emotive behavior therapy approach using a group setting to overcome anxiety of students facing examinations. *International Journal of Research in Counseling and Education*. 2019 Mar 1;3(2):82.
 47. Handayani TS, Ifdil ifdil. Konsep kecemasan dalam menghadapi ujian praktik siswa ujian praktik siswa sekolah kejuruan. *Journal of Counseling, Education and Society* [Internet]. 2020 Feb [cited 2023 May 25];Volume 1, Nomor 1:24–5. Available from: <https://jurnal.iicet.org/index.php/essr>
 48. Castaños-Cervantes S, Vélez-Agosto N. Psychosocial predictors of social anxiety in children. *Suma Psicológica*. 2020 Jul 20;27(1).

49. David de Naor Y, Wahyu Sitasari N. Gambaran kecemasan berbicara di depan umum pada santri SMA di Pondok Pesantren. *JCA Psikologi*. 2021 Apr; Volume 2 Nomor 2:5.
50. House A, Stark D. Anxiety in medical patients. In: ABC of Psychological Medicine. British : BMJ Publishing Group; 2003. p. 14.
51. American Psychiatric Association. *Diagnostic and Statistical Manual of Mental Disorders : DSM-5*. American Psychiatric Association; 2013. 947 p.
52. Mustika Mirani M, Marni E. Gambaran tingkat kecemasan pada lansia di wilayah kerja Puskesmas Payung Sekaki. *Jurnal Medika Utama* [Internet]. 2021 Jan; Volume 2(No. 2). Available from: <http://jurnalmedikahutama.com>
53. Godoy LD, Rossignoli MT, Delfino-Pereira P, Garcia-Cairasco N, Umeoka EH de L. A comprehensive overview on stress neurobiology: basic concepts and clinical implications. Vol. 12, *Frontiers in Behavioral Neuroscience*. Frontiers Media S.A.; 2018.
54. Rosyanti L, Devianty R, Hadi I. Kajian teoritis: hubungan antara depresi dengan sistem neuroimun (sitokin-HPA aksis) psikoneuroimunologi lalin.
55. Atmaja B, Rafelia V. Hubungan antara psikobiotik dengan gangguan kecemasan. *Journal Indonesia Medical Association*. 2021 Jan; Volume 71(Nomor 6).
56. Repova K, Baka T, Krajcirovicova K, Stanko P, Aziriova S, Reiter RJ, et al. Melatonin as a potential approach to anxiety treatment. Vol. 23, *International Journal of Molecular Sciences*. MDPI; 2022.
57. Dunstan DA, Scott N. Norms for zung's self-rating anxiety scale. *BMC Psychiatry*. 2020 Feb 28;20(1).
58. Setyowati A, Chung MH, Yusuf A. Development of self-report assessment tool for anxiety among adolescents: Indonesian version of the zung self-rating anxiety scale. *Journal of Public Health in Africa*. 2019 Oct 31;10(S1).

59. Wu J, Li H, Wu Y. Trait and state: interoceptive accuracy during anticipation of public speaking in junior secondary shy students from an eastern province of China. *International Journal of Environmental Research and Public Health*. 2021 May 1;18(9).
60. Santamaría AL, Masot O, Velez OC, Botigué T, Sánchez TC, Roca J. Diagnostic concordance between the Visual Analogue Anxiety Scale (VAS-A) and the State-Trait Anxiety Inventory (STAI) in nursing Students during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*. 2022 Jun 1;19(12).
61. Ramdan IM. Reliability and validity test of the Indonesian version of the hamilton anxiety rating scale (HAM-A) to measure work-related stress in nursing. *Jurnal Ners*. 2019 Apr 1;14(1):33–40.
62. Hallit S, Haddad C, Hallit R, Akel M, Obeid S, Haddad G, et al. Validation of the hamilton anxiety rating scale and state trait anxiety inventory a and b in Arabic among the Lebanese population. *Clinical Epidemiology and Global Health*. 2020 Dec;8(4):1104–9.
63. Humaida R, Ningsih C, Kurniawati E, Komarudin U. Diagnosis dan terapi pada pasien gangguan ansietas menyeluruh pria usia 60. Tahun J Medula Unila|Volume. 2020 Dec;6(1).
64. Redjeki S. Aktivitas tidur, gelombang otak, epilepsi, psikosis, dan demensia. In: Tanzil A, editor. *Guyton dan Hall Buku Ajar Fisiologi Kedokteran*. 13th ed. Singapore : Elsevier; 2016. p. 767.
65. Abhinav S, Suni E. *How Much Sleep Do We Really Need* [Internet]. National Sleep Foundation. 2023 [cited 2023 May 10]. p. 1–3. Available from: <https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need> (Last updated : 9 May 2023)
66. Rahma Reza R, Berawi K, Karima N, Budiarto A, Tidur dalam Manajemen Kesehatan F, Fakultas Kedokteran M, et al. Fungsi Tidur dalam Manajemen Kesehatan Sleep Function in Health Management. *Majority Jurnal*. 2019;8(2).

67. Patel AK, Reddy V, Shumway KR. Physiology, sleep stages statspearls. *National Library of Medicine, National Institutes of Health*. 2022 Sep;
68. Tubbs AS, Dollish HK, Fernandez F, Grandner MA. *The Basics of Sleep Physiology and Behavior*. In: Sleep and Health. Elsevier; 2019. p. 3–10.
69. Okechukwu CE. The neurophysiologic basis of the human sleep–wake cycle and the physiopathology of the circadian clock: a narrative review. *The Egyptian Journal of Neurology, Psychiatry and Neurosurgery*. 2022 Mar 18;58(1):34.
70. Shankar A, Williams CT. The Darkness and The Light: Diurnal Rodent Models for Seasonal Affective Disorder. Vol. 14, *DMM Disease Models and Mechanisms*. Company of Biologists Ltd; 2021.
71. Meléndez-Fernández OH, Liu JA, Nelson RJ. Circadian rhythms disrupted by light at night and mistimed food intake alter hormonal rhythms and metabolism. *International Journal of Molecular Sciences*. 2023 Feb 8;24(4):3392.
72. Dijk DJ, Landolt HP. *Sleep physiology, circadian rhythms, waking performance and the development of sleep-wake therapeutics*. In 2019. p. 441–81.
73. Hidayat S, Mumpuningtias ED. Terapi kombinasi sugesti dan dzikir dalam peningkatan kualitas tidur pasien. *Care: Jurnal Ilmiah Ilmu Kesehatan*. 2018;6(3):219–30.
74. Holder S, Narula NS. Common sleep disorders in adults: diagnosis and management. *American Family Physician* [Internet]. 2022 Apr 1;105(4):397–405. Available from: <https://www.aafp.org/pubs/afp/issues/2022/0400/p397.html>
75. Morin CM, Jarrin DC, Ivers H, Mérette C, LeBlanc M, Savard J. Incidence, persistence, and remission rates of insomnia over 5 years. *JAMA Network Open*. 2020 Nov 6;3(11):e2018782.

76. Fernando R, Hidayat R. Hubungan lama penggunaan media sosial dengan kejadian insomnia pada mahasiswa fakultas ilmu kesehatan Universitas Pahlawan Tuanku Tambusai tahun 2020. *Jurnal Ners Prodi Sarjana Keperawatan & Profesi Ners FIK* [Internet]. 2020 [cited 2023 Jun 29];4(2):83–9. Available from: <http://journal.universitaspahlawan.ac.id/index.php/ners>
77. Poon SH, Quek SY, Lee TS. Insomnia disorders: nosology and classification past, present, and future. *Journal of Neuropsychiatry and Clinical Neurosciences*. 2021 Jun 1;33(3):194–200.
78. Pradeep Bollu by C, Kaur H, Pradeep Bollu MC. Sleep medicine: insomnia and sleep. *Missouri Medicine*. 2019 Jan;
79. Newsom R, De Banto J. Aging and sleep : how does growing old affect sleep? [Internet]. *Sleep Foundation (A Onecare Media Company)*. 2023 [cited 2023 Jul 1]. Available from: <https://www.sleepfoundation.org> Terakhir diperbaharui : 25 mei 2023
80. Abbasi Feinberg F. *Is a medical condition causing your chronic insomnia?* [Internet]. WebMD. 2022 [cited 2023 Jul 1]. Available from: <https://www.webmd.com> › sleep-disorders
81. Ahmed NJ, Khan MF. Drug-induced insomnia: descriptive analysis of FDA adverse event reporting system. *Asian Journal of Pharmaceutics* [Internet]. 2022 Jul [cited 2023 Jun 29];16(3):357. Available from: <https://www.asiapharmaceutics.info>
82. Farooq A, Hussain J, Gupta R. Types, pathophysiology, treatment an overview. *Quest Journals Journal of Research in Pharmaceutical Science* [Internet]. 2021 Jul;7(7):2347–995. Available from: www.questjournals.org
83. Yu J, Xiang T, Pan J. The Relationship between Dysfunctional Beliefs and Attitudes about Sleep and Sleep Structure in Patients with Insomnia: A Controlled Study. *Psychology*. 2020;11(03):541–9.

84. Espie CA, Kyle SD, Hames P, Gardani M, Fleming L, Cape J. The Sleep Condition Indicator: a clinical screening tool to evaluate insomnia disorder: *BMJ Open*. 2023 Mar;4(3):e004183.
85. Al Maqbali M, Madkhali N, Dickens GL. Psychometric properties of the insomnia severity index among arabic chronic diseases patients. *Journal of SAGE Open Nursing*. 2022;8.
86. Dieperink KB, Elnegaard CM, Winther B, Lohman A, Zerlang I, Möller S, et al. Reliminary validation of the insomnia severity index in Danish outpatients with a medical condition. *J Patient Rep Outcomes*. 2020 Dec 2;4(1):18.
87. *Insomnia severity index* [Internet]. Mapi Research Trust. [cited 2023 Jul 4]. Available from: <https://eprovide.mapi-trust.org/instruments/insomnia-severity-index>
88. Mukholil. Kecemasan dalam proses belajar. *Jurnal Eksponen*. 2018 Apr;Volume 8, Nomor 1.
89. Hardiyanti AY, Amalia L. Hubungan tingkat stres dengan gangguan insomnia pada mahasiswa/mahasiswi bimbingan penyuluhan islam semester delapan tahun akademik 2019/2020 IAIN Ponorogo. *Jurnal Institut Agama Islam Negeri Ponorogo* [Internet]. 2019 Dec; Available from: <https://jurnal.iainponorogo.ac.id>
90. Ahmad SR, Anissa M, Triana R, Kunci K. Hubungan tingkat stres dengan kejadian insomnia pada mahasiswa angkatan 2017 fakultas kedokteran Universitas Baiturrahmah. *Indonesian Journal for Health Sciences*. 2022;6(1):1–7.
91. Palu U, Ketut Warja I, Afni N, Yani A, Epidemiologi B, Masyarakat K, et al. Hubungan stres dan kecemasan dengan insomnia pada mahasiswa reguler yang sedang menyusun skripsi di fakultas kesehatan masyarakat UNISMUH Palu. *Jurnal Kolaboratif Sains*. 2019 Oct;Volume 2, Nomor 1.

92. Hulukati W, Djibran MR. Analisis tugas perkembangan mahasiswa fakultas ilmu pendidikan Universitas Negeri Gorontalo. *Jurnal Bikotetik*. 2018;02, Nomor 01.
93. Maulina B, Sari DR. Derajat stres mahasiswa baru fakultas kedokteran ditinjau dari tingkat penyesuaian diri terhadap tuntutan akademik. *Jurnal Psikologi Pendidikan dan Konseling: Jurnal Kajian Psikologi Pendidikan dan Bimbingan Konseling*. 2018 Jun 24;4(1):1.
94. Hediatty S, Natasha Ayu Shafira N. Gambaran tingkat stres mahasiswa kedokteran berdasarkan *medical student stresor questionnaire* di fakultas kedokteran dan ilmu kesehatan Universitas Jambi. *Journal of Medical Student*. 2022;Volume 2(No. 2).
95. Deni C. *Dasar-dasar metodologi penelitian klinis*. Edisi 5. Sastroasmoro S, Ismael S, editors. Jakarta: Sagung Seto; 2011. 132 p.
96. Hardani, Helmina Andriani, Jumari Utiwaty, Evi Fatmi, Ria Rahmatul. *Buku metode penelitian kualitatif & kuantitatif* [Internet]. Abdi H, editor. Yogyakarta: CV Penerbit Pustaka Ilmu; 2020. 371–372 p. Available from: <https://www.researchgate.net/publication/340021548>
97. Sugiyono. *Metode penelitian kuantitatif kualitatif dan R&D* [Internet]. Bandung: Penerbit Alfabeta; 2013 [cited 2023 Jun 17]. 80–166 p. Available from: <https://anyflip.com/utlqr/qtha/basic>
98. Gozali W, Widiarta O. Ansietas dan prestasi mahasiswa D3 kebidanan pada program PKL di masa pandemi COVID-19. *Jurnal Ilmu Keperawatan Jiwa* [Internet]. 2021 Aug;Volume 4(Nomor 3). Available from: <https://journal.ppnijateng.org/index.php/jikj>
99. Firmansyah Y, Haryanto I. Psycho-socio-juridic review of lockdown and work from home policies on psychological symptoms in productive groups and strategic solutions of national economy. *Jurnal Ilmu Sosial dan Humaniora* [Internet]. 2021;4(2). Available from: <http://jayapanguspress.penerbit.org/index.php/ganaya>

100. Bhamra MK, Nair R, Naqvi WM, Arora SP. *Assessment of anxiety using hamilton anxiety scale in augmented reality head mounted display user: a study protocol. Journal of Research Square*. 2021 Jun;
101. Mujiyanto B. *Bahan ajar teknologi laboratorium medis (TLM) : metodologi penelitian dan statistik*. Jakarta: Pusat Pendidikan Sumber Daya Manusia Kesehatan Kementerian Kesehatan Republik Indonesia; 2017. 89–95 p.
102. Haryana A. *Bahan Ajar Mata Kuliah: Analisis Data Penelitian Kuantitatif*. Jurnal Esa Unggul [Internet]. 2020 Jun 26 [cited 2023 Jun 14]; Available from: <https://www.researchgate.net/publication/342476833>
103. Dahlan MS. *Statistik Untuk Kedokteran dan Kesehatan: Deskriptif, Bivariat, dan Multivariat*. In: Hipotesis Korelasi. 5th ed. Jakarta; 2018. p. 348–69.
104. Kusuma Putra RA, Lontoh SO. Hubungan insomnia dengan tingkat kecemasan selama masa pandemi pada mahasiswa/i fakultas kedokteran Universitas Tarumanagara angkatan 2020-2021. *JKKT- Jurnal Kesehatan dan Kedokteran Tarumanagara*. 2022;1(1).
105. Agung A, Gayatri M, Wijaya MD, Wayan I, Arsana E. Hubungan Tingkat Kecemasan dengan Tingkat Keparahannya In-somnia pada Mahasiswa Semester 3 Fakultas Kedokteran dan Ilmu Kesehatan Universitas Warmadewa yang Akan Menghadapi Ujian OSCE pada Tahun 2021. *Aesculapius Medical Journal*. 2022;1(2):58–64.
106. Tubarad GDT, Wiratmoko MR, Aulia SN, Prameswari SC, Pramana S. An Overview of Medical Students' Psychological in The Process of Distance Learning on Pandemic COVID-19. *Muhammadiyah Medical Journal*. 2021 Oct 28;2(2):62.
107. Anissa M, Ashari E, Pendri Hariyani I, Jend Ahmad Yani Km J, Harapan Kota Parepare L, Selatan S, et al. Hubungan Tingkat Kecemasan dengan Kejadian Insomnia pada Mahasiswa Fakultas

- Kedokteran Universitas Baiturrahmah. *Jurnal Ilmiah Manusia dan Kesehatan*. 2022 Sep 17;5(3).
108. Izzah N, Sari H, Profesi Ners M, Keperawatan Universitas Syiah Kuala F, Keilmuan Keperawatan Medikal Bedah B, Keperawatan Universitas Syiah Kuala Banda Aceh F. Tingkat Kecemasan pada Mahasiswa Rantau di Aceh. *Jurnal Ilmu Keperawatan*. 2021;9(2).
 109. Chandradewi C, Noerhidajati E, Milla MN, Kedokteran F, Islam U, Semarang A. Hubungan antara Tingkat Kecemasan dengan Kejadian Insomnia Studi Observasional Analitik pada Mahasiswa Program Studi Sarjana Kedokteran Universitas Islam Sultan Agung Semarang Angkatan 2021. *Jurnal Ilmiah Sultan Agun*. 2023 Mar 15;
 110. Qasim S, Alrasheed A, Almesned F, Alduhaymi M, Aljehaiman T, Omair A. Insomnia among medical students and its association with exams. *International Journal of Medicine in Developing Countries*. 2021;682–7.
 111. Zhang M, Qin L, Zhang D, Tao M, Han K, Chi C, et al. Prevalence and factors associated with insomnia among medical students in China during the COVID-19 pandemic: characterization and associated factors. *BMC Psychiatry*. 2023 Dec 1;23(1).
 112. Varsha Davis, Rajveer Singh Nirwan, Brajesh Kumar Pushp, Rajendrakumar Katte. Insomnia and Related Anxiety among Medical Students. *International Journal of Toxicological and Pharmacological Research*. 2022 Sep 30;12(9):363–7.
 113. Kusumadewi A, Syifa Nabel Hadera, Afkar Aulia. Anxiety Related to Insomnia Severity Level in Medical Pre-clinic Students of the Faculty of Medicine, Public Health, and Nursing Science (FK-KMK), Universitas Gadjah Mada. *Bioscientia Medicina: Journal of Biomedicine and Translational Research*. 2022 Jul 19;6(10):2231–5.
 114. Purnama Sari I. Gambaran Proses Adaptasi Mahasiswa dalam Menghadapi Stres Akademik [Internet]. Vol. 1. 2022. Available from: <https://ejournal.iainbengkulu.ac.id/index.php/istisyfa>

115. Alqudah M, Balousha SAM, Al-Shboul O, Al-Dwairi A, Alfaqih MA, Alzoubi KH. Insomnia among Medical and Paramedical Students in Jordan: Impact on Academic Performance. *BioMed Research International*. 2019 Oct 31;
116. Phan T, Malkani R. Sleep and circadian rhythm disruption and stress intersect in Alzheimer's disease. Vol. 10, *Neurobiology of Stress*. Elsevier Inc; 2019.
117. S. Charney D, C. Drevets W. Neurobiological basis of Anxiety Disorders. In: *Neuropsychopharmacology*. 5th ed. p. 911–3.

