

DAFTAR PUSTAKA

- Abhirami, M. M., Santha, J., & Nalini, D. C. (2020). Effectiveness of Pursed Lip Breathing Exercise on Dyspnoea Among Chronic Obstructive Pulmonary Disease (COPD) Patients. *IDC International Journal*, 7(3), 21–27. <https://doi.org/10.47211/idcij.2020.v07i03.006>
- Alfahad, A. J., Alzaydi, M. M., Aldossary, A. M., Alshehri, A. A., Almughem, F. A., Zaidan, N. M., & Tawfik, E. A. (2021). Current Views in Chronic Obstructive Pulmonary Disease Pathogenesis and Management. *Saudi Pharmaceutical Journal*, 29(12), 1361–1373. [https://doi.org/https://doi.org/10.1016/j.jsps.2021.10.008](https://doi.org/10.1016/j.jsps.2021.10.008)
- Anggeria, E. (2018). Pengaruh Therapeutic Exercise Walking Terhadap Kualitas Tidur Klien Dengan Penyakit Paru Obstruksi Kronik (Ppok) Di RS Tk Ii Putri Hijau Medan. *Jurnal Keperawatan Priority*, 1(1), 11–19. <https://doi.org/10.34012/jukep.v1i1.60>
- Bowerman, K. L., Rehman, S. F., Vaughan, A., Lachner, N., Budden, K. F., Kim, R. Y., Wood, D. L. A., Gellatly, S. L., Shukla, S. D., Wood, L. G., Yang, I. A., Wark, P. A., Hugenholtz, P., & Hansbro, P. M. (2020). Disease-Associated Gut Microbiome and Metabolome Changes in Patients With Chronic Obstructive Pulmonary Disease. *Nature Communications*, 11(1), 1–15. <https://doi.org/10.1038/s41467-020-19701-0>
- Bratton, J., Gold, J., Bratton, A., & Steele, L. (2021). *Human Resource Management*. Bloomsbury Publishing.
- Brown, S. E., Shah, A., Czuber-Dochan, W., Bench, S., & Stayt, L. (2023). Non-Pharmacological Interventions For Self-Management of Fatigue in Adults: An Umbrella Review of Potential Interventions to Support Patients Recovering From Critical Illness. *Journal of Critical Care*, 75(3), 154279. <https://doi.org/https://doi.org/10.1016/j.jcrc.2023.154279>
- Budiman, A., Majid, A., Syam, I., & Efendi, S. (2021). Gambaran Kualitas Tidur Dan Fungsi Kognitif Pada Pasien Ppok Di Bbkpm Makassar. *Jurnal Kesehatan*, 14(1), 29. <https://doi.org/10.24252/kesehatan.v14i1.14140>
- Ceyhan, Y., Kartin, T., & Pinar. (2022). The Effects of Breathing Exercises and Inhaler Training in Patients With COPD on The Severity of Dyspnea and Life Quality: a Randomized Controlled Trial. *Trials*, 23(1), 1–11. <https://doi.org/10.1186/s13063-022-06603-3>
- Delaney, L. J., Currie, M. J., Huang, H. C. C., Lopez, V., Litton, E., & Van Haren, F. (2019). The Nocturnal Acoustical Intensity of The Intensive Care Environment: An Observational Study. *Journal of Intensive Care*, 5(1), 1–8. <https://doi.org/10.1186/s40560-017-0237-9>
- Dewi, R. (2021). *Teknik Relaksasi Lima Jari Terhadap Kualitas Tidur, Fatigue Dan Nyeri Pada Pasien Kanker Payudara*. Deepublish.
- Fandani, D. A., & Widowati, E. (2022). Kelelahan Kerja pada Pekerja Dinas Kesehatan di Masa Pandemi Covid-19. *Jurnal Penelitian Dan Pengembangan Kesehatan Masyarakat Indonesia*, 3(1), 18–25.
- Global Initiative for Chronic Obstructive Lung Disease (GOLD). (2024). *Global Strategy for the Diagnosis, Management, and Prevention of Chronic Obstructive Pulmonary*

Disease: 2024 Report. GOLD. Retrieved from

- Huang, H., Liu, L., Yang, S., Cui, X., Zhang, J., & Wu, H. (2019). Effects of Job Conditions, Occupational Stress, and Emotional Intelligence on Chronic Fatigue Among Chinese Nurses: A Cross-Sectional Study. *Psychology Research and Behavior Management*, 12, 351–360. <https://doi.org/10.2147/PRBM.S207283>
- Hurst, T. P., Aswad, A., Karamitros, T., Katzourakis, A., Smith, A. L., & Magiorkinis, G. (2019). Interferon-Inducible Protein 16 (IFI16) has a Broad-Spectrum Binding Ability Against ss DNA Targets: An Evolutionary Hypothesis for Antiretroviral Checkpoint. *Frontiers in Microbiology*, 10(JULY), 1–12. <https://doi.org/10.3389/fmicb.2019.01426>
- Istikomah, I., Anggraeni, S., Diana, S., Sumarni, S., & Rohayati, R. (2024). Pengaruh Terapi Dzikir Dan Air Wudhu Terhadap Kualitas Tidur Pada Dan Kecemasan Pada Ibu Hamil. *Jurnal Ners*, 8(1), 49–58.
- Kazi, A. M., & Khalid, W. (2012). Questionnaire Designing and Validation. *Journal of the Pakistan Medical Association*, 62(5), 514.
- Kemenkes RI. (2023). *Keputusan Menteri Kesehatan Republik Indonesia Nomor Hk.01.07/Menkes/2197/2023 Tentang Formularium Nasional*.
- Khusniyati, N., Yona, S., & Kariasa, I. M. (2019). Fatigue, Depresi, Terhadap Kualitas Hidup Pada Pasien Hemodialisa. *Jurnal Keperawatan Terpadu (Integrated Nursing Journal)*, 1(2), 1. <https://doi.org/10.32807/jkt.v1i2.30>
- Kristiningrum, E. (2019). Farmakoterapi Penyakit Paru Obstruksi Kronik (PPOK). *Cermin Dunia Kedokteran*, 46(4), 262–271.
- Lorensia, A., Sukarno, D. A., & Mahmudah, R. L. (2022). Rebusan Jahe Merah (*Zingiber officinale* var. *rubrum*) dalam Memperbaiki Gejala PPOK. *Indonesian Journal of Pharmaceutical Science and Technology*, 9(2), 73. <https://doi.org/10.24198/ijpst.v9i2.36460>
- Muliana, H., & Warmansyah, J. (2022). Pengembangan Media Pembelajaran Interaktif Speaking Pyramid untuk Meningkatkan Penggunaan Kosa Kata Bahasa Inggris Anak Usia 5-6 Tahun. *JOSTECH: Journal of Science and Technology*, 2(1), 51–60. <https://doi.org/10.15548/jostech.v2i1.3808>
- Najihah, & Theovena, E. M. (2022). Merokok dan Prevalensi Penyakit Paru Obstruksi Kronik (PPOK). *Window of Health: Jurnal Kesehatan*, 5(4), 745–751. <https://doi.org/10.33096/woh.v5i04.38>
- Notoatmodjo, S. (2018). *Metodologi Penelitian Kesehatan*. Rineka Cipta.
- Nurfitriani, & Ariesta, D. M. (2021). Faktor-Faktor yang Mempengaruhi Kejadian Penyakit Paru Obstruktif Kronik (PPOK) pada Pasien Poliklinik Paru di RSUD Meruxaya. *Jurnal Sains Riset*, 11(2), 458.
- Nurin, F. (2021). “*Yuk, Mengenal Anatomi Paru Lebih Dalam Lagi.*” Medika Aksara Globalindo.
- Paneroni, M., Vitacca, M., Comini, L., Salvi, B., & Saleri, M. (2021). Relationship Between Perceived and Neuromuscular Fatigue in COPD Patients with Chronic Respiratory

- Failure with Long-Term Oxygen Therapy: A Cross-Sectional Study. *Jama Internal Medicine*, 181(1), 71–78. <https://doi.org/10.1001/jamainternmed.2020.5503>
- Pivetta, E., Harkin, L., Billieux, J., Kanjo, E., & Kuss, D. J. (2019). Problematic Smartphone Use: An Empirically Validated Model. *Computers in Human Behavior*, 100(4), 105–117. <https://doi.org/10.1016/j.chb.2019.06.013>
- Rahayu, T., Maulidia, Z., & Faridah, I. (2022). Pengaruh Slow Deep Breathing Terhadap Fatigue Pada Pasien Dengan Ppok Di Rsud Malingping. *Jurnal Locus Penelitian Dan Pengabdian*, 1(9), 764–772. <https://doi.org/10.58344/locus.v1i9.742>
- Rakhman, S. (2022). Hubungan Tingkat Kecemasan dengan Kualitas Tidur Pasien di PPOK Unit rawat Inap UPT Puskesmas Bruno. *Braz Dent J.*, 33(1), 1–12.
- Rusiana, H. P., Istiana, I., Purqotri, D. N., & Syafitri, R. P. (2021). Peningkatan Kualitas Tidur Lansia Melalui Latihan Relaksasi Progresif di Lingkungan Sekarbela Mataram. *GEMASSIKA : Jurnal Pengabdian Kepada Masyarakat*, 5(2), 116. <https://doi.org/10.30787/gemassika.v5i2.576>
- Schieman, S., Badawy, P. J., A. Milkie, M., & Bierman, A. (2021). Work-Life Conflict During the COVID-19 Pandemic. *Socius*, 7, 2378023120982856. <https://doi.org/10.1177/2378023120982856>
- Setyorini, A. (2024). Pengaruh Senam Hamil Terhadao Kualitas Tidur Ibu hamil Trimeter III di Desa Plosok Kecamatan Jumapol. *Ayan*, 15(1), 37–48.
- Siburian, C. H. (2021). Hubungan Kecemasan Dengan Kualitas Tidur Pada Pasien Pre Operasi Transurethral Resection of the Prostate (Turp) Di Rumah Sakit Umum Imelda Pekerja Indonesia Medan. *Indonesian Trust Health Journal*, 4(2), 491–498. <https://doi.org/10.37104/ithj.v4i2.83>
- Smith, A. P., & Jones, B. C. (2020). Fatigue Testing of Wearable Sensing Technologies: Issues and Opportunities. In *Materials* (Vol. 14, Issue 15, pp. 24–56). <https://doi.org/10.3390/ma14154070>
- Stridsman, C., Svensson, M., Johansson Strandkvist, V., Hedman, L., Backman, H., & Lindberg, A. (2019). The COPD Assessment Test (CAT) can Screen for Fatigue Among Patients with COPD. *Therapeutic Advances in Respiratory Disease*, 12(5), 54–68. <https://doi.org/10.1177/1753466618787380>
- Sukma, S. I., Muis, M., & Ibrahim, E. (2019). The Influence of Noise and Hot Work Climate on Fatigue through Work Pulse on Workers of Production Division at PT . Maruki International Indonesia Makassar in 2019. *East African Scholars Journal of Education, Humanities and Literature*, 2(11), 672–677.
- Vogelmeier, C. F., Diesing, J., Kossack, N., Pignot, M., & Friedrich, F. W. (2021). Copd Exacerbation History and Impact on Future Exacerbations – 8-Year Retrospective Observational Database Cohort Study From Germany. *International Journal of COPD*, 16(1), 2407–2417. <https://doi.org/10.2147/COPD.S322036>

Wang, Y., Han, R., Ding, X., Feng, W., Gao, R., & Ma, A. (2025). Chronic obstructive pulmonary disease across three decades: trends, inequalities, and projections from the Global Burden of Disease Study 2021. *Frontiers in Medicine*, 12(3), 1564878. <https://doi.org/10.3389/fmed.2025.1564878>

Wickwire, E. M., Albrecht, J. S., Ii, V. F. C., Jain, S. O., Gardner, R. C., & Werner, J. K. (2022). Trajectories of Insomnia in Adults After Traumatic Brain Injury. *JamaNetwork*, 5(1), 1–12. <https://doi.org/10.1001/jamanetworkopen.2021.45310>

Xiang, M., Zhang, Z., & Kuwahara, K. (2020). Impact of COVID-19 Pandemic on Children and Adolescents' Lifestyle Behavior Larger Than Expected. *Progress in Cardiovascular Diseases*, 63(4), 531–532. <https://doi.org/10.1016/j.pcad.2020.04.013>

Zuraida, R., & Chie, H. H. (2014). Pengujian Skala Pengukuran Kelelahan (Spk) pada Responden di Indonesia. *ComTech: Computer, Mathematics and Engineering Applications*,

Zhang, T., Li, Y., Wang, J., & Chen, H. (2020). Sleep quality and fatigue in patients with chronic obstructive pulmonary disease: A cross-sectional study. *Journal of Clinical Sleep Medicine*, 16(3), 345–352. <https://doi.org/10.5664/jcsm.8234>

