

DAFTAR PUSTAKA

- Asmayani, N. (2012). *Bersahabat dengan Orang Tua*. Jakarta: Kompas Gramedia.
- Auburn. (2004). *Reflexology History of Reflexology*.
- Biancalana, M. (2015). *The Complete Guide to Massage: A Step-by-Step Guide to Achieving the Health and Relaxation Benefits of Massage*. Massachusetts: Simon and Schuster.
- Bunten, D. (2011). Perubahan Normal Seiring Penuaan. In *Asuhan Keperawatan Geriatri : Diagnosa NANDA, Kriteria Hasil NOC, & Intervensi NIC* (pp. 528–531). Jakarta: EGC.
- Burgard, S. A., Ailshire, J. A., & Hughes, N. M. (2010). *Gender and Sleep Duration among American Adults*. Michigan.
- Carskadon, M. A., & Dement, W. C. (2011). Chapter 2 – Normal Human Sleep : An Overview, 16–26.
- Célia, M., Queiroz, T. A., & Vieira, J. A. (2010). The meaning of old age and the aging experience of in the elderly | O significado da velhice e da experiência de envelhecer para os idosos. *Revista Da Escola de Enfermagem*, 44(2), 403–408. <https://doi.org/10.1590/S0080-62342010000200024>
- Chalise, H. N., & Lamsal, U. (2017). Walking and Sleep Quality of Nepalese Older Adults Residing in an Old Age Home. <https://doi.org/10.24966/GGM-8662/10015>
- Chokroverty, S. (2010). Overview of sleep & sleep disorders. *The Indian Journal of Medical Research*, 131(February), 126–140. <https://doi.org/10.4088/JCP.14046tx1c>
- Çinar, Ş., & Eşer, İ. (2012). Effect on Sleep Quality of Massage Effect on Sleep Quality of Back Massage in Older Adults in Rest Home*, 5(1), 2–7. Retrieved from <http://www.deuhyoedergi.org>
- Collectif, O. (2017). *Massage Therapy*. Ouvrage Collectif.
- Cowen, V. S. (2011). *Therapeutic Massage and Bodywork for Autism Spectrum Disorder: A Guide for Parents and Caregivers*. Singing Dragon.
- Crane, B. (2012). *Reflexology: The definitive Practitioner's Manual*. UK: HarperCollins UK.
- Craven, R. F., & Hirnle, C. J. (2009). *Fundamentals of Nursing: Human Health and Function* (6th ed.). Philadelphia: Lippincott Williams & Wilkins.

- Depkes RI. (2017). Analisis lansia di Indonesia. *Pusat Data Dan Informasi*.
- Dewi, S. R. (2014). *Buku Ajar Keperawatan Gerontik* (1st ed.). Yogyakarta: Deepublish.
- Dhin, A. F. (2015). *Kejadian Insomnia Pada Lanjut Usia*.
- Doghramji, K., & Doghramji, P. P. (2007). *Clinical Management of Insomnia* (1st ed.). United States of America: Professional Communications, Inc.
- Dreyfuss, K. (2012). *Reflexology: Reference to Go: 50 Healing Technique*. Chronicle Books.
- Ernawati, Syauqy, A., & Haisah, S. (2017). Gambaran Kualitas Tidur Dan Gangguan Tidur Pada Lansia Di Panti Sosial Tresna Werdha Budi Luhur Kota Jambi Overview.
- Faure-Alderson, M. (2008). *Total Reflexology: The Reflex Points for Physical, Emotional, and Psychological Healing*. Simon and Schuster.
- Goldstein, S., & Casanelia, L. (2009). the techniques of Swedish massage. In *Foundations of Massage* (p. 163).
- Hall, N. (2013). *Principles of Reflexology: What it is, how it works, and what it can do for you revised edition* (Revised). London and Philadelphia: Singing Dragon.
- Harris, M., Richards, K. C., & Grando, V. T. (2012). The Effects of Slow-Stroke Back Massage on Minutes of Nighttime Sleep in Persons With Dementia and Sleep Disturbances in the Nursing Home: A Pilot Study. *Journal of Holistic Nursing*, 30(4), 255–263. <https://doi.org/10.1177/0898010112455948>
- Harvey, A. G., Stinson, K., Whitaker, K. L., Moskovitz, D., & Virk, H. (2008). The subjective meaning of sleep quality: A comparison of individuals with and without insomnia. *Sleep*, 31(3), 383–393. <https://doi.org/10.1093/sleep/31.3.383>
- Hughes, C. M., McCullough, C. A., Bradbury, I., Boyde, C., Hume, D., Yuan, J., ... McDonough, S. M. (2009). Acupuncture and reflexology for insomnia: A feasibility study. *Acupuncture in Medicine*, 27(4), 163–168. <https://doi.org/10.1136/aim.2009.000760>
- Jones, S. (2018). *Reflexology: Orion Plain and Simple*. Hachette UK.
- Joys, J., & Komari, S. S. (2016). Effectiveness of Back Massage Therapy in Promoting Sleep Quality among Post Operative Patients after Cardiac Surgery, 5(8), 2013–2016.
- Karjono, B. J., & Rahayu, R. A. (2011). Gangguan Tidur pada Usia Lanjut. In

Geriatric: Ilmu Kesehatan Usia Lanjut (4th ed., p. 292). Jakarta: Balai Penerbit FKUI.

- Kheyri, A., Bastani, F., & Haghani, H. (2016). Effects of Reflexology on Sleep Quality of Elderly Women Undergoing Abdominal Surgery, *2*(1), 11–18.
- Kim, C. S., Hong, S. H., Kim, S. R., & Kim, Y. J. (2011). The Effects of Foot Reflexology on Sleep, Depression and Skin Temperature of the Female Elderly at Home. *J Korean Acad Community Health Nurs*, *22*(4), 409–419.
- Kozier, B., Erb, G., Berman, A., & Snyder, S. J. (2010). *Buku Ajar Fundamental Keperawatan : Konsep, Proses, & Praktik* (7th ed.). Jakarta: EGC.
- Krystal, A. D., & Edinger, J. D. (2008). Measuring sleep quality. *Sleep Medicine*, *9*(SUPPL. 1), 10–17. [https://doi.org/10.1016/S1389-9457\(08\)70011-X](https://doi.org/10.1016/S1389-9457(08)70011-X)
- Luo, J., Zhu, G., Zhao, Q., Guo, Q., Meng, H., Hong, Z., & Ding, D. (2013). Prevalence and Risk Factors of Poor Sleep Quality among Chinese Elderly in an Urban Community: Results from the Shanghai Aging Study, *8*(11), 1–7. <https://doi.org/10.1371/journal.pone.0081261>
- MacSween, A., Lorrimer, S., Schaik, P. Van, Holmes, M., & Van, A. (2017). *AC. Journal of Bodywork & Movement Therapies*. <https://doi.org/10.1016/j.jbmt.2017.09.014>
- Manjuri, & Latheef, F. (2016). Effectiveness of foot reflexology and back massage in improving the quality of sleep among post caesarean mothers. *International Journal of Research in Ayurveda and Pharmacy*, *7*(5), 103–108. <https://doi.org/10.7897/2277-4343.075204>
- Marquardt, H. (2016). *Reflexotherapy of the feet: Edition 2*. USA: Thieme.
- McFeeters, S., Pront, L., Cuthbertson, L., & King, L. (2016). Massage, a complementary therapy effectively promoting the health and well-being of older people in residential care settings: a review of the literature. *International Journal of Older People Nursing*, *11*(4), 266–283. <https://doi.org/10.1111/opn.12115>
- McLaughlin, C., & Hall, N. (2017). *Secrets of Reflexology*. UK: Ivy Press.
- Miller, M. A., Wright, H., Hough, J., & Cappuccio, F. P. (2014). Sleep and Cognition. In *Sleep, Health & Society* (pp. 3–28).
- Ohayon, M., Wickwire, E. M., Hirshkowitz, M., Albert, S. M., Avidan, A., Daly, F. J., ... Vitiello, M. V. (2017). National Sleep Foundation's sleep quality recommendations: first report. *Sleep Health*, *3*(1), 6–19. <https://doi.org/10.1016/j.sleh.2016.11.006>

- Pace-schott, E. F., & Spencer, R. M. C. (2011). *Age-related changes in the cognitive function of sleep. Enhancing performance for action and perception* (1st ed., Vol. 191). Elsevier B.V. <https://doi.org/10.1016/B978-0-444-53752-2.00012-6>
- Park, J.-H., Yoo, M.-S., & Bae, S. H. (2013). Prevalence and predictors of poor sleep quality in Korean older adults. *International Journal of Nursing Practice, 19*(2), 116–123. <https://doi.org/10.1111/ijn.12047>
- Parsons, T. (2004). *An Holistic Guide to Massage: From Beginner to Advanced Level and Beyond*. London: Thomson Learning.
- Pudjiastuti, sri surini, & Utomo, B. (2003). *Fisioterapi Pada Lansia*. (M. Ester, Ed.) (1st ed.). Jakarta: ECG.
- Rahmani, A., Naseri, M., Salaree, M. M., & Nehrir, B. (2016). Comparing the Effect of Foot Reflexology Massage , Foot Bath and Their Combination on Quality of Sleep in Patients with Acute Coronary Syndrome. *Tabriz University of Medical Sciences, 5*(4), 299–306. <https://doi.org/10.15171/jcs.2016.031>
- Rankin-box, D. (2009). Complementary Therapies in Clinical Practice News Updates And Forthcoming Events MRI research sheds new light on reflexology Neuroscience Letters Somatotopical relationships between cortical activity and reflex areas in reflexology : A functional magnetic resonance imaging study, *15*, 2–6. <https://doi.org/10.1016/j.ctcp.2009.02.004>
- Salvo, S. G. (2015). *Massage Therapy: Principles and Practice* (5th ed.). Canada: Elsevier.
- Seyyedrasooli, A., Valizadeh, L., Zamanzadeh, V., Nasiri, K., & Kalantri, H. (2013). The Effect of Footbath on Sleep Quality of the Elderly : A Blinded Randomized Clinical Trial, *2*(4), 305–311. <https://doi.org/10.5681/jcs.2013.036>
- Shubha, D., Titiksha, C., Amitabh, D., & K, S. K. (2015). Sleep Quality and its Relationship to General well-being in Ageing Adults, *4*(6), 64–67.
- Smyth, C. (2012). The Pittsburgh Sleep Quality Index (PSQI). *The Hartford Institute for Geriatric Nursing, 29*(6), 1–2. <https://doi.org/10.1007/978-1-4419-9893-4>
- Sohat, F., Bidjuni, H., Kallo, V., Studi, P., Keperawatan, I., Kedokteran, F., & Ratulangi, U. S. (2014). *Hubungan Tingkat Kecemasan Dengan Insomnia Pada*.
- Stromer, C. (2010). *Get Started in Reflexology: A practical beginner's guide to the ancient therapeutic art*. UK: Hachette UK.

- Stromer, C. (2011). *Hel Yourself with Reflexology: Flash*. UK: Hachette UK.
- Widyantara, I. W., Widyadharna, P. E., Budiarsa, I., & Meidiary, A. (2012). Perbedaan Fungsi Kognitif Pada Lansia Yang Kualitas Tidurnya Baik, (May 2015).
- Wolkove, N., Elkholy, O., Baltzan, M., & Palayew, M. (2007). in older people R eview, *176*(9), 1299–1304.
- Yoga Journal. (2015). *Yoga Journal Present: Your Guide to Reflexology*. Massachusetts: Simon and Schuster.