

DAFTAR PUSTAKA

- Adinda, W., Wuri Wuryaningsih, E., & Hadi Kurniyawan, E. (2019). Pengaruh Relaksasi Otot Progresif Terhadap Kelelahan Dan Kualitas Tidur Petani Penyadap Karet Di Ptpn Xii. *Prosiding Konferensi Nasional Keperawatan Kesehatan Jiwa (XVI)*, 44(1), 341–346. <https://journalpress.org/proceeding/ipkji/article/view/60>
- Aditya, D. S. (2021). *Buku Petunjuk Praktikum-Uji Normalitas dan Homogenitas Data dengan SPSS* (Issue July). <https://www.researchgate.net/publication/350480720>
- Agustin, N., Hudiawati, D., & Purnama, A. P. (2020). Pengaruh Efektifitas Relaksasi Benson Terhadap Kecemasan Pada Pasien Yang Menjalani Hemodialisa Di Unit Hemodialisa. *Jurnal Kesehatan*, 62–68. [https://publikasiilmiah.ums.ac.id/bitstream/handle/11617/11914/Call For Paper NEW-67-73.pdf?sequence=1](https://publikasiilmiah.ums.ac.id/bitstream/handle/11617/11914/Call%20For%20Paper%20NEW-67-73.pdf?sequence=1)
- Akchurin, O. M. (2019). Chronic Kidney Disease and Dietary Measures to Improve Outcomes. *Pediatric Clinics of North America*, 66(1), 247–267. <https://doi.org/10.1016/j.pcl.2018.09.007>
- Alfikrie, F., Purnomo, A., & Selly, R. (2020). Pengaruh Relaksasi Napas Dalam Terhadap Kecemasan Pada Pasien Gagal Ginjal Kronis Yang Menjalani Hemodialisa. *Borneo Nursing Journal (BNJ)*, 2(2), 1–8. <https://akperyarsismd.e-journal.id/BNJ>
- Amanda, S. P., Rejeki, S., & Susilawati, D. (2019). Pengaruh Relaksasi Otot Progresif Terhadap Kualitas Tidur Pada Perempuan Menopause. *Jurnal Keperawatan Dan Kesehatan Masyarakat Cendekia Utama*, 8(2), 133. <https://doi.org/10.31596/jcu.v8i2.412>
- Arora, P. (2023). Chronic Kidney Disease (Ckd). *MedScape*, 351(13), 1–42. <https://www.kidney.org.uk/what-is-kidney-disease>
- Ashby, D., Borman, N., Burton, J., Corbett, R., Davenport, A., Farrington, K., Flowers, K., Fotheringham, J., Fox, R. N. A., Franklin, G., Gardiner, C., Gerrish, R. N. M., Greenwood, S., Hothi, D., Khares, A., Koufaki, P., Levy, J., Lindley, E., Macdonald, J., ... Wilkie, M. (2019). *Renal Association Clinical Practice Guideline on Haemodialysis*. BMC Nephrology. <https://doi.org/https://doi.org/10.1186/s12882-019-1527-3>
- Astuti, A., Anggorowati, A., & Johan, A. (2018). Effect of Progressive Muscular Relaxation on Anxiety Levels in Patients With Chronic Kidney Disease Undergoing Hemodialysis in the General Hospital of Tugurejo Semarang, Indonesia. *Belitung Nursing Journal*, 3(4), 383–

389. <https://doi.org/10.33546/bnj.88>

Audrey Berman, S. J. S. B. K. G. E. (2019). *Buku Ajar Praktik keperawatan Klinis Kozier Erb. Egc.*
<https://books.google.co.id/books?id=9tLaDcEaV7wC>

Belchamber, C. (2021). *Payne's Handbook of Relaxation Techniques E-Book: A Practical Handbook for the Health Care Professional.* Elsevier Health Sciences.
<https://books.google.co.id/books?id=GdJCEAAAQBAJ>

Bello, A. K., Alrukhaimi, M., Ashuntantang, G. E., Basnet, S., Rotter, R. C., Douthat, W. G., Kazancioglu, R., Köttgen, A., Nangaku, M., Powe, N. R., White, S. L., Wheeler, D. C., & Moe, O. (2017). Complications of chronic kidney disease: current state, knowledge gaps, and strategy for action. *Kidney International Supplements*, 7(2), 122–129.
<https://doi.org/10.1016/j.kisu.2017.07.007>

Benson, H. (2019). *Beyond the Relaxation Response: The Stress-Reduction Program That Has Helped Millions of Americans.* Harmony/Rodale.
<https://books.google.co.id/books?id=h3SdDwAAQBAJ>

Brunelli, S., Morone, G., Iosa, M., Ciotti, C., De Giorgi, R., Foti, C., & Trallesi, M. (2015). Efficacy of progressive muscle relaxation, mental imagery, and phantom exercise training on phantom limb: A randomized controlled trial. *Archives of Physical Medicine and Rehabilitation*, 96(2), 181–187.
<https://doi.org/10.1016/j.apmr.2014.09.035>

Creswell, J. W. (2022). *Research Design: Qualitative, Quantitative, and Mixed Methods Approaches.* SAGE Publications.
https://books.google.co.id/books?id=4uB76lC_pOQC

Damanik, V. A. (2020). Hubungan Tingkat Kecemasan Dengan Kualitas Tidur Pada Pasien Yang Menjalani Hemodialisis. *Jurnal Keperawatan Prority*, 3(1), 47–57.
<https://doi.org/https://doi.org/10.34012/jukep.v3i1.795>

Donald, M., Kahlon, B. K., Beanlands, H., Straus, S., Ronksley, P., Herrington, G., Tong, A., Grill, A., Waldvogel, B., Large, C. A., Large, C. L., Harwood, L., Novak, M., James, M. T., Elliott, M., Fernandez, N., Brimble, S., Samuel, S., & Hemmelgarn, B. R. (2018). Self-management interventions for adults with chronic kidney disease: A scoping review. *BMJ Open*, 8(3), 1–21.
<https://doi.org/10.1136/bmjopen-2017-019814>

- Faridah, V. N., Lestari, T. P., & Rizkyawan, D. D. (2020). Literature Review : Pengaruh Relaksasi Otot Progresif Terhadap Kualitas Tidur Pada Pasien Penyakit Ginjal Kronik Yang Menjalani Hemodialisis. *Bali Medika Journal*, 7 No 2, 38–49. <https://doi.org/https://doi.org/10.36376/bmj.v7i2>
- Fatmayanti, A., Murharyati, A., Aulia, S. S., Noflidaputri, R., Mogan, M., Wijayanti, I., Nugrawati, N., Sari, M., & Press, G. (2022). *Kebutuhan Dasar Manusia*. Get Press. <https://books.google.co.id/books?id=matiEAAAQBAJ>
- Fatwikiningsih, N. (2020). *Teori Psikologi Kepribadian Manusia*. Penerbit Andi. <https://books.google.co.id/books?id=UCn-DwAAQBAJ>
- Gerogianni, G., Babatsikou, F., Polikandrioti, M., & Grapsa, E. (2019). Management of anxiety and depression in haemodialysis patients: the role of non-pharmacological methods. *International Urology and Nephrology*, 51(1), 113–118. <https://doi.org/10.1007/s11255-018-2022-7>
- Guan, Y., & He, Y. X. (2019). Effect of advanced care on psychological condition in patients with chronic renal failure undergoing hemodialysis. *Medicine (United States)*, 98(10), 8–11. <https://doi.org/10.1097/MD.00000000000014738>
- Gumantan, A., Mahfud, I., & Yuliandra, R. (2020). Tingkat Kecemasan Seseorang Terhadap Pemberlakuan New Normal Dan Pengetahuan Terhadap Imunitas Tubuh. *Sport Science and Education Journal*, 1(2), 18–27. <https://doi.org/10.33365/ssej.v1i2.718>
- Hamilton, M. (1959). The assessment of anxiety states by rating. *The British Journal of Medical Psychology*, 32(1), 50–55. <https://doi.org/10.1111/j.2044-8341.1959.tb00467.x>
- Harahap, S. (2018). Faktor-Faktor Risiko Kejadian Gagal Ginjal Kronik (Ggk) Di Ruang Hemodialisa (Hd) Rsup H. Adam Malik Medan. *Jurnal Online Keperawatan Indonesia*, 1(1), 104. [http://e-journal.sari-mutiara.ac.id/index.php/Keperawatan/article/download/374/353#:~:text=Terdapat beberapa faktor risiko yang,lupus eritematosus sistemik%2C keracunan obat%2C](http://e-journal.sari-mutiara.ac.id/index.php/Keperawatan/article/download/374/353#:~:text=Terdapat%20beberapa%20faktor%20risiko%20yang,lupus%20eritematosus%20sistemik%20keracunan%20obat%20)
- Harorani, M., Davodabady, F., Masmouei, B., & Barati, N. (2020). The effect of progressive muscle relaxation on anxiety and sleep quality in burn patients: A randomized clinical trial. *Burns*, 46(5), 1107–1113. <https://doi.org/10.1016/j.burns.2019.11.021>

- Hasbi, H. AL., & Sutanta. (2022). *Effect Of Progressive Muscle Relaxation On Sleep Quality Of Hemodialisa Patients. Stikes Este Utomo*, 11(1), 9. <https://stikes-yogyakarta.e-journal.id/JKSI/article/view/12>
- Hidayat, A. A., & Uliyah, M. (2020). *Buku Ajar Kebutuhan Dasar Manusia. Health Books Publishing*. <https://books.google.co.id/books?id=Hb8TEAAQBAJ>
- Hidayat, R., & Amir, H. (2021). Pengaruh Teknik Relaksasi Benson Terhadap Kualitas Tidur pada Lanjut Usia. *An Idea Health Journal*, 1(1), 21–25. <https://doi.org/10.53690/ihj.v1i1.14>
- Hn, M., & Anjum, F. (2023). Hemodialysis. In *NCBI Bookshelf* (pp. 1–11). StatPearls. <https://www.ncbi.nlm.nih.gov/books/NBK563296/?report=classic>
- Ilahi, A. D. W., Rachma, V., Janastri, W., & Karyani, U. (2021). The level of anxiety of students during the Covid-19 pandemic. *Proceeding of Inter-Islamic University Conference on Psychology*, 1(1), 1–6. <https://press.umsida.ac.id/index.php/iiucp/article/view/599>
- Jaya, K., Mien, Rasmiati, K., & Suramadhan. (2019). Gambaran pendokumentasian asuhan keperawatan di ruang rawat inap Rsud Buton Utara. *Jurnal Keperawatan*, 02(03), 27–36. https://r.search.yahoo.com/_ylt=Awr.wtavlGFkWlsroDpXNyoA;_ylu=Y29sbwNncTEEcG9zAzEEdnRpZAMEc2VjA3Ny/RV=2/RE=1684145456/RO=10/RU=https%3A%2F%2Fstikesks-kendari.e-journal.id%2FJK%2Farticle%2Fdownload%2F299%2F275/RK=2/RS=OQidUf3F5WDRjGY2fBWrsRV9sEA-
- Karon, & Susilawati. (2017). Pengaruh Progressive Muscle Relaxation terhadap Kualitas Tidur Penderita Hipertensi di Cilacap Selatan. *Jurnal Keperawatan Dan Pemikiran Ilmiah*, 3(3), 20–28. <http://dx.doi.org/10.30659/nurscope.3.2.20-28>
- Kemendes RI. (2018). Laporan Riskesdas 2018 Kementerian Kesehatan Republik Indonesia. In *Laporan Nasional Riskesdas 2018* (Vol. 53, Issue 9, pp. 154–165). [http://www.yankes.kemkes.go.id/assets/downloads/PMK No. 57 Tahun 2013 tentang PTRM.pdf](http://www.yankes.kemkes.go.id/assets/downloads/PMK_No_57_Tahun_2013_tentang_PTRM.pdf)
- Kurniawan, D. E. (2017). *Penyelesaian Masalah Etik dan Legal Keperawatan*. 408–414. <https://www.e-journal.akesrustida.ac.id/index.php/jikr/article/view/17>
- Kusnanto, K., Murtadho, M. A., Herawati, L., & Arifin, H. (2019). The Comparison of Progressive Muscle Relaxation Frequency on Anxiety,

Blood Pressure, and Pulse of Haemodialysis Patients. *Jurnal Ners*, 14(1), 69–74. <https://doi.org/10.20473/jn.v14i1.15700>

Lehmann, M., Schreiner, T., Seifritz, E., & Rasch, B. (2021). Emotional arousal modulates oscillatory correlates of targeted memory reactivation during NREM, but not REM sleep. *Scientific Reports*, 6(1), 1–13. <https://doi.org/10.1038/srep39229>

Lestari, K. P., & Yuswiyanti, A. (2015). Pada Pasien Pre Operasi Di Ruang Wijaya Kusuma. *Jurnal Keperawatan Maternitas*, 3(1), 27–32. http://repository.poltekkes-smg.ac.id//index.php?p=show_detail&id=20666

Lindquist, R., Tracy, M. F., & Snyder, M. (2018). *Complementary and Alternative Therapies in Nursing*. Springer Publishing Company. <https://www.ptonline.com/articles/how-to-get-better-mfi-results>

Liu, K., Chen, Y., Wu, D., Lin, R., Wang, Z., & Pan, L. (2020). Effects of progressive muscle relaxation on anxiety and sleep quality in patients with COVID-19. *Elsevier*, January. <https://doi.org/https://doi.org/10.1016/j.ctcp.2020.101132>

Ma, L., & Zhao, S. (2018). Risk factors for mortality in patients undergoing hemodialysis: A systematic review and meta-analysis. *International Journal of Cardiology*, 238, 151–158. <https://doi.org/10.1016/j.ijcard.2017.02.095>

Madeira, A., Wiyono, J., & Ariani, N. L. (2019). Hubungan Gangguan Pola Tidur Dengan Hipertensi Pada Lansia. *Nursing News*, 4(1), 29–39. <https://publikasi.unitri.ac.id/index.php/fikes/article/view/1471>

Manalu, D. (2019). *Pentingnya Pengkajian dan Syarat Pengkajian dalam Proses Keperawatan*. 1–11. <http://dx.doi.org/10.31219/osf.io/by3w4>

Manurung, M. (2018). Faktor-faktor Yang Mempengaruhi Tingkat Kecemasan Pasien Hemodialisa Di RSUD HKBP Balige Kabupaten Toba Samosir Tahun 2018. *Jurnal Keperawatan Priority*, 1(2), 38–50. <http://jurnal.unprimdn.ac.id/index.php/jukep/article/view/189>

Mawo, P. R., Rante, S. D. T., & Sasputra, I. N. (2019). Hubungan kualitas tidur dengan kadar hemoglobin mahasiswa fakultas kedokteran undana. *Cendana Medical Journal (CMJ)*, 7(2), 158–163. <https://doi.org/https://doi.org/10.35508/cmj.v7i2.1780>

Merakou, K., Tsoukas, K., Stavrinos, G., Amanaki, E., Daleziou, A., Kourmousi, N., Stamatelopoulou, G., Spourdalaki, E., & Barbouni, A.

- (2019). The Effect of Progressive Muscle Relaxation on Emotional Competence: Depression–Anxiety–Stress, Sense of Coherence, Health-Related Quality of Life, and Well-Being of Unemployed People in Greece: An Intervention Study. *Explore*, 15(1), 38–46. <https://doi.org/10.1016/j.explore.2018.08.001>
- Mercado, M. G., Smith, D. K., & Guard, E. L. (2019). Acute kidney injury: Diagnosis and management. *American Family Physician*, 100(11), 687–694. <https://doi.org/10.35508/cmj.v7i2.1780>
- Mirzanah, S., Yona, S., & Dahlia, D. (2020). Effect of progressive muscle relaxation on sleep quality among patients with chronic diseases: A literature review. *Belitung Nursing Journal*, 6(2), 30–34. <https://doi.org/10.33546/BNJ.1060>
- Mohamed, S., Darwish, A., Elarousy, W., & Abdel- Salam, N. (2023). Effect of Progressive Muscle Relaxation on Fatigue and Sleep Quality in Children Undergoing Hemodialysis. *Alexandria Scientific Nursing Journal*, 25(1), 102–112. <https://doi.org/10.21608/asalexu.2023.300015>
- Muchtar, R. S. U., & Marlian, M. (2019). Effect of Progressive Muscle Relaxation on The Level of Anxiety of Haemodialysis Patients at Muhammad Sani Hospital in Karimun. *IJECA (International Journal of Education and Curriculum Application)*, 2(1), 31. <https://doi.org/10.31764/ijeca.v2i1.2071>
- Murtadho, M. A., Kusnanto, & Herawati, L. (2019). The Effect Of Progressive Muscle Relaxation Intervention On Decreasing Anxiety Level Among Hemodialysis Patients In Sidoarjo Hospital. *International Journal of Nursing and Health Services*, 2(4), 238–242. <https://doi.org/10.35654/ijnhs.v2i4.172>
- Natashia, D., Yen, M., Chen, H. M., & Fetzer, S. J. (2019). Self-Management Behaviors in Relation to Psychological Factors and Interdialytic Weight Gain Among Patients Undergoing Hemodialysis in Indonesia. *Journal of Nursing Scholarship*, 51(4), 417–426. <https://doi.org/10.1111/jnu.12464>
- Ningrum, W. A. C., Imardani, & Rahma, S. (2018). Faktor yang berhubungan dengan kualitas tidur pasien gagal ginjal kronik dengan terapi hemodialisa. *Proceeding Seminar Nasional Keperawatan*, 3(1), 278–284. [http://download.garuda.kemdikbud.go.id/article.php?article=958333&val=14731&title= Faktor Yang Berhubungan Dengan Kualitas Tidur Pasien Gagal Ginjal Kronik Dengan Terapi Hemodialisa](http://download.garuda.kemdikbud.go.id/article.php?article=958333&val=14731&title=Faktor%20Yang%20Berhubungan%20Dengan%20Kualitas%20Tidur%20Pasien%20Gagal%20Ginjal%20Kronik%20Dengan%20Terapi%20Hemodialisa)

- Nurhayati, I., Hamzah, A., Erlina, Li., & Rumahorobo, H. (2021). Gambaran Kualitas Tidur Pada Pasien Gagal Ginjal Kronik Yang Menjalani Terapi Hemodialisa: Literature Review. *Jurnal Keperawatan Indonesia Florence Ningtingale*, 1(1), 38–51. <https://pesquisa.bvsalud.org/portal/resource/en/mdl-20203177951%0Ahttp://dx.doi.org/10.1038/s41562-020-0887-9%0Ahttp://dx.doi.org/10.1038/s41562-020-0884-z%0Ahttps://doi.org/10.1080/13669877.2020.1758193%0Ahttp://sersc.org/journals/index.php/IJAST/article>
- Oktavianti, L. (2020). Konsep Dokumentasi Proses Keperawatan. *Osfio*, 1–9. <https://doi.org/https://doi.org/10.31227/osf.io/q4rs5>
- P2PTM. (2021). *Apa saja faktor risiko penyakit Ginjal Kronis (PGK)?* Kementerian Kesehatan Republik Indonesia. <https://p2ptm.kemkes.go.id/infographic-p2ptm/penyakit-gangguan-metabolik/apa-saja-faktor-risiko-penyakit-ginjal-kronis-pgk>
- Patel, A. K., Reddy, V., Shumway, K. R., & Araujo, J. F. (2022). *Physiology, Sleep Stages*. <https://pubmed.ncbi.nlm.nih.gov/30252388/>
- Permata Medika, R. (2023). *Terapi hemodialisa*. RS. Permata Medika. <http://www.permatamedika.com/fasilitas-pelayanan/terapi-hemodialisa/>
- Pius, E. S., & Herlina, S. (2019). Faktor-Faktor Yang Berhubungan Dengan Kualitas Tidur Pada Pasien Gagal Ginjal Kronik Yang Menjalani Hemodialisis Di Rumah Sakit Tarakan Jakarta. *Jurnal Keperawatan Widya Gantari Indonesia*, 3(1). <https://doi.org/10.52020/jkwgi.v3i1.1081>
- Pramono, C., Sat Titi Hamranani, S., & Yudha Sanjaya, M. (2019). Pengaruh Teknik Relaksasi Otot Progresif Terhadap Tingkat Kecemasan Pasien Hemodialisis Di RSUD Wonosari. *Jurnal Ilmu Keperawatan Medikal Bedah*, 2(2), 1–51. <https://doi.org/https://doi.org/10.32584/jikmb.v2i2.248>
- Pratama, A. S., Praghlapati, A., & Nurrohman, I. (2020). Mekanisme Koping pada Pasien Gagal Ginjal Kronik yang menjalani Hemodialisis di Unit Hemodialisa RSUD Bandung. *Jurnal Smart Keperawatan*, 7(1), 18. <https://doi.org/10.34310/jskp.v7i1.318>
- Putra, E., Utami, S., & Utami, G. T. (2022). Pengaruh relaksasi otot progresif terhadap tingkat kecemasan menghadapi persalinan pada

ibu hamil trimester III. *Jurnal Ners Indonesia*, 13(1), 42–50. <https://doi.org/10.31258/jni.13.1.42-50>

Putri, D. M. P., & Amalia, R. N. (2019). *Terapi Komplementer : Konsep Dan Aplikasi Dalam Keperawatan*. Pustaka Baru. <http://inlis.bojonegorokab.go.id/opac/detail-opac?id=19294>

Rahayu, B., & Rejeki, H. (2022). Application Of Progressive Muscle Relaxation To Lower Blood Pressure In Families With Hypertension In Pelutan Village Penerapan Relaksasi Otot Progresif Untuk Menurunkan Tekanan Darah Pada Keluarga Dengan Hipertensi Di Desa Pelutan. *Universitas Muhammadiyah Pekajangan Pekalongan*, 162–167. <http://repository.urecol.org/index.php/proceeding/article/view/2307>

Rahayu, C. E. (2019). Pengaruh Kepatuhan Diet Pada Pasien Gagal Ginjal Kronis di Unit Hemodialisa Rumah Sakit Sumber Waras. *Jurnal Ilmiah Kesehatan*, 11(1), 12–19. <https://doi.org/10.37012/jik.v11i1.63>

Rahman, M. T. S. A., Kaunang, T. M. D., & Elim, C. (2018). Hubungan antara lama menjalani hemodialisis dengan kualitas hidup pasien yang menjalani hemodialisis di Unit Hemodialisis RSUP. Prof. Dr. R. D. Kandou Manado. *E-Clinic*, 4(1), 5. <https://doi.org/10.35790/ecl.4.1.2018.10829>

Ramdan, I. M. (2019). 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*, 14(1), 33. <https://doi.org/10.20473/jn.v13i2.10673>

Ridho, M., Mariana, E. R., & Mahdalena. (2022). Perbedaan Teknik Relaksasi Otot Progresif Dan Relaksasi Nafas Dalam Terhadap Penurunan Kecemasan Pada Pasien Hemodialisa : Literatur Review. *Jurnal Keperawatan Merdeka (JKM)*, 2(2), 182–190.

Rocco, M., Daugirdas, J. T., Depner, T. A., Inrig, J., Mehrotra, R., Rocco, M. V., Suri, R. S., Weiner, D. E., Greer, N., Ishani, A., MacDonald, R., Olson, C., Rutks, I., Slinin, Y., Wilt, T. J., Kramer, H., Choi, M. J., Samaniego-Picota, M., Scheel, P. J., ... Brereton, L. (2020). KDOQI Clinical Practice Guideline for Hemodialysis Adequacy: 2020 Update. *American Journal of Kidney Diseases*, 66(5), 884–930. <https://doi.org/10.1053/j.ajkd.2015.07.015>

Rochette, L., Dogon, G., & Vergely, C. (2023). Stress: Eight Decades after Its Definition by Hans Selye: “Stress Is the Spice of Life.” *Brain Sciences*, 13(2), 10–12. <https://doi.org/10.3390/brainsci13020310>

- Rustam, Z. N. R., Suhermi, & Alam, R. I. (2020). Relaksasi Otot Progresif Berpengaruh Menurunkan Stres Pada Mahasiswa Tingkat Akhir Di Program Studi Ilmu Keperawatan Universitas Muslim Indonesia. *Window of Nursing Journal*, 01(02), 123–132. <https://doi.org/https://doi.org/10.33096/won.v1i2.274>
- Safruddin, Fahrudin, A., & Umeda, M. (2016). *Pengaruh Latihan relaksasi Otot Progresif Terhadap Kualitas Tidur Klien*. https://scholar.google.com/citations?view_op=view_citation&hl=id&user=Ilk3kb8AAAAJ&citation_for_view=Ilk3kb8AAAAJ:u-x6o8ySG0sC
- Saha, M., & Allon, M. (2022). Diagnosis, treatment, and prevention of hemodialysis emergencies. *Clinical Journal of the American Society of Nephrology*, 12(2), 357–369. <https://doi.org/10.2215/CJN.05260516>
- Sanad, H. S., Aziz, Hanan Ebrahim Abd El Mohammed, A. A., & Hassan, S. S. (2023). Effect of Progressive Muscle Relaxation Technique on Sleep Quality among Hemodialysis Patients. *Minia Scientific Nursing Journal*, 13(1), 136–145. <https://doi.org/https://doi.org/10.21608/msnj.2023.217134.1068>
- Setyowati, A., & Chung, M. H. (2021). Validity and reliability of the Indonesian version of the Pittsburgh Sleep Quality Index in adolescents. *International Journal of Nursing Practice*, 27(5), 1–7. <https://doi.org/10.1111/ijn.12856>
- Shutterstock, C. L., Goode, B. P., Brown, T., & Moore, A. S. (2020). Hemodialysis : Step by step. *Nursing Made Incredibly Easy!*, February, 21–24. <https://doi.org/10.1097/01.NME.0000613648.61617.df>
- Siregar, S. D., Effendy, E., & Daulay, W. (2021). Efektivitas Progressive Muscle Relaxation Terhadap Kualitas Tidur Pasien Kanker Payudara. *J Keperawatan*, 8(4), 87–97. <https://repositori.usu.ac.id/handle/123456789/42836?show=full>
- Siti Arafah Julianty Hrp, Ida Yustina, D. A. (2018). The Factors Related to Level of Anxiety of Hemodialysis Patients. *Idea Nursing Journal*, 6(3), 1–9. <https://dupakdosen.usu.ac.id/handle/123456789/71118>
- Sivertsen, B., Glozier, N., Harvey, A. G., & Hysing, M. (2021). Academic performance in adolescents with delayed sleep phase. *Sleep Medicine*, 16(9), 1084–1090. <https://doi.org/10.1016/j.sleep.2015.04.011>
- Ströhle, A., Gensichen, J., & Domschke, K. (2018). Diagnostik und Therapie von Angsterkrankungen. *Deutsches Arzteblatt International*,

115(37), 611–620. <https://doi.org/10.3238/arztebl.2018.0611>

Stuart, G. W., Keliat, B., & Pasaribu, J. (2021). *Prinsip dan Praktik Keperawatan Kesehatan Jiwa Stuart, edisi Indonesia 11*. Elsevier Health Sciences. <https://books.google.co.id/books?id=WamJEAAAQBAJ>

Sugiyono, P. D. (2022). *Metode Penelitian Kuantitatif* (3rd ed.). Alfabeta. <https://opac.perpusnas.go.id/DetailOpac.aspx?id=1188929#>

Sukmawati, N. M. H., & Putra, I. G. S. W. (2019). Reliabilitas Kusioner Pittsburgh Sleep Quality Index (Psqi) Versi Bahasa Indonesia Dalam Mengukur. *Jurnal Lngkungan Dan Pembangunan*, 3(2), 30–38. <https://doi.org/10.22225/wicaksana.3.2.2019.30-38>

Syokumawena, Pastari, M., & Franciska, T. (2022). Implementasi Keperawatan Terapi Relaksasi Otot Progresif Pada Pasien Pre OP Hernia Dengan Masalah Ansietas. *Babul Ilmi Jurnal Ilmiah Multi Science Kesehatan*, 14(2), 116–129. <https://jurnal.stikes-aisyiyah-palembang.ac.id/index.php/Kep/article/view/955>

The National Kidney Federation, 2022. (2022). Kidney Issues. *The National Kidney Federation, KIDNEY ISSUES*, 2. <https://www.kidney.org.uk/what-is-kidney-disease>

Thomas, Z., Novak, M., Platas, S. G. T., Gautier, M., Holgin, A. P., Fox, R., Segal, M., Looper, K. J., Lipman, M., Selchen, S., Mucsi, I., Herrmann, N., & Rej, S. (2017). Brief mindfulness meditation for depression and anxiety symptoms in patients undergoing hemodialysis a pilot feasibility study. *Clinical Journal of the American Society of Nephrology*, 12(12), 2008–2015. <https://doi.org/10.2215/CJN.03900417>

Thompson, E. (2015). Hamilton rating scale for anxiety (HAM-A). *Occupational Medicine*, 65(7), 601. <https://doi.org/10.1093/occmed/kqv054>

Tim Pokja SDKI DPP PPNI (2016). Standar Diagnosis Keperawatan Indonesia (SDKI). Edisi 1. Jakarta. Persatuan Perawat Indonesia.

Tim Pokja SIKI DPP PPNI (2018). Standar Intervensi Keperawatan Indonesia (SIKI). Edisi 1. Jakarta. Persatuan Perawat Indonesia.

Tim Pokja SLKI DPP PPNI (2019). Standar Luaran Keperawatan Indonesia (SLKI). Edisi 1. Jakarta. Persatuan Perawat Indonesia.

- Tim Pokja SPO DPP PPNI. (2021). *Standar Prosedur Operasional* (Edisi 1). Persatuan Perawat Indonesia.
- Tim Prokes, R. (2022). *Yuk... Mengenal Gangguan Tidur*. Kementerian Kesehatan Direktorat Jenderal Pelayanan Kesehatan. https://yankes.kemkes.go.id/view_artikel/502/yuks-mengenal-gangguan-tidur
- Timby, B. K. (2013). *Fundamental Nursing Skills and Concepts*. Wolters Kluwer Health/Lippincott Williams & Wilkins. <https://books.google.tm/books?id=sqnp00YgyMQC>
- Vaidya, S. R., Aeddula, N. R., & Doerr, C. (2023). Chronic Renal Failure (Nursing). In *StatPearls*. StatPearls. <https://pubmed.ncbi.nlm.nih.gov/33760537/>
- Wahyuni, A., Kartika, I. R., & Asrul, I. F. (2019). Korelasi Lama Hemodialisa Dengan Fungsi Kognitif. *Real in Nursing Journal*, 2(1), 1. <https://doi.org/10.32883/rnj.v2i1.328>
- Waluya, A., Ibrahim, K., & Rahayu, U. (2023). Pengaruh Relaksasi Otot Progresif Terhadap Kualitas Tidur Pasien Hemodialisa. *Jurnal Keperawatan*, 15(4), 1861–1868. <http://journal.stikeskendal.ac.id/index.php/Keperawatan>
- Wang, J., Yue, P., Huang, J., Xie, X., Ling, Y., Jia, L., Xiong, Y., & Sun, F. (2018). Nursing Intervention on the Compliance of Hemodialysis Patients with End-Stage Renal Disease: A Meta-Analysis. *Blood Purification*, 45(1–3), 102–109. <https://doi.org/10.1159/000484924>
- Wijaya, E., & Nurhidayati, T. (2020). Penerapan Terapi Relaksasi Otot Progresif Dalam Menurunkan Skala Nyeri Sendi Lansia. *Ners Muda*, 1(2), 88. <https://doi.org/10.26714/nm.v1i2.5643>
- World Health Organization. (2022). *World health statistics 2022 (Monitoring health of the SDGs)*. Sustainable Development Goals. <http://apps.who.int/bookorders>.
- Xiao, C. X., Lin, Y. J., Lin, R. Q., Liu, A. N., Zhong, G. Q., & Lan, C. F. (2020). Effects of progressive muscle relaxation training on negative emotions and sleep quality in COVID-19 patients: A clinical observational study. *Medicine (United States)*, 99(47), E23185. <https://doi.org/10.1097/MD.00000000000023185>
- Youngwanichsetha, S. (2022). Chronic Kidney Disease: Risk Factors and Prevention. *Journal of Nephrology & Endocrinology Research*, 1–3.

[https://doi.org/10.47363/jone/2022\(2\)111](https://doi.org/10.47363/jone/2022(2)111)

Yulia. (2021). Penerapan Terapi Relaksasi Otot Progresif Pada Penderita Hipertensi Nyeri Akut. *Poltekkes Kemenkes Palembang Journal*, 1–43. <https://repository.poltekkespalembang.ac.id/items/show/2781>

Zai, Y. P. (2019). Pengaruh Terapi Relaksasi Otot Progresif Terhadap Gangguan Tidur Lansia Di Desa Tuntungan li Kecamatan Pancur Batu Tahun 2019. *Sekolah Ilmu Tinggi Kesehatan Santa Elisabeth Medan*, 53(9), 1–114. <https://www.repository.stikeselisabethmedan.ac.id/wp-content/uploads/2019/08/YUPI-PENTASARI-ZAI-032015104.pdf>

Zasra, R., Harun, H., & Azmi, S. (2018). Indikasi dan Persiapan Hemodialis Pada Penyakit Ginjal Kronis. *Jurnal Kesehatan Andalas*, 7(Supplement 2), 183. <https://doi.org/10.25077/jka.v7i0.847>