

DAFTAR PUSTAKA

- Ali, S. & Bokharey, I. Z. (2015) '*Efficacy of Cognitive Behavior Therapy among Caregivers of Dementia: An Outcome Study*', *Pakistan Journal of Psychological Research*. Islamabad: *Pakistan Journal of Psychological Research*.
- Alshehri, M. M. et al. (2020) '*The Effects of Cognitive Behavioral Therapy for Insomnia in People With Type 2 Diabetes Mellitus, Pilot RCT Part II: Diabetes Health Outcomes*', *BMC Endocrine Disorders*.
- Burysse D.J. (2011) '*Insomnia Diagnosis and Classification*', Edited by Sateia M.J. & Daniel J.B. *Insomnia Diagnosis and Treatment*. London.
- Cunnington, D., Junge, M.F., & Fernando, A.T. (2013) '*Insomnia: Prevalence, Consequences and Effective Treatment*', *Medical Journal of America*.
- Forsman, A.K. (2012) '*The Importance of Social Capital in Later Life: Mental Health Promotion and Mental Disorder Prevention among Older Adults*', *Gothenburg, Sweden: Nordic School of Public Health*.
- Galimi, R. (2010) '*Insomnia in The Elderly: an Update and Future Challenge*', *Journal of Sleep research*.
- Gehrman, P. et al. (2020) '*Randomized Trial of Telehealth Delivery of Cognitive-Behavioral Treatment for Insomnia vs. In-Person Treatment in Veterans with PTSD*', *Journal of Affective Disorders Reports*.
- Kang, S.-G. et al. (2017) '*Cognitive Behavioral Therapy Using A Mobile Application Synchronizable with Wearable Devices for Insomnia Treatment: A Pilot Study*', *Journal of Clinical Sleep Medicine*. South Korea: *American Academy of Sleep Medicine*.
- Kasandra, A.P. (2016) '*Aplikasi Cognitive Behaviour dan Behaviour Activation dalam Intervensi Klinis*', Jakarta: *Grafindo Books Media*.
- Kemendes RI. (2013) '*Pedoman Pembinaan Kesehatan Usia Lanjut*', Jakarta: *Kementerian Kesehatan RI*. <https://www.kemkes.go.id>.
- Kemendes RI. (2016) '*Situasi Lanjut Usia di Indonesia*', Jakarta: *Kementerian Kesehatan RI*. <https://www.kemkes.go.id>.

- Kemensos RI. (2019) 'Sistem Perlindungan Sosial Indonesia ke Depan untuk Kelompok Lanjut Usia', Jakarta: Kementerian Sosial RI. <https://kemensos.go.id/>.
- Kim, W.-H., Kim, B.-S., Kim, S.-K., Chang, S.-M., Lee, D.-W., Cho, M.-J., *et al.* (2013) 'Prevalence of Insomnia and Associated Factors in A Community Sample of Elderly Individuals in South Korea', *South Korea International Psychogeriatric Journal*.
- Kryger, M., Roth, T., & Dement, W.C. (2017) 'Principles and Practice of Sleep Medicine: Sixth Edition', Philadelphia: Elsevier.
- Lopez, A.M. (2011) 'Older Adults and Insomnia Resource Guide', Washington, DC: American Psychological Association.
- Lubis, D.U., Jaya, E.S., Arjadi R., Hanum L., Astri, K., Dwi Putri, M.D. (2013) 'Preliminary Study on the Effectiveness of Short Group Cognitive Behavioral Therapy (GCBTI) on Indonesian Older Adults', *University of Indonesia : PLoS ONE*.
- McMain, S., Newman, M.G., Segal, Z.V., & DeRubeis, R.J. (2015) 'Cognitive Behavioral Therapy: Current Status and Future Research Directions', *Psychotherapy Research*.
- Muppavarapu, K., Muthukanagaraj, M., & Saeed, S. A. (2020) 'Cognitive-Behavioral Therapy for Insomnia: A Review Of 8 Studies', *Current Psychiatry*.
- Moon, S.-Y. *et al.* (2020) 'Comparative Effectiveness of Cheonwangbosimdan (Tian Wang Bu Xin Dan) Versus Cognitive-Behavioral Therapy for Insomnia in Cancer Patients: A Randomized, Controlled, Open-Label, Parallel-Group, Pilot Trial', *Integrative Cancer Therapies*. South Korea: SAGE Publications Inc.
- Morin C.M. (2012) 'PHD Insomnia: Prevalence, Burden & Consequences', *Canadian Sleep Society*.
- Nursalam. (2020) 'Pedoman Penyusunan Literature dan Systematic Review', Edited by D. Priyantini. Surabaya: Fakultas Keperawatan Universitas Airlangga.

- Park, H. Y. *et al.* (2020) '*Changes in Resting-State Brain Connectivity Following Computerized Cognitive Behavioral Therapy for Insomnia in Dialysis Patients: A Pilot Study*', *General Hospital Psychiatry*. Elsevier.
- Peigneux, P., Urbain, C., Schmitz, R. (2012) '*Sleep and the Brain*', Edited by Morin, C.M., Colin, A.E. *Sleep and Sleep Disorders*. United Kingdom: Oxford University.
- Qiu, H. *et al.* (2018) '*Effects of Cognitive Behavioral Therapy for Depression on Improving Insomnia and Quality of Life in Chinese Women with Breast Cancer: Results of A Randomized, Controlled, Multicenter Trial*', *Neuropsychiatric Disease and Treatment*. China: Dove Medical Press Ltd.
- Roepke, S.K., & Ancoli-Israel, S. (2010) '*Sleep disorders in the elderly*', *Indian Journal of Medical Research*.
- Sato, D. *et al.* (2018) '*Randomised Controlled Trial on The Effect of Internet-Delivered Computerised Cognitive-Behavioural Therapy on Patients With Insomnia Who Remain Symptomatic Following Hypnotics: A Study Protocol*', *BMJ Open*. Japan: BMJ Publishing Group.
- Shan, W. S. Y. *et al.* (2016) '*Mindfulness-Based Cognitive Therapy V. Grouppsychoeducation for People with Generalised Anxiety Disorder: Randomisedcontrolled Trial*', *the British Journal of Psychiatry*.
- Shimodera, S. *et al.* (2014) '*Change In Quality of Life after Brief Behavioral Therapy for Insomnia in Concurrent Depression: Analysis of the Effects of A Randomized Controlled Trial*', *Journal of Clinical Sleep Medicine*.
- Spira, A.P., Kaufmann, C.N., Kasper, J.D., Ohayon, M.M., Rebok, G.W., Skidmore, E., *et al.* (2014) '*Association between Insomnia Symptoms and Functional Status in U.S. Older Adults*', *Journals of Gerontology: Psychological Sciences and Social Sciences*.
- Taylor D., Philip G., Natalie D., *et al.* (2014) '*Handbook of Insomnia*'. London: Springer Healthcare.
- TNP2K (2020) '*Situasi Lansia di Indonesia dan Akses terhadap Program Perlindungan Sosial: Analisis Data Sekunder*', Jakarta: Sekretariat Tim Nasional Percepatan Penanggulangan Kemiskinan.

- Trauer, J.M., Qian, M.Y., Doyle, J.S., Rajaratnam, S.M.W., & Cunnington, D. (2015) '*Cognitive Behavioral Therapy for Chronic Insomnia: A Systematic Review and Meta-Analysis*', *American College of Physicians*.
- Walia, H.K., & Mehra, R. (2016) '*Overview of Common Sleep Disorders and Intersection with Dermatologic Conditions*', *Internasional Journal of Molecular Sciences*.
- Williams, J., Roth, A., Vathauer, & McCrae, C.S. (2013) '*Cognitive Behavioral Treatment of Insomnia*', *Contemporary Reviews in Sleep Medicine: American College of Chest Physicians*.
- World Health Organization. (2013) '*Definition of An Older or Elderly Person*', <https://www.who.int/>.
- Xing, J. et al. (2020) '*Effects of Electroacupuncture Therapy and Cognitive Behavioral Therapy in Chronic Insomnia: A Randomized Controlled Study*', *Evidence-based Complementary and Alternative Medicine*. Beijing: University of Chinese Medicine.
- Yamadera, W. et al. (2013) '*Comparisons of Short-Term Efficacy Between Individual and Group Cognitive Behavioral Therapy for Primary Insomnia*', *Sleep and Biological Rhythms*.
- Yang, Y. et al. (2019) '*Effects of E-Aid Cognitive Behavioural Therapy for Insomnia (eCBTI) to Prevent the Transition from Episodic Insomnia to Persistent Insomnia: Study Protocol for A Randomised Controlled Trial*', *BMJ Open*.