

DAFTAR PUSTAKA

- Buyse, D. J. (2014). Sleep Health: Can We Define It? Does It Matter? *Sleep*, 37(1), 9–17. <https://doi.org/10.5665/sleep.3298>
- Buyse, D. J., Reynolds, C. F., Monk, T. H., Berman, S. R., & Kupfer, D. J. (1989). The Pittsburgh sleep quality index: A new instrument for psychiatric practice and research. *Psychiatry Research*, 28(2), 193–213. [https://doi.org/10.1016/0165-1781\(89\)90047-4](https://doi.org/10.1016/0165-1781(89)90047-4)
- Choi, N.-Y., Wu, Y.-T., & Park, S.-A. (2022). Effects of Olfactory Stimulation with Aroma Oils on Psychophysiological Responses of Female Adults. *International Journal of Environmental Research and Public Health*, 19(9), 5196. <https://doi.org/10.3390/ijerph19095196>
- Chen et al. (2023) Chen, T. K., Hoenig, M. P., Nitsch, D., & Grams, M. E. (2023). Advances in the management of chronic kidney disease. *BMJ*. <https://doi.org/10.1136/bmj-2022-074216>
- Cohen, S., Gianaros, P. J., & Manuck, S. B. (2016). A Stage Model of Stress and Disease. *Perspectives on Psychological Science*, 11(4), 456–463. <https://doi.org/10.1177/1745691616646305>
- Dong, S., & Jacob, T. J. C. (2016). Combined non-adaptive light and smell stimuli lowered blood pressure, reduced heart rate and reduced negative affect. *Physiology & Behavior*, 156, 94–105. <https://doi.org/10.1016/j.physbeh.2016.01.013>
- Eisen, A. M., Bratman, G. N., & Olvera-Alvarez, H. A. (2024). Susceptibility to stress and nature exposure: Unveiling differential susceptibility to physical environments; a randomized controlled trial. *PLOS ONE*, 19(4), e0301473. <https://doi.org/10.1371/journal.pone.0301473>
- Fung, T. K. H., Lau, B. W. M., Ngai, S. P. C., & Tsang, H. W. H. (2021). Therapeutic Effect and Mechanisms of Essential Oils in Mood Disorders: Interaction between the Nervous and Respiratory Systems. *International Journal of Molecular Sciences*, 22(9), 4844. <https://doi.org/10.3390/ijms22094844>
- Gela, Y. Y., Limenh, L. W., Simegn, W., Ayenew, W., Chanie, G. S., Seid, A. M., Beyna, A. T., Esubalew, D., Mitku, M. L., Mengesha, A. K., & Melese, M. (2024). Poor sleep quality and associated factors among adult chronic kidney disease patients. *Frontiers in Medicine*, 11. <https://doi.org/10.3389/fmed.2024.1366010>
- Gela, Y. Y., Tesfaye, W., Melese, M., Getnet, M., Ambelu, A., Eshetu, H. B., Bitew, D. A., & Diress, M. (2024). Common mental disorders and associated factors among adult chronic kidney disease patients attending referral hospitals in Amhara Regional State. *Scientific Reports*, 14(1), 6812. <https://doi.org/10.1038/s41598-024-57512-1>
- Godoy, L. D., Rossignoli, M. T., Delfino-Pereira, P., Garcia-Cairasco, N., & de Lima Umeoka, E. H. (2018). A Comprehensive Overview on Stress Neurobiology: Basic

- 28 Concepts and Clinical Implications. *Frontiers in Behavioral Neuroscience*, 12. <https://doi.org/10.3389/fnbeh.2018.00127>
- Grandner, M. A., Jackson, N., Gerstner, J. R., & Knutson, K. L. (2014). Sleep symptoms associated with intake of specific dietary nutrients. *Journal of Sleep Research*, 23(1), 22–34. <https://doi.org/10.1111/jsr.12084>
- Gu, H., Tang, C., & Yang, Y. (2012). Psychological stress, immune response, and atherosclerosis. *Atherosclerosis*, 223(1), 69–77. <https://doi.org/10.1016/j.atherosclerosis.2012.01.021>
- Henry, J. D., & Crawford, J. R. (2005). The short-form version of the Depression Anxiety Stress Scales (DASS-21): Construct validity and normative data in a large non- clinical sample. *British Journal of Clinical Psychology*, 44(2), 227–239. <https://doi.org/10.1348/014466505X29657>
- Herz, R. S. (2009). Aromatherapy Facts and Fictions: A Scientific Analysis of Olfactory Effects on Mood, Physiology and Behavior. *International Journal of Neuroscience*, 119(2), 263–290. <https://doi.org/10.1080/00207450802333953>
- Hwang, E., & Shin, S. (2015). The Effects of Aromatherapy on Sleep Improvement: A Systematic Literature Review and Meta-Analysis. *The Journal of Alternative and Complementary Medicine*, 21(2), 61–68. <https://doi.org/10.1089/acm.2014.0113>
- Irwin, M. R. (2015). Why Sleep Is Important for Health: A Psychoneuroimmunology Perspective. *Annual Review of Psychology*, 66(1), 143–172. <https://doi.org/10.1146/annurev-psych-010213-115205>
- Kamil, A. R., & Setiyono, E. (2018). Symptoms burden dan kualitas tidur pada pasien hemodialisis. *Indonesian Journal of Nursing Sciences and Practice*, 27, 27–37. Retrieved from repository institusi.
- Karadag, E., & Samancioglu Baglama, S. (2019). The Effect of Aromatherapy on Fatigue and Anxiety in Patients Undergoing Hemodialysis Treatment. *Holistic Nursing Practice*, 33(4), 222–229. <https://doi.org/10.1097/HNP.0000000000000334>
- Koulivand, P. H., Khaleghi Ghadiri, M., & Gorji, A. (2013). Lavender and the Nervous System. *Evidence-Based Complementary and Alternative Medicine*, 2013, 1–10. <https://doi.org/10.1155/2013/681304>
- Kovesdy, C. P. (2022). Epidemiology of chronic kidney disease: an update 2022. *Kidney International Supplements*, 12(1), 7–11. <https://doi.org/10.1016/j.kisu.2021.11.003>
- Lillehei, A. S., Halcón, L. L., Savik, K., & Reis, R. (2015). Effect of Inhaled Lavender and Sleep Hygiene on Self-Reported Sleep Issues: A Randomized Controlled Trial. *The Journal of Alternative and Complementary Medicine*, 21(7), 430–438. <https://doi.org/10.1089/acm.2014.0327>
- Luthfiana Prisma Martuti, Ida Nurjayanti, & Agus Rismanto. (2024). Pengaruh Aromaterapi Lavender untuk Kualitas Tidur Pada Pasien Hemodialisa RS PKU

- Muhammadiyah Yogyakarta. *Vitamin : Jurnal Ilmu Kesehatan Umum*, 2(3), 17–25. <https://doi.org/10.61132/vitamin.v2i3.424>
- Meneklİ, T., & Çevİk, Y. (2021). Effect of lavender aromatherapy on pruritus, anxiety, and sleep quality of patients undergoing hemodialysis: a randomized controlled trial. *TMR Integrative Nursing*, 5(5), 163–169. <https://doi.org/10.53388/TMRIN2021163169>
- Mifsud, K. R., & Reul, J. M. H. M. (2018). Mineralocorticoid and glucocorticoid receptor- mediated control of genomic responses to stress in the brain. *Stress*, 21(5), 389–402. <https://doi.org/10.1080/10253890.2018.1456526>
- Muz, G., & Taşcı, S. (2017). Effect of aromatherapy via inhalation on the sleep quality and fatigue level in people undergoing hemodialysis. *Applied Nursing Research*, 37, 28–35. <https://doi.org/10.1016/j.apnr.2017.07.004>
- Nasiri Lari, Z. N., Hajimonfarednejad, M., Riasatian, M., Abolhasanzadeh, Z., Irajı, A., Vojoud, M., & Zarshenas, M. M. (2020). Efficacy of inhaled *Lavandula angustifolia* Mill. Essential oil on sleep quality, quality of life and metabolic control in patients with diabetes mellitus type II and insomnia. *Frontiers in Pharmacology*, 11, 926.
- National Kidney Foundation. (2024). Chronic kidney disease (CKD): Definition and overview. Retrieved September 24, 2025, from <https://www.kidney.org/kidney-topics/chronic-kidney-disease-ckd>
- Niles, A. N., Dour, H. J., Stanton, A. L., Roy-Byrne, P. P., Stein, M. B., Sullivan, G., Sherbourne, C. D., Rose, R. D., & Craske, M. G. (2015). Anxiety and depressive symptoms and medical illness among adults with anxiety disorders. *Journal of Psychosomatic Research*, 78(2), 109–115. <https://doi.org/10.1016/j.jpsychores.2014.11.018>
- Perry, R., Terry, R., Watson, L. K., & Ernst, E. (2012). Is lavender an anxiolytic drug? A systematic review of randomised clinical trials. *Phytomedicine*, 19(8–9), 825–835. <https://doi.org/10.1016/j.phymed.2012.02.013>
- Retnaningsih, D., Jumiatı, J., & Prihati, D. R. (2024). The effect of lavender aromatherapy and deep breathing exercise on anxietas level in hemodialysis patients. *International Journal of Public Health Science(IJPHS)*, 13(3), 1402. <https://doi.org/10.11591/ijphs.v13i3.23569>
- Robbertz, A. S., Weiss, D. M., Awan, F. T., Byrd, J. C., Rogers, K. A., & Woyach, J. A. (2020). Identifying risk factors for depression and anxiety symptoms in patients with chronic lymphocytic leukemia. *Supportive Care in Cancer*, 28(4), 1799–1807. <https://doi.org/10.1007/s00520-019-04991-y>
- Saraswati, N. L. G. I., Lestari, N. K. Y., & Putri, K. A. (2022). Hubungan tingkat stres dengan kualitas tidur pada pasien gagal ginjal kronik yang menjalani hemodialisis. *Jurnal XYZ*

- Sazawa, K., Kawada, S., & Ogawa, Y. (2022). Effects of nighttime lavender aromatherapy on mood and physiological indices of stress in healthy young females. *Journal of Physical Therapy Science*, 34(7), 2022–021. <https://doi.org/10.1589/jpts.34.503>
- Seol, G. H., Lee, Y. H., Kang, P., You, J. H., Park, M., & Min, S. S. (2013). Randomized Controlled Trial for *Salvia sclarea* or *Lavandula angustifolia* : Differential Effects on Blood Pressure in Female Patients with Urinary Incontinence Undergoing Urodynamic Examination. *The Journal of Alternative and Complementary Medicine*, 19(7), 664–670. <https://doi.org/10.1089/acm.2012.0148>
- Setyaningrum, N., & Setyawan, A. (2023). EFFECTIVENESS OF LAVENDER AROMATHERAPY ON SLEEP QUALITY AND ANXIETY IN PATIENTS WHO UNDERGOING HEMODIALYSIS. *International Journal of Islamic and Complementary Medicine*, 4(1), 17–24. <https://doi.org/10.55116/IJICM.V4I1.45>
- Shrestha, B., & Dunn, L. (2020). The Declaration of Helsinki on Medical Research involving Human Subjects: A Review of Seventh Revision. *Journal of Nepal Health Research Council*, 17(4), 548–552. <https://doi.org/10.33314/jnhrc.v17i4.1042>
- TEMPO. (2024, July 27). Data Kemenkes: 3,8 dari Seribu Penduduk Indonesia Sakit Ginjal, Hati-hati Mengkonsumsi Garam <https://www.Tempo.Co/Ekonomi/Data-Kemenkes-3-8-Dari-Seribu-Penduduk-Indonesia-Sakit-Ginjal-Hati-Hati-Mengkonsumsi-Garam-36107>.
- Warjiman, I. T. (2019). Efektifitas Aromaterapi Inhalasi Lavender Dalam Mengurangi Tingkat Kecemasan Pasien Hemodialisa Di BLUDRSUDDR. Doris Syl; Ivanus Palangka Raya. *Journal Keperawatan. Widyono*. (2019). Aromaterapi Inhalasi Sebagai Evidence Based Nursing Pada Pasien GGK Yang Menjalani Hemodialisa Untuk Mengurangi Kecemasan. *Indonesian Resource Journal*
- Woelk, H., & Schläpke, S. (2010). A multi-center, double-blind, randomised study of the Lavender oil preparation Silexan in comparison to Lorazepam for generalized anxiety disorder. *Phytomedicine*, 17(2), 94–99. <https://doi.org/10.1016/j.phymed.2009.10.006>
- Zhou, X., Li, J., Gu, W., Wang, J., Zhu, Y., Zhang, G., Ding, Y., & Tang, Y. (2017). Prevalence and associated factors of anxiety and depression among patients with chronic respiratory diseases in eight general hospitals in Jiangsu Province of China: A cross-sectional study. *Psychiatry Research*, 251, 48–53. <https://doi.org/10.1016/j.psychres.2017.01.070>