

## **BAB 7**

### **KESIMPULAN DAN SARAN**

#### **1.1 Kesimpulan**

Terdapat perbedaan kualitas tidur sebelum dan sesudah senam yoga pada lansia di Posyandu Lansia Yuswo Widodo Surabaya yang signifikan.

#### **7.2 Saran**

##### **7.2.1 Bagi institusi kesehatan (Posyandu Lansia Yuswo Widodo Surabaya)**

1. Hasil penelitian ini dapat menjadi edukasi dan himbauan bagi lansia di posyandu lansia supaya tetap rutin melakukan olahraga khususnya senam yoga mengingat antusiasme lansia yang tinggi saat mengikuti penelitian.
2. Sebagai usulan bagi petugas posyandu lansia agar mengadakan sosialisasi pentingnya olahraga bagi lansia dan menjadikan senam yoga sebagai olahraga rutin lansia dan salah satu bentuk usaha pencegahan primer.

##### **7.2.2 Bagi lansia**

1. Mengajak lansia untuk rutin olahraga khususnya senam yoga sehingga dapat terus mempertahankan dan meningkatkan kualitas tidur yang baik
2. Memotivasi agar selalu menjaga kesehatan fisik, pikiran, dan mental yang juga berpengaruh terhadap kualitas tidur agar tetap memiliki kualitas tidur yang baik di hari tua.

### 7.2.3 Bagi peneliti selanjutnya

1. Peneliti selanjutnya dapat mengembangkan lebih banyak lagi penelitian mengenai senam yoga ataupun kualitas tidur khususnya pada lansia.
2. Penelitian selanjutnya dapat mengambil kelompok kontrol atau kelompok lain yang diberi perlakuan jenis olahraga lainnya sebagai pembanding hasil penelitian ini.
3. Lama waktu penelitian dapat ditambahkan karena lama pemberian senam yoga mempengaruhi hasil kualitas tidur lansia.
4. Penelitian selanjutnya dapat lebih memperhatikan faktor homogenitas responden mengingat lansia di posyandu lansia tinggal di rumah masing-masing sehingga asupan dan kegiatan lainnya tidak dapat dihomogenkan.
5. Peneliti selanjutnya lebih mengupayakan agar jumlah responden yang *drop out* minimal dan besar sampel yang diperoleh lebih banyak.

## DAFTAR PUSTAKA

1. Kemenkes RI. *Analisa Lansia di Indonesia*. Kementrian Kesehat RI [Internet]. 2017;1:1–9(disitasi 2019 Maret 4). Available from: [www.depkes.go.id/download.php?file=download/.../infodatin lansia 2016.pdf%0A](http://www.depkes.go.id/download.php?file=download/.../infodatin_lansia_2016.pdf%0A)
2. Bappenas. *Proyeksi Penduduk Indonesia 2010-2035*. Badan Perenc Pembang Nas Badan Pus Stat [Internet]. 1980;90:1670–2(disitasi 2019 Maret 4). Available from: [https://www.google.co.id/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1 &cad=rja&uact=8&ved=2ahUKEwih8\\_iE\\_b3hAhVMbn0KH7qDRIQFj AAegQIARAC&url=https%3A%2F%2Fwww.bappenas.go.id%2Ffiles%2F5413%2F9148%2F4109%2FProyeksi\\_Penduduk\\_Indonesia\\_2010-2035.pdf&usg=AOvVaw2rMy](https://www.google.co.id/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKEwih8_iE_b3hAhVMbn0KH7qDRIQFjAAegQIARAC&url=https%3A%2F%2Fwww.bappenas.go.id%2Ffiles%2F5413%2F9148%2F4109%2FProyeksi_Penduduk_Indonesia_2010-2035.pdf&usg=AOvVaw2rMy)
3. Tim Nasional Percepatan Penanggulangan Kemiskinan (TNP2K). *Penduduk Lanjut Usia ( Lansia ) dan Keterjangkauan Program Perlindungan Sosial bagi Lansia*. 2017;11:1–25(disitasi 2019 Maret 4). Available from: [http://www.tnp2k.go.id/images/uploads/downloads/170829 TNP2K Profil Lansia dan Keterjangkauan SP-Final\\_290817.pdf](http://www.tnp2k.go.id/images/uploads/downloads/170829_TNP2K_Profil_Lansia_dan_Keterjangkauan_SP-Final_290817.pdf)
4. Badan Pusat Statistik. *Statistik Penduduk Lansia 2014*. 2014;25:302(disitasi 2019 Maret 4). Available from: [https://www.bappenas.go.id/files/data/Sumber\\_Daya\\_Manusia\\_dan\\_Kebudayaan/Statistik Penduduk Lanjut Usia Indonesia 2014.pdf](https://www.bappenas.go.id/files/data/Sumber_Daya_Manusia_dan_Kebudayaan/Statistik_Penduduk_Lanjut_Usia_Indonesia_2014.pdf)
5. Puspita D, Susilo E, Aini F. *Faktor-Faktor yang Mempengaruhi Penduduk*

- Lanjut Usia Memilih untuk Bekerja*. J Indones Appl Econ [Internet]. 2009;3:99–110(disitasi 2019 Maret 6). Available from: <https://jiae.ub.ac.id/index.php/jiae/article/view/131/100>
6. Jennifer R.Gray, Susan K.Grove SS. *Burns and Grove's : The Practice of Nursing Research*. 8th ed. Eddy J, editor. California: Elsevier; 2017. 395 p.
  7. National Sleep Foundation. *Sleep in America Poll 2003*. 2003;2:38(disitasi 2019 Maret 4). Available from: <https://www.sleepfoundation.org/sites/default/files/inline-files/2003SleepPollExecSumm.pdf>
  8. Ernawati, Syauqy A, Haisah S. *Gambaran Kualitas Tidur dan Gangguan Tidur Pada Lansia di Panti Sosial Tresna Werdha Budi Luhur Kota Jambi*. 62017;2:5(disitasi 2019 Maret 6). Available from: <http://repository.unja.ac.id/2381/1/JURNAL.pdf>
  9. Utama ED, Yogyakarta UM. *Hubungan Senam Lansia dengan Kualitas Tidur Pada Lansia Berdasarkan Skor Pittsbugh Sleep Quality Index di Panti Sosial Tresna Werdha Budhi Luhur Bantul Yogyakarta*. J Keperawatan [Internet]. 2014;1:3–4(disitasi 2019 Maret 4). Available from: <http://thesis.umy.ac.id/>
  10. Morgan K. *Factors Influencing Persistent Subjective Insomnia in Old Age: a Follow Up Study of Good and Poor Sleepers Aged 65 to 74*. Age Ageing [Internet]. 1989;18:117–22(disitasi 2019 Maret 6). Available from: <http://www.embase.com/search/results?subaction=viewrecord&from=export&id=L19206287>
  11. Varrasse M, Li J, Gooneratne N. *Exercise and Sleep in Community-Dwelling*

- Older Adults*. *Curr Sleep Med Reports* [Internet]. 2015;1:232–40(disitasi 2019 Maret 4). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4831064/>
12. WHO. *Aging and health*. 2015;1:70–1(disitasi 2019 Maret 7). Available from: [https://apps.who.int/iris/bitstream/handle/10665/186463/9789240694811\\_eng.pdf;jsessionid=C0EF48141687A17B70309634F1867DCF?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/186463/9789240694811_eng.pdf;jsessionid=C0EF48141687A17B70309634F1867DCF?sequence=1)
  13. Luise Worle EP. *Yoga As Therapeutic Exercise*. Black S, editor. Yl. Toronto, Sydney: Elsevier; 2010. 250 p.
  14. Jonathan S. Halpern B.Sc. *Yoga for Improving Sleep Quality and Quality of Life of Older Adults in a Western Cultural Setting*. PhD [Internet]. 2011;3:211–3(disitasi 2019 April 4). Available from: <https://researchbank.rmit.edu.au/eserv/rmit:11808/Halpern.pdf>
  15. Bankar M, Chaudhari S, Chaudhari K. *Impact of Long Term Yoga Practice on Sleep Quality and Quality of Life in The Elderly*. *J Ayurveda Integr Med* [Internet]. 2013;4:28(disitasi 2019 Maret 4). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3667430/>
  16. Kepres RI. *UU NO 13 TAHUN 1998 tentang Kesejahteraan Lansia*. 1998;1:3(disitasi 2019 Maret 4). Available from: <http://bphn.go.id>
  17. Kholifah SN. *Keperawatan Gerontik*. 1st ed. Multimanda Dwisatyadini, Ms. MK, editor. Jakarta Selatan: Pusdik SDM kesehatan; 2016. 10 p.
  18. Ferry Efendi M. *Keperawatan Kesehatan Komunitas*. 1st ed. Dr. Nursalam MN, editor. Jakarta: Salemba Medika; 2009. 243 p.
  19. Badan Pusat Statistik. *Statistik Penduduk Usia Lanjut Indonesia 2010*.

- 1385;1:302(disitasi 2019 Maret 4). Available from:  
[https://www.bappenas.go.id/files/data/Sumber\\_Daya\\_Manusia\\_dan\\_Kebudayaan/Statistik Penduduk Lanjut Usia Indonesia 2014.pdf](https://www.bappenas.go.id/files/data/Sumber_Daya_Manusia_dan_Kebudayaan/Statistik_Penduduk_Lanjut_Usia_Indonesia_2014.pdf)
20. Pusat Data dan Informasi Kementerian Kesehatan. *Gambaran Kesehatan Lanjut Usia di Indonesia*. 2013;2:2(disitasi 2019 Maret 5). Available from:  
[https://www.google.co.id/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKEwi0yZS2hL7hAhWQ6nMBHXx\\_ARgQFjAAegQIAhAC&url=http%3A%2F%2Fwww.depkes.go.id%2Fdownload.php%3Ffile%3Ddownload%2Fpusdatin%2Fbuletin%2Fbuletin-lansia.pdf&usg=AOvVaw0sJbb](https://www.google.co.id/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&cad=rja&uact=8&ved=2ahUKEwi0yZS2hL7hAhWQ6nMBHXx_ARgQFjAAegQIAhAC&url=http%3A%2F%2Fwww.depkes.go.id%2Fdownload.php%3Ffile%3Ddownload%2Fpusdatin%2Fbuletin%2Fbuletin-lansia.pdf&usg=AOvVaw0sJbb)
21. Badan Pusat Statistik. *Umur dan Jenis Kelamin Penduduk Indonesia*. Ir. Thoman pardosi, SE MS, editor. 1st ed. 2010;1:18(disitasi 2019 Maret 5). Available from:  
<https://www.bps.go.id/publication/download.html?nrbvfeve=NDQzMzMzMyY2RhMDExOTVkJ4OTE0NmI2&xzmn=aHR0cHM6Ly93d3cuYnBzLmdvLmlkL3B1YmxpY2F0aW9uLzIwMTIvMDUvMjMvNDQzMzMzMyY2RhMDExOTVkJ4OTE0NmI2L3VtdXItdGFuLWplbmlzLWtlbGFtaW4tcGVuZHVkdWstaW5kb25lc2lhLWhhc2lsLXNI>
22. Muravchick S. *Theories of Aging*. Geriatr Anesthesiol [Internet]. 2008;2:29–37(disitasi 2019 Maret 17). Available from:  
[https://link.springer.com/chapter/10.1007/978-0-387-72527-7\\_3](https://link.springer.com/chapter/10.1007/978-0-387-72527-7_3)
23. Howard M Fillit, Kenneth Rockwood JY. *Brocklehurst's Textbook of Geriatric Medicine and Gerontology*, Eighth edition. eight. Howard M Fillit, Kenneth Rockwood JY, editor. Philadelphia, USA: Elsevier; 2017. 96–152

- p.
24. Ilyas EII. *Guyton and Hall Buku Ajar Fisiologi Kedokteran*. Twelfth. Grulio R, editor. Philadelphia, USA: Elsevier; 2011. 716–717 p.
  25. Colten H. *Sleep Physiology*. In: Altevogt HRC and BM, editor. *Sleep Disorders and Sleep Deprivation* [Internet]. Washington: National Academies Press (US); 2017. p. 1–13. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK19960/>
  26. Benjamin James Sadock, Virginia Alcott Sadock PR. *Synopsis of Psychiatry*. 11th ed. Goolsby J, editor. New York: Wolters Kluwer; 2015. 513 p.
  27. National Institute of Health. *Information about Sleep*. 2014;4:1–21(disitasi 2019 Maret 19). Available from: <https://www.ncbi.nlm.nih.gov/books/NBK20359/>
  28. Shim J, Kang SW. *Behavioral Factors Related to Sleep Quality and Duration in Adults*. *J Lifestyle Med* [Internet]. 2017;7:18–26(disitasi 2019 Maret 19). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5332117/>
  29. Michael E. Thase M. *Depression and Sleep: Pathophysiology and Treatment*. *Dialogues Clin Neurosci* [Internet]. 2006;8:217–26(disitasi 2019 Maret 19). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181772/>
  30. Silvanasari IA. *Faktor-Faktor yang Berhubungan dengan Kualitas Tidur yang Buruk pada Lansia di Desa Wonojati Kecamatan Jenggawah Kabupaten Jember*. 2012;1:113(disitasi 2019 Maret 19). Available from: <http://repository.unej.ac.id/bitstream/handle/123456789/3229/Irwina>

Angelia Silvanasari.pdf?sequence=1

31. Tomoyuki Kawada. *Noise and Health – Sleep Disturbance in Adults*. J Occup Health [Internet]. 2011;53:413–6(disitasi 2019 Maret 19). Available from: [http://joh.sanei.or.jp/pdf/E53/E53\\_6\\_01.pdf](http://joh.sanei.or.jp/pdf/E53/E53_6_01.pdf)
32. Jaehne A, Unbehaun T, Feige B, Lutz UC, Batra A, Riemann D. *How Smoking Affects Sleep: A Polysomnographical Analysis*. Sleep Med [Internet]. 2012;13:1286–92(disitasi 2019 Maret 19). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/23026505>
33. O’Callaghan F, Muurlink O, Reid N. *Effects of Caffeine on Sleep Quality and Daytime Functioning*. Risk Manag Healthc Policy [Internet]. 2018;11:263–71(disitasi 2019 Maret 19). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6292246/>
34. Patricia Ann Potter AGP. *Fundamentals of Nursing*. 6th ed. Elsevier- Health Sciences Division; 2001. 1480 p.
35. Ali A, Edwards B, Malhotra A, O’Driscoll D, Trinder J, Jordan A. *Aging and Sleep: Physiology and Pathophysiology*. Semin Respir Crit Care Med [Internet]. 2010;31:618–33(disitasi 2019 Maret 17). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3500384/>
36. Karasek M. *Melatonin, Human Aging, and Age-Related Diseases*. 2004;39:1724(disitasi 2019 April 10). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/15582288>
37. Eve Van Cauter, PhD; Rachel Leproult, MS; Laurence Plat M. *Age-Related Changes in Slow Wave Sleep and REM Sleep and Relationship With Growth Hormone and Cortisol Levels in Healthy Men*. 2000;3:9(disitasi 2019 April



- 11). Available from:  
<https://jamanetwork.com/journals/jama/fullarticle/192981>
38. Crowley K, Park M. *An Examination of Evoked K - Complex Amplitude and Frequency of Occurrence in the Elderly*. 2002;11(disitasi 2019 April 11):16–8. Available from: <https://onlinelibrary.wiley.com/doi/full/10.1046/j.1365-2869.2002.00293.x?sid=nlm%3Apubmed>
39. MM O, MA C, Guilleminault C, MV V. *Meta-Analysis of Quantitative Sleep Parameters from Childhood to Old Age in Healthy Individuals : Developing Normative Sleep Values Across the Human Lifespan .* 2004;27:2004–5(disitasi 2019 April 11). Available from:  
<https://www.ncbi.nlm.nih.gov/pubmed/15586779>
40. Faubel R, Lopez-garcia E, Guallar-castillón P, Balboa-castillo T. *Sleep Duration and Health-Related Quality of Life among Older Adults : A Population-Based Cohort in Spain*. 2009;32:1059–68(disitasi 2019 April 11). Available from:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2717196/>
41. Joris C, Verster S, R. Pandi-Perumal DLS. *Sleep and Quality of Life in Medical Illness*. 1st ed. Inc HP, editor. Columbia University, New York, United States: Humana Press; 2008. 497 p.
42. Whitaker KL, Moskowitz D, Harvey AG, Stinson K, Virk H. *The Subjective Meaning of Sleep Quality: A Comparison of Individuals with and without Insomnia*. *Sleep* [Internet]. 2017;31:383–93(disitasi 2019 April 2). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2276747/>
43. Kim B, Woo K-H, Cho S, An J, Kim J, Lee H, et al. *Factors Related with*

- Quality on Sleep of Daytime Workers*. Ann Occup Environ Med [Internet]. 2018;30:2(disitasi 2019 April 9). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6198439/>
44. Azri MA, Dahlan A, Masuri MG, Isa KAM. *Sleep Quality among Older Persons in Institutions*. Procedia - Soc Behav Sci [Internet]. 2016;234:74–82(disitasi 2019 April 9). Available from: <http://dx.doi.org/10.1016/j.sbspro.2016.10.221>
45. Daniel J.Buysse, Charles F.ReynoldsIII, Timothy H.Monk, Susan R.Berman DJK. *The Pittsburgh Sleep Quality Index: A New Instrument for Psychiatric Practice and Research*. 1989;28:193–213(disitasi 2019 April 9). Available from: <https://www.sciencedirect.com/science/article/pii/0165178189900474?via%3Dihub>
46. Lu K, Chen J, Wu S, Chen J, Hu D. *Interaction of Sleep Duration and Sleep Quality on Hypertension Prevalence in Adult Chinese Males*. J Epidemiol [Internet]. 2015;25:415–22(disitasi 2019 Mei 6). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4444495/pdf/je-25-415.pdf>
47. Riskesdas. *Infodatin Olahraga*. 2013;1:3(disitasi 2019 Maret 17). Available from: [www.depkes.go.id/download.php?file=download/.../infodatin/infodatin\\_olahraga.pdf](http://www.depkes.go.id/download.php?file=download/.../infodatin/infodatin_olahraga.pdf)
48. WHO. *Global Recommendations On Physical Activity For Health*. 2010;15:30–3(disitasi 2019 Maret 17). Available from:

[https://apps.who.int/iris/bitstream/handle/10665/44399/9789241599979\\_eng.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/44399/9789241599979_eng.pdf?sequence=1)

49. Brauer S. *Physical Activity for Older People*. J Physiother [Internet]. 2013;59:213(disitasi 2019 April 2). Available from: <https://www.sciencedirect.com/science/article/pii/S1836955313701929>
50. WHO. *Global Strategy on Diet , Physical Activity and Health Physical Activity and Adults*. 2016;2:1–2(disitasi 2019 Maret 20). Available from: [https://www.who.int/dietphysicalactivity/factsheet\\_olderadults/en/](https://www.who.int/dietphysicalactivity/factsheet_olderadults/en/)
51. Bhavanani AB. *Yoga for the Silver Citizens*. IcyerCom [Internet]. 2014;12:11(disitasi 2019 Maret 17). Available from: [http://icyer.com/documents/yoga for silver citizens -final.pdf](http://icyer.com/documents/yoga%20for%20silver%20citizens%20-final.pdf)
52. Lacerda D. *2100 Asanas Yoga Poses* [Internet]. 1st ed. Daniel Lacerda, editor. Vol. 84. Black Dog & Leventhal; 2013. 487-492 (disitasi 2019 April 2) p. Available from: <http://ir.obihiro.ac.jp/dspace/handle/10322/3933>
53. Hagins M, Moore W, Rundle A. *Does Practicing Hatha Yoga Satisfy Recommendations for Intensity of Physical Activity Which Improves and Maintains Health and Cardiovascular Fitness?* BMC Complement Altern Med [Internet]. 2007;7:4–5(disitasi 23 Mei 2019). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2219995/>
54. Larson-Meyer DE. *A Systematic Review of the Energy Cost and Metabolic Intensity of Yoga*. Med Sci Sports Exerc [Internet]. 2016;48:1558–69(disitasi 2019 Mei 22). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/27433961>
55. Gordon NF. American College of Sports Medicine. *ACSM's Guidelines for*

- Exercise Testing and Prescription*. Am Coll Sport Med [Internet]. 2010;27:6–7(disitasi 2019 Mei 23). Available from: <http://trove.nla.gov.au/version/44711706>
56. Lashbrook MDRGHJ. *Effects of Hatha Yoga Practice On the Health-Related Aspects of Physical Fitness*. Prev Cardiol [Internet]. 2001;4:165–70(disitasi 22 Mei 2019). Available from: <http://ovidsp.ovid.com/ovidweb.cgi?T=JS&PAGE=reference&D=emed5&NEWS=N&AN=2001389881>
57. Lin M-H, Li C-H, Fan J-T, Lin H-S, Chen K-M, Chen M-H. *Effects of Yoga on Sleep Quality and Depression in Elders in Assisted Living Facilities*. J Nurs Res [Internet]. 2011;18:53–61(disitasi 2019 April 4). Available from: [http://www.twna.org.tw/TWNA\\_BACKEND/upload/web/ePublication/6741/JNR18\(1\)p.53-61.pdf](http://www.twna.org.tw/TWNA_BACKEND/upload/web/ePublication/6741/JNR18(1)p.53-61.pdf)
58. Asmarani D. *Panduan Berlatih Yoga yang Lengkap dan Aman*. 1st ed. Asmarani D, editor. Jakarta: PT Gramedia Pustaka Utama; 2011. 182 p.
59. L. KP, Bernard T. *Hatha Yoga. The Report of a Personal Experience*. J Philos [Internet]. 2006;41:530(disitasi 2019 Maret 15). Available from: [https://books.google.co.id/books/about/HATHA\\_YOGA\\_THE\\_REPORT\\_OF\\_A\\_PERSONAL\\_EXPE.html?id=ExesnQAACAAJ&redir\\_esc=y](https://books.google.co.id/books/about/HATHA_YOGA_THE_REPORT_OF_A_PERSONAL_EXPE.html?id=ExesnQAACAAJ&redir_esc=y)
60. Svatmarama YS. *Yoga Swami Svatmarama . Hatha yoga pradipika*. 2008;1:4–6(disitasi 2019 Maret 15). Available from: <http://www.hermetics.org/pdf/HathaYogaPradipika.pdf>
61. Monroe M. *Yoga and Scoliosis*. 1st ed. Henson N, editor. New York: Demos Medical Publishing; 2012. 56 p.

62. Sherry Z morris. *Gentle, Senior and Chair Yoga Teacher Training Manual*. 2012;1:2–38(disitasi 2019 April 1). Available from: <https://yogajp.com/wp-content/uploads/2015/01/FULL-Vol1.pdf>
63. Yoga Goddess Academy. *200 Hours Yoga Teacher Training*. 2018;1:11(disitasi 2019 April 3). Available from: <https://yogaeastwest.com/wp-content/uploads/2018/05/EastWest200hourManual.pdf>
64. Baker J. *Yoga for Real People: A Year of Classes*. 1st ed. Baker J, editor. New York: Weiser; 2002. 9 p.
65. Debbie Lawrence CP. *The Complete Guide to Yoga for Fitness Professionals*. 1st ed. Cole S, editor. London: Bloomsbury Publishing Plc; 2014. 180 p.
66. Long R. *Anatomy of Backbends and Twist*. 1st ed. Kirkwood E, editor. Pittsburgh, New York: Bandha Yoga Publication; 2010. 120–122 p.
67. Moksha. *Lesson 02 : Breath Synchronized Movement* [Internet]. Vol. 2. 2012. p. 1–4. Available from: <http://www.mokshayoga.com/internal-edit/tt-assignments/L02BreathSynMovement-774.pdf>
68. Saraswati SS. *Asana Pranayama Mudra Bandha*. 3rd ed. Bharati BY, editor. New Delhi, India: Yoga Publications Trust; 2002. 41 p.
69. Bryant T. *Yoga Girls's Club*. Philadelphia, USA: Singing Dragon; 2015. 40 p.
70. Lamb T. *Health Benefits of Yoga*. 2000;1:1–3(disitasi 2019 April 2). Available from: <http://caeyc.org/main/caeyc/proposals-2011/pdfs/KellyPinzak.pdf>

71. Sengupta P. *Health Impacts of Yoga and Pranayama: A State-of-the-Art Review*. Int J Prev Med [Internet]. 2012;3:444–58(disitasi 2019 April 15 ). Available from: <http://www.ncbi.nlm.nih.gov/pubmed/22891145><http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC3415184>
72. Staniforth A, Kinnear WJM, Starling R, Cowley AJ. *Effect of Oxygen On Sleep, Cognitive Function and Sympathetic Activity in Heart Failure with Cheyne-Stokes Respiration*. J Am Coll Cardiol [Internet]. 2002;31:250(disitasi 2019 April 15). Available from: <https://pdfs.semanticscholar.org/3dc7/21cedc52e2a51951759257404ed4718e1800.pdf>
73. Chen K-M, Chen M-H, Lin M-H, Fan J-T, Lin H-S, Li C-H. *Effects of Yoga on Sleep Quality and Depression in Elders in Assisted Living Facilities*. J Nurs Res. 2011;18:53–61(disitasi 2019 April 15). Available from: [http://www.twna.org.tw/TWNA\\_BACKEND/upload/web/ePublication/6741/JNR18\(1\)p.53-61.pdf](http://www.twna.org.tw/TWNA_BACKEND/upload/web/ePublication/6741/JNR18(1)p.53-61.pdf)
74. Mustian KM, Janelins M, Peppone LJ, Kamen C. *Yoga for the Treatment of Insomnia among Cancer Patients: Evidence, Mechanisms of Action, and Clinical Recommendations*. Oncol Hematol Rev [Internet]. 2015;10:164–8(disitasi 2019 April 8). Available from: <http://www.ncbi.nlm.nih.gov/pubmed/25861453><http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=PMC4386006>
75. Han KS, Kim L, Shim I. *Stress and Sleep Disorder*. 2012;21:141–50(disitasi 2019 April 16). Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3538178/>

76. Takahashi S, Kapa L, Kapa L. *Somnogenic Relationships between Tumor Necrosis Factor and Interleukin-1*. 2019;2:1132–40(disitasi 2019 April 17). Available from: <https://www.physiology.org/doi/pdf/10.1152/ajpregu.1999.276.4.R1132>
77. Serova LI, Gueorguiev V, Cheng SY, Sabban EL. *Adrenocorticotrophic Hormone Elevates Gene Expression for Catecholamine Biosynthesis in Rat Superior Cervical Ganglia and Locus Coeruleus by an Adrenal Independent Mechanism*. *Neuroscience* [Internet]. 2008;153:1380–9(disitasi 2019 April 16). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2586879/>
78. Mitchell HA, Weinshenker D. *Good Night and Good Luck: Norepinephrine in Sleep Pharmacology*. *Biochem Pharmacol* [Internet]. 2010;79:801–9(disitasi 2019 April 16). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2812689/>
79. Streeter CC, Jensen JE, Perlmutter RM, Cabral HJ, Tian H, Terhune DB, et al. *Yoga Asana Sessions Increase Brain GABA Levels: A Pilot Study*. *J Altern Complement Med* [Internet]. 2007;13:419–26(disitasi 2019 April 15). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/17532734>
80. Mignot E, Taheri S, Nishino S. *Sleeping with the Hypothalamus : Emerging Therapeutic Targets for Sleep Disorders*. 2002;3:1071–5(disitasi 2019 April 15). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/12403989>
81. Amitamara BD, Surakarta UM. *Pengaruh Latihan Senam Yoga terhadap Kualitas Tidur pada Lanjut Usia ( Lansia )*. 2015;1:29–35(disitasi 2019

- April 18). Available from: [http://eprints.ums.ac.id/39107/1/NASKAH\\_PUBLIKASI.pdf](http://eprints.ums.ac.id/39107/1/NASKAH_PUBLIKASI.pdf)
82. Innes KE, Selfe TK. *The Effects of a Gentle Yoga Program on Sleep , Mood , and Blood Pressure in Older Women with Restless Legs Syndrome ( RLS ) : A Preliminary Randomized Controlled Trial*. 2012;2:5–7(disitasi 2019 April 18). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673587/79>.
83. Betts TA, Alford C. *Blockers and Sleep : A Controlled Trial*. Eur J Clin Pharmacol [Internet]. 1985;28(disitasi 2019 Desember 12):65–8. Available from: <https://www.ncbi.nlm.nih.gov/pubmed/2865152>
84. Baek MJ, Kim K, Park YH, Kim SY. *The Validity and Reliability of The Mini-Mental State Examination-2 for Detecting Mild Cognitive Impairment and Alzheimer’s Disease in A Korean Population*. PLoS One [Internet]. 2016;11:11(disitasi 2019 April 10). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5036810/>
85. Spira AP, Beaudreau SA, Stone KL, Kezirian EJ, Lui L, Redline S. *Reliability and Validity of the Pittsburgh Sleep Quality Index and the Epworth Sleepiness Scale in Older Men*. 2012;4:433–9(disitasi 2019 April 10). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3309871/>
86. Fauzan R. *Gambaran Kulitias Tidur pada Mahasiswa Fakultas Kedokteran Universitas Sumatera Utara Tahun Akademik 2013/2014*. 2014;1:25–6(disitasi 2019 April 10). Available from: <http://repository.usu.ac.id/handle/123456789/42951?show=full>



87. Birdee GS, Legedza AT, Saper RB, Bertisch SM. *Characteristics of Yoga Users : Results of a National Survey*. J Gen Intern Med [Internet]. 2008;23:1653–8(disitasi 2019 Spetember 9). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/18651193>
88. Quan S, Li Y, Li W, Li Y, Jeong J, Kim D. *Gender Differences in Sleep Disturbance among Elderly Koreans : Hallym Aging Study*. J Korean Med Sci [Internet]. 2016;31:1689–95(disitasi 2019 September 9). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5056198/>
89. Paul KN, Dugovic C, Turek FW, Laposky AD. *Diurnal Sex Differences in the Sleep-Wake Cycle of Mice are Dependent on Gonadal Function*. 2006:1211–23;(disitasi 2019 September 9). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/17040009>
90. Lahti J, Laaksonen M, Lahelma E, Rahkonen O. *Changes in Leisure-Time Physical Activity after Transition to Retirement : a Follow-Up Study*. Int J Behav Nutr Phys Act [Internet]. 2011;8:1–8(disitasi 2019 September 18). Available from: <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-8-36>
91. Endeshaw Y. *Aging , Subjective Sleep Quality , and Health Status : The Global Picture*. Sleep Res Soc [Internet]. 2012;35:1035–6(disitasi 2019 September 27). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3397809/>
92. Li J, Vitiello M V, Gooneratne N, Li J, Neurobiology C, Information AC, et al. *Sleep in Normal Aging*. Sleep Med Clin [Internet]. 2019;13:1–11(disitasi 2019 September 27). Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5841578/>

93. Spira AP, Stone K, Beaudreau SA, Ancoli-israel S. *Anxiety Symptoms and Objectively Measured Sleep Quality in Older Women*. *Am J Geriatr Psychiatry* [Internet]. 2010;17:136–43(disitasi 2019 September 18). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2715173/>
94. Miner B, Fellow SM, Kryger MH, Miner B, Haven N, Disclaimer P. *Sleep in the Aging Population*. *Sleep Med Clin* [Internet]. 2018;12:31–8(disitasi 2019 September 18). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5300306/>
95. Chen Q, Hayman LL, Shmerling RH, Bean JF. *Characteristics of Chronic Pain Associated with Sleep Difficulty in the Older Population: The MOBILIZE Boston Study*. *J Am Geriatr Soc* [Internet]. 2012;59:1385–92(disitasi 2019 September 23). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3307096/>
96. Mah L, Medicine F, Program R, Sunnybrook CM, Care P, Sunnybrook CM, et al. *Long Term Benzodiazepine Use for Insomnia in Patients Over the Age of 60 : Discordance of Patient and Physician Perceptions*. *BMC Fam Pr* [Internet]. 2002;3:5(disitasi 2019 Oktober 29). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC113266/>
97. Béland S, Prévile M, Dubois M, Lorrain D, Grenier S, Voyer P, et al. *Aging & Mental Health Benzodiazepine Use and Quality of Sleep in the Community-Dwelling Elderly Population*. *Aging Ment Heal* [Internet]. 2010;:37–41(disitasi 2019 Oktober 1). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/20658372>

98. Cooke JR, Ancoli-israel S, Ph D. *Normal and Abnormal Sleep in the Elderly*. *Handb Clin Neurol* [Internet]. 2012;;653–65(disitasi 2019 September 27). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3142094/>
99. Goldman SE, Hall M, Boudreau R, Matthews KA. *Association between Nighttime Sleep and Napping in Older Adults*. *Sleep Res Soc* [Internet]. 2008;31:733–40(disitasi 2019 September 27). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2398743/>
100. Shohani M, Badfar G, Nasirkandy MP, Kaikhavani S, Rahmati S. *The Effect of Yoga on Stress , Anxiety , and Depression in Women*. *Int J Prev Med* [Internet]. 2018;21:10–4(disitasi 2019 September 22). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5843960/>
101. Nambi GS, Atul A, Shah K. *Additional Effect of Iyengar Yoga and EMG Biofeedback on Pain and Functional Disability in Chronic Unilateral Knee Osteoarthritis*. *Int J Yoga* [Internet]. 2013;6:123–7(disitasi 2019 September 23). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3734638/>
102. Woodyard C, Science E, Management R. *Exploring the Therapeutic Effects of Yoga and Its Ability to Increase Quality of Life*. *Int J Yoga* [Internet]. 2011;4:49–54(disitasi 2019 September 22). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3193654/>
103. Mocanu E, Mohr C, Pouyan N, Thuillard S, Dan-glauser ES. *Reasons , Years and Frequency of Yoga Practice : Effect on Emotion Response Reactivity*. *Front Hum Neurosci* [Internet]. 2018;12(disitasi 2019 September 22). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6039555/>

104. Ebrahimi M, Guilan-Nejad TN, Pordanjani AF. *Effect of Yoga and Aerobics Exercise on Sleep Quality in Women with Type 2 Diabetes: A Randomized Controlled Trial*. Sleep Sci [Internet]. 2017;10:68–72(disitasi 26 April 2019). Available from: <https://www.ncbi.nlm.nih.gov/pubmed/28966742>
105. Kim S, Jo K, Hong K, Han H, Joo H. *GABA and L -Theanine Mixture Decreases Sleep Latency and Improves NREM Sleep*. Pharm Biol [Internet]. 2019;57:65–73(disitasi 2019 September 18). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6366437/>
106. Saper CB, Fuller PM, Deaconess BI, Israel B, Medical D, Avenue B, et al. *Wake-Sleep Circuitry : An Overview*. Curr Opin Neurobiol [Internet]. 2018:186–92;(disitasi 2019 September 22). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5531075/>
107. Streeter CC, Whitfield TH, Owen L, Rein T, Karri SK. *Effects of Yoga Versus Walking on Mood , Anxiety , and Brain GABA Levels : A Randomized Controlled MRS Study*. J Altern Complement Med [Internet]. 2010;16:1145–52(disitasi 2019 September 22). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3111147/>
108. Mohandas E. *Neurobiology of Spirituality*. Mens Sana Monogr [Internet]. 2008;6(disitasi 2019 September 22). Available from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3190564/>
109. Hariprasad VR, Sivakumar PT, Koparde V, Varambally S, Thirthalli J, Varghese M, et al. *Effects of Yoga Intervention on Sleep and Quality-of-Life in Elderly : A Randomized Controlled Trial*. Indian J Psychiatry [Internet]. 2013;55(disitasi 2019 September 22). Available from:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3768213/>

110. Elmagd MA. *Benefits , Need and Importance of Daily Exercise*. Int J Phys Educ Sport Heal [Internet]. 2016;3(disitasi 2019 September 22). Available from:  
[https://www.researchgate.net/publication/306118434\\_Benefits\\_need\\_and\\_importance\\_of\\_daily\\_exercise](https://www.researchgate.net/publication/306118434_Benefits_need_and_importance_of_daily_exercise)
111. Tew GA, Howsam J, Hardy M, Bissell L. *Adapted Yoga to Improve Physical Function and Health-related Quality of Life in Physically-Inactive Older Adults : a Randomised Controlled Pilot Trial*. BMC Geriatr [Internet]. 2017;8:8–10(disitasi 2019 September 27). Available from:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5481961/>
112. Tse ACY, Wong TWL, Lee PH. *Effect of Low-intensity Exercise on Physical and Cognitive Health in Older Adults : a Systematic Review*. Sport Med Open [Internet]. 2015;(disitasi 2019 Oktober 1). Available from:  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4612316/>