



DAFTAR PUSTAKA



DAFTAR PUSTAKA

- Akbar, C.I., Arini, F.A. and Fauziyah, A. (2019) 'Teh Rambut Jagung dengan Penambahan Daun Stevia sebagai Alternatif Minuman Fungsional BagimPenderita Diabetes Melitus Tipe 2', *Jurnal Aplikasi Teknologi Pangan*, 8(2), pp. 67–73. Available at: <https://doi.org/10.17728/jatp.3122>.
- Bazrafshan, M.R. et al. (2020) 'The effect of lavender herbal tea on the anxiety and depression of the elderly: A randomized clinical trial', *Complementary Therapies in Medicine*, 50(October 2019). Available at: <https://doi.org/10.1016/j.ctim.2020.102393>.
- Borrow, A.P. and Handa, R.J. (2017) 'Estrogen Receptors Modulation of Anxiety-Like Behavior', *Vitamins and Hormones*, 103, pp. 27–52. Available at: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC5815294/>.
- Chand, S.P. and Marwaha, R. (2023) *Anxiety*. StatPearls Publishing. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK470361/>.
- Chicco, D. (2025) 'A simple guide to the use of Student's t-test, Mann-Whitney U test, Chi-squared test, and Kruskal-Wallis test in biostatistics', *BioData Mining*, 18(1). Available at: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC12366075/>.
- Demak, I.P.K., Muharram, D.N. and Salman, M. (2019) 'Hubungan Tingkat Kecemasan dalam Menghadapi Ujian Blok Universitas Tadulako 1 Medical Education Unit, Fakultas Kedokteran, Universitas Tadulako Fakultas Kedokteran, Universitas Tadulako Departemen Histologi, Fakultas Kedokteran, Universitas Tadulako', *Molucca Medica*, 12(1), pp. 11–17. Available at: <https://ojs3.unpatti.ac.id/index.php/moluccamedica/article/view/1123>.
- Eridani, D., Rifki, M.A.M. and Isnanto, R.R. (2018) 'Edu komputika journal sistem pakar pendiagnosis gangguan kecemasan menggunakan metode forward chaining berbasis android', *Edu Komputika Journal*, 5(1), p. 2. Available at: <http://journal.unnes.ac.id/sju/index.php/edukom>.
- Firly Zavera J, D.S. and Masyita Suherman, M. (2018) 'Hubungan Antara Tingkat Kecemasan Dengan Prestasi Akademik Mahasiswa Di Kota Bandung', 1(3).
- Garnida, Y. (2018) 'Pengaruh Suhu Pengeringan dan Jenis Jagung Terhadap Karakteristik Teh Herbal Rambut Jagung (*Corn Silk Tea*)', *Pasundan Food Technology Journal*, 5(1), p. 63. Available at: <https://doi.org/10.23969/pf tj.v5i1.811>.
- Gauthier, I. and Nuss, P. (2015) 'Anxiety disorders and GABA neurotransmission: a disturbance of modulation', *Neuropsychiatric Disease and Treatment*, 11, p. 165. Available at: <https://doi.org/10.2147/NDT.S58841>.
- Haikal, M. (2022) 'Terapi kognitif perilaku untuk mengurangi gejala kecemasan', *Procedia: Studi Kasus dan Intervensi Psikologi*, 10(2), pp. 47–52. Available at: <https://doi.org/10.22219/procedia.v10i2.19215>.

- Hasanah, A., Pahladad, M. and Tasalim, R. (2022) 'Pengaruh Terapi Meditasi Dan Yoga Terhadap Gangguan Kecemasan Pasca Bencana Banjir Di Desa Alat Kecamatan Hantakan', *Jurnal Suaka Insan Mengabdi (Jsim)*, 3(2), pp. 33–44. Available at: <https://doi.org/10.51143/jsim.v3i2.289>.
- Katzung, B. G. (2018). *Basic and Clinical Pharmacology* (14th ed.). McGraw-Hill Education.
- Kim, H.Y. (2017) 'Statistical notes for clinical researchers: Assessing normal distribution (2) using skewness and kurtosis', *Restorative Dentistry & Endodontics*, 42(1), pp. 52–54.
- Konermann, S. (2016) 'A Review of Alprazolam Use, Misuse, and Withdrawal' *Journal of Clinical Sleep Medicine*, 12(2), pp. 263–266. Available at: <https://doi.org/10.1097/ADM.0000000000000350.A>.
- Lestari, K.P. and Yuswiyanti, A. (2020) 'Terapi Relaksasi Otot Progresif', *Jurnal Keperawatan Maternitas*, 3(1), pp. 27–32.
- Mesfin, M., Asres, K. and Shibeshi, W. (2021) 'Evaluation of anxiolytic activity of citral in experimental animal models', *Journal of Experimental Pharmacology*, 13, pp. 415–423. Available at: <https://www.dovepress.com/evaluation-of-anxiolytic-activity-of-citral-in-experimental-animal-mod-peer-reviewed-fulltext-article-JEP>.
- Mishra, P., Pandey, C.M., Singh, U., Gupta, A., Sahu, C. & Keshri, A. (2019) 'Descriptive statistics and normality tests for statistical data', *Annals of Cardiac Anaesthesia*, 22(1), pp. 67–72.
- Miqiawati, A. (2022) 'Efektivitas Pemberian Aroma Terapi Lavender Terhadap Penurunan Tingkat Kecemasan Terhadap Lansia Kelompok Esti Nastiti di Desa Kauman Kecamatan Karangrejo Kabupaten Magetan, 9, pp. 356–363.
- Ningtias, R. & Andriani, F. (2022) 'Pengaruh perceived parental expectation terhadap psychological distress pada emerging adulthood di Indonesia', *Buletin Riset Psikologi dan Kesehatan Mental (BRPKM)*, 2(1), pp. 37–48.
- Oktamarina, L. et al. (2022) 'Usia Dini Disorder) Pada Anak'.
- Pei, S. et al. (2024) 'Exploring the physiological response differences of β -caryophyllene, linalool and citral inhalation and their anxiolytic potential', *Heliyon*, 10(19), p. e38941. Available at: <https://doi.org/10.1016/j.heliyon.2024.e38941>.
- Pujiati, W. and Saribu, H.J.D. (2022) 'Aromaterapi Lavender terhadap Kecemasan Ibu Hamil dengan Hipertensi', *Malahayati Nursing Journal*, 4(9), pp. 2194–2205. Available at: <https://doi.org/10.33024/mnj.v4i9.6814>.
- Rahmadina, A., Nashori, F. & Andrianto, S. (2020) 'The mediating effect of self-esteem on emerging adults' materialism and anxiety', 5(1), pp. 1–14.
- Rahman, M.M. et al. (2023) 'Efficacy of Lemon Myrtle Essential Oil as a Bio-Fungicide in Inhibiting Citrus Green Mould', *Plants*, 12(21), pp. 1–16. Available at: <https://doi.org/10.3390/plants12213742>.

- Ramadhan, A.F., Sukohar, A. and Saftarina, F. (2019) 'Perbedaan Derajat Kecemasan Antara Mahasiswa Tahap Akademik Tingkat Awal dengan Tingkat Akhir di Fakultas Kedokteran Universitas Lampung', *Medula*, 9(1), pp.78–82. Available at: <https://juke.kedokteran.unila.ac.id/index.php/medula/article/view/2355/pdf>.
- Risyda Halimatus Sa'diyah, Rochimat, I. and Dania K, E. (2024) 'Gambaran Penggunaan Obat Kegawatdaruratan Demam Kejang pada Pasien Anak di RSUD dr. Soekardjo Kota Tasikmalaya', *Media Informasi*, 20(1), pp. 67–75. Available at: <https://doi.org/10.37160/mijournal.v20i1.229>.
- Saadatmand, S., Zohroudi, F. and Tangestani, H. (2024) 'The Effect of Oral Chamomile on Anxiety: A Systematic Review of Clinical Trials', *Clinical Nutrition Research*, 13(2), p. 139. Available at: <https://doi.org/10.7762/cnr.2024.13.2.139>.
- Shim, S.Y. et al. (2020) 'Anti-inflammatory and anti-oxidative activities of lemon myrtle (*Backhousia citriodora*) leaf extract', *Toxicology Reports*, 7(May 2019), pp. 277281. Available at: <https://doi.org/10.1016/j.toxrep.2020.01.018>.
- Solon, J.A., Gomes, L.D., Souza, P.V.S., Santos, E.S. & Ferreira, A.G.M. (2025). Citral as an anti-inflammatory agent: Mechanisms, therapeutic potential, and perspectives. *Preprints in Natural Products*, 3(1), p.100253. <https://doi.org/10.1016/j.prenap.2025.100253>.
- Southwell, I. (2021) 'Backhousia citriodora f. Muell. (lemon myrtle), an unrivalled source of citral', *Foods*. MDPI AG. Available at: <https://doi.org/10.3390/foods10071596>.
- Srinivasan, A. (2019) 'Propranolol: A 50-year historical perspective', *Annals of Indian Academy of Neurology*, 22(1), p. 21. Available at: https://doi.org/10.4103/aian.AIAN_201_18.
- Sultanbawa, Y. (2016) 'Lemon Myrtle (*Backhousia citriodora*) Oils', in *Essential Oils in Food Preservation, Flavor and Safety*. Elsevier, pp. 517–521. Available at: <https://doi.org/10.1016/B978-0-12-416641-7.00059-6>.
- Tabatabaeichehr, M. and Mortazavi, H. (2020) 'The Effectiveness of Aromatherapy in the Management of Labor Pain and Anxiety: A Systematic Review', *Ethiopian journal of health sciences*, 30(3), pp. 449–458. Available at: <https://doi.org/10.4314/ejhs.v30i3.16>.
- W, N.P. (2016) 'Berapa Kebutuhan Diazepam Untuk Memenuhi Pelayanan Kesehatan Di Indonesia? Studi Kasus Konsumsi Diazepam Di Indonesia', *Jurnal Manajemen dan Pelayanan Farmasi (Journal of Management and Pharmacy Practice)*, 6(4), p. 297. Available at: <https://doi.org/10.22146/jmpf.359>.
- Wang, L. et al. (2023) 'Dietary Intake of Flavonoids Associated with Sleep Problems: An Analysis of Data from the National Health and Nutrition

Examination Survey, 2007–2010’, *Brain Sciences*, 13(6). Available at: <https://doi.org/10.3390/brainsci13060873>.

Wijaya, M.F. et al. (2023) ‘Cara Mengatasi Kecemasan Dental secara Farmakologis dan Non-farmakologis : Sebuah Tinjauan Literatur’, *DENThalib Journal*, 1(November), pp. 61–7. Available at: <https://journal.fkg.umi.ac.id/index.php/denthalib/article/view/37/29>.

