

## DAFTAR PUSTAKA

- Acupoint. (2020). *BL 24 Acupuncture Point - AcuPoints*.  
<https://www.acupoints.org/bl24-acupuncture-point/>
- Agustin, A. A. (2022). Edukasi Masyarakat Sebagai Upaya Pencegahan Keluhan Low Back Pain (LBP) di Puskesmas Balung. *Journal of Community Development*, 3(2), 106–112. <https://doi.org/10.47134/comdev.v3i2.83>
- Agustina, S., & Khie Khiong, T. (2023). Low Back Pain Ditinjau Dari Teori Medis Barat Dan TCM. *Journal of Comprehensive Science (JCS)*, 2(4), 971–980. <https://doi.org/10.59188/jcs.v2i4.303>
- Amin, N. A., Muchsin, A. H., Khalid, N. F., Sam, A. D. P., & Rahmawati. (2023). Hubungan Lama dan Posisi Duduk dengan Kejadian Low Back Pain (LBP) pada Mahasiswa di Fakultas Kedokteran Universitas Muslim Indonesia Angkatan 2019. *Fakumi Medical Journal: Jurnal Mahasiswa Kedokteran*, 3(4), 269–277. <https://doi.org/10.33096/fmj.v3i4.252>
- Amin, N. F., Garancang, S., & Abunawas, K. (2023). Konsep Umum Populasi dan Sampel dalam Penelitian. *Jurnal Pilar*, 14(1), 15–31.
- Atisook, R., Euasobhon, P., Saengsanon, A., & Jensen, M. P. (2021). *Validity and Utility of Four Pain Intensity Measures for Use in International Research - PMC*. <https://doi.org/10.2147/JPR.S303305>
- Cahya, A., Santoso, W. M., Husna, M., Munir, B., & Kurniawan, S. N. (2021). Low Back Pain. *Journal of Pain Headache and Vertigo*, 5(Sakit Pinggang), 2. <https://doi.org/10.21776/ub.jphv.2021.002.01.4>
- Casiano, V. E., Dydyk, A. M., & Varacallo, M. (2020). Back Pain - StatPearls - NCBI Bookshelf. In *Treasure Island (FL): StatPearls Publishing*; . (p. Bookshelf ID: NBK538173 PMID: 30844200). <https://www.ncbi.nlm.nih.gov/books/NBK538173/>
- Chiodo, A. E., Bhat, S. N., Harrison, R. Van, Shumer, G. D., Wasserman, R. A., Park, P., & Patel, R. D. (2020). Low Back Pain Guideline Update. *National Library of Medicine, November*, 1–30.
- Direktorat. (2024). *Terapis Wajib Tahu, Inilah 5 Gerakan Dasar Pijat Menurut Instruktur Spa*. Direktorat Jenderal Pendidikan Vokasi. <https://www.vokasi.kemdikbud.go.id/read/b/terapis-wajib-tahu-inilah-5-gerakan-dasar-pijat-menurut-instruktur-spa#:~:text=Terdapat tiga jenis gerakan effleurage,merupakan gerakan menggunakan jari-jari.&text=Jika effleurage gerakan mengusap badan,up%2C dan>
- Excellence, centre of. (2024). *Hot Stone Massage Benefits & Disadvantages - Centre of Excellence - Centre of Excellence*. Centre of Excellence. <https://www.centreofexcellence.com/what-is-a-hot-stone-massage/>

- Fari, A. I., Suprpto, Hidayatullah, A., Putri, P. R., Amalia, L. R., Utami, T., Wirawan, N., Sulistiyani, Asmarawanti, Sulistiyowati, M. A. E. T., & Chintya, Y. (2023). *Keperawatan dan Ners: Teori dan Standar Operasional Prosedur (SOP)* (Issue November).
- Febrianto, B., Rahayu, N. N. P., Khairunnisa, Putri, A. J. Y., & Alpiah, D. N. (2023). Efektivitas Hot Stone Massage Pada Penderita Low Back Pain (LBP) : Literature Review. *Calory Journal : Medical Laboratory Journal*, 1(4), 66–71. <https://doi.org/10.57213/caloryjournal.v1i4.82>
- Firmansyah, D., & Dede. (2022). Teknik Pengambilan Sampel Umum dalam Metodologi Penelitian: Literature Review. *Jurnal Ilmiah Pendidikan Holistik (JIPH)*, 1(2), 85–114. <https://doi.org/10.55927/jiph.v1i2.937>
- French, S. D., Cameron, M., Walker, B. F., Reggars, J. W., & Esterman, A. J. (2006). Superficial Heat or Cold for Low Back Pain (Review). *Spine*, 31(9), 998–1006. <https://doi.org/10.1097/01.brs.0000214881.10814.64>
- Handayani, L. T. (2018). Kajian Etik Penelitian Dalam Bidang Kesehatan Dengan Melibatkan Manusia Sebagai Subyek. *The Indonesian Journal of Health Science*, 10(1), 47–54. <https://doi.org/10.32528/the.v10i1.1454>
- Hasibuan, D. L. S., Flora, M., & Tarigan, M. (2023). Pengaruh Terapi Massage terhadap Nyeri pada Pasien Low Back Pain. *MAHESA : Malahayati Health Student Journal*, 3(7), 1920–1936. <https://doi.org/10.33024/mahesa.v3i7.10504>
- Herawati, S. W., & Bratajaya, C. N. A. (2022). Hubungan Lama Kerja Dan Masa Kerja Dengan Kejadian Lbp Pada Petani Karet. *Jurnal Keperawatan Dan Kesehatan Masyarakat Cendekia Utama*, 11(3), 203. <https://doi.org/10.31596/jcu.v11i3.1206>
- Inayah, Z., & Supiyatun, S. (2024). Studi Komparasi Sikap Kerja dengan Kejadian Low Back Pain Pada Perajin Rebana Desa Bungah Kecamatan Bungah Kabupaten Gresik. *Jurnal Kesehatan Masyarakat*, 12(3), 203–208. <https://doi.org/10.14710/jkm.v12i3.43128>
- Jasmalinda. (2021). Pengaruh Citra Merek Dan Kualitas Produk Terhadap Keputusan Pembelian Konsumen Motor Yamaha Di Kabupaten Padang Pariaman. *Jurnal Inovasi Penelitian*, 1(10), 2199–2205.
- Kasih, N. S., & Hamdani, I. (2023). Perbandingan Efektivitas Penilaian Skala Nyeri berdasarkan Visual Analog Scale (VAS), Verbal Rating Scale (VRS), dan Numeric Rating Scale (NRS) pada Pasien Pasca Operasi Sectio Caesarea (SC) di RSUD Muhammadiyah Medan. *Jurnal Implementa Husada*, 4(4), 272–282. <https://jurnal.umsu.ac.id/index.php/JIH/article/view/16741>
- Kemenkes. (2024). *Mengenal Low Back Pain (LBP)*.
- Kusuma, M. N. H., Syafei, M., Saryono, S., & Qohar, W. (2020). Pengaruh Cold Water Immersion terhadap Laktat, Nyeri Otot, Fleksibilitas dan Tingkat Stres Pasca Latihan Intensitas Sub Maksimal. *Jurnal Keolahragaan*, 8(1), 77–87. <https://doi.org/10.21831/jk.v8i1.30573>

- Lee, H. J., Oh, J. H., Yoo, J. R., Ko, S. Y., Kang, J. H., Lee, S. K., Jeong, W., Seong, G. M., Kang, C. H., & Song, S. W. (2021). Prevalence of Low Back Pain and Associated Risk Factors among Farmers in Jeju. *Safety and Health at Work*, 12(4), 432–438. <https://doi.org/10.1016/j.shaw.2021.06.003>
- Li, L., Wang, Y., Gao, Y., Liu, S., Yang, G., Lv, X., Sun, Y. X., Wu, Y., Li, J., Zhou, J., & Chen, G. (2024). A novel temperature-controlled device with standardized manipulation improves chronic back pain mediated by modulating deep muscle thickness: A multicenter randomized controlled trial. *Clinical and Translational Discovery*, 4(4). <https://doi.org/10.1002/ctd2.330>
- Li, L., Xi, Y., Wang, Y., Gao, Y., Lv, X., Liu, S., Yang, G., Qian, J., Yang, X., Ayad, N., Zhou, J., Sun, Y. X., Liu, J., Li, J., & Chen, G. (2023). Heat-stone massage for patients with chronic musculoskeletal pain: a protocol for multicenter randomized controlled trial. *Frontiers in Medicine*, 10(August). <https://doi.org/10.3389/fmed.2023.1215858>
- Lin, Y., Zhou, Y., & Chen, C. (2023). Interventions and practices using Comfort Theory of Kolcaba to promote adults' comfort: an evidence and gap map protocol of international effectiveness studies. *Systematic Reviews*, 12(1), 1–10. <https://doi.org/10.1186/s13643-023-02202-8>
- Melzack, R. (1996). Gate Control Theory On the Evolution of Pain Concepts. *Pain Forum*, 5(2), 128–138. [https://doi.org/10.1016/s1082-3174\(96\)80050-x](https://doi.org/10.1016/s1082-3174(96)80050-x)
- Mohamed, S. H. P., & Seyed, M. A. (2021). Low back pain: A comprehensive review on the diagnosis, treatment options, and the role of other contributing factors. *Open Access Macedonian Journal of Medical Sciences*, 9, 347–359. <https://doi.org/10.3889/oamjms.2021.6877>
- Mujahidin. (2022). Pijat punggung dan pengaruhnya terhadap intensitas nyeri punggung pekerja pengangkut barang di pasar induk jakabaring. *Jurnal Kesehatan Dan Pembangunan*, 12(23), 42–49.
- Nikolopoulou, K. (2023). What Is Purposive Sampling: Definition & Examples. In *Www.Scribbr.Com* (pp. 1–11). <https://www.scribbr.com/methodology/purposive-sampling/>
- Nugraha, R. ardi, Widjaya, J. A. C., & Achsan, B. N. (2023). Analisis Faktor Risiko Low Back Pain pada Petani. *CoMPHI Journal: Community Medicine and Public Health of Indonesia Journal*, 4(1). <https://doi.org/10.37148/comphijournal.v4i1.132>
- Purnomo, Y. Y., Sjamsudin, E., & Oli'i, E. M. (2021). Characteristics of Pain Based on Numerical Rating Scale in Maxillofacial Trauma Patients Treated with Open Reduction Internal Fixation. *Nusantara Medical Science Journal*, 6(1), 44–53. <https://doi.org/10.20956/nmsj.v6i1.13855>
- Putra, K. R. ananda, Landra, N., & Puspitawati, N. M. D. (2022). Pengaruh Motivasi Kerja dan Pengalaman Kerja Terhadap Produktivitas Kerja Karayawan pada LPD Se-Kecamatan Tabanan. *Jurnal Emas*, 3(9), 126–134.
- Rahmawati, A. (2021). Risk factor of low back pain. *Jurnal Medika Hutama*, 3(1),

402–406.

- Ramova, E. P. (2021). Volcanic Stone Massage and its Benefits. *South Asian Research Journal of Applied Medical Sciences*, January, 3–6. <https://doi.org/10.36346/sarjams.2021.v03i05.00X>
- Saidin, & Jailani, M. S. (2023). Memahami Etika Dalam Penelitian Ilmiah. *QOSIM: Jurnal Pendidikan, Sosial & Humaniora*, 1, 24–29.
- Saputra, C., Nurmila, Trisnawati, N., Deswinda, & Irfan, Z. (2023). Terapi Komplementer Hot Stone Massage Dalam Upaya Menurunkan Nyeri Punggung Bawah. *Jurnal Ilmiah Permas: Jurnal Ilmiah STIKES Kendal*, 13 No 1(Januari), 1–8.
- Sarwono, A. E., & Handayani, A. (2021). Metode Kuantitatif. In *Metode Kuantitatif* (Issue 1940310019).
- Siagian, E., & Angeline, D. L. (2019). In House Training pada Perawat PK I – PK IV Terhadap Pengetahuan Tentang Manajemen Nyeri. *Klabar Journal of Nursing*, 1(2), 1–19.
- Solehati, T., Napisah, P., Rahmawati, A., Nurhidayah, I., & Kosasih, C. E. (2020). Penatalaksanaan Keperawatan pada Pasien Kanker Payudara; Sistematis Review. *Jurnal Ilmiah ...*, 10(1), 71–82. <http://journal.stikeskendal.ac.id/index.php/PSKM/article/view/672>
- Spatheory. (2023). *Cold Stone Massage Therapy\_ Techniques and Benefits — Spa Theory*. <https://www.spatheory.com/spa-theory-wellness-beauty-blog/cold-stone-massage>
- Suryaningsih, Y., Kholifah, S., Wahyuni, S., Utami, R., Natasa, A., & Rahmatika, E. (2022). *Panduan Penulisan Skripsi*.
- Sutomo, & Aprilin, H. (2022). Peningkatan Kemampuan Self Medication Pada Penderita Hipertensi Dengan Keluhan Nyeri Leher Belakang. *Jurnal Masyarakat Mandiri Dan Berdaya*, 1(1), 27–37.
- Syurrahmia, Rahmanti, A., & Azizah, M. N. (2023). Penerapan Mobilisasi Dini Terhadap Penurunan Tingkat Nyeri pada Pasien Pasca Operasi di Rumkit TK.III 04.06.02 Bhakti Wira Tamtama Semarang. *Jurnal Fisioterapi Dan Ilmu Kesehatan Sisthana*, 5(1).
- Tanra, A. H. (2020). *Acute vs. Chronic Pain*. Cleveland Clinic. <https://my.clevelandclinic.org/health/articles/12051-acute-vs-chronic-pain>
- Tenzer, R. (2024). How to Do a Literature Review: 13 Steps (with Pictures) - wikiHow. In *wikiHow*. <https://www.wikihow.com/Do-Hot-Stone-Massage>
- Vallie, S. (2022). *Hot Stone Massage: What to Know*. WebMD. <https://www.webmd.com/balance/what-to-know-about-hot-stone-massage>
- Wati, N. K., Kesumadewi, T., Inayati, A., Dharma, A. K., & Metro, W. (2022). Penerapan Guided Imagery (Imajinasi Terbimbing) Terhadap Skala Nyeri Pasien Thalasia Dan Dispepsia Di Rsud Jend. Ahmad Yani Kota Metro

Implementation of Guided Imagery on Pain Scale of Thalasemia and Dyspepsia Patients in Rsud Jend. Ahmad Yani Metro Cit. *Jurnal Cendikia Muda*, 2(3), 375–382.

WHO. (2023). *WHO Low back pain* (Vol. 24, pp. 8–10). <https://www.who.int/news-room/fact-sheets/detail/low-back-pain>

Wiraya, M., & Haryati, R. T. S. (2022). Implementasi SOP Keperawatan Berbasis Elektronik Di Rumah Sakit. *Journal of Innovation Research and Knowledge*, 1(8), 623–625. <https://www.bajangjournal.com/index.php/JIRK/article/view/1092>

Zhang, X., Guo, H., & Zhao, J. (2023). Nursing of a patient with low back pain of Qi-stagnation and blood stasis syndrome treated by Bian-stone hot ironing-massage and Chinese herbal medicine penetration. *Chinese Journal of Integrative Nursing*, 9(12), 151–154. <https://doi.org/10.55111/j.issn2709-1961.202308003>

