

DAFTAR PUSTAKA

- Aloysia, Wijayanti, A. R., Berbara, R., & Ringgi, M. S. I. N. (2024). Upaya Untuk Menurunkan Kadar Glukosa Darah Melalui Hydrotherapy Pada Pasien Diabetes Melitus Tipe Ii. *Sebatik*, 28(1), 290–294. <https://jurnal.wicida.ac.id/index.php/sebatik/article/view/2454/934>
- American Diabetes Association Professional Practice Committee. (2022). Classification and diagnosis of diabetes: Standards of medical care in diabetes - 2022. *Diabetes Care*, 45(Suppl. 1), S17-S38. <https://pubmed.ncbi.nlm.nih.gov/34964875/>
- American Diabetes Association. (2022). *1. Improving Care And Promoting Health In Populations : Standards Of Medical Care In Diabetes — 2022*. 45 (January), 8–16. https://diabetesjournals.org/care/article/45/Supplement_1/S17/138925/2-Classification-and-Diagnosis-of-Diabetes
- Andini, A., Kardina, R. N., Prayekti, E., Awwalia, E. S., Pramesti, W. S. A., Dibiasi, B. T., Wirayudha, S. N., & Ballihgoo, H. B. (2022). Edukasi dan implementasi upaya pencegahan diabetes melitus melalui terapi berjemur di pagi hari. Seminar Nasional Pengabdian Kepada Masyarakat (SNPM) 2021, 1(1), 1037–1048. <https://conferences.unusa.ac.id/index.php/snpm/article/view/919/500>
- Andini, A., Prayekti, E., Nugraha, G., Kardina, R. N., Savitri, A. D., Khotimah, S. H., Tazkiya, A., & Firmansyah, S. (2022). Implementasi terapi berjemur terhadap penurunan kadar glukosa darah pada usia dewasa dan lansia di Desa Ngepung Kabupaten Gresik. *SWARNA: Jurnal Pengabdian Kepada Masyarakat*, 1(4), 473–479. <https://ejournal.45mataram.ac.id/index.php/swarna/article/view/185/172>
- Anggraini, D., Widiani, E., & Budiono. (2023). Gambaran tanda gejala diabetes mellitus tipe II pada pasien sebelum dan sesudah pemberian terapi air putih (hydrotherapy): Studi kasus. *Indonesian Journal of Nursing and Health Sciences*, 4(2), 131–140. Retrieved from <https://jurnal.globalhealthsciencegroup.com/index.php/IJNHS/article/view/2118>
- Ariyanto, D. F., Asmuji, A., Asih, S. W., & Kholifah, S. (2024). Hubungan fungsi afektif keluarga dengan perilaku bullying pada remaja di SMAN Arjasa Kabupaten Jember. *Health & Medical Sciences*, 1(4), 1-11. <https://digital-science.pubmedia.id/index.php/phms/article/view/57/290>
- Arwansyah, M. J., Erniawati, E., Samidah, I., & Handayani, T. S. (2022). Penerapan hidroterapi sebagai upaya menurunkan kadar gula darah pada pasien DM tipe II dengan pendekatan teori keperawatan Orem. *Nursing Inside Community*, 4(2), 51–61. Retrieved from <https://ejournal-nic.org/index.php/nic/article/view/2022-v4i2-51>.
- Astutisari, I. D. A. E. C., Ahi Yuliati Darmini, A. Y. D., & Ida Ayu Putri Wulandari, Brandenburg, U., Braun, G., Klein, P., & Reinhart, E. (2020). The multicomponent, multitarget therapy SUC in cats with chronic kidney disease: A multicenter, prospective, observational, nonrandomized cohort study. *Complementary Medicine Research*, 27(3), 163–173. <https://www.karger.com/Article/FullText/6779>

- Brouhard, R. (2024, January 3). Apa itu hipoglikemia? Gejala, penyebab, diagnosis, dan pengobatan. *Verywell Health*.
<https://www.verywellhealth.com/type-2-diabetes-low-blood-sugar-symptoms-6674460>
- Damayanti, F. K., Priasmoro, D. P., & Laksono, B. B. (2023). Gambaran pengetahuan pasien tentang penyakit Diabetes Melitus tipe II. *Nursing Information Journal*, 2(2), 90-97
<https://www.ojsstikesbanyuwangi.com/index.php/NIJ/article/view/377/242>
- Fitri, A. & Khair, A. (2025). Pengaruh pola hidup terhadap kesehatan mahasiswa. *Jurnal Ilmiah Nusantara*, 2(2), 48-54.
<https://ejurnal.kampusakademik.co.id/index.php/jinu/article/view/3536/318>
- Galicia-Garcia, U., Benito-Vicente, A., Jebari, S., Larrea-Sebal, A., Siddiqi, H., Uribe, K. B., Ostolaza, H., & Martín, C. (2020). Pathophysiology of Type 2 Diabetes Mellitus. *International Journal of Molecular Sciences*, 21(17), 1-34. <https://www.mdpi.com/1422-0067/21/17/6275>
- Global BMI Mortality Collaboration, Di Angelantonio, E., Bhupathiraju, S. N., Wormser, D., Gao, P., Kaptoge, S., de Gonzalez, A. B., Cairns, B. J., Huxley, R., Jackson, C. L., Joshy, G., Lewington, S., Manson, J. A. E., Murphy, N., Patel, A. V., Samet, J. M., Woodward, M., Zheng, W., Zhou, M., Bansal, N., ... Hu, F. B. (2016). *Body-mass index and all-cause mortality: Individual-participant-data meta-analysis of 23 Body-mass index and all-cause mortality: Individual-participant-data meta-analysis of 239 prospective studies in four continents Body-mass index and all-cause mortality: Individual-participant-data meta-analysis of 239 prospective studies in four continents*. <https://www.thelancet.com/action/showPdf?pii=S0140-6736%2816%2930175-1>
- Global BMI Mortality Collaboration. (2016). Body-mass index and all-cause mortality: Individual-participant-data meta-analysis of 239 prospective studies in four continents. *The Lancet*, 388(10046), 776–786.
[https://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736\(16\)30175-1.pdf](https://www.thelancet.com/pdfs/journals/lancet/PIIS0140-6736(16)30175-1.pdf)
- Gulo, C. C. K., & Harefa, E. M. (2024). Pengaruh hidroterapi minum air putih terhadap kadar glukosa darah penderita Diabetes Mellitus. *Jurnal Kesehatan Tambusai*, 5(1), 1935-1943.
<https://journal.universitaspahlawan.ac.id/index.php/jkt/article/view/26126/18840>
- Hasanah, U., Supinganto, A., Ariza, D., Marsudi, L. O., Sukmana, D. J., Alvionita, D. N., Hardani, ... Ka'bah, S. (2023). *Buku ajar anatomi fisiologi manusia* (cet. D). Samudra Biru.
https://books.google.com/books/about/Buku_Ajar_Anatomi_Fisiologi_Manusia.html?id=dUPxEAAAQBAJ
- Herawati, T., Krisnatuti, D., Pujihastuty, R., & Latifah, E. W. (2020). Faktor-faktor yang memengaruhi pelaksanaan fungsi keluarga di Indonesia. *Jurnal Ilmu Keluarga dan Konsumen*, 13(3), 213-227.
<https://journal.ipb.ac.id/jikk/article/view/31369/20566>
- Hidayat, A. R., Hanipah, H., Nurjanah, A., & Farizki, R. (2022). Upaya untuk

- mencegah penyakit diabetes pada usia dini. *Jurnal Forum Kesehatan: Media Publikasi Kesehatan Ilmiah*, 11(2), 63-69. <https://e-journal.polkesraya.ac.id/index.php/jfk/article/view/229/100>
- Hu, F. B., Manson, J. E., Stampfer, M. J., Colditz, G. A., Liu, S., Solomon, C. G., & Willett, W. C. (2001). Diet, lifestyle, and the risk of type 2 diabetes mellitus in women. *The New England Journal of Medicine*, 345(11), 790–797 <https://www.nejm.org/doi/pdf/10.1056/NEJMoa010492>
- Hu, Y., & Gutin, B. (2022). The global burden of type 2 diabetes attributable to high body mass index in 204 countries and territories, 1990–2019: An analysis of the Global Burden of Disease Study. *Frontiers in Public Health*, 10, Article 966093. <https://www.frontiersin.org/articles/10.3389/fpubh.2022.966093/full>
- I. A. P. W. (2022). Hubungan Pola Makan Dan Aktivitas Fisik Dengan Kadar Gula Darah Pada Pasien Diabetes Melitus Tipe 2 Di Puskesmas Manggis I. *Jurnal Riset Kesehatan Nasional*, 6(2), 79–87. <https://ejournal.itekes-bali.ac.id/index.php/jrkn/article/view/350>
- Koceva, A., Janež, A., & Jensterle, M. (2025). The impact of hydration on metabolic outcomes: From arginine-vasopressin signaling to clinical implications. *Medicina*, 61(5), 838. <https://www.mdpi.com/1648-9144/61/5/838>
- Kristianto, F. C., Sari, D. L., & Kirtishanti, A. (2021). Pengaruh program penanggulangan penyakit kronis (PROLANIS) terhadap kadar gula darah pasien Diabetes Mellitus tipe 2. *CoMPHI Journal: Community Medicine and Public Health of Indonesia*, 2(1), 201–207. <https://comphi.sinergis.org/comphi/article/view/>
- Kurniasari, S., Sriningsih, N., Antoro, B., & Efrifahrizal, H. (2023). Pengaruh hidroterapi terhadap penurunan gula darah sewaktu (GDS) pada pasien Diabetes Mellitus tipe II. *An Idea Nursing Journal*, 2(1), 60–68. <https://ihj.ideajournal.id/index.php/INJ/article/view/154/75>
- Kusuma, I. M., & Suputra, P. A. (2021). Diabetes melitus tipe 2: Faktor risiko, diagnosis, dan tatalaksana. *Ganesha Medicine*, 1(2), 114-120. <https://ejournal.undiksha.ac.id/index.php/GM/article/view/40006>
- Lestari, D., & Pratiwi, E. (2020). Keperawatan keluarga. *Jurnal Keperawatan Muhammadiyah*, 3(1), 55–64 <https://journal.um-surabaya.ac.id/JKM/article/view/1147/1147>
- Lestari, Zulkarnain, & Sijid, S. A. (2021). Diabetes melitus: Review etiologi, patofisiologi, gejala, penyebab, cara pemeriksaan, cara pengobatan, dan cara pencegahan. *Prosiding Seminar Biologi*, 1(2), 237–241. https://repositori.uin-alauddin.ac.id/26661/1/70100119015_Andi%20Andriani%20Musfar.pdf
- Mahmud, W. (2024). *Heliotherapy and walking therapy to reduce glukosa levels in type 2 diabetes mellitus (T2DM): A comparative study*. Indonesian Journal of Global Health Research, 6(4), 2287–2296. <https://jurnal.globalhealthsciencegroup.com/index.php/IJGHR/article/view/3313/2478>
- Meuleneire, F. (2020). *Management of diabetic foot ulcers using dressings with Safetac: A review of case studies*. *Wounds UK*, 4(4), 16-30. Diakses dari https://wounds-uk.com/wp-content/uploads/2023/02/content_9234.pdf

- Mohanty, B., Barreto, L., & Keshari, S. (2022). *Impact of Surya Chikitsa on health-evidence based medicine*. *Journal of Medicinal Plants Studies*, 10(1), 136-138.
<https://www.plantsjournal.com/archives/2022/vol10issue1/PartB/10-1-24-875.pdf>
- Mukaromudin, M., Mulyadi, E., Mukaromudini, E., & Novhriyanti, D. (2024). Hubungan dukungan keluarga dan peran perawat dengan kepatuhan pasien Gagal Ginjal Kronik (GGK) dalam menjalani terapi hemodialisa di Ruang Hemodialisa RSUD Jampangkulon. *Journal of Public Health Innovation*, 4(2), 333-340. <https://ejournal.stikku.ac.id/index.php/jphi/article/view/1004>
- Nurhayati, L., Syamsudin, S., & Khoiriyah, S. (2020). Peran keluarga dalam perawatan diabetes mellitus. *Jurnal Keperawatan Karya Bhakti*, 6(2), 1–13. <https://ejournal.akperkbn.ac.id/index.php/jkbb/article/view/70/57>
- Nurkholis. (2013). Pendidikan dalam upaya memajukan teknologi. *Jurnal Kependidikan*, 1(1), 24–44. https://ejournal.uinsaizu.ac.id/index.php/jurnalkependidikan/article/download/530/473/1025?utm_source=chatgpt.com
- Perhimpunan Dokter Spesialis Penyakit Dalam Indonesia (PAPDI). (2021). *Ilmu penyakit dalam* (Edisi ke-6, Jilid II). Jakarta: Interna Publishing. <https://www.interna-publishing.com/produk/ilmu-penyakit-dalam-edisi-6>
- Petersmann, A., Nauck, M., Müller-Wieland, D., Kerner, W., Müller, U. A., Landgraf, R., Freckmann, G., & Heinemann, L. (2018). Definition, classification and diagnostics of diabetes mellitus. *Journal of Laboratory Medicine*, 42(3), 73–79. file:///C:/Users/acer/Downloads/10.1515_labmed-2018-0016.pdf
- Ponco, S. H., & Maghfuroh, L. (2020). Aplikasi Hydroterapi (Terapi Minum Air Putih) Terhadap Penurunan Glukosa Darah Pada Pasien Diabetes Mellitus Tipe 2. *Surya*, 09(03), 1–6. <https://repositori.unimma.ac.id/3575/>
- Pratami, A. K., & Rahmi, D. H. (2021). Rumah sebagai helioterapi di masa pandemi Covid-19. *Jurnal Lingkungan Binaan Indonesia*, 10(1), 38–46. https://media.neliti.com/media/publications/554784-house-as-heliotherapy-in-the-covid-19-pa-aa537bec.pdf?utm_source=chatgpt.com
- Putra, I. D., Yulia, V., Putri, N. A., Hilvadani, T., Qoirunnisa, Q., Harmain, H., Kuraesin, M., Husna, L., & Saputra, E. (2024). *Manajemen sanitasi lingkungan dan rumah sehat Desa Balam Jaya, Kecamatan Tambang, Provinsi Riau*. *Jurnal Pengabdian Kesehatan*, 7(3), 534–545. Diakses dari <https://jpk.jurnal.stikescendekiautamakudus.ac.id/index.php/jpk/article/view/452>
- Putri, K. W., Rachmawati, D., & Sepdianto, T. C. (2023). Faktor-faktor yang mempengaruhi kejadian hipoglikemia pada pasien diabetes melitus tipe II. *Bali Medika Jurnal*, 10(1), 119–138. <https://www.balimedikajurnal.com/index.php/bmj/article/view/316/187>
- Rahmi, E., & Friyatmi, F. (2022). Financial management behavior of students during the COVID-19 pandemic: Pengaruh latar belakang pendidikan, status sosial ekonomi, dan jenis kelamin. *Atlantis Press*. <https://www.atlantispress.com/article/125976367.pdf>

- Ramdani, C., Miftahudin, U., & Latif, A. (2023). Peran keluarga dalam pendidikan karakter. *Banun: Jurnal Pendidikan Islam Anak Usia Dini*, 1(2), 12–20. <https://journal.albadar.ac.id/index.php/BANUN/article/view/103/82>
- Sari, H. E. P., Sunardi, D., & Sutanto, K. (2023). Pengaruh asupan air pada diabetes melitus tipe 2: Tinjauan pustaka. *Intisari Sains Medis*, 14(1), 533–537. https://isainsmedis.id/index.php/ism/article/download/1671/1296/8577?utm_source=chatgpt.com
- Sawitri, E., Supardi, S., Marwanti, M., & Kusumaningrum, S. F. (2023). Gambaran asuhan keperawatan keluarga dengan masalah balita stunting di Dukuh Bunder Desa Bandungan Kayumas Jatinom Kabupaten Klaten. *Cohesin: Prosiding Universitas Muhammadiyah Klaten*, 1(2), 32-37. <https://prosiding.umkla.ac.id/cohesin/index.php/home/article/view/32>
- Scott, R. A., Langenberg, C., Sharp, S. J., Franks, P. W., Rolandsson, O., Drogan, D., ... Wareham, N. J. (2013). The link between family history and risk of type 2 diabetes is not explained by anthropometric, lifestyle or genetic risk factors: The EPIC-InterAct study. *Diabetologia*, 56(1), 60-69. <https://pubmed.ncbi.nlm.nih.gov/23052052/>
- Setyawan, F. E. B. (2019). *Pendekatan pelayanan kesehatan dokter keluarga: Pendekatan holistik komprehensif*. Zifatama Jawara. https://books.google.com/books/about/Pendekatan_Pelayanan_Kesehatan_Dokter_Ke.html?hl=id&id=Y_C_DwAAQBAJ
- Shore-Lorenti, C., Brennan, S. L., Sanders, K. M., Neale, R. E., Lucas, R. M., & Ebeling, P. R. (2014). Shining the light on sunshine: A systematic review of the influence of sun exposure on type 2 diabetes mellitus-related outcomes. *Clinical Endocrinology*, 81(6), 799–811. Diakses dari <https://onlinelibrary.wiley.com/doi/full/10.1111/cen.12567>
- Srouf, B., Fezeu, L. K., Kesse-Guyot, E., Allès, B., Debras, C., Druesne-Pecollo, N., Chazelas, E., Deschasaux, M., Hercberg, S., Galan, P., Monteiro, C. A., Julia, C., & Touvier, M. (2020). Ultra-processed food consumption and risk of type 2 diabetes among participants of the NutriNet-Santé prospective cohort. *JAMA Internal Medicine*, 180(2), 283-291. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/31841598/>
- Syahas, A. N. R. (2019). *Teori-teori keluarga*. Pendidikan Vokasional Kesejahteraan Keluarga, Fakultas Teknik, Universitas Negeri Jakarta. https://www.researchgate.net/publication/334454732_Teori_Teori_Keluarga
- Tim Pokja SDKI DPP PPNI. (2018). *Skoring Diagnosa Keperawatan Keluarga*. Jakarta
- Tim Pokja SDKI DPP PPNI. (2018). *Standar Diagnosa Keperawatan Indonesia*.
- Tim Pokja SIKI DPP PPNI. (2018). *Standar Intervensi Keperawatan Indonesia*.
- Tim Pokja SLKI DPP PPNI. (2018). *Standar Luaran Keperawatan Indonesia*.
- Ummah, M. S. (2019). *Diabetes mellitus tipe 2: Tanda dan gejala, penyebab, faktor risiko*. Tidak dipublikasikan secara resmi, diakses melalui ResearchGate. https://www.researchgate.net/publication/305320484_SISTEM_PEMBETUNGAN_TERPUSAT_STRATEGI_MELESTARIKAN_PENGURUSAN_KUMBAHAN
- Van Der Does, L. M., Groothoff, J. W., & Pouwer, F. (2021). Factors contributing

- to fatigue in patients with type 2 diabetes: A systematic review. *Psychoneuroendocrinology*, 130, 105280.
<https://www.sciencedirect.com/science/article/pii/S0306453021001638>
- Wa Ode Amanah, & Rusli, T. M. (2022). Hubungan Kenakalan Remaja Dengan Fungsi Sosial Keluarga. *Neo Societal*, 7(2), 143–152.
<https://ojs.uho.ac.id/index.php/neosocietal/article/view/3369>
- Wahana, H. (2020). Peningkatan peran perawat dalam inovasi praktik keperawatan komunitas. *Journal of Nursing Invention*, 1(2), 41–47.
<https://ejurnal.unism.ac.id/index.php/JNI/issue/view/6>
- Widiasari, K. R., Wijaya, I. M. K., & Suputra, P. A. (2021). *Diabetes melitus tipe 2: Faktor risiko, diagnosis, dan tatalaksana*. Ganesha Medicina Journal, 1(2), 114–120.
<https://ejournal.undiksha.ac.id/index.php/GM/article/view/40006>
- World Health Organization. (2021). *Laporan Global Tentang Diabetes*. <https://www.who.int/publications/i/item/9789241565257>
- Yahya, A. (2020). *Asuhan keperawatan keluarga: Teori dan praktik*. EGC. ISBN 9794486892 / 9789794486894.
https://books.google.com/books/about/Asuhan_Keperawatan_Keluarga.html?id=dpbPuogtmNkC
- Yuwandita Tamara Putri D., & Azelia Nusadewiarti. (2020). *Penatalaksanaan Pasien Diabetes Melitus Tipe II Dengan Neuropati Dan Retinopati Diabetikum Melalui Pendekatan Kedokteran Keluarga*. *Medical Profession Journal of Lampung*, 9(4), 631–638.
<https://journalofmedula.com/index.php/medula/ar>