

DAFTAR PUSTAKA

1. Firdausi NL, Artanti KD, Li C. Analysis of risk factors affecting the occurrence of chronic obstructive pulmonary disease in indonesia. *J Berk Epidemiol*. 2021;9(1):18–25.
2. Sholihah M, Suradi, Aphridasari J. Pengaruh Pemberian Quercetin Terhadap Kadar Interleukin 8 (IL- 8) Dan Nilai COPD Assessment Test (CAT) Pasien Penyakit Paru Obstruktif Kronik (PPOK) Stabil. *J Respirologi Indones* [Internet]. 2019;39(2):103–12. Available from: <https://jurnalrespirologi.org/index.php/jri/article/download/51/32>
3. World Health Organizaziton (WHO). Chronic obstructive pulmonary disease (COPD) [Internet]. www.who.com. 2022. Available from: [https://www.who.int/en/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-\(copd\)](https://www.who.int/en/news-room/fact-sheets/detail/chronic-obstructive-pulmonary-disease-(copd))
4. Nurmayanti, Waluyo A, Jumaiyah W, Azzam R. Pengaruh Fisioterapi Dada, Batuk Efektif dan Nebulizer terhadap Peningkatan Saturasi Oksigen dalam Darah pada Pasien PPOK. *J Keperawatan Silampari*. 2019;3(1):362–71.
5. Susanto AD. Problems of Chronic Obstructive Pulmonary Disease (COPD) Among Workers. *J Respirologi Indones*. 2021;41(1):64–73.
6. Gani A, Budiharsana MP. The Consolidated Report on Indonesia Health Sector Review 2018. Kementerian PPN/Bappenas. 2019;56.
7. P2PTM Kemenkes RI. Apa itu penyakit paru obstruktif kronik (PPOK) ?

- [Internet]. 2018. Available from: <http://p2ptm.kemkes.go.id/infographic-p2ptm/penyakit-paru-kronik/page/37/apa-itu-penyakit-paru-obstruktif-kronik-ppok>
8. Aulia. Kenali Penyakit Paru Obstruktif Kronik (PPOK). Kementerian Kesehatan Indonesia (Kemenkes). 2016.
 9. Rachmawati AD, Sulistiyaningsih. Review Artikel: Penyakit Paru-Paru Obstruktif Kronik (PPOK). *Farmaka*. 2020;18(2):37–41.
 10. Budiono. Konsep Dasar Keperawatan. Jakarta: Pusdik SDM Kesehatan; 2016. 1–264 p.
 11. Matarese M, Clari M, De Marinis MG, Barbaranelli C, Ivziku D, Piredda M, et al. The Self-Care in Chronic Obstructive Pulmonary Disease Inventory: Development and Psychometric Evaluation. *Eval Heal Prof*. 2020;43(1):50–62.
 12. Ekaputri M, Suza DE, Ariani Y. Research article the influence of empowerment-based self-care in chronic obstructive pulmonary disease patients (copd). *Int J Curr Res*. 2019;11(10):7472–6.
 13. Rivera E, Corte C, Steffen A, DeVon HA, Collins EG, McCabe PJ. Illness representation and self-care ability in older adults with chronic disease. *Geriatr*. 2018;3(3):1–14.
 14. Kardiyudiani NK, Susanti BAD. Keperawatan medikal bedah 1. Dewi IK, editor. Yogyakarta: PT Pustaka Baru; 2019. 488 p.
 15. Gonzalo A. Dorothea orem: Self-care deficit theory. *Nurseslabs*. 2021.
 16. Alligood MR. Pakar teori Keperawatan Dan Karya Mereka. Edisi ke 8.

- Hamid AYS, Ibrahim K, editors. Elsevier Ltd; 2017. 203 p.
17. Said Sabry S, Abdelrazek Mahmoud A, Abdallah Abdel-Mordy M. Effect of Orem's Self-Care Behavior Model on Quality of Life of Elderly Patients with Chronic Obstructive Pulmonary Disease. *Egypt J Heal Care*. 2021;12(2):1126–51.
 18. Park SK. Factors affecting self-care behavior in Koreans with COPD. *Appl Nurs Res* [Internet]. 2017;38:29–37. Available from: <http://dx.doi.org/10.1016/j.apnr.2017.09.003>
 19. Riegel B, Dunbar SB, Fitzsimons D, Freedland KE, Lee CS, Middleton S, et al. Self-care research: Where are we now? Where are we going? *Int J Nurs Stud* [Internet]. 2021;116:103402. Available from: <https://doi.org/10.1016/j.ijnurstu.2019.103402>
 20. Ong-Artborirak P, Seangpraw K. Association between self-care behaviors and quality of life among elderly minority groups on the border of Thailand. *J Multidiscip Healthc*. 2019;12:1049–59.
 21. Riegel B, Westland H, Iovino P, Barelds I, Bruins Slot J, Stawnychy MA, et al. Characteristics of self-care interventions for patients with a chronic condition: A scoping review. *Int J Nurs Stud* [Internet]. 2021;116:103713. Available from: <https://doi.org/10.1016/j.ijnurstu.2020.103713>
 22. Dong N, Chen WT, Bao M, Lu Y, Qian Y, Lu H. Self-Management Behaviors Among Patients With Liver Cirrhosis in Shanghai, China: A Cross-Sectional Study. *Clin Nurs Res*. 2020;29(7):448–59.
 23. Franci C. Perawatan respirasi. Safitri A, editor. Jakarta: Penerbit Erlangga;

2011. 256 p.

24. Purba L, Susyanti D, Siahaan LS. Studi Kasus Pemenuhan Kebutuhan Nutrisi Pada Pasien Ppok Di Rumah Sakit Tingkat Ii Putri Hijau Medan Tahun 2017. *J Ris Hesti Medan Akper Kesdam I/BB Medan*. 2017;2(1):34–47.
25. Perhimpunan Dokter Paru Indonesia (PDPI). PPOK (Penyakit Paru Obstruktif Kronik): Diagnosis dan penatalaksanaan. Jakarta: Penerbit Universitas Indonesia; 2016. 111 p.
26. Susanti N. Bahan Ajar Epidemiologi Penyakit Tidak Menular [Internet]. Fakultas Kesehatan Masyarakat Universitas Islam Negeri Sumatera Utara. 2019. Available from: [http://repository.uinsu.ac.id/8753/1/DIKTAT EPTM dr.NOFI SUSANTI%2C M.Kes.pdf](http://repository.uinsu.ac.id/8753/1/DIKTAT%20EPTM%20dr.NOFI%20SUSANTI%20M.Kes.pdf)
27. Association AL. Physical activity and COPD [Internet]. American Lung Association. 2022 [cited 2021 Jan 24]. Available from: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/physical-activity>
28. Kazaleh A Al, Albashtawy M, Khatatbeh M, Albashtawy S, Alkhaldeh A, Ozaybi N, et al. Effect of deep breathing exercise on patient with chronic obstructive pulmonary disease. *EC Pulmonol Respir Med* [Internet]. 2020;9(11):114–7. Available from: https://www.researchgate.net/profile/Mohammed-Albashtawy/publication/345814087_Effects_of_Deep_Breathing_Exercise_on_Patient_with_Chronic_Obstructive_Pulmonary_Disease/links/5faebcc

5299bf10c3678a7f5/Effects-of-Deep-Breathing-Exercise-on-Patient-with-
Chron

29. Anggraeni M, Russilawati, Ermayanti S. Faktor – Faktor yang Mempengaruhi Kejadian Gagal Napas pada Pasien PPOK Eksaserbasi Akut di RSUP Dr. M. Djamil Padang. *J Ilmu Kesehat Indones*. 2020;1(1):1–6.
30. Astriani NMDY, Dewi PIS, Yanti KH. Relaksasi Pernafasan dengan Teknik Ballon Blowing terhadap Peningkatan Saturasi Oksigen pada Pasien PPOK. *J Keperawatan Silampari*. 2020;3(2):426–35.
31. Badri HA, Lorensia A, Soedarsono, Suryadinata RV. Pengaruh Edukasi Cara Penggunaan Inhaler Terhadap Gejala dan Fungsi Paru Pasien PPOK. *J Ilm Kesehat Karya Putra Bangsa [Internet]*. 2020;3(1):1–9. Available from: <https://www.journal.stikes-kartrasa.ac.id/index.php/jurnalkartrasa/article/view/78>
32. Ramadhani R. Peningkatan Self Efficacy dalam Mengelola Kesulitan Bernafas Melalui Edukasi Manajemen Dispnea pada Pasien PPOK. *J Aisyah J Ilmu Kesehat*. 2018;3(2):125–33.
33. Aryadi IPH. Yoga pranayama dan terapi musik: sebuah kombinasi terapi rehabilitatif holistik pada penderita penyakit paru obstruktif kronis (ppok) [Internet]. Universitas Udayana. Universitas Udayana; 2018. Available from: https://saiful.web.id/wp-content/uploads/2021/05/SARJANA_IPA_I_PUTU_HENDRI_ARYADI_18019882_KTI.pdf
34. Mizarti D, Herman D, Sabri YS, Yanis A. Hubungan Kejadian Ansietas

- dan Depresi dengan Kualitas Hidup pada Pasien Penyakit Paru Obstruktif Kronis. *J Respirologi Indones*. 2019;39(2):121–9.
35. The Primary Care Respiratory Society. MRC Dyspnoea Scale [Internet]. The Primary Care Respiratory Society. [cited 2022 Feb 11]. Available from: <https://www.pcrs-uk.org/mrc-dyspnoea-scale>
 36. Rajala K, Lehto JT, Sutinen E, Kautiainen H, Myllärniemi M, Saarto T. mMRC dyspnoea scale indicates impaired quality of life and increased pain in patients with idiopathic pulmonary fibrosis. *ERJ Open Res* [Internet]. 2017;3(4). Available from: <http://dx.doi.org/10.1183/23120541.00084-2017>
 37. Manurung N. Keperawatan Medikal Bedah Konsep, Mind Mapping dan Nanda NIC NOC Solusi Cerdas Lulus UKOM Bidang Keperawatan. Jilid 2. Jakarta: Trans Info Media; 2018. x+344.
 38. Donsu JDT. Metodologi penelitian keperawatan. Yogyakarta: Pustaka Baru Press; 2020. 208 p.
 39. Pamungkas RA, Usman AM. Metodologi riset keperawatan. Ismail T, editor. Jakarta Timur: Trans Info Media; 2017. 193 p.
 40. Kartika II. Buku Ajar: Dasar-dasar riset keperawatan dan pengolahan data statistik. Maftuhin A, editor. Jakarta Timur: Trans Info Media; 2017. 269 p.
 41. Masturoh I, Anggita N. Metodologi penelitian kesehatan [Internet]. Jakarta: Badan Pengembangan dan Pemberdayaan Sumber Daya Manusia Kesehatan; 2018. 307 p. Available from: <http://bppsdmk.kemkes.go.id/pusdiksdmk/wp->

content/uploads/2018/09/Metodologi-Penelitian-Kesehatan_SC.pdf

42. Arifin RYP, Christantyawati N. Pengaruh Komunikasi Interpersonal Pelayanan External Debt Collector Terhadap Tingkat Kepuasan Nasabah Pt. Clipan Finance Indonesia Cabang Surabaya. *JKG (Jurnal Komun Glob.* 2017;6(1):102–16.
43. Kurniawan W, Agustini A. Metodologi penelitian kesehatan dan keperawatan. Rahmawati A, editor. Cirebon: Rumah Pustaka; 2021. 170 p.
44. Nursalam. Metodologi penelitian ilmu keperawatan: Pendekatan praktis. Edisi 4. Jakarta Selatan: Salemba Medika; 2015. 454 p.
45. Thomas ET, Guppy M, Straus SE, Bell KJL, Glasziou P. Rate of normal lung function decline in ageing adults: A systematic review of prospective cohort studies. *BMJ Open.* 2019;9(6).
46. Pratiwi AF, Jatmiko SW, Hernawan B, Basuki SW, Kedokteran MF, Surakarta UM. Hubungan usia dan merokok terhadap nilai kapasitas paksa (KVP) pada pasien PPOK stabil di BBKPM Surakarta. *Publ Ilm UMS (Universitas Muhammadiyah Surakarta)* [Internet]. 2019;675–88. Available from: <https://publikasiilmiah.ums.ac.id/handle/11617/12782>
47. Soemarwoto RAS, Rsumini H, Sinaga F, Susanto AD, Widiyantoro A. Perbandingan pengaruh asap rokok kretek, filter, dan biomass terhadap fungsi paru pasien PPOK di klinik Harum Melati Pringsewu Januari 2013-Januari 2020. *J Respirologi Indones.* 2021;4(1).
48. Denguezli M, Daldoul H, Harrabi I, Chouikha F, Ghali H, Burney P, et al. Prevalence and Characteristics of Undiagnosed COPD in Adults 40 Years

- and Older—Reports from the Tunisian Population-Based Burden of Obstructive Lung Disease Study. *COPD J Chronic Obstr Pulm Dis* [Internet]. 2020;17(5):515–22. Available from: <https://doi.org/10.1080/15412555.2020.1804848>
49. Yan R, Wang Y, Bo J, Li W. Healthy lifestyle behaviors among individuals with chronic obstructive pulmonary disease in urban and rural communities in China: A large community-based epidemiological study. *Int J COPD*. 2017;12:3311–21.
 50. Rai KK, Adab P, Ayres JG, Jordan RE. Systematic review: Chronic obstructive pulmonary disease and work-related outcomes. *Occup Med (Chic Ill)*. 2018;68(2):99–108.
 51. Halpin D. Chronic obstructive pulmonary disease and work: Is it time to stop? *Am J Respir Crit Care Med*. 2019;200(10):1195–7.
 52. American Lung Association. Chronis bronchitis [Internet]. American Lung Association. 2022 [cited 2022 Aug 27]. Available from: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/chronic-bronchitis>
 53. Smeltzer SC. Keperawatan medikal bedah Brunner dan Suddarth edisi 12. edisi 12. Mardella EA, editor. EGC; 2021. 595 p.
 54. Prasetyo TW. Hubungan kebiasaan merokok terhadap derajat keparahan pasien penyakit paru obstruksi kronis (PPOK) di RSUD Karsa Husada Batu tahun 2020. UIN Maulana Malik Ibrahim Malang; 2021.
 55. Sari P, Sary L, Febriani CA. Kesadaran Berhenti Merokok Masyarakat di

- Wilayah Kerja Puskesmas Penawar Jaya Kabupaten Tulang Bawang Tahun 2020. *J Dunia Kesmas*. 2021;10(1):96–108.
56. Asyrofy A, Arisdiani T, Aspihan M. Karakteristik dan kualitas hidup pasien Penyakit Paru Obstruksi Konik (PPOK). *NURSCOPE J Penelit dan Pemikir Ilm Keperawatan*. 2021;7(1):13.
 57. Maqhriza DAY, Sulistyarini RI. Hubungan kebersyukuran terhadap kesejahteraan subjektif pada pasien PPOK. Department of Psychology Universitas Islam Indonesia. Universitas Islam Indonesia Yogyakarta; 2018.
 58. Jardim JR, Camelier A, Lundgren F. Global strategy for diagnosis, management and prevntion of copd 2020 update. Vol. 1, Global Initiative for Chronic Obstructive Lung Disease. USA; 2020.
 59. Hasaini A. Lama Menderita Dengan Kualitas Hidup Pasien Ppok. *J Nurs Invent*. 2020;1(1):1–8.
 60. Jaarsma T, Strömberg A, Dunbar SB, Fitzsimons D, Lee C, Middleton S, et al. Self-care research: How to grow the evidence base? (reprint). *Int J Nurs Stud* [Internet]. 2021;116:103903. Available from: <https://doi.org/10.1016/j.ijnurstu.2021.103903>
 61. Zanella PB. Chronic obstructive pulmonary disease and protein consumption: what is the connection? *Int J Food Sci Nutr Diet (IJFS)*. 2019;8(3):405–7.
 62. Kresna A. Mengenal kandungan gizi pada ikan [Internet]. DKP Prov. Jateng. 2017 [cited 2022 Aug 30]. p. 1. Available from:

<https://dkp.jatengprov.go.id/index.php/artikel/bidangpukp/mengenal-kandungan-gizi-pada-ikan>

63. Mancinelli AC, Mattioli S, Twining C, Bosco AD, Donoghue AM, Arsi K, et al. Poultry Meat and Eggs as an Alternative Source of n-3 Long-Chain Polyunsaturated Fatty Acids for Human Nutrition. *Nutrients*. 2022;14(9):1–29.
64. Butler N. Copd nutrition guide: 5 diet tips for people with chronic obstructive pulmonary disease [Internet]. Healthline. 2019 [cited 2022 Aug 30]. p. 1. Available from: <https://www.healthline.com/health/copd/diet-nutrition>
65. Cleveland Clinic Medical Professional. Nutritional guidelines for people with copd [Internet]. Cleveland Clinic. 2018 [cited 2022 Aug 30]. p. 1. Available from: <https://my.clevelandclinic.org/health/articles/9451-nutritional-guidelines-for-people-with-copd>
66. Association RH. Living better with copd: A guide for you. In: Respiratory Health Association [Internet]. Respiratory Health Association; 2021. p. 2–37. Available from: <https://resphealth.org/wp-content/uploads/2021/11/RHA-COPD-Guide-2021.pdf>
67. Mayo Clinic Staff. COPD [Internet]. Mayo Clinic. 2020 [cited 2022 Aug 31]. p. 1. Available from: <https://www.mayoclinic.org/diseases-conditions/copd/diagnosis-treatment/drc-20353685>
68. American Lung Association Scientific and Medical. Nutrition adn COPD [Internet]. American Lung Association. 2021 [cited 2022 Aug 30]. p. 1.

Available from: <https://www.lung.org/lung-health-diseases/lung-disease-lookup/copd/living-with-copd/nutrition>

69. Acharya S, Sharma K. Factors affecting medication adherence among chronic obstructive pulmonary disease patients attending at teaching Hospital, Chitwan. *Int J Med Sci Public Heal*. 2019;8(0):1.
70. Queensland Health and Lung Foundation Australia CNP. Better Living With Chronic Obstructive Pulmonary Disease: A Patient Guide [Internet]. Third Edit. The State of Queensland (Queensland Health). Queensland: Statewide Respiratory Clinical Network; 2016. 1–96 p. Available from: <http://lungfoundation.com.au/wp-content/uploads/2014/02/Better-Living-with-COPD.pdf>
71. Sorge R, DeBlieux P. Acute Exacerbations of Chronic Obstructive Pulmonary Disease: A Primer for Emergency Physicians. *J Emerg Med* [Internet]. 2020;59(5):643–59. Available from: <https://doi.org/10.1016/j.jemermed.2020.07.001>
72. Kementrian Kesehatan Republik Indonesia. HTTS 2019: Jangan biarkan rokok merenggut napas kita [Internet]. Kementrian Kesehatan Republik Indonesia. 2019 [cited 2022 Sep 1]. p. 1. Available from: <https://www.kemkes.go.id/article/view/19071100001/htts-2019-jangan-biarkan-rokok-merenggut-napas-kita.html>
73. Hasana U, Asniati A. Description of sleep quality of patients with chronic obstructive pulmonary disease (copd) who were treated in the jasmine room at The Arifin Achmad Region General Hospital Riau Province. *J Ipteks*

- Terap [Internet]. 2020;14(4):421–7. Available from:
<http://publikasi.ildikti10.id/index.php/jit/article/view/27>
74. Silalahi, K. L., & Siregar TH. Pengaruh pulsed lip breathing exercise terhadap penurunan sesak napas pada pasien penyakit paru obstruktif kronik (PPOK) di RSUD Royal Prima Medan 2018. *J Keperawatan Prior* [Internet]. 2019;2(ISSN 2614-4719):93–103. Available from:
<https://core.ac.uk/download/pdf/11715904.pdf>
75. BREATHE The Lung Association Lung Health. A copd handbook [Internet]. Canada: Canadian Lung Association; 2021. 3–31 p. Available from:
https://www.lung.ca/sites/default/files/LungAssociation_COPDHandbook_ENFINAL_0.pdf
76. Djanatunisah A, Maria R. The Position of Leaning Forward to Reduce Breathing of COPD Patients: Literature Review. *JIKO (Jurnal Ilm Keperawatan Orthop.* 2022;5(2):62–8.
77. Barton Health. Copd: Tips for easier dressing [Internet]. Barton Health. 2022 [cited 2022 Sep 1]. p. 1. Available from:
https://www.bartonhealth.org/tahoe/health-library/copd-tips-for-easier-dressing-9647.aspx?iid=56_DM152
78. Budiman B, Garnewi S. Research Paper: Effects of Diaphragmatic Breathing Exercise on the Degree of Breathlessness in Patients With Chronic Obstructive Pulmonary Disease. *Iran Rehabil J.* 2021;19(1):69–74.
79. Folch A, Orts-Cortés MI, Hernández-Carcereny C, Seijas-Babot N, Maciá-

- Soler, Loreto. Educational programs for patients with Chronic Obstructive Pulmonary Disease . Integrative Review Programas educativos en pacientes con Enfermedad Pulmonar Obstructiva Crónica . Revisión Chronic Obstructive Pulmonary Disease (COPD) is characterized by t. Enferm Glob. 2017;45:556–73.
80. Wangsom A, Matchim Y. Article Dyspnea Management in Patients with COPD : Songklanagarind J Nursing, Vol. 2017;37:108–17.
 81. Zeb H, Younas A, Ahmed I, Ali A. Self-care experiences of Pakistani patients with COPD and the role of family in self-care : A phenomenological inquiry. Heal Soc Care Community. 2020;1–10.
 82. Johnston NW, Olsson M, Edsbäcker S, de Verdier MG, Gustafson P, McCrae C, et al. Colds as predictors of the onset and severity of copd exacerbations. Int J COPD. 2017;12:839–48.
 83. Lareau S, Moseson E, Slatore CG. Exacerbation of COPD. Am J Respir Crit Care Med. 2018;198(11):P21–2.
 84. GSK. COPD signs and symptoms [Internet]. COPD Step by Step. 2019 [cited 2022 Sep 5]. p. 1. Available from: <https://www.copd.com/about-copd/signs-symptoms-of-copd/>
 85. Cleveland Clinic Medical Professional. Chronic Obstructive Pulmonary Disease (COPD) [Internet]. Cleveland Clinic. 2022 [cited 2022 Sep 5]. p. 1. Available from: <https://my.clevelandclinic.org/health/diseases/8709-chronic-obstructive-pulmonary-disease-copd>
 86. Living with Chronic obstructive pulmonary disease (COPD) [Internet].

- NHS. 2019 [cited 2022 Sep 5]. p. 1. Available from:
<https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/living-with/>
87. Hurst JR, Skolnik N, Hansen GJ, Anzueto A, Donaldson GC, Dransfield MT, et al. Understanding the impact of chronic obstructive pulmonary disease exacerbations on patient health and quality of life. *Eur J Intern Med* [Internet]. 2019;73:1–6. Available from:
<https://doi.org/10.1016/j.ejim.2019.12.014>
88. Foundation AU and BL. Indoor air pollution Indoor air pollution , such as dust , dirt , or gases in the air ,. Br Lung Found [Internet]. 2021;5:1–10. Available from: <https://www.blf.org.uk/sites/default/files/Indoor air pollution 2021.pdf>
89. Cleveland Clinic Medical Professional. Chronic obstructive pulmonary disease (COPD) [Internet]. Cleveland Clinic. 2022 [cited 2022 Sep 8]. p. 1. Available from: <https://my.clevelandclinic.org/health/diseases/8709-chronic-obstructive-pulmonary-disease-copd>
90. Kaptain RJ. Everyday Life Activities of People with Chronic Obstructive Pulmonary Disease: Performance, Management and Everyday Technology Use [Internet]. Karolinska Institutet. Stockholm: Karolinska Institutet; 2020. 1–76 p. Available from: <http://210.48.222.80/proxy.pac/dissertations-theses/everyday-life-activities-people-with-chronic/docview/2494383012/se-2?accountid=44024%0Ahttps://openarchive.ki.se/xmlui/handle/10616/4730>

1

91. Michalovic E, Jensen D, Dandurand RJ, Saad N, Ezer N, Moullec G, et al. Description of Participation in Daily and Social Activities for Individuals with COPD. *COPD J Chronic Obstr Pulm Dis* [Internet]. 2020;17(5):543–56. Available from: <https://doi.org/10.1080/15412555.2020.1798373>
92. Lunn S, Dharmagunawardena R, Lander M, Sweeney J. It's hard to talk about breathlessness: A unique insight from respiratory trainees. *Clin Med J R Coll Physicians London*. 2019;19(4):344–7.
93. Dugdale DC. COPD - Managing stress and depression [Internet]. *Medline Plus*. 2021 [cited 2022 Sep 7]. p. 1. Available from: <https://medlineplus.gov/ency/patientinstructions/000700.htm>
94. Early F, Lettis M, Winders SJ, Fuld J. What matters to people with COPD: outputs from Working Together for Change. *npj Prim Care Respir Med* [Internet]. 2019;29(1):1–9. Available from: <http://dx.doi.org/10.1038/s41533-019-0124-z>
95. Nazario B. The emotional side of COPD [Internet]. *Web MD*. 2020 [cited 2022 Sep 7]. p. 1. Available from: <https://www.webmd.com/lung/copd/emotional-side-copd#091e9c5e820c1da3-2-5>
96. Artama IKD, Citrawati NK, Pramesti TA. Hubungan Dukungan Keluarga dengan Kualitas Hidup Pada Pasien PPOK di Puskesmas Mengwi I. *Repos Stikes Wira Med* [Internet]. 2020;23:1–8. Available from: <https://repository.stikeswiramedika.ac.id/20/>

97. Cramer H, Haller H, Klose P, Ward L, Chung VCH, Lauche R. The risks and benefits of yoga for patients with chronic obstructive pulmonary disease: a systematic review and meta-analysis. *Clin Rehabil.* 2019;33(12):1847–62.
98. Jannah M, Kamsani SR, Nurhazlina Mohd. Ariffin. Perkembangan Usia Dewasa : Tugas Dan Hambatan Pada Korban Konflik Pasca Damai. *Bunayya J Pendidik Anak.* 2021;7(2):114.
99. Shirvani NJ, Ghaffari F, Fotokian Z, Monadi M. Association Between Perceived Family Social Support and Self-care Behaviors in Elders with Chronic Obstructive Pulmonary Disease (COPD): A Medical Center-based Study from Iran. *Open Nurs J.* 2020;14(1):1–7.