

LAMPIRAN

Lampiran 1 SK Pembimbing KIAN



UNIVERSITAS GALUH FAKULTAS ILMU KESEHATAN

S1 KEPERAWATAN – S1 KEBIDANAN – PROFESI NERS – PROFESI BIDAN
Kampus : Jalan. R.E. Martadinata No. 150 Ciamis 46274 Nomor Kontak: 0821-1790-9060
website: fikes.unigal.ac.id / e-mail: fikes@unigal.ac.id

**SURAT KEPUTUSAN
DEKAN FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH
NOMOR : 66 /401/SK/AK/D/XI/2025
TENTANG
PENGANGKATAN PEMBIMBING KARYA ILMIAH AKHIR NERS (KIAN)
PROGRAM STUDI PENDIDIKAN PROFESI NERS TAHUN AKADEMIK 2025/2026
FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH**

DEKAN FAKULTAS ILMU KESEHATAN UNIVERSITAS GALUH

- MENIMBANG** : 1. Bahwa untuk kelancaran kegiatan Bimbingan Karya Ilmiah Akhir Ners (KIAN) perlu diangkat pembimbing Karya Ilmiah Akhir Ners (KIAN).
2. Bahwa untuk legalitas pembimbing dalam melakukan kegiatan bimbingan Karya Ilmiah Akhir Ners perlu di terbitkan Surat Keputusan Dekan.
- MENGINGAT** : 1. Undang-undang Nomor 12 Tahun 2012 tentang Pendidikan Tinggi;
1. Peraturan Pemerintah Nomor 4 Tahun 2014 tentang Penyelenggaraan Pendidikan Tinggi dan Pengelolaan Pendidikan Tinggi;
2. Permendikbud nomor 3 Tahun 2020 tentang Standar Nasional Perguruan Tinggi;
3. Keputusan Menteri Pendidikan Nasional Nomor 184/U/2001 tentang Pedoman Pengawasan, Pengendalian dan Pembinaan Program Diploma, Sarjana dan Pascasarjana di Perguruan Tinggi;
4. Surat Keputusan Yayasan Pendidikan Galuh Ciamis Nomor 1 Tahun 2025 tentang Statuta Universitas Galuh;
5. Peraturan Rektor Universitas Galuh Nomor 1 Tahun 2025 tentang Pedoman Akademik Universitas Galuh Tahun 2025;
6. Surat Keputusan Rektor Universitas Galuh Nomor : 262/4123/SK/G/V/III/2023 Tanggal 26 Agustus 2023 tentang Pemberhentian dan Pengangkatan Dekan Fakultas Ilmu Kesehatan Universitas Galuh Masa Jabatan 2023-2027;
- MEMPERHATIKAN** : Surat Ajuan dari Ketua Program Studi Ilmu Keperawatan Fakultas Ilmu Kesehatan Universitas Galuh Nomor 86/1490/SP/AK/Ka.Prodi_Kep/XI/2025 perihal Permohonan SK Pembimbing KIAN.
- MEMUTUSKAN**
- MENETAPKAN** :
PERTAMA : Nama : **DENI NURALAM**
Nomor Pokok : **1490125038**
Program Studi : Pendidikan Profesi Ners
- KEDUA** : Mengangkat Pembimbing KIAN mahasiswa seperti yang tertulis pada diktum pertama sebagai berikut:
Pembimbing I : **Dini Nurbaeti Zen, S.Kep., Ners., M.Kep., Sp.Kep.Kom.**
Pembimbing II : **Yoga Ginanjar, S.Kep., Ners., M.Kep., Sp.Kep.Kom.**
- KETIGA** : Tugas dan wewenang pembimbing KIAN:
a. Pembimbing KIAN ditugaskan untuk membimbing dan mengarahkan, dan memberikan masukan kepada mahasiswa dalam proses penulisan KIAN hingga selesai.
b. Dosen Pembimbing wajib memastikan bahwa KIAN yang disusun sesuai dengan standar akademik yang berlaku di Program Studi Profesi Ners Fakultas Ilmu Kesehatan Universitas Galuh
c. Pembimbingan KIAN dilaksanakan secara berkala sesuai dengan ketentuan yang berlaku.
- KEEMPAT** : Surat Keputusan ini berlaku sejak tanggal ditetapkan hingga mahasiswa menyelesaikan KIAN dan dinyatakan lulus sidang KIAN, dan apabila di kemudian hari ternyata terdapat kekeliruan dalam Surat Keputusan ini, akan dilakukan perbaikan sebagaimana mestinya.

Ditetapkan : Ciamis
Pada Tanggal : 6 November 2025
Dekan



Drs. H. Nurbaeti Zen, S.Kep., Ners., MM., M.Kep.
NIP. 11.3112770275

Lampiran 2 JBI *Critical Apparsial Tool*

JBI CRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam Date : May 08, 2026
 Author : Klocke et al. Year : 2024 Record Number : 1
 Title : A randomized controlled trial of acupuncture and receptive music therapy
 for sleep disorders in the elderly—ELAMUS: study protocol

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?		✓		
4. Was there a control group?	✓			
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?			✓	
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)

Layak dilakukan review : 77,8

JBI CRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam Date : May 08, 2026
Author : Romadhon, W. A., & Year : 2022 Record Number : 2
 Rahmawaty, R. R.
Title : Kombinasi Pemberian Aromaterapi Lavender Dan Terapi Musik Langgam
Jawa Sebagai Upaya Meningkatkan Kualitas Dan Kuantitas Tidur Lansia
Insomnia Berbasis Roy's Adaptation Theory Di Kabupaten Blitar

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?			✓	
4. Was there a control group?	✓			
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?			✓	
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ✓ ☐ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)

Layak dilakukan review : 77,8

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Critical Appraisal Checklist for Quasi-Experimental Studies - 2

JBI CRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam

Date : May 08, 2026

Author : . Lestarini, A., & Putra, K. S. P.
Year : 2018

Record Number : 3

Title : Music therapy on sleep quality in elderly.

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?		✓		
4. Was there a control group?		✓		
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	✓			
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)

Layak dilakukan review : 77,8

JBI CRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam Date : May 08, 2026
Author : Topal T, Sürme Y. Year : 2025 Record Number : 4
Title : The Effect of Music and Eye Masks on Sleep Quality and Delirium in
Abdominal Surgery Intensive Care Patients: Randomized Controlled Trial.
Nurs Crit Care.

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?	✓			
4. Was there a control group?	✓			
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	✓			
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)
Layak dilakukan review : 100

JBI CRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam Date : May 08, 2026
Author : Kim, J., Choi, D., Yeo, M. Year : 2020 Record Number : 5
S., Yoo, G. E., Kim, S. J., &
Na, S.
Title : Effects of patient-directed interactive music therapy on sleep quality in
postoperative elderly patients: a randomized-controlled trial.

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?	✓			
4. Was there a control group?	✓			
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	✓			
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ✓ ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)
Layak dilakukan review : 100

JBICRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam

Date : May 08, 2026

Author : Handika, D., Febriyani, P.

Year : 2025

Record Number : 6

A., & Ciptiasrini, U.

Title : Efektivitas Aromaterapi Lavender dan Musik Klasik terhadap Peningkatan

Kualitas Tidur pada Lansia di Puskesmas Harjamukti, Depok

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?		✓		
4. Was there a control group?		✓		
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	✓			
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)

Layak dilakukan review : 77,8

JBI CRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam

Date : May 08, 2026

Author : Permata, A., & Mauliyah, R. Year : 2023

Record Number : 7

Title : Case Studies of Physiotherapy for Elderly People with Dementia with Brain
Gym Exercise and Music Therapy to Improve Sleep Quality

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?				✓
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?	✓			
4. Was there a control group?		✓		
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	✓			
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)

Layak dilakukan review : 77,8

JBI CRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam

Date : May 08, 2026

Author : . Widari, N. P., & Taloda, L.
S. S.

Year : 2020

Record Number : 8

Title : Efektifitas Musik Keroncong Dan Musik Jawa Dalam Meningkatkan Kualitas
Tidur Lansia Yang Mengalami Insomnia Di Panti Griya Wreda Surabaya

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?	✓			
4. Was there a control group?		✓		
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	✓			
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)

Layak dilakukan review : 88,9

JBI CRITICAL APPRAISAL CHECKLIST FOR QUASI-EXPERIMENTAL STUDIES

Reviewer : Deni Nuralam

Date : May 08, 2026

Author : Lantong, Y., Lamonge, A.,
& Wetik, S.

Year : 2022

Record Number : 9

Title : Efektivitas Terapi Musik Rohani Dalam Meningkatkan Kualitas Tidur Lansia

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?	✓			
4. Was there a control group?		✓		
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	✓			
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)

Layak dilakukan review : 88,9

Reviewer : Deni Nuralam Date : May 08, 2026
Author : Rika Fentinasari, R. Year : 2023 Record Number : 10
Title : Pengaruh terapi musik keroncong terhadap kualitas tidur pada lansia di
kecamatan Ngemplak Boyolali

	Yes	No	Unclear	Not applicable
1. Is it clear in the study what is the 'cause' and what is the 'effect' (i.e. there is no confusion about which variable comes first)?	✓			
2. Were the participants included in any comparisons similar?	✓			
3. Were the participants included in any comparisons receiving similar treatment/care, other than the exposure or intervention of interest?		✓		
4. Was there a control group?		✓		
5. Were there multiple measurements of the outcome both pre and post the intervention/exposure?	✓			
6. Was follow up complete and if not, were differences between groups in terms of their follow up adequately described and analyzed?	✓			
7. Were the outcomes of participants included in any comparisons measured in the same way?	✓			
8. Were outcomes measured in a reliable way?	✓			
9. Was appropriate statistical analysis used?	✓			

Overall appraisal: Include ☒ Exclude ☐ Seek further info ☐

Comments (Including reason for exclusion)

Layak dilakukan review : 77,8

Lampiran 3 Lembar Bimbingan



PROGRAM STUDI PENDIDIKAN PROFESI NERS
FAKULTAS ILMU KESEHATAN
UNIVERSITAS GALUH

LEMBAR KONSULTASI

Nama Mahasiswa : Deni Nuralam
Pembimbing I : Dini Nurbaeti Zen, S.Kep.,Ners.,M.Kep.,Sp.Kep.Kom
Judul : *Literature Review* : Efektifitas Terapi Musik Terhadap
Peningkatan Kualitas Tidur Pada Lansia Penderita
Demensia

No	Hari/Tanggal	Saran	Paraf
	Senin, 27 April 2026	- Lengkapi lembar pengesahan, Abstrak, kata pengantar, dll. - Tambahkan sitasi sumber teori, penggunaan bahasa baku. - Perbaiki tujuan di BAB 1 - Tambahkan teori perkembangan lanjut usia, 7 aspek kualitas tidur dan Teori terapi musik yang dapat merubah kualitas tidur. - Periksa Daftar pustaka - lanjutkan BAB 3 & 4	
	sabtu 30 Mei 2026	- Lembar pengesahan ditandatangani - Perbaiki tujuan umum, hilangkan poin ke-4 di tujuan khusus - sesuaikan Database jurnal dengan seleksi data - Perbaiki Alur bagan seleksi studi - Baca kembali jurnal no 6 - Pembahasan disesuaikan tujuan khusus - simpulan sesuaikan kembali	



PROGRAM STUDI PENDIDIKAN PROFESI NERS
FAKULTAS ILMU KESEHATAN
UNIVERSITAS GALUH

LEMBAR KONSULTASI

Nama Mahasiswa : Deni Nuralam
Pembimbing I : Dini Nurbaeti Zen, S.Kep.,Ners.,M.Kep.,Sp.Kep.Kom.
Judul : *Literature Review* : Efektifitas Terapi Musik Terhadap
Peningkatan Kualitas Tidur Pada Lansia Penderita
Demensia

No	Hari/Tanggal	Saran	Paraf
	02/06/2026	- perbaiki abstrak - perbaiki tabel no penulisan sitasi - tabel PRISMA diperbaiki - pembahasan disesuaikan khusus	S-
	03/06/2026	Acc sidang	S-



PROGRAM STUDI PENDIDIKAN PROFESI NERS
FAKULTAS ILMU KESEHATAN
UNIVERSITAS GALUH

LEMBAR KONSULTASI

Nama Mahasiswa : Deni Nuralam
Pembimbing II : Yoga Ginanjar, S.Kep.,Ners.,M.Kep.,Sp.Kep.Kom
Judul : *Literature Review* : Efektifitas Terapi Musik Terhadap
Peningkatan Kualitas Tidur Pada Lansia Penderita
Demensia

No	Hari/Tanggal	Saran	Paraf
	Kamis, 30 April 2026	- Lengkapi bagian lembar Pengesahan, Abstrak, Daftar isi. - Perbaiki penulisan typo - Lanjutkan BAB 3 & 4	f
	Jum'at 29 Mei 2026	- Perbaiki bagian saran di BAB 5	f
	Selasa 02 Juni 2026		f
		ACE	

Lampiran 4 Riwayat Hidup



I. DATA PRIBADI

- Nama Lengkap : Deni Nuralam, S.Kep
- NPM : 1490125038
- Tempat, Tanggal Lahir : Ciamis, 11 Maret 2001
- Jenis Kelamin : Laki-laki
- Agama : Islam
- Alamat : Dusun Harjaresik RT/RW 030/009,
Desa Karangpawitan, Kecamatan Padaherang,
Kabupaten Pangandaran,
Provinsi Jawa Barat 46384
- No. Telepon/HP : 082295720616
- E-mail : deninuralam038@gmail.com

II. RIWAYAT PENDIDIKAN FORMAL

- 2006 – 2013 : SDN 2 Karangpawitan
- 2013 – 2016 : SMPN 1 Padaherang
- 2016 – 2019 : SMKN 1 Padaherang
- 2021 – 2025 : S-1 Keperawatan, Universitas Galuh
- 2025 – Sekarang : Pendidikan Profesi Ners, Universitas Galuh

III. RIWAYAT PELATIHAN & SERTIFIKASI

- 2024 : Sertifikasi Adminitrasi Perkantoran – Badan Nasional Sertifikasi Profesi (BNSP)
- 2025 : Pelatihan *Basic Trauma Cardiac Life Support* (BTCLS) – PT. Inovasi Kesehatan Mandiri (IPKM)

IV. PENGALAMAN ORGANISASI / KEPANITIAAN

- 2022 - 2023 : Ketua Umum – Himpunan Mahasiswa Keperawatan (HIMAKep) Fakultas Ilmu Kesehatan Universitas Galuh
- 2023 - 2024 : Ketua Umum – Badan Eksekutif Mahasiswa (BEM) Fakultas Ilmu Kesehatan Universitas Galuh
- 2024 - 2025 : Ketua Komisi III Aspirasi dan Advokasi – Dewan Perwakilan Mahasiswa (DPM) Fakultas Ilmu Kesehatan Universitas Galuh
- 2024 – 2025 : Bendahara Umum – Himpunan Mahasiswa Islam (HMI) Komisariat Lafran Universitas Galuh
- 2024 – 2025 : Anggota Divisi Pengabdian Masyarakat – Generasi Baru Indonesia (GENBI) Universitas Galuh