



Journal of Asian Studies: Culture, Language, Art and Communications

Journal Homepage:

<https://journal.haqipub.com/index.php/jas/index>



WHAT ARE THE MEDICAL TERMS IN THE BOOK OF HEALTHY MOVES OF THE PROPHET MUHAMMAD BY DR. ZAIDUL AKBAR: A SEMANTIC STUDY

APA SAJA ISTILAH MEDIS DALAM KITAB GERAKAN SEHAT NABI MUHAMMAD KARYA DR. ZAIDUL AKBAR: SEBUAH STUDI SEMANTIK

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Abstract

*This study aims to describe the meaning of medical terms in the book *Jurus Sehat Rasulullah* by dr. Zaidul Akbar. This type of research is qualitative research. The method used is a descriptive method of analysis. The data in this study is a medical term in the form of a word in the book *Jurus Sehat Rasulullah* by dr. Zaidul Akbar. The source of data in this study is the book *Jurus Sehat Rasulullah* by dr. Zaidul Akbar published by PT Sygma Media Inovasi in 2020 with a total of 315 pages. The data collection technique used in this study is to use the listening method with the note-taking technique in the analysis of the object to be studied. The data validation technique is a triangulation technique. The methods used in analyzing the data in this study are the match method and the agih method. Based on the results of data analysis, it is known. Medical terms in the book *Jurus Sehat Rasulullah* by dr. Zaidul Akbar which was used as a source of research data found as many as 54 words included in medical terms.*

Keywords: Medical Terms, dr. Zaidul Akbar, Semantic Studies

Abstract

*Penelitian ini bertujuan untuk mendeskripsikan pengertian istilah kedokteran dalam buku *Jurus Sehat Rasulullah* karya dr. Zaidul Akbar. Jenis penelitian ini adalah penelitian kualitatif. Metode yang digunakan adalah metode analisis deskriptif. Data dalam penelitian ini adalah istilah medis berupa kata dalam buku *Jurus Sehat Rasulullah* karya dr. Zaidul Akbar. Sumber data dalam penelitian ini adalah buku *Jurus Sehat Rasulullah* karya dr. Zaidul Akbar yang diterbitkan oleh PT Sygma Media Inovasi pada tahun 2020 dengan total 315 halaman. Teknik*

*pengumpulan data yang digunakan dalam penelitian ini adalah dengan menggunakan metode listening dengan teknik mencatat dalam analisis objek yang akan diteliti. Teknik validasi data adalah teknik triangulasi. Metode yang digunakan dalam menganalisis data dalam penelitian ini adalah metode match dan metode agih. Berdasarkan hasil analisis data diketahui halnya. Istilah medis dalam buku *Jurus Sehat Rasulullah* karya dr. Zaidul Akbar yang digunakan sebagai sumber data penelitian terdapat sebanyak 54 kata yang termasuk dalam istilah kedokteran.*

Kata kunci: *Istilah Medis, dr. Zaidul Akbar, Kajian Semantik*

1. INTRODUCTION

The term medical is the language of health professions that is used as a means of communication between officers in the field of health services. This medical term is mostly used by people who work in the field of health sciences According to Safira and Dian (2021:56). In addition to using medical terms to communicate while in the world of work, there are also those who use medical terms in the form of writing written in a work. According to Lestari, et al (2016:29) this medical term is another word for medical terminology. Agustine and Pratiwi (2017: 115) apply medical terminology is the science of medical distillation (medical term) which is a special language between the medical / health professions both in written and oral form, a means of communication between those who are directly or indirectly involved in the field of care / health services. Furthermore, Astuti(2019:2) the term medical is a treasury of words specifically used by professions in the field of health care.

According to Hatta (2013), the form of medical terms is used to organize a list of medical terms of diseases, symptoms, and procedures. The terms of a disease or health disorder condition must correspond to the terms used in the disease classification system. According to Gantina (2016:1-21), there are three forms of medical terms, namely, medical terms of health, medical terms of pharmaceuticals, and medical terms of medicine.

A doctor who uses medical terms in his work is dr. Zaidul Akbar. The name dr. Zaidul Akbar began to be widely known by the public since the transmission of the Corona Virus or Covid-19. dr. Zaidul Akbar is known to the public for his islamic herbal remedies which he suggests to maintain the body's immune system. With the health and treatment that can be done Islamically, dr. Zaidul Akbar finally initiated the Healthy Moves of the Prophet or known as JSR. But people don't really know about the medical terms used. Although this medical term is very close to society.

dr. Zaidul Akbar is known to the public for his islamic herbal remedies which he suggests to maintain the body's immune system. With the health and treatment that can be done Islamically, dr. Zaidul Akbar finally initiated the Healthy Moves of the Prophet or known as JSR. The purpose of this JSR is to encourage people to return to health guidelines that are in line with the Quran and the sunah of the Prophet Muhammad Saw. Initially, dr. Zaidul Akbar in delivering JSR through social media instagram and youtube. Then, dr. Zaidul Akbar continued the idea of JSR by writing into a book entitled "The Healthy Moves of the Prophet". The book was first released at the Jakarta Islamic Book Fair and sold in a package, the Quran and the book *Jurus Sehat Rasulullah* (Iskandar, 2020: 241).

The medical terms that clouds are heard by the community will give rise to different meanings. Therefore, semantic studies are needed to uncover the lexical meaning of the medical terms used and uncover the contextual meaning of medical terms in sentences, especially in the BJSR. Parera (2004:42) posits that semantics is the study and analysis of linguistic meanings, so we say that semantics is the science of meaning. According to Aminudin (2008:15), the term semantics originally came from the Greek language which contains the meaning to signify or interpret, in technical terms semantics contains the notion of the study of meaning.

Chaer (2009:2) semantics is a field of study in linguistics that studies meaning or meaning in language. In line with Djajasudarma's opinion (2016: 1) semantics is a linguistics that studies meaning. Suwandi (2017: 2) states that semantics is a term in the field of linguistics that discusses and studies meaning or meaning. The meaning and meaning can be known from the word contained in the book *Jurus Sehat Rasulullah Oleh dr. Z Aidul Akbar*

The word is the smallest free unit. Words are included in the highest units of morphemes because words can be used directly in speech, while morphemes cannot necessarily be used directly in speech (Busri and Badrih, 2018:51). According to Kridalaksana(2008:110), defining a word into three forms, namely (1) morphemes or combinations of morphemes which linguists consider to be free forms; (2) stand-alone language units may occur in single morphemes or combined morphemes; (3) the smallest unit in syntax derived from a lexeme that has undergone a morphological process. Bloomfield (in Tarigan, 2009:7) states that a word is the smallest unit that can be pronounced independently. According to Busri and Badrih(2018:73), words are divided into four parts, namely (1) verbs or verbs, (2) nouns or nouns, (3) adjectives or adjectives, and (4) task words or function words.

Aminuddin (2008:52–53) stated that meaning is the relationship between language and the outside world that has been mutually agreed upon by language users so that they can be understood by each other. According to Chaer(2009:29), to understand a meaning or meaning, we need to look back at the theory put forward by Ferdinand de Saussure, each linguistic sign consists of two elements, namely (1) the interpreted and (2) the interpreted. (1) what is interpreted is actually nothing other than the concept or meaning of a sound sign, while (2) what is interpreted is actually nothing other than those sounds formed from the phonemes of the language in question. So, meaning is something that is interpreted and that is interpreted. Meanwhile, Djajasudarma (2016:7) states that meaning is a link that exists between the elements of the language itself (especially words). Meaning is obtained by examining its relationship with the structure of language (structural meaning).

According to Pateda (2010:119), a lexical meaning is a word meaning when a word stands alone either in the form of a lexeme or a healing form whose meaning is more or less fixed, as can be read in the dictionary of a particular language. The lexical meaning of a word is contained in a stand-alone word. It is said to stand alone because the meaning of a word can change its meaning if the word is already in the sentence.

Chaer (2009:60) states a lexical meaning is a meaning that corresponds to its referent, a maxim that corresponds to the observation of the sensory apparatus, or a meaning that is truly real in our lives. According to Djajasudarma(2016:16), lexical meaning is the meaning of language elements as symbols of objects, events, etc. This lexical meaning belongs to the elements of the language in its own right and is out of context.

Parera(2004:4–5) states that contextual meaning is a meaning that needs an understanding of the context of the continuity of speech. For example, this "turn off" speech will raise the question of what "turn off" listener. This "turn off" utterance can mean "turn off the lights, turn off the car engine, and turn off the radio", to know the meaning of an utterance we need to know about the context in an utterance. In line with Suwandi's opinion (2017: 84) which states the lexical meaning is the meaning of the word that corresponds to the context. This contextual meaning arises as a result of the relationship between the utterance and the situation at the time the utterance was used.

2. METHOD

This type of research is qualitative research. Qualitative research is research that does not use statistical procedures or in a quantitative way, since this study only recognizes the subject in the form of words instead of numbers. According to Sugiyono (2014: 1) The method used in this study is a descriptive method of analysis. According to Suriasumantri (2005), the descriptive method of analysis is a method used to examine ideas or products of human thought that have been contained in the form of print media, both in the form of primary manuscripts and secondary manuscripts by conducting critical studies of them. The data in this study is a medical term in the form of a word in the book *Jurus Sehat Rasulullah* by dr. Zaidul Akbar. Meanwhile, the source of data in this study is the book *Jurus Sehat Rasulullah* by dr. Zaidul Akbar published by PT Sygma Media Inovasi in 2020 with a total of 315 pages. The research instrument in this study is the researcher himself to collect data in this study. The data collection technique used in this study is to use the listening method with the note-taking technique in the analysis of the object to be studied. The data validation technique is a triangulation technique. The methods used in analyzing the data in this study are the match method and the agih method.

3. RESULTS AND DISCUSSION

This section analyzed the meaning of medical terms in BJSR by dr. Zaidul Akbar using semantic studies. From several words the medical term in the BJSR will be studied in lexical meaning and contextual meaning detailed as follows.

1. The Context Of The People

The meaning of the context of the person in the data found includes things related to gender, namely men and women. The context of the person found in BJSR refers more to the physique that is specifically for men or women. The findings of data on medical terms in BJSR that are included in the context of orangan totaled 4 data.

*Perempuan tidak disarankan untuk banyak mengonsumsi susu kedelai, karena perempuan memiliki kadar **estrogen** berlebih.*

The medical term "estrogen" is interpreted in a lexical sense using an online medical and health dictionary means one of the groups of steroid hormones produced by the ovaries, placenta, adrenal glands. The medical term "estrogen" is included in the meaning of the context of the

person, because the focus of the conversation is about gender, which is about hormones in women. The medical term "estrogen" is aimed at women.

The word "estrogen" is a medical term in a sentence in the BJSR and the word "estrogen" is a lexical Indonesian that comes from the English word oestrogen. The fulfillment of the word "estrogen" in the sentence above is carried out a lesap technique, which can be seen in the following data. The use of "estrogen" if applied or eliminated, then the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning.

*Sirkumsisi atau khitan dapat mencegah seseorang terkena **infeksi** saluran kencing.*

The medical term "infection" in this BJSR sentence belongs to the context of personage, because the focus of the conversation is about gender, that is, the obligation for men to perform circumcision. The word "infection" is the medical term in the sentence in the BJSR and the word "infection" is lexical in the medical language used in the lexical Indonesian. The word "infection" if replaced with "inflammation" then the two expressions have the same meaning, namely there can be problems in the urinary tract if a person does not perform circumcision or circumcision.

*Jika diadakan kuesioner terhadap penderita **prostat**, ternyata memang kebanyakan dari mereka memiliki kebiasaan kencing sambil berdiri.*

Based on the data above, the use of "prostate" if applied, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "prostate" in this BJSR sentence belongs to the context of the person, because the focus of the conversation is on gender, namely diseases of the male genitals. The medical term "prostate" is intended as a genital disease in men caused by frequent urination while standing.

*Pada zaman sekarang, banyak perempuan yang senang melahirkan secara **caesar** untuk tujuan tertentu selain persoalan kesehatan.*

Based on the data above, the use of "caesarean" if it is applied or omitted, the meaning of the sentence expressed by dr. Zaidul Akbar in the BJSR will change its meaning and meaning. The medical term "caesarean" in this BJSR sentence belongs to the context of people, because the focus of the conversation is about gender, namely childbirth surgery which is only performed by women. The medical term "caesarean" has a context on women who give birth to babies through surgery in the abdomen.

2. Mood Context

The meaning of the mood context is depicted with feelings of fear, joy and annoyance. The meaning of the mood context in the data found is included in the joyful mood. The findings of data regarding medical terms in the BJSR which are included in the context of mood amounted to 1 data, the data are detailed as follows.

*Apabila Rasulullah Saw. bersentuhan dengan manusia atau makhluk bernyawa, pengaruh beliau yang bekerja adalah yang bersifat psikologis dan kimiawi, seperti hadir **hormon** yang mengatur kasih sayang, ketenangan, dan kebahagiaan.*

Based on the data above, the use of "hormone" if it is applied or eliminated, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "hormone" is interpreted in a lexical sense using a medical dictionary to mean chemical substances that are formed in one organ or part of the body and carried in the blood to the organ or part where they produce functional effects. The medical term "hormone" in this BJSR sentence includes the context of the listener/speaker's mood, namely the feeling of joy. The medical term "hormone" is about the hormones of affection, tranquility, and happiness. The context of the medical term "hormone" occurs due to the touch of the Messenger of Allah to humans or other living beings.

3. Object context

The meaning of the object context is what is the focus of the conversation. The context of the object found in the BJSR refers more to the focus of the conversation about health such as the term content in food and beverages, the term disease, the term organ in the body, and the medical term about the systems in the human body. The findings of data regarding medical terms in the BJSR included in the context of the object amounted to 50 data. The word is in the form of enzymes, nutrients, breast milk, proteins, fats, diseases, acids, nutrients, cholesterol detoxification, osteoporosis, glycogen, serotonin, antioxidants, bacteria, joints, liver, nerves, asetikolin, metabolism, sodium, heart, parasites, macroorganisms, respiration, melatonin, aromatherapy, depression, cells, insomnia, glucose, digestion, anemia, calcium, antibiotics, hemorrhoids, carbohydrates, iodine, calories, magnesium, selenium, prebiotics, blood, pelvic, and pain.

Susu kambing dapat diberikan kepada bayi yang berusia 1 tahun sebagai pengganti ASI.

Mentioned in the BJSR previously explained by dr. Zaidul Akbar Goat milk has advantages compared to cow's milk. In the data above, the word "breast milk" is a medical term in the sentence in BJSR and the word "ASI" is an abbreviation word in lexical Indonesian namely Breast Milk. Based on the data above, the use of "ASI" if it is applied or eliminated, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning.

The medical term "breast milk" is interpreted in a lexical sense using an online medical and health dictionary meaning fluid from the secretion of the mother's breast glands, milk produced by a mother for infant consumption and is the main source of nutrition for babies who have not been able to digest solid food. The medical term "breast milk" belongs to the meaning of the context of the object because of the focus of its discussion on health issues regarding the

content in goat's milk. The medical term "breast milk" can be replaced with goat's milk for babies who are already 1 year old.

*Susu beras dapat diberikan kepada bayi yang sedang dalam tahap **MPASI** dengan catatan susu beras tersebut murni (belum bercampur gula dan kalsium).*

In the data above, the word "MPASI" is a medical term in the sentence in the BJSR and the word "MPASI" is an abbreviation word in the lexical Indonesian namely Breast Milk Complementary Food. Based on the data above, the use of "MPASI" if it is applied or omitted, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "complementary food" is interpreted in a lexical sense using an online medical and health dictionary meaning food given to babies aged 6 months and over. The medical term "complementary food" belongs to the meaning of the context of the object because of the focus of the conversation on health issues about the content in organic rice milk. The medical term "complementary food" is intended as a complementary food for babies made from rice milk that has not been mixed with sugar and calcium so that it is safe to give to babies.

*Kedelai merupakan sumber **protein** yang murah.*

The word "protein" is a medical term in a sentence in the BJSR and the word "protein" is a lexical Indonesian that comes from the Greek proteios. Based on the data above, the use of "protein" if applied or omitted in the data above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "protein" is interpreted in a lexical sense using a medical dictionary which means a complex group of organic nitrogenous compounds formed from amino acids and present in every living cell of the body tissues of animals and plants. The medical term "protein" belongs to the meaning of the context of the object because of the focus of its discussion regarding health issues about the content in soy. The medical term "protein" is intended as a content in soy that is easy to get, one of which is in soy milk.

*Komposisi **lemak** yang terkandung dalam almond sangat baik untuk menurunkan kadar kolesterol yang secara langsung dapat mencegah dampak buruk dari aterosklerosis, seperti penyakit jantung, hipertensi, dan stroke.*

The word "fat" is a medical term in a sentence in the BJSR and "fat" is a lexical Indonesian that comes from the Greek lipos. Based on the data above, the use of "fat" if applied or omitted in data 7 above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "fat" is interpreted in a lexical sense using medical and health dictionaries online means the deposition of excess calories in the body, which provides the body with a supply of energy reserves and other functions. The medical term "fat" belongs to the contextual meaning of the object because of the focus of its conversation regarding health issues about the content in almonds. The medical term "fat" has a good impact that can lower cholesterol and other adverse effects, the "fat" in question comes from almonds made into almond milk.

*Daging kambing itu lebih sehat daripada daging lainnya dan lebih banyak **penyakit** yang disebabkan oleh daging ayam dan sapi daripada daging kambing.*

The word "disease" is a medical term in a sentence in the BJSR and the word "disease" is lexical derived from Indonesian. Based on the data above, the use of "disease" if applied or eliminated in the data above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "disease" is interpreted in a lexical sense using a medical dictionary that means a change in the body's processes that interfere with its normal functioning ability. The medical term "disease" in this BJSR sentence belongs to the context of the object, because the focus of the conversation is on health about problems that arise in the body that are not caused by eating mutton. The medical term "disease" is mostly caused by chicken meat and beef because it contains more saturated fatty acids.

*Segala kebutuhan air sebagai salah satu **nutrisi** untuk tubuh kita terkandung pada air Zamzam.*

The word "nutrition" is a medical term in a sentence in the BJSR and the word "nutrition" is a lexical Indonesian which comes from English, namely nutrition and Latin, nutritionem which means food. Based on the data above, the use of "nutrition" if applied or omitted in the data above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "nutrition" is interpreted in a lexical sense using a medical dictionary which means the whole process that participates in the taking of nutritional elements and their assimilation and utilization. The medical term "nutrition" in this BJSR sentence belongs to the context of the object, since the focus of the conversation is on health about the content in Zamzam water.

*Puasa sama dengan proses **detoksifikasi**.*

The word "detoxification" is a medical term in a sentence in the BJSR and the word "detoxification" is a lexical Indonesian that comes from the English word detoxification. Based on the above, the use of "detoxification" if applied or omitted in the data above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "detoxification" is interpreted in a lexical sense using a medical dictionary that means the removal of toxic substances (toxic substances) from the body. The medical term "detoxification" in this BJSR sentence belongs to the context of the object, because the focus of the conversation is on health about the effect of carrying out fasting on the body. The medical term "detoxification" can be done by fasting.

*Alpukat sering dituduh sebagai penyebab **kolesterol** dan yang lainnya.*

The word "cholesterol" is a medical term in a sentence in the BJSR and the word "cholesterol" is a lexical Indonesian which comes from the Greek word chole which means bile and stereo which means solid. Based on the data above, the use of "cholesterol" if applied or eliminated in the data above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "cholesterol" is interpreted in a lexical meaning using a medical dictionary meaning a waxy soft substance that is present in all parts of the body including the nervous system, skin, muscles, liver, intestines, and heart. The medical term "cholesterol" in this sentence of the BJSR belongs to the context of the object, since the focus of the conversation is regarding health about diseases of excess fat in the body.

*Gula akan disimpan dalam hati dalam bentuk **glikogen**.*

The word "glycogen" is a medical term in a sentence in the BJSR and the word "glycogen" is a lexical Indonesian derived from the Greek lexical glyco which means sweet and gennan which means to produce. Based on the data above, the use of "glycogen" if applied or omitted in the data above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "glycogen" is interpreted in a lexical sense using a medical dictionary meaning carbohydrates stored in body tissues. The medical term "glycogen" in this BJSR sentence belongs to the context of the object, since the focus of his conversation is regarding health about the content in white sugar.

*Kekurangan **serotonin** dalam darah akan menyebabkan insomnia dan gangguan tidur.*

The meaning of the context of the object in the 15 page 40 data in the BJSR was previously explained by dr. Zaidul Akbar regarding its grains and skins. The word "serotonin" is a medical term in a sentence in the BJSR and the word "serotonin" is lexical in medical language used in lexical Indonesian. Based on the data above, the use of "serotonin" if applied or eliminated in the data above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "serotonin" is interpreted in a lexical sense using a medical dictionary meaning a amine compound found in platelets, intestinum, and the central nervous system that function as vasoconstrictors.

*Makanan yang paling tinggi **antioksidan** adalah kulit manggis.*

The word "antioxidant" is a medical term in a sentence in the BJSR and the word "antioxidant" is lexical in medical language used in lexical Indonesian. Based on the data above, the use of "antioxidant" if applied or omitted in the data above, the meaning of the sentence expressed by dr. Zaidul Akbar in BJSR will change its meaning and meaning. The medical term "antioxidant" is interpreted in a lexical sense using a medical dictionary meaning a chemical substance that helps protect against damage to cells by free radicals. The medical term "antioxidant" in this BJSR sentence belongs to the context of the object, because the focus of the conversation is on health to maintain endurance. The medical term "antioxidant" is aimed at the content of mangosteen peel.

4. CONCLUSION

Based on the results of the research in chapter IV, it can be concluded that: medical terms in the book *Jurus Sehat Rasulullah* by dr. Zaidul Akbar which is used as a source of research data found as many as 54 words included in medical terms. Medical terms that have been found in the BJSR are analyzed based on semantic theory, namely lexical meaning and contextual meaning. Analysis of medical terms in the theory of the meaning of lexikan using medical dictionaries and online health and medical dictionaries. Meanwhile, analysis based on contextual meaning theory is found to include the context of people, the context of mood, and the context of objects. The meaning of the context of the person in the data found in the BJSR includes matters related to gender, namely men and women. The context of the person refers more to the physical and other parts of the body in men and women. The meaning of the mood context found in the BJSR includes the feeling of joy, which describes the emergence of feelings of affection, tranquility, and happiness. The meaning of the object context is what is the focus of the conversation about health such as the term content in food and beverages, the term disease, the term organ in the body, the medical term about the systems that reside in the human body. The medical terms found in the BJSR are most predominantly included in the context of the object.

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