

DAFTAR PUSTAKA

1. Ibda F. Perkembangan Kognitif: Teori Jean Piaget. Intelektualita. 2015;3(1):27–38.
2. Sanders RA. Adolescent psychosocial, social, and cognitive development. Pediatr Rev. 2013;34(8):354–9.
3. Steinberg L. Age of opportunity : Lessons from the new science of adolescence. Boston: Mariner Books; 2014. 272 hal.
4. Ledesma RG. Defining adolescence. Contemp Psychol. 1997;42(2):119–119.
5. Mega Purnamasari D. Jokowi: Saatnya Kerja dari Rumah, Belajar dari Rumah, Ibadah di Rumah Halaman all - Kompas.com [Internet]. 2020 [dikutip 19 September 2021]. Tersedia pada:
<https://nasional.kompas.com/read/2020/03/15/14232961/jokowi-saatnya-kerja-dari-rumah-belajar-dari-rumah-ibadah-di-rumah?page=all>
6. Kementerian Pendidikan dan Kebudayaan » Republik Indonesia [Internet]. 2020 [dikutip 23 September 2021]. Tersedia pada:
<https://www.kemdikbud.go.id/main/blog/2020/03/mendikbud-terbitkan-se-tentang-pelaksanaan-pendidikan-dalam-masa-darurat-covid19>
7. Waryanto NH. Online Learning Sebagai Salah Satu Inovasi Pembelajaran. Pythagoras. 2006;2(1):10–23.

8. Sweetser P, Johnson D, Ozdowska A, Wyeth P. Active versus passive screen time for young children. *Aust J Early Child.* 2012;37(4):94–8.
9. World Health Organization. Guidelines on physical activity, sedentary behaviour and sleep. World Health Organization. Geneva; 2019. 4 hal.
10. Nasution IN. Screen time, asupan lemak dan serat serta status gizi siswa sekolah dasar di kota bogor. Institut Pertanian Bogor; 2014.
11. Siste K, Hanafi E, Sen LT, Murtani BJ, Christian H, Limawan AP, et al. Implications of COVID-19 and Lockdown on Internet Addiction Among Adolescents: Data From a Developing Country. *Front Psychiatry.* 2021;12(May):1–11.
12. King DL, Delfabbro PH, Billieux J, Potenza MN. Problematic online gaming and the COVID-19 pandemic. *J Behav Addict.* 2020;9(2):184–6.
13. Paschke K, Austermann MI, Simon-Kutscher K, Thomasius R. Adolescent gaming and social media usage before and during the COVID-19 pandemic. *SUCHT.* 1 Februari 2021;67(1):13–22.
14. Pratiwi H. Screen Time dalam Perilaku Pengasuhan Gererasi Alpha pada Masa Tanggap Darurat Covid-19. *J Obs J Pendidik Anak Usia Dini.* 2020;5(1):265–80.
15. Sharif I, Wills TA, Sargent JD. Effect of Visual Media Use on School

- Performance: A Prospective Study. *J Adolesc Heal*. 2010;46(1):52–61.
16. Zhang J. Cognitive Functions of the Brain: Perception, Attention and Memory. 2019;
 17. Fisher GG, Chacon M, Chaffee DS. Chapter 2 - Theories of Cognitive Aging and Work. In: Baltes BB, Rudolph CW, Zacher HBT-WA the L, editor. Academic Press; 2019. hal. 17–45.
 18. Harvey PD. Domains of cognition and their assessment. *Dialogues Clin Neurosci*. 2019;21(3):227–37.
 19. Departemen Neurologi Fakultas Kedokteran Universitas Indonesia. Buku Ajar Neurologi. 1 ed. Aninditha T, Wiratman W, editor. Tangerang: Penerbit Kedokteran Indonesia; 2017. 782 hal.
 20. Lodge JM, Harrison WJ. The role of attention in learning in the digital age. *Yale J Biol Med*. 2019;92(1):21–8.
 21. Sezer A, Inel Y, Seçkin AÇ, Uluçınar U. The relationship between attention levels and class participation of first-year students in classroom teaching departments. *Int J Instr*. 2017;10(2):55–68.
 22. Sherwood L. Fisiologi Manusia : Dari Sel ke Sistem. 8 ed. Octavius Ong H, Agung Mahode A, Ramadhani D, editor. Jakarta: EGC; 2014. 842 hal.
 23. Galvin JE. Mental Status and Neurologic Examination. In: Halter JB,

- Ouslander JG, Studenski S, High KP, Asthana S, Supiano MA, et al., editor. Hazzard's Geriatric Medicine and Gerontology, 7e. New York, NY: McGraw-Hill Education; 2017.
24. Brown RD. Neuroscience of Mathematical Cognitive Development. Neuroscience of Mathematical Cognitive Development. 2018.
25. Barrett KE, Barman SM, Boitano S, Brooks HL, editor. Buku Ajar Fisiologi Kedokteran. 24 ed. Jakarta: EGC; 2015. 809 hal.
26. Husein N, Lumempouw S, Ramli Y, Herqutanto. Uji validitas dan reliabilitas Montreal Cognitive Assesment versi Indonesia (MoCA-Ina) untuk skrining gangguan fungsi kognitif. Neurona. 2010;27(4):15–22.
27. Lestari S, Mistivani I, Rumende CM, Kusumaningsih W. Comparison between mini mental state examination (MMSE) and Montreal cognitive assessment Indonesian version (MoCA-Ina) as an early detection of cognitive impairments in post-stroke patients. J Phys Conf Ser. 2017;884(1):0–8.
28. Pike NA, Poulsen MK, Woo MA. Validity of the montreal cognitive assessment screener in adolescents and young adults with and without congenital heart disease. Nurs Res. 2017;66(3):222–30.
29. Nasreddine ZS, Phillips NA, Bédirian V, Charbonneau S, Whitehead V, Collin I, et al. The Montreal Cognitive Assessment, MoCA: A Brief Screening Tool For Mild Cognitive Impairment. J Am Geriatr Soc. 1 April 2005;53(4):695–9.

30. Mishra N. Effect of breakfast on cognitive performance of Indian school student. *Effect of breakfast on cognitive performance of Indian school student.* Int J Home Sci. 2016;2(1):181–5.
31. Micha R, Rogers PJ, Nelson M. Glycaemic index and glycaemic load of breakfast predict cognitive function and mood in school children: A randomised controlled trial. Br J Nutr. 2011;106(10):1552–61.
32. Pengpid S, Peltzer K. Behavioral risk factors of non-communicable diseases among a nationally representative sample of school-going adolescents in Indonesia. Int J Gen Med. 2019;12:387–94.
33. Goriounova NA, Mansvelder HD. Short- and long-term consequences of nicotine exposure during adolescence for prefrontal cortex neuronal network function. Cold Spring Harb Perspect Med. 2012;2(12):1–14.
34. Yuan M, Cross SJ, Loughlin SE, Leslie FM. Nicotine and the adolescent brain. J Physiol. 2015;593(16):3397–412.
35. Kliegman RM, Geme JWS, Blum NJ, Shah SS, Tasker RC, Wilson KM, et al. Nelson Textbook of Pediatric. 20 ed. Philadelphia: Elsevier; 2019. 15739 hal.
36. Robinson TN, Banda JA, Hale L, Lu AS, Fleming-Milici F, Calvert SL, et al. Screen media exposure and obesity in children and adolescents. Pediatrics. 2017;140(November 2017):S97–101.

37. Strasburger VC, Hogan MJ. Children, adolescents, and the media. *Pediatrics*. 2013;132(5):958–61.
38. Mark AE, Janssen I. Relationship between screen time and metabolic syndrome in adolescents. *J Public Health (Bangkok)*. 2008;30(2):153–60.
39. Mei D, Redatin S, Pudjiati R. Pengaruh waktu layar terhadap praktik pemberian makan dengan regulasi diri pada perilaku makan anak. *J Ilm Psikol Terap*. 2021;9(2):191–9.
40. Hardy LL, Booth ML, Okely AD. The reliability of the Adolescent Sedentary Activity Questionnaire (ASAQ). *Prev Med (Baltim)*. 2007;45(1):71–4.
41. We Are Social. Digital 2021. Glob Digit Insights. 2021;103.
42. Øverby NC, Klepp KI, Bere E. Changes in screen time activity in Norwegian children from 2001 to 2008: two cross sectional studies. *BMC Public Health*. 2013;13:80.
43. Hoyos Cillero I, Jago R, Sebire S. Individual and social predictors of screen-viewing among Spanish school children. *Eur J Pediatr*. 2011;170(1):93–102.
44. He M, Harris S, Piché L, Beynon C. Understanding screen-related sedentary behavior and its contributing factors among school-aged children: A social-ecologic exploration. *Am J Heal Promot*. 2009;23(5):299–308.
45. Minges KE, Salmon J, Dunstan DW, Owen N, Whittemore R. Reducing Youth

- Screen Time: Qualitative Metasynthesis of Findings on Barriers and Facilitators. *Heal Psychol.* 2015;34(4):381–97.
46. Kwon M, Kim D, Cho H, Yang S. The Smartphone Addiction Scale : Development and Validation of a Short Version for Adolescents. 2013;8(12):1–7.
47. Dresp-langley B. Children's Health in the Digital Age. *Int J Environ Res Public Health.* 2020;17(9):3240–63.
48. Wolf C, Wolf S, Weiss M, Nino G. Children's Environmental Health in the Digital Era: Understanding Early Screen Exposure as a Preventable Risk Factor for Obesity and Sleep Disorders. *Children.* 2018;5(2):31–9.
49. Nursapta AF. Evaluasi Pengaruh Screen Time Smartphone Terhadap Working Memory. Universitas Katolik Parahyangan; 2019.
50. Fitria S, Surya D. The Impact of Covid-19 Pandemic on Students' Sedentary Behavior in Indonesia. *J Serambi Ilmu.* 2021;22(1):88–97.
51. Maras D, Flament MF, Murray M, Buchholz A, Henderson KA, Obeid N, et al. Screen time is associated with depression and anxiety in Canadian youth. *Prev Med (Baltim).* 2015;73:133–8.
52. Ho SMY, Dai DWT, Mak C, Liu KWK. Cognitive factors associated with depression and anxiety in adolescents: A two-year longitudinal study. *Int J*

- Clin Heal Psychol. 2018;18(3):227–34.
53. Gringras P, Middleton B, Skene DJ, Revell VL. Bigger, Brighter, Bluer-Better? Current Light-Emitting Devices – Adverse Sleep Properties and Preventative Strategies. *Front Public Heal*. 2015;3(October):1–6.
 54. Höhn C, Schmid SR, Plamberger CP, Bothe K, Angerer M, Gruber G, et al. Preliminary Results: The Impact of Smartphone Use and Short-Wavelength Light during the Evening on Circadian Rhythm, Sleep and Alertness. *Clocks & Sleep*. 2021;3(1):66–86.
 55. Fachlefi S. HUBUNGAN KUALITAS TIDUR DENGAN FUNGSI KOGNITIF SISWA MADRASAH ALIYAH NEGERI BINJAI TAHUN 2018. Universitas Sumatera Utara; 2018.
 56. Twenge JM, Campbell WK. Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. *Prev Med Reports*. 2018;12(October):271–83.
 57. Mark AE, Boyce WF, Janssen I. Television viewing, computer use and total screen time in Canadian youth. *Paediatr Child Health (Oxford)*. 2006;11(9):595–9.
 58. Sigman A. Time for a view on screen time. *Arch Dis Child*. 2012;97(11):935–42.

59. Dhamayanti AP. Hubungan Screen Time Selama Pembelajaran Jarak Jauh Terhadap Pola Tidur Anak Usia 6 - 12 Tahun pada Masa Pandemi Covid - 19. Universitas Hasanuddin; 2022.
60. Schmidt SCE, Anedda B, Burchartz A, Eichsteller A, Kolb S, Nigg C, et al. Physical activity and screen time of children and adolescents before and during the COVID-19 lockdown in Germany: a natural experiment. *Sci Rep.* 2020;10(1):1–12.
61. Kementerian Dalam Negeri RI. Instruksi Menteri Dalam Negeri Nomor 13 Tahun 2022 Tentang Pemberlakuan Pembatasan Kegiatan Masyarakat Level 3, Level 2, dan Level 1 Corona Virus Disease 2019 di Wilayah Jawa dan Bali. Indonesia; 2022 hal. 32.
62. Kementerian Dalam Negeri RI. Instruksi Menteri Dalam Negeri Nomor 22 Tahun 2022 Tentang Pemberlakuan Pembatasan Kegiatan Masyarakat Level 3, Level 2, dan Level 1 Corona Virus Disease 2019 di Wilayah Jawa dan Bali. Indonesia; 2022 hal. 35.
63. Fachlefi S, Rambe AS. Hubungan Kualitas Tidur dan Fungsi Kognitif Siswa MAN Binjai. *Scr SCORE Sci Med J.* 2021;3(1):8–16.
64. Salim J, Tandy S, Arnindita JN, Wibisono JJ, Haryanto MR, Wibisono MG. Zoom fatigue and its risk factors in online learning during the COVID-19 pandemic. *Med J Indones.* 2022;31(1):1–7.

65. Mundy LK, Canterford L, Hoq M, Olds T, Moreno-Betancur M, Sawyer S, et al. Electronic media use and academic performance in late childhood: A longitudinal study. *PLoS One*. 2020;15(9 September 2020):1–15.
66. Poulain T, Peschel T, Vogel M, Jurkutat A, Kiess W. Cross-sectional and longitudinal associations of screen time and physical activity with school performance at different types of secondary school. *BMC Public Health*. 2018;18(1):1–10.
67. Baker R, Coenen P, Howie E, Williamson A, Straker L. The short term musculoskeletal and cognitive effects of prolonged sitting during office computer work. *Int J Environ Res Public Health*. 2018;15(8):1–16.
68. de Oliveira Alvares L, Do-Monte FH. Understanding the dynamic and destiny of memories. *Neurosci Biobehav Rev*. 2021;125:592–607.
69. Lee JLC. Memory reconsolidation mediates the strengthening of memories by additional learning. *Nat Neurosci*. 2008;11(11):1264–6.
70. Chechko N, Vocke S, Habel U, Toygar T, Kuckartz L, Berthold-Losleben M, et al. Effects of overnight fasting on working memory-related brain network: An fMRI study. *Hum Brain Mapp*. 2015;36(3):839–51.
71. Johnson JG, Cohen P, Kasen S, Brook JS. Extensive Television Viewing and the Development of Attention and Learning Difficulties During Adolescence. *Arch Pediatr Adolesc Med*. 1 Mei 2007;161(5):480–6.

72. Abramson MJ, Benke GP, Dimitriadis C, Inyang IO, Sim MR, Wolfe RS, et al. Mobile telephone use is associated with changes in cognitive function in young adolescents. *Bioelectromagnetics*. 2009;30(8):678–86.
73. Belchior P, Marsiske M, Sisco SM, Yam A, Bavelier D, Ball K, et al. Video game training to improve selective visual attention in older adults. *Comput Human Behav*. 2013;29(4):1318–24.

