

DAFTAR PUSTAKA

1. Jürgens TP, Schwarz A, Thunstedt C. Global, regional, and national neck pain burden in the general population, 1990–2019: An analysis of the global burden of disease study 2019 [Internet]. 2022. Available from: <https://vizhub.healthdata>.
2. Jahre H, Grotle M, Smedbråten K, Dunn KM, Øiestad BE. Risk factors for non-specific neck pain in young adults. A systematic review. Vol. 21, *BMC Musculoskeletal Disorders*. BioMed Central Ltd; 2020.
3. Hoy D, March L, Woolf A, Blyth F, Brooks P, Smith E, et al. The global burden of neck pain: Estimates from the global burden of disease 2010 study. *Ann Rheum Dis*. 2014;73(7):1309–15.
4. Kazeminasab S, Nejadghaderi SA, Amiri P, Pourfathi H, Araj-Khodaei M, Sullman MJM, et al. Neck pain: global epidemiology, trends and risk factors. Vol. 23, *BMC Musculoskeletal Disorders*. BioMed Central Ltd; 2022.
5. Hirshkowitz M, Whiton K, Albert SM, Alessi C, Bruni O, DonCarlos L, et al. National sleep foundation’s sleep time duration recommendations: Methodology and results summary. *Sleep Health*. 2015 Mar 1;1(1):40–3.
6. Buysse DJ, Reynolds CF, Monk TH, Berman SR, Kupfer DJ. The Pittsburgh sleep quality index: A new instrument for psychiatric practice and research. *Psychiatry Res*. 1989 May 1;28(2):193–213.
7. Scarabottolo CC, Pinto RZ, Oliveira CB, Tebar WR, Saraiva BTC, Morelhão PK, et al. Back and neck pain and poor sleep quality in adolescents are associated even after controlling for confounding factors: An epidemiological study. *Sleep Science*. 2020;13(2):107–12.
8. Siste K, Hanafi E, Sen LT, Christian H, Adrian, Siswidiani LP, et al. The Impact of Physical Distancing and Associated Factors Towards Internet Addiction Among Adults in Indonesia During COVID-19 Pandemic: A Nationwide Web-Based Study. *Front Psychiatry*. 2020 Sep 3;11.

9. Budianto P, Kirana DH, Hafizhan M, Putra SE, Mirawati DK, Prabaningtyas HR. The effect of duration gadget uses during COVID-19 pandemic on neck pain, neck disability, and sleep quality. *Int J Publ Health Sci.* 2022 Jun 1;11(2):581–8.
10. Verschuren O, Mead G, Visser-Meily A. Sedentary Behaviour and Stroke: Foundational Knowledge is Crucial. *Transl Stroke Res.* 2015 Feb 1;6(1):9–12.
11. Laporan Hasil Riset Kesehatan Dasar (Riskesdas) | Badan Penelitian dan Pengembangan Kesehatan [Internet]. 2018. Available from: <https://www.litbang.kemkes.go.id/laporan-ri-set-kesehatan-dasar-riskesdas/>
12. Jahre H, Grotle M, Småstuen M, Guddal MH, Smedbråten K, Richardsen KR, et al. Risk factors and risk profiles for neck pain in young adults: Prospective analyses from adolescence to young adulthood—The North-Trøndelag Health Study. *PLoS One.* 2021 Aug 1;16(8 August).
13. Jahre H, Grotle M, Småstuen M, Guddal MH, Smedbråten K, Richardsen KR, et al. Risk factors and risk profiles for neck pain in young adults: Prospective analyses from adolescence to young adulthood—The North-Trøndelag Health Study. *PLoS One.* 2021 Aug 1;16(8 August).
14. Bogduk N. The Anatomy and Pathophysiology of Neck Pain. Vol. 22, *Physical Medicine and Rehabilitation Clinics of North America.* 2011. p. 367–82.
15. Firestein GS, Budd RC, Gabriel SE, Kozetzky GA, McInnes IB, O’Dell JR. *Firestein & Kelley’s Textbook of Rheumatology.* 2020.
16. Applegate EJ. *The Sectional Anatomy Learning system, 3rd Edition.* Saunders/Elsevier; 2010.
17. Paulsen F, Böckers TM, Waschke J. *Sobotta Anatomy Textbook.* 1st Edition. Urban & Fischer; 2018.
18. Cohen SP, Hooten WM. Advances in the diagnosis and management of neck pain. Vol. 358, *BMJ (Online).* BMJ Publishing Group; 2017.
19. International Association for the Study of Pain. *Neck Pain.* 2009;

20. Cheever KM, Myrer JW, Johnson AW, Fellingham GW. Understanding the complete pathophysiology of chronic mild to moderate neck pain: Implications for the inclusion of a comprehensive sensorimotor evaluation. *J Back Musculoskelet Rehabil.* 2017;30(5):991–7.
21. Kim R, Wiest C, Clark K, Cook C, Horn M. Identifying risk factors for first-episode neck pain: A systematic review. Vol. 33, *Musculoskeletal Science and Practice.* Elsevier Ltd; 2018. p. 77–83.
22. Tri Yustianti Y. Hubungan intensitas pemakaian gawai dengan neck pain pada usia 15-20 tahun. *Jurnal Biomedika dan Kesehatan [Internet].* 2019;2(2). Available from: <https://doi.org/10.18051/JBiomedKes.2019.v2.71-76>
23. Straker LM, Smitha AJ, Bear N, O’Sullivan PB, de Klerk NH. Neck/shoulder pain, habitual spinal posture and computer use in adolescents: The importance of gender. *Ergonomics.* 2011 Jun;54(6):539–46.
24. Fillingim RB. Chapter 33 - Sex, Gender, and Pain. In: Legato MJ, editor. *Principles of Gender-Specific Medicine (Third Edition) [Internet].* San Diego: Academic Press; 2017. p. 481–96. Available from: <https://www.sciencedirect.com/science/article/pii/B9780128035061000383>
25. Pieretti S, di Giannuario A, di Giovannandrea R, Marzoli F, Piccaro G, Minosi P, et al. Gender differences in pain and its relief. *Ann Ist Super Sanita.* 2016;52(2):184–9.
26. Ramdan IM, Duma K, Setyowati DL. Reliability and Validity Test of the Indonesian Version of the Nordic Musculoskeletal Questionnaire (NMQ) to Measure Musculoskeletal Disorders (MSD) in Traditional Women Weavers. *Global Medical & Health Communication (GMHC).* 2019 Aug 31;7(2).
27. Zielinski MR, McKenna JT, McCarley RW. Functions and mechanisms of sleep. Vol. 3, *AIMS Neuroscience.* AIMS Press; 2016. p. 67–104.
28. Suen LKP, Ellis Hon LK, Tam WWS. Association between sleep behavior and sleep-related factors among university students in Hong Kong. *Chronobiol Int.* 2008 Sep;25(5):760–75.

29. Potter PA, Perry AG, Stockert P, Hall A. Essentials for Nursing Practice, 9th Edition [Internet]. 2019. Available from: <http://evolve.elsevier.com/Potter/essentialsYOU'VEJUSTPURCHASED>
30. Brinkman JE, Reddy V, Sharma S. Physiology of Sleep. StatPearls [Internet]. 2022 Oct; Available from: <https://www.ncbi.nlm.nih.gov/books/NBK482512/>
31. Medic G, Wille M, Hemels MEH. Short- and long-term health consequences of sleep disruption. *Nat Sci Sleep* [Internet]. 2017;9:151. Available from: </pmc/articles/PMC5449130/>
32. Scarabottolo CC, Pinto RZ, Oliveira CB, Tebar WR, Saraiva BTC, Morelhão PK, et al. Back and neck pain and poor sleep quality in adolescents are associated even after controlling for confounding factors: An epidemiological study. *Sleep Science*. 2020;13(2):107–12.
33. gadget noun - Definition, pictures, pronunciation and usage notes | Oxford Advanced Learner's Dictionary at OxfordLearnersDictionaries.com [Internet]. Available from: <https://www.oxfordlearnersdictionaries.com/definition/english/gadget?q=gadget>
34. Srinahyanti S, Wau Y, Manurung I, Arjani N. Influence of Gadget: A Positive and Negative Impact of Smartphone Usage for Early Child. In *European Alliance for Innovation n.o.*; 2019.
35. Rahim Soomro T, Sarwar M. Impact of Smartphone's on Society CYBER SECURITY AND INTERNET OF THINGS View project Internationalized Domain Name Systems View project Impact of Smartphone's on Society [Internet]. Vol. 98, *European Journal of Scientific Research*. 2013. Available from: <http://www.europeanjournalofscientificresearch.com>
36. Alsalamah A, Harisi M, Alduayji M, Almutham A, Mahmood F. Evaluating the relationship between smartphone addiction/overuse and musculoskeletal pain among medical students at Qassim University. *J Family Med Prim Care* [Internet]. 2019;8(9):2953. Available from:

- https://journals.lww.com/jfmpc/Fulltext/2019/08090/Evaluating_the_relationship_between_smartphone.38.aspx
37. Vizcaino M, Buman M, Desroches CT, Wharton C. Reliability of a new measure to assess modern screen time in adults. *BMC Public Health*. 2019 Oct 28;19(1).
 38. Siscovick DS, Laporte RE, Newman J, Iverson DCH, Fielding JE. Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public Health Reports [Internet]*. 1985;100(2):126. Available from: [/pmc/articles/PMC1424733/?report=abstract](https://pubmed.ncbi.nlm.nih.gov/1424733/)
 39. World Health Organization. Physical activity [Internet]. 2022. Available from: <https://www.who.int/news-room/fact-sheets/detail/physical-activity>
 40. Verschuren O, Mead G, Visser-Meily A. Sedentary Behaviour and Stroke: Foundational Knowledge is Crucial. *Translational Stroke Research* 2014 6:1 [Internet]. 2014 Oct;6(1):9–12. Available from: <https://link.springer.com/article/10.1007/s12975-014-0370-x>
 41. Aktürk S, Büyükavcı R, Aktürk Ü. Relationship between musculoskeletal disorders and physical inactivity in adolescents. *Journal of Public Health (Germany)*. 2019 Feb 6;27(1):49–56.
 42. Bianca N, Gusti I, Ketut Budiarsa N, Gde DP, Samatra P. GAMBARAN KUALITAS TIDUR MAHASISWA PROGRAM STUDI PENDIDIKAN DOKTER FAKULTAS KEDOKTERAN UNIVERSITAS UDAYANA PADA TAHAP PREKLINIK DAN KLINIK. DESEMBER [Internet]. 2021;10(12):2021. Available from: <https://ojs.unud.ac.id/index.php/eum>
 43. Gracia Hutahaeen R, Novina Sitepu J. Hubungan Stres dengan Kualitas Tidur pada Mahasiswa/i Fakultas Kedokteran Universitas HKBP Nommensen. *NJM*. 2022;8(1):2022.
 44. Auvinen JP, Tammelin TH, Taimela SP, Zitting PJ, Järvelin MR, Taanila AM, et al. Is insufficient quantity and quality of sleep a risk factor for neck, shoulder and low back pain? A longitudinal study among adolescents. *European Spine Journal*. 2010 Apr;19(4):641–9.

45. Amilin Binti Mohd Nasir W. ASSOCIATION OF SLEEP DEPRIVATION AND NECK PAIN AMONG INTERNATIONAL ISLAMIC UNIVERSITY MALAYSIA (IIUM) CLINICAL YEAR STUDENTS. Vol. 4, ASSOCIATION OF SLEEP DEPRIVATION... INTERNATIONAL JOURNAL OF ALLIED HEALTH SCIENCES. 2020.
46. De Souza JM, Pinto RZ, Tebar WR, Gil FCS, Delfino LD, Morelhão PK, et al. Association of musculoskeletal pain with poor sleep quality in public school teachers. *Work*. 2020;65(3):599–606.
47. Riskawati YK, Damar Prabowo E, Al Rasyid H. TINGKAT AKTIVITAS FISIK MAHASISWA PROGRAM STUDI PENDIDIKAN DOKTER TAHUN KEDUA, KETIGA, KEEMPAT. 2018.
48. Abdulaziz AA, Althaqafi AM, Hindi AM, Khan SA, Atalla AA, Hendi OM. Prevalence of musculoskeletal disorders and its correlation to physical activity among health specialty students. *Int J Prev Med*. 2019;10(1):19–24.
49. Yazid B, Situmorang H. HUBUNGAN AKTIVITAS FISIK DENGAN GANGGUAN MUSKULOSKELETAL PADA PERAWAT DI RSU SUNDARI MEDAN. Vol. 19, *Jurnal Keluarga Sehat Sejahtera*. 2021.
50. Asri AR. HUBUNGAN AKTIVITAS FISIK DAN DURASI DUDUK TERHADAP NYERI LEHER PADA KARYAWAN KANTOR SELAMA WORK FROM HOME. 2020.
51. Straker LM, Smitha AJ, Bear N, O’Sullivan PB, de Klerk NH. Neck/shoulder pain, habitual spinal posture and computer use in adolescents: The importance of gender. *Ergonomics*. 2011 Jun;54(6):539–46.