

DAFTAR PUSTAKA

- Abduh, M., Alawiyah, T., Apriansyah, G., Abdullah, R., & Afgani, M. W. (2023). Jurnal Pendidikan Sains dan Komputer Survey Design : Cross Sectional dalam Penelitian Kualitatif Jurnal Pendidikan Sains dan Komputer. *Jurnal Pendidikan Sains Dan Komputer*, 3(1), 31–39.
- Akbar, M., Helijanti, N., Munir, M. A., Sofyan, A., Program, M. P., Humanities, H., & Surgery, T. (2019). Conjunctival laceration of the tarsalis palpebra inferior et causing by a fishing hook. *Jurnal Medical Profession*, 1(2).
- Almahmoud, O. H., Mahmmud, K. M., Mohtaseb, S. A., Totah, N. J., Nijem, D. F. A., & Hammoudeh, A. N. (2025). Assessment of digital eye strain and its associated factors among school children in Palestine. *BMC Ophthalmology*, 25(1). <https://doi.org/10.1186/s12886-025-03919-x>
- Amanda Sari, L., Udijono, A., Sutiningsih, D., & Arie Wurjanto, M. (2025). *Smartphone* Usage As a Risk Factor of Myopia Among Elementary School Students in Kediri. *Jurnal Berkala Epidemiologi*, 13(2), 140–146. <https://doi.org/10.20473/jbe.v13i22025.140-146>
- Amin, N. F., Garancang, S., Abunawas, K., Makassar, M., Negeri, I., & Makassar, A. (2023). Konsep Umum Populasi Dan Sampel Dalam Penelitian. *Jurnal Pilar*, 14(1), 15–31.
- Andayani, A., Made, N., Saraswati, G., Made, N., & Suryathi, A. (2021). The consistency of visual acuity measurement using PEEK acuity and Snellen-E performed by trained teachers in elementary school students. *Indonesia Journal of Biomedical Science*, 15(2), 145–148. <https://doi.org/10.15562/ijbs.v15i2.325>
- Bozzola, E., Irrera, M., Hellmann, R., Crugliano, S., & Fortunato, M. (2024). Media Device Use and Vision Disorders in the Pediatric Age : The State of the Art. *Children*.
- Chu, G. C. H., Chan, L. Y. L., Do, C. Wai, Tse, A. C. Y., Cheung, T., Szeto, G. P. Y., So, B. C. L., Lee, R. L. T., & Lee, P. H. (2023b). Association between time spent on smartphones and digital eye strain: A 1-year prospective observational study among Hong Kong children and adolescents. *Environmental Science and Pollution Research*, 30(20), 58428–58435. <https://doi.org/10.1007/s11356-023-26258-0>
- Demirayak, B., Tugan, B. Y., Toprak, M., & Cinik, R. (2022). Expedited Publications , Original Article Digital eye strain and its associated factors in children during the COVID - 19 pandemic. *Journal of Ophthalmology*, 70(3), 988–992. <https://doi.org/10.4103/ijo.IJO>
- Deng, Y., Wang, X., Xiao, L., Xu, P., Wang, H., Zhao, G., Ye, L., Deng, Y., & Wang, X. (2024). Analysis of Risk Factors Associated with Pre-Myopia Among Primary School Students in the Mianyang Science City Analysis of risk factors associated with pre-myopia among primary school students in the Mianyang Science City Area. *Journal of Eye Movement Research*.

- Garvey, M. H., Nash, T., Kippenhan, J. S., Kohn, P., Mervis, C. B., Eisenberg, D. P., Ye, J., Gregory, M. D., & Berman, K. F. (2024). Contrasting neurofunctional correlates of face- and visuospatial-processing in children and adolescents with Williams syndrome: convergent results from four fMRI paradigms. *Scientific Reports*, *14*(1), 1–14. <https://doi.org/10.1038/s41598-024-60460-5>
- Genetics, M. (2022). Myopia Genetics and Heredity. *Children*, 1–19.
- Ha, A., Lee, Y. J., Lee, M., Shim, S. R., & Kim, Y. K. (2025). Digital Screen Time and Myopia A Systematic Review and Dose-Response Meta-Analysis. *JAMA Network Open*, *8*(2), 1–18. <https://doi.org/10.1001/jamanetworkopen.2024.60026>
- Herlina, Tamara, L., & Sari, N. N. (2025). Penggunaan Gadget dan Hubungannya dengan Kesehatan Mata Pada Anak Usia Sekolah. *Jurnal Ilmu Keperawatan Indonesia*, *6*(1), 399–406.
- Jannah, R., Firman, & Desyandri. (2024). Pengaruh Penggunaan Gadget Terhadap Degradasi Ketajaman Penglihatan Pada Anak Usia Sekolah Di SDN 09 Sumpur. *Jurnal Ilmiah Pendidikan Dasar*, *09*(01), 1281–1288.
- Jung, E., King, G. K. C., & Duerden, E. G. (2023). Screen time in children and youth during the pandemic : A systematic review and meta-analysis. *Global Pediatrics*, *6*(September), 100080. <https://doi.org/10.1016/j.gped.2023.100080>
- Khanani, M. I., Khan, M. R., Farooqi, M. F., Fazal, J., Aabideen, Z., & Alkuwaiti, N. S. (2025). Digital Media Use and Screen Time Exposure Among Youths: A Lifestyle-Based Public Health Concern. *Cureus*, *17*(7). <https://doi.org/10.7759/cureus.88373>
- Khukalenko, I. S., Kaplan-Rakowski, R., An, Y., & Iushina, V. D. (2022). Teachers' perceptions of using virtual reality technology in classrooms: A large-scale survey. *Education and Information Technologies*, *27*(8), 11591–11613. <https://doi.org/10.1007/s10639-022-11061-0>
- Kowalewski, G., Kowalski, A., Ciopi, M., Stefanowicz, M., & Kalici, P. (2023). The Impact of Hepatic Artery Thrombosis on the Outcome of Pediatric Living Donor Liver Transplantations. *Children*, 1–15.
- Kukuh Mujiono, Yasmin Yasmin, & Sony Agung Santoso. (2024). Prevalensi Kelainan Refraksi pada Anak Sekolah Dasar (SD) dan Sekolah Menengah Pertama (SMP) di Kota Batu. *Jurnal Akademik Pengabdian Masyarakat*, *2*(2), 37–40. <https://doi.org/10.61722/japm.v2i2.2844>
- Lara-diaz, M. F. (2025). Smartphones through children ' s eyes : perceived benefits and educational considerations. *Frontiers in Psychology*, *12*(June), 1–9. <https://doi.org/10.3389/fpsyg.2025.1596595>
- Lestariningsih, E., Herlina, & Rustam, M. (2023). Hubungan Karakteristik Kecanduan *Game Online* Terhadap Kelelahan Mata Pada Anak Usia Sekolah Dasar. *Jurnal Ilmu Kedokteran Dan Kesehatan Indonesia*, *3*(1).

- Lisowski, Ł., Lisowska, J., Charytonowicz, A., & Konopi, J. (2025). The diagnostic significance of pupillary reflex pathways : insights from classical examination and advanced pupillometry. *Frontiers in Neuroscience, October*, 1–18. <https://doi.org/10.3389/fnins.2025.1677431>
- Little, J.-A., Chan, V. F., Saw, M., Tham, Y. C., Chew, L., Foo, L. L., Collins, M., Ebri, A. E., Han, X., Schultz, L., Gleason, D., Jacobs, L., Prakash, W. D., Morjaria, P., Robler, S. K., Emmett, S. D., Mackenzie, G., Wang, N., & Khanna, R. C. (2025). Current status of school vision screening — rationale , models , impact and challenges : a review. *BMJ*, 1–8. <https://doi.org/10.1136/bjo-2024-326726>
- Loh, L., Prem-senthil, M., & Constable, P. A. (2024). Review A systematic review of the impact of childhood vision impairment on reading and literacy in education. *Journal of Optometry*, 17(2), 100495. <https://doi.org/10.1016/j.optom.2023.100495>
- Magakwe, T. S. S., Hansraj, R., N.Q., Z., & Xulu-Kasaba. (2022). The impact of uncorrected refractive error and visual impairment on the quality of life amongst school-going children in Sekhukhune district (Limpopo), South Africa. *African Vision and Eye Health Journal*, 1–7.
- Makwana, D., Engineer, P., Dabhi, A., & Chudasama, H. (2023). Sampling Methods in Research : A Review. *International Journal of Trend in Scientific Research and Development*, 7(3), 762–768.
- Martín-Cárdaba, M. Á., Martínez Díaz, M. V., Lafuente Pérez, P., & García Castro, J. (2024). Smartphone Ownership, Minors' Well-being, and Parental Mediation Strategies. An Analysis in the Context of Social Media Influencers. *Journal of Youth and Adolescence*, 53(10), 2202–2218. <https://doi.org/10.1007/s10964-024-02013-7>
- Minh, X., Tran, T., Thuy, H., Nguyen, L., & Tran, T. V. (2025). Factors protecting against progression of myopia in school students exposed to year societal change in Vietnam : a 3- - cohort study. *BMJ Open*, 1–10. <https://doi.org/10.1136/bmjopen-2024-085853>
- Mohamad, N., & Bidi, U. (2025). Dampak Penggunaan Gadget terhadap Kesehatan Mata Anak Sekolah Dasar. *Dampak Penggunaan Gadget Terhadap Kesehatan Mata Anak Sekolah Dasar*, 4(2), 563–567.
- Mohan, A., Sen, P., Peeush, P., Shah, C., & Jain, E. (2022). Special Focus , Pediatric Ophthalmology and Strabismus Impact of *online* classes and home confinement on myopia progression in children during COVID - 19 pandemic : Digital eye strain among kids (DESK) study 4. *Indian Journal of Ophthalmology*, 3–7. <https://doi.org/10.4103/ijo.IJO>
- Peñaloza-barbosa, M. I., Martinez-perez, C., Andreu-vázquez, C., Sánchez-tena, M. Á., & Alvarez-peregrina, C. (2025). Visual Acuity Among Portuguese School-Aged Population. *Journal of Clinical Medicine*, 1–13.
- Perdana, N. F. (2025). *Anatomi & Fisiologi Manusia*. PT Sada Kurnia Pustaka.

[https://www.google.co.id/books/edition/Anatomi_dan_Fisiologi_Manusia/cg-GEQAAQBAJ?hl=id&gbpv=1&dq=Anatomi manusia&pg=PA147&printsec=frontcover](https://www.google.co.id/books/edition/Anatomi_dan_Fisiologi_Manusia/cg-GEQAAQBAJ?hl=id&gbpv=1&dq=Anatomi+manusia&pg=PA147&printsec=frontcover) mata

- Poulain, T., Hilbert, C., Grundmann, A., & Kiess, W. (2024). Associations between media use at bedtime and sleep : a cross-sectional analysis on differences between girls and boys. *Frontiers in Psychology*, July, 1–7. <https://doi.org/10.3389/fpsyg.2024.1290935>
- Poulain, T., Meigen, C., Kiess, W., & Vogel, M. (2025). *Smartphone* use, wellbeing, and their association in children. *Pediatric Research*, December 2023. <https://doi.org/10.1038/s41390-025-04108-8>
- Priftis, N., & Panagiotakos, D. (2023). Screen Time and Its Health Consequences in Children and Adolescents. *Children*, 10(10), 1–17. <https://doi.org/10.3390/children10101665>
- Rachman, Y. A., Herdianto, D., & Hastati, S. (2022). *Variabel Penelitian Populasi dan Sampel Penelitian Bahan dan Penelitian Instrumen Alur Penelitian*. 7(2).
- Şambel Aykutlu, M., Aykutlu, H. C., Özveren, M., & Garip, R. (2024). Digital media use and its effects on digital eye strain and sleep quality in adolescents: A new emerging epidemic? *PLoS ONE*, 19(12), 1–14. <https://doi.org/10.1371/journal.pone.0314390>
- Sari, M. R., & Vierlia, W. V. (2021). *Anatomy Physiology and Examination of Optic Nerve*. 1–11.
- Siroj, R. A., Afgani, W., Septaria, D., Zahira, G., Kuantitatif, P., Ilmiah, P., & Data, A. (2024). *Jurnal Review Pendidikan dan Pengajaran*, Volume 7 Nomor 3, 2024 | 11279.7, 11279–11289.
- Siswoyo, S., Zulfatul A'la, M., Novema, L., & Kushariyadi, K. (2022). Hubungan Unsafe Action Penggunaan Gadget Dengan Nilai Visus Pada Remaja Miopia Di Rumah Sakit Daerah Balung Kabupaten Jember. *Bima Nursing Journal*, 3(2), 124. <https://doi.org/10.32807/bnj.v3i2.874>
- Stone, E. M. (2018). *Anatomy and Physiology of the Retina*.
- Sulistiyowati, M. A. E. T., Suryani, M., Sianturi, M., & Marwaningsih, R. (2026). Mencegah gangguan mata dengan cerdas menggunakan gadget pada siswa sekolah dasar. *Communnity Development Journal*, 7(2), 2021–2023.
- Supit, F., Timur, A., Selatan, A., & Tenggara, A. (2021). Miopia : Epidemiologi dan Faktor Risiko. *Opini*, 48(12), 741–744.
- Town, A., Legesse, N., Abdissa, B., & Begna, Z. (2024). Prevalence of visual impairment and associated factors among primary school. *SAGE Open Medicine*, Volume 12, 1–8. <https://doi.org/10.1177/20503121241236136>
- Wolffsohn, J. S., Lingham, G., Downie, L. E., Huntjens, B., Inomata, T., Jivraj, S., Kobia-acquah, E., Muntz, A., Mohamed-noriega, K., Plainis, S., Read, M., Sayegh, R. R., Singh, S., Utheim, T. P., & Craig, J. P. (2023). The Ocular Surface TFOS Lifestyle : Impact of the digital environment on the ocular

surface. *The Ocular Surface*, 28(April), 213–252.
<https://doi.org/10.1016/j.jtos.2023.04.004>

Yulianti, I., Prameswari, V. E., & Prihartini, S. D. (2022). Pengaruh Screen Time, Ergonomic Position dan Jarak Pandang dengan Media Pembelajaran Daring Terhadap Ketajaman Penglihatan Anak. *Jurnal Ilmiah Keperawatan*, 8(1), 158–165.

Zhao, L., Jiang, X., Zhang, W., Hao, L., Zhang, Y., & Wu, S. (2024). *Prevalence and risk factors of myopia among children and adolescents in Hangzhou*. 3399, 1–10.

Zheng, X., Shi, L., Ou, W., Xue, Y., & Xu, Y. (2022). Effects of physical activity and use of digital devices on visual acuity in children and adolescents during the COVID-19 pandemic : A cross-sectional study. *Frontiers in Public Health*, 1–7.

Zong, Z., Zhang, Y., Qiao, J., Tian, Y., & Xu, S. (2024). The association between screen time exposure and myopia in children and adolescents: a meta-analysis. *BMC Public Health*, 24(1), 1–15. <https://doi.org/10.1186/s12889-024-19113-5>

