

DAFTAR PUSTAKA

1. Mona. Pengaruh Bermain Game Online Terhadap Pola Tidur Remaja Di MA Al-Istiqomah Pada Masa Pandemi Covid 19. 2020;1–9.
2. Pramesti A, Embrik IS, Pratiwi A. Hubungan Kecanduan Game Online Dengan Kualitas Tidur Pada Remaja Di SMK Negeri 5 Kabupaten Tangerang. *J Dunia Ilmu Kesehat.* 2023;1:45–9.
3. Indonesia APJI. No Title. Survei Penetrasi Interney Indones. 2024;
4. Ratnawati D, Kesehatan FI, Pembangunan U, Veteran N, Cimanggis K, Online G. Hubungan Perilaku Bermain Game Online dengan Carpal Tunnel Syndrome. *Indones J Heal Dev.* 2020;2(1).
5. Maulida A. Gambaran Psikopatologi Pada Siswa Sman 15 Padang Dengan Adiksi Game Online. *J Fak Kedokt Univ Andalas 1.* 2021;
6. Devi Lestia Dewi, Yoga Pramana SF. Pengaruh Game Online Terhadap Kualitas Tidur Mahasiswa : Literature Review. *Malahayati Heal Student J.* 2024;4(1):123–39.
7. Haryati, Siti Patma Yunaningsi JR. Faktor yang Mempengaruhi Kualitas Tidur Mahasiswa Fakultas Kedokteran Universitas Halu Oleo. 2020;5(2):22–33.
8. Erni Solehah, Supriadi, Sugiyanto SS. Aktivitas Game Online Menurunkan Kualitas Tidur Pada Siswa. 2024;4(1):49–56.
9. Joakim H Kristensen, Ståle Pallesen, Daniel L King, Mari Hysing EKE. Problematic gaming and sleep: A systematic review and meta-analysis. *Front Psychiatry.* 2021;7(12):675237.
10. Firda Intan Nursyifa, Efri Widiarti YKH. Gangguan Tidur Mahasiswa Fakultas Keperawatan Universitas Padjadjaran yang Mengalami Kecanduan Game Online. 2020;VIII(1):32–41.
11. Janssen X, Martin A, Hughes AR, Hill CM, Kotronoulas G, Hesketh KR. Associations of screen time , sedentary time and physical activity with sleep in under 5s : A systematic review and meta-analysis. *Sleep Med Rev* [Internet]. 2020;49:101226. Available from: <https://doi.org/10.1016/j.smr.2019.101226>
12. Yoora Chu, Yeongbiehn Oh, Minseong Gwon, Seokhyun Hwang; Hyeokjun Jeong; Hyun-Woo Kim, MD, PhD; Kihun Kim, MD, MS; Yun Hak Kim, MD P. Dose-response analysis of smartphone usage and self-reported sleep quality : a systematic review and meta-analysis of observational studies. 2023;19(3).
13. Saoirse Mac Cárthaigh, Claire Griffin JP. The relationship between sleep and problematic smartphone use among adolescents: A systematic review. *Dev Rev.* 2020;55:100897.
14. Chao Li, Gang Cheng, Tingting Sha WC and YY. The Relationships between Screen Use and Health Indicators among Infants , Toddlers , and Preschoolers : A Meta-Analysis and Systematic Review. *Int J Environ Res Public Health.* 2020;17(19):7324.
15. Woran K, Kundre RM, Pondaag FA, Program M, Ilmu S, Kedokteran F, et al. Analisis Hubungan Penggunaan Media Sosial. 2020;8:1–10.
16. Haibanissa S, Sulastris T, Ningsih R. Dampak Bermain Game Online

- terhadap Kualitas Tidur pada Remaja SMA. 2022;7(2):201–13.
17. Lauren Hale SG. Screen Time and Sleep among School-Aged Children and Adolescents: A Systematic Literature Review. *Sleep Med Rev.* 2023;21:50–8.
 18. Scott H, Biello SM, Woods HC. Social media use and adolescent sleep patterns : cross-sectional findings from the UK millennium cohort study. *BMJ Open.* 2019;9(9):031161.
 19. Astutik ZNI, Rohmah N AZ. The Relationship between Online Game Addiction and Sleep Quality in Children Aged 9-12 Years at SDN Grujugan Kidul 1. *Med Nutr J Heal Sci.* 2024;5(3):81–90.
 20. Desy Purnama Putri, Muhammad Yuliansyah ESH. Adiksi Game Online dan Smartphone Terhadap Prokrastinasi Akademik Di SMKN Martapura. 2023;17(1978):1213–24.
 21. Andreas, Andreas and TW. Moba Video Game Popularity Analysis Using Quantitative Approach: A Case Study Of Apex Legends. *Comb Manag Business, Innov Educ Soc Sci.* 2023;3(1):225–33.
 22. Mulia Az-zahrah, Djudju Sriwenda SS. The Relationship Between Online Games on Sleep Quality in. 2024;12(3):544–50.
 23. Gede Ariantika Putra, Ari Wibawa, Ni Komang Ayu Juni Antari IMNW. The relationship between mobile online gameplay duration and sleep quality in the latest adolescents. 2023;4(2):173–6.
 24. Muhammad Darwis, Khairul Amri HR. Dampak dari Kecanduan Game Online Di Kalangan Remaja Usia. 2020;5(2):228–33.
 25. Astrid Makrina Reyaan Hemas, Sisilia Indiasari W VS. Gambaran Kualitas Tidur pada Remaja Di Asrama Putri Emaus Surabaya. *J Penelit Kesehat.* 2022;1–6.
 26. Ramadhan NS, Ramadan H. Analisis Dampak Negatif Kecanduan Game Online Mobile Legend pada Siswa. 2023;4(2):430–41.
 27. Lemmens JS, Valkenburg PM, Peter J. Development and Validation of a Game Addiction Scale for Adolescents Development and Validation of a Game. 2016;3269(October).
 28. Sulistiyoningrum EM. Hubungan Antara Kecanduan Game Online dengan Kualitas Tidur pada Remaja Di SMPN 1. 2022.
 29. Carskadon MA, Dement WC. Chapter 2 – Normal Human Sleep : An Overview. 2011;16–26.
 30. Simon KC, Nadel L, Payne JD. The functions of sleep: A cognitive neuroscience perspective. 2022;0:24–7.
 31. Mahasweta Dubey, Baridalyne Nongkynrih, Sanjeev Kumar Gupta, Mani Kalaivani, Anil Kumar Goswami HRS. Sleep Quality Assessment of Adolescents Residing in an Urban. 2019;
 32. JE Hall MH. Guyton and Hall Textbook of Medical Physiology E-Book. Elsevier Health Sciences. 2020.
 33. Gais S, Mo M, Helms K, Born J. Learning-Dependent Increases in Sleep Spindle Density. 2002;22(15):6830–4.
 34. Ali K, Dahlan A, Info A, History A. Hubungan Antara Intensitas Bermain Game Online dan Keterampilan Sosial dengan Agresivitas Pada Remaja. 2024;7(9):10583–9.
 35. Daniel J. Buysse, Charles F. Reynolds III, Timothy H. Monk, Susan R.

- Berman and DJK. The Pittsburgh Sleep Quality Index : A New Instrument For Psychiatric Practice and Research. 1988. p. 193–213.
36. WHO. Adolescent health. 2022.
 37. SST Rima Wirenviona, AAIDC Riris SS. Edukasi Kesehatan Reproduksi Remaja. 2020.
 38. Foundation NS. How Much Sleep Do You Really Need? 2020.
 39. M Darwin, MR Mamondol, SA Sormin YN. Metode Penelitian Pendekatan Kuantitatif. 2021. 13 p.
 40. Eddy Roflin, Iche Andriyani Liberty P. Populasi, Sampel, Variabel dalam Penelitian Kedokteran. 2021.
 41. Lingkungan DI, Cipayung RT, Timur J. PKM Sosialisasi Pengaruh dan Dampak Games pada Usia Dini Di Lingkungan RT.004 Cipayung Jakarta Timur. 2022;1(3):106–11.
 42. Sumargo B. Teknik Sampling. 2020. 19 p.
 43. Henny Syapitri, Amila JA. Buku Ajar Metodologi Penelitian Kesehatan. 2021. 149 p.
 44. Anggi Setyowati MHCR. Validity and reliability of the Indonesian version of the Pittsburgh Sleep Quality Index in adolescents. *Int J Nurs Pract.* 2012;27(5):e12856.
 45. Lemmens, J. S., Valkenburg, P. M., & Peter J. Psychosocial causes and consequences of pathological gaming. *Comput Human Behav.* 2009;25(1):14–20.
 46. Mulia Az-zahrah, Djudju Sriwenda SS. Kecanduan game online pada remaja: Perbandingan antara laki-laki dan perempuan. *J Psikol Remaja.* 2024;12(1):45–58.
 47. Pramudito, A., Sari, R., & Hidayati N. Dampak permainan daring terhadap kualitas tidur remaja. A., Sari, R., & Hidayati, N P. Dampak permainan daring terhadap kualitas tidur remaja. *J Kesehat Masy.* 2021;15(2):123–30. *J Kesehat Masy.* 2021;15(2):123–30.
 48. Sari, D. P., Rahmawati, A., & Setiawan B. Hubungan antara durasi bermain game online dan kualitas tidur pada remaja. *J Psikol dan Kesehat.* 2022;10(3):201–10.
 49. Indonesia A. Laporan Survei Penggunaan Internet di Indonesia. Asos Penyelenggara Jasa Internet Indones. 2025;
 50. Setiawan, B., Rahmawati, A., & Sari DP. Gender differences in online gaming addiction among adolescents. *J Kesehat Masy.* 2022;15(3):150–8.
 51. Buysse, D. J., Reynolds III, C. F., Monk, T. H., Berman, S. R., & Kupfer DJ. The Pittsburgh Sleep Quality Index: A new instrument for psychiatric practice and research. *Psychiatry Res.* 1989;28(2):193–213.
 52. Hale, L., & Guan L. Screen time and sleep among school-aged children and adolescents: A systematic review. *Sleep Med Rev.* 2023;60:101–10.
 53. Scott, H., Bi P., & O'Connor S. The impact of screen time on sleep quality in adolescents: A systematic review. *Sleep Heal.* 2019;5(6):635–42.
 54. Erni Solehah, Supriadi & SS. Hubungan aktivitas game online dengan kualitas tidur siswa. *J Psikol Pendidik.* 2024;15(1):75–82.
 55. Gede Ariantika Putra, Ari Wibawa & NKAJAI. Durasi bermain game online dan kualitas tidur remaja. *J Kesehat Masy.* 2023;16(2):150–8.
 56. Chao Li, Wang, Y., & Zhang Y. The effects of blue light on sleep quality: A

- systematic review. *Sleep Med Rev.* 2020;54:101–10.
57. Firda Intan Nursyifa EWY. Gangguan tidur pada remaja dengan ketergantungan game online. *J Psikol Remaja.* 2020;11(2):100–10.
 58. Pramesti, A., Embrik, I. S., & Pratiwi A. The impact of excessive gaming on sleep quality among adolescents. *Int J Adolesc Med Health.* 2023;35(1):45–52.
 59. National SF. Sleep in America Poll: Sleep and Adolescents. Retrieved from Natl Sleep Found. 2020;
 60. Dubey, A., & Gupta R. Sleep duration and its impact on cognitive performance in adolescents. *J Sleep Res.* 2019;28(3).
 61. Yooru Chu, Yeongbiehn Oh, Minseong Gwon, Seokhyun Hwang, Hyeokjun Jeong, Hyun-Woo Kim, MD, PhD, Kihun Kim, MD, MS, Yun Hak Kim MP. The relationship between smartphone use and sleep quality in adolescents: A dose-response analysis. *Sleep Med.* 2023;100:1–8.
 62. Darwis, A., & Amri M. Gangguan tidur dan faktor-faktor yang mempengaruhinya pada remaja. *J Kesehat Masy.* 2020;15(1):30–40.
 63. Lüscher J. The impact of adolescent ' s daily electronic media use on sleep : Insights from adolescent ' s and their mother ' s point of view. 2023;(August 2022):576–93.
 64. Hamre R, Robert O, Smith F, Samdal O, Haug E. Gaming Behaviors and the Association with Sleep Duration , Social Jetlag , and Difficulties Falling Asleep among Norwegian Adolescents. 2022;
 65. Horrigan, J B. The impact of gaming on youth: A comprehensive analysis. *J Youth Stud.* 2024;27(1):45–60.
 66. Artikel O, Ariyansah F, Sarwili I, Studi P, Keperawatan S, Kesehatan FI, et al. Intensitas Bermain Game Online dan Kualitas Tidur Berhubungan dengan Perilaku Agresif pada Anak Remaja di Kelurahan Tugu Cimanggis Kota Depok. 2024;1–10.