DAFTAR PUSTAKA

Adnindya, M. R., Adenina, M. S. ., Suciati, T., Septadin, I. S., & Wardiansah. (2023). CARPAL TUNNEL SYNDROM: ANATOMICAL PERSPECTIVE. Jurnal Kedokteran Dan Kesehatan : Publikasi Ilmiah Fakultas Kedokteran Universitas Sriwijaya, 10(3), 370–375. https://doi.org/10.32539/jkk.v10i3.406

American Academy of Orthopaedic Surgeons. Management of Carpal Tunnel Syndrome Evidence-Based Clinical Practice Guideline. https://www.aaos.org/globalassets/quality-and-practice-resources/carpal-tunnel/carpal-tunnel-2024/cts-cpg.pdf

Asosiasi Penyelenggara Jasa Internet Indonesia. (2023). Pengguna Internet Indonesia 215 Juta Jiwa pada 2023, Naik 1,17%. https://katadata.co.id/digital/teknologi/646342df38af1/apjii-pengguna-internet-indonesia-215-juta-jiwa-pada-2023-naik-1-17#:~:text=Berdasarkan%20pekerjaan%2C%20internet%20paling%20banyak,dan%20Papua%2063%2C15%25.

Asosiasi Penyelenggara Jasa Internet Indonesia. (2024). Data Riset Pengguna Internet di Indonesia Tahun 2024. https://apjii.or.id/berita/d/apjii-jumlah-pengguna-internet-indonesia-tembus-221-juta-orang

Candra Dewi, A., Arfah Maulana, A., Nururrahmah, A., Muh Farid Naufal, A., Fadhil, M. S., Studi Teknik Komputer, P., Teknik Informatika dan Komputer, J., Teknik, F., Negeri Makassar, U., P Pettarani, J. A., Rappocini, K., Makassar, K., & Selatan, S. (2023). Peran Kemajuan Teknologi dalam Dunia Pendidikan. *Journal on Education*, *06*(01), 9725–9734. https://doi.org/10.31004/JOE.V6I1.4588

Cîmpeanu, M. C., Roman, N., Grigorescu, S., Grigorescu, O. D., & Miclăuș, R. S. (2024). Management of "De Novo" Carpal Tunnel Syndrome in Pregnancy: A Narrative Review. Journal of personalized medicine, 14(3), 240. https://doi.org/10.3390/jpm14030240

Dengah H. M., & Maramis J. R. Intensitas penggunaan internet dan gejala sindrom terowongan karpal. Nutrix. 2020 Okt;4(2)

El Swerky, F. M., Shafik, S. A., & Elhameed, F. K. A. (2022). Health prevention program for occupational overuse syndrome for computer users. International Journal of Health Sciences, 6(S5), 1717–1735. https://doi.org/10.53730/ijhs.v6nS5.9494

Eschweiler, J., Li, J., Quack, V., Rath, B., Baroncini, A., Hildebrand, F., & Migliorini, F. (2022). Anatomy, Biomechanics, and Loads of the Wrist Joint. In *Life* (Vol. 12, Issue 2). MDPI. https://doi.org/10.3390/life12020188

Gillig, J. D., White, S. D., & Rachel, J. N. (2016). Acute Carpal Tunnel Syndrome: A Review of Current Literature. Orthopedic Clinics of North America, 47(3), 599–607. https://doi.org/10.1016/j.ocl.2016.03.005

Gray's Anatomy: The Anatomical Basis of Clinical Practice. 40th Edition. (2008). Edinburg. Elsevier Churchill Livingstone.

Haikal, S. M. S., Hutahaean, Y. O., & Nuryanto, M. K. (2020). Hubungan Durasi Rata-Rata Penggunaan Smartphone dengan Kejadian Tenosynovitis De Quervain. Husada Mahakam: Jurnal Kesehatan, 10(1), 37 - 44. https://doi.org/10.35963/hmjk.v10i1.204

E., & Shannon, S. A. (2020). Carpal tunnel syndrome: a review of the re. In *Dental hygiene* (Vol. 62, Issue 7, pp. 316–320). doi.org/10.7759/cureus.7333

., Alhazmi, S. M., Mokli, B. I., Alhazmi, A. H., Muafa, K. A., Bakri, N. E., i, A. J., Alshekh, F. O., Mosleh, A. A., Baeshen, R. A., & Alhazmi, F. I.

(2024). The association between smartphone addiction and thumb/wrist pain among medical students of Jazan University, Saudi Arabia, A cross-sectional study. *Journal of Family Medicine and Primary Care*, *13*(9), 3695–3701. https://doi.org/10.4103/jfmpc.jfmpc_1581_23

Kosman, A. A. (2016). Hubungan Penggunaan Gadget Terhadap Keluhan Carpal Tunnel Syndrome Pada Mahasiswa Fakultas Kedokteran Universitas Hasanuddin.

Mandias, R., & Dengah, H. M., (2019). Hubungan Intensitas Penggunaan Internet dengan *Carpal Tunnel Syndrome*. http://ejournal.unklab.ac.id/index.php/kjn

Nisa, N., & Anwar, M. M. (2018). Gambaran faktor risiko kejadian Carpal Tunnel Syndrome (CTS) pada karyawan bagian redaksi di kantor berita X Jakarta Tahun 2018. Berita Kedokteran Masyarakat, 6. https://doi.org/10.22146/bkm.37696

Octaviana, F., Putra, Y., Safri, A. Y., Wiratman, W., Indrawati, L. A., Hakim, M. (2022). Uji Validitas dan Reliabilitas Kuesioner Sindrom Terowongan Karpal Boston Versi Bahasa Indonesia. https://doi.org/10.23886/ejki.10.132.18-25

Padua, L., Coraci, D., Erra, C., Pazzaglia, C., Paolasso, I., Loreti, C., Caliandro, P., & Hobson-Webb, L. D. (2016). Carpal tunnel syndrome: clinical features, diagnosis, and management. The Lancet. Neurology, 15(12), 1273–1284. https://doi.org/10.1016/S1474-4422(16)30231-9

Papanas, N., Stamatiou, I., & Papachristou, S. (2022). Carpal Tunnel Syndrome in Diabetes Mellitus. Current diabetes reviews, 18(4), e010921196025. https://doi.org/10.2174/1573399817666210901114610

Patel, S., & Burke-Gaffney, A. (2018). The value of mobile tablet computers (Ipads) in the undergraduate medical curriculum. *Advances in Medical Education and Practice*, *9*, 567–570. https://doi.org/10.2147/AMEP.S163623

Putri, P. (2019). Nerve and Tendon Gliding Exercise As Nonmedical Intervention for Carpal Tunnel Syndrome. Essence of Scientific Medical Journal, 17(2), 34–39. https://ojs.unud.ac.id/index.php/essential/article/view/53789

Rozak, A., & Hernawan, B. (2024). Hubungan Antara Penggunaaan Smartphone Dan Tingkat Stress Terhadap Kualitas Tidur Pada Mahasiswa FK UMS. Jurnal Ners.

Sevy JO, Sina RE, Varacallo MA. Carpal Tunnel Syndrome. [Updated 2023 Oct 29]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: https://www.ncbi.nlm.nih.gov/books/NBK448179/

Sobeeh, M. G., Ghozy, S., Elshazli, R. M., & Landry, M. (2022). Pain mechanisms in carpal tunnel syndrome: a systematic review and meta-analysis of quantitative sensory testing outcomes. *PAIN*, *163*(10). https://journals.lww.com/pain/fulltext/2022/10000/pain_mechanisms_in_carpal_tunnel_syndrome__a.22.aspx

Stretanski MF, Dydyk AM, Cascella M. Cedera Saraf Medius. [Diperbarui 7 Juli 2025]. Dalam: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; Januari 2025. https://www.ncbi.nlm.nih.gov/books/NBK553109/

Thaper, R., Gibson, M. J., Mykoniatis, K., & Sesek, R. (2023). The Role of Smart Hand Held Devices – Smartphones/iPads/Tablets/Smartwatches in Causing Musculoskeletal Disorders: A Systematic Literature Review. *International Journal of Industrial Ergonomics*, *97*, 103497. https://doi.org/10.1016/j.ergon.2023.103497

Widyaningtyas, H., Setiawati, E., & Kesoema, T. (2023). Hubungan Durasi dan Frekuensi Menulis Terhadap Keluhan Subjektif Carpal Tunnel Syndrome. graduate thesis, Universitas Diponegoro. eprints2.undip.ac.id/id/eprint/18881

Wallace, E. I. (2023). Repetitive Strain Injury and Electronic Medical records: A brief literature review cjni.net/journal. In *Canadian Journal of Nursing Informatics* (Vol. 18, Issue 1). https://cjni.net/journal/?p=10870

Ditaelis, W.N., Armyanti, I., & Asroruddin, M. (2024). Hubungan Penggunaan Intensitas Gawai Dengan Kejadian Insomnia Pada Mahasiswa Fakultas Kedokteran Universitas Tanjungpura Pontianak. Jurnal Kesehatan Republik Indonesia, 1(4), 53–67. Retrieved from https://jurnal.intekom.id/index.php/jkri/article/view/348

Zhang, F., Cui, R., Yin, L., Bi, R., Xu, H., & Wang, S. (2025). The causal relationship between thyroid dysfunction and carpal tunnel syndrome: A Mendelian randomization study. Medicine, 104(9), e41648. https://doi.org/10.1097/MD.0000000000041648