

DAFTAR PUSTAKA

- Abdu, S., Saranga', J. L., Sulu, V., & Wahyuni, R. (2021a). DAMPAK PENGGUNAAN GADGET TERHADAP PENURUNAN KETAJAMAN PENGLIHATAN. *Jurnal Keperawatan Florence Nightingale*, 4(1), 24–30. <https://doi.org/10.52774/jkfn.v4i1.59>
- Abdu, S., Saranga', J. L., Sulu, V., & Wahyuni, R. (2021b). DAMPAK PENGGUNAAN GADGET TERHADAP PENURUNAN KETAJAMAN PENGLIHATAN. *Jurnal Keperawatan Florence Nightingale*, 4(1), 24–30. <https://doi.org/10.52774/jkfn.v4i1.59>
- Alifina, N., Sayuti, K., & Fasrini, U. U. (2021). Hubungan Aktivitas Luar Ruangan dengan Miopia Mahasiswa Kedokteran Angkatan 2019 Universitas Andalas. *Jurnal Ilmu Kesehatan Indonesia*, 2(1), 21–28. <https://doi.org/10.25077/jikesi.v2i1.495>
- Alrasheed, S. (2023). Systematic review and meta-analysis of childhood visual impairment in the Eastern Mediterranean Region. *Eastern Mediterranean Health Journal*, 29(6), 482–490. <https://doi.org/10.26719/emhj.23.020>
- American Optometric Association. (2024). *Computer vision syndrome*.
- Antara, H., Dan, P., Gadget, V., Kejenakaan, D., Pada, P., Sekolah, A., Di, D., Negeri, S., Agung, F., Pringsewu, K., Tanti, A. I., Djamaluddin, A., & Rukmana, N. M. (2024). HUBUNGAN ANTARA PENGGUNAAN DAN VISIBILITAS GADGET DENGAN KEJENAKAAN PENGLIHATAN PADA ANAK SEKOLAH DASAR DI SD NEGERI 1 FAJAR AGUNG KABUPATEN PRINGSEWU. In *Jurnal Ilmu Kesehatan Masyarakat Indonesia (JIKMI) ISSN* (Vol. 5, Issue 2).
- AOA. (2019). *low vision and vision rehabilitation*.
- Boote, C., Sigal, I. A., Grytz, R., Hua, Y., Nguyen, T. D., & Girard, M. J. A. (2020a). Scleral structure and biomechanics. In *Progress in Retinal and Eye Research* (Vol. 74). Elsevier Ltd. <https://doi.org/10.1016/j.preteyeres.2019.100773>
- Boote, C., Sigal, I. A., Grytz, R., Hua, Y., Nguyen, T. D., & Girard, M. J. A. (2020b). Scleral structure and biomechanics. In *Progress in Retinal and Eye Research* (Vol. 74). Elsevier Ltd. <https://doi.org/10.1016/j.preteyeres.2019.100773>
- Cougnard-Gregoire, A., Merle, B. M. J., Aslam, T., Seddon, J. M., Akin, I., Klaver, C. C. W., Garhöfer, G., Layana, A. G., Minnella, A. M., Silva, R., & Delcourt, C. (2023). Blue Light Exposure: Ocular Hazards and Prevention—A Narrative Review. In *Ophthalmology and Therapy* (Vol. 12, Issue 2, pp. 755–788). Adis. <https://doi.org/10.1007/s40123-023-00675-3>
- Cui, J., Fu, J., Li, L., Chen, W., Meng, Z., Su, H., Yao, Y., & Dai, W. (2021). Prevalence and pattern of refractive error and visual impairment among schoolchildren: the Lhasa childhood eye study. *BMC Ophthalmology*, 21(1). <https://doi.org/10.1186/s12886-021-02134-8>
- Snellen Chart. (2023). *Snellen Chart*.
- Devy Ristya Irawan. (2018). *kuesioner ketajaman penglihatan dan penggunaan gadget*.

- Dewajanti, A. M., Kurniawan, H., & Arista, D. (2019). *Artikel Penelitian Hubungan Faktor Penggunaan Teknologi terhadap Kejadian Miopia pada Anak Usia Prapubertas di SD Sang Timur, Jakarta*.
- Diah, M., & Zuhroh, F. (2022). *Relation Between the Use of Gadget and the Visual Acuity in School Age Children in MI Tsamrotul Ulum Bungah Gresik* (Vol. 2, Issue 1).
- Dutheil, F., Oueslati, T., Delamarre, L., Castanon, J., Maurin, C., Chiambaretta, F., Baker, J. S., Ugbohue, U. C., Zak, M., Lakbar, I., Pereira, B., & Navel, V. (2023a). Myopia and Near Work: A Systematic Review and Meta-Analysis. In *International Journal of Environmental Research and Public Health* (Vol. 20, Issue 1). MDPI. <https://doi.org/10.3390/ijerph20010875>
- Dutheil, F., Oueslati, T., Delamarre, L., Castanon, J., Maurin, C., Chiambaretta, F., Baker, J. S., Ugbohue, U. C., Zak, M., Lakbar, I., Pereira, B., & Navel, V. (2023b). Myopia and Near Work: A Systematic Review and Meta-Analysis. In *International Journal of Environmental Research and Public Health* (Vol. 20, Issue 1). MDPI. <https://doi.org/10.3390/ijerph20010875>
- Fauzan, Z. A., Himayani, R., Utami, N., Rahmawati, S., Fisiologi, I., Visual, P., & Faktor-Faktor Yang Memengaruhinya, D. (2021). Fisiologi Pemrosesan Visual dan Faktor-faktor yang Memengaruhinya. In *Tinjauan Pustaka Medula I* (Vol. 11).
- Fauzia Zuhroh, D., Pranessia Anggrassari, A., Studi Ilmu Keperawatan, P., Kesehatan, F., Muhammadiyah Gresik, U., & Kesehatan dan Bisnis Surabaya, I. (2022). *Pemeriksaan Visus pada Anak Sekolah Dasar Sebagai Upaya Menjaga Mata Pasca Pandemi Covid-19 1*.
- Frank H. Netter, M. (2016). *Netter's Atlas of Human Anatomy 6th ed.*
- Guan, H., Yu, N. N., Wang, H., Boswell, M., Shi, Y., Rozelle, S., & Congdon, N. (2019). Impact of various types of near work and time spent outdoors at different times of day on visual acuity and refractive error among Chinese school-going children. *PLoS ONE*, 14(4). <https://doi.org/10.1371/journal.pone.0215827>
- Hailaiti, A., Yu, X., Yao, K., & Shentu, X. (2025). Postoperative amblyopia in children with congenital cataracts: a systematic review and meta-analysis. In *Italian Journal of Pediatrics* (Vol. 51, Issue 1). BioMed Central Ltd. <https://doi.org/10.1186/s13052-025-02010-x>
- He, M., Xiang, F., Zeng, Y., Mai, J., Chen, Q., Zhang, J., Smith, W., Rose, K., & Morgan, I. G. (2025). Effect of time spent outdoors at school on the development of myopia among children in China a randomized clinical trial. *JAMA - Journal of the American Medical Association*, 314(11), 1142–1148. <https://doi.org/10.1001/jama.2015.10803>
- Hendra Yuda, Joko Irawan, & Kukuh Mujiono. (2024). PREVALENSI KEJADIAN HYPERMETROPIA PADA MAHASISWA UNIVERSITAS MA CHUNG MALANG PADA BULAN JULI TAHUN 2024 Prevalence Of Hypermetropia In Students Of Ma Chung University Malang In July 2024. *JURNAL ILMIAH KESEHATAN MASYARAKAT DAN SOSIAL*, 2(1), 36–42. <https://doi.org/10.59024/jikas.v2i1.984>

- Hidayanti, A. N., & Lestari, P. W. (2023). PENCAHAYAAN DAN KELELAHAN MATA PADA PEKERJA OFFICE PT. X. *JURNAL MUTIARA KESEHATAN MASYARAKAT*, 8(1), 24–29. <https://doi.org/10.51544/jmkm.v8i1.3820>
- Huang, L., Kawasaki, H., Yasuda, R., & Sakai, R. (2018). *Relationship between Visual Acuity and Lifestyle: A Cross-Sectional Study in Japanese Children*.
- Husna, H. N. (2023). Kartu Pemeriksaan Tajam Penglihatan: A Narrative Review. *Jurnal Kumparan Fisika*, 5(3), 169–180. <https://doi.org/10.33369/jkf.5.3.169-180>
- Inamullah, I., Razzak, I., & Jameel, S. (2025). The eye as a window to systemic health: A survey of retinal imaging from classical techniques to oculosomics. *The Journal of Precision Medicine: Health and Disease*, 4, 100023. <https://doi.org/10.1016/j.premed.2025.100023>
- Irma, K. et al. (2021). *Perbandingan Hasil Pemeriksaan Menggunakan Autorefraktometer Dengan Manual Snellen Chart Di Rsu. Sibolga*.
- J. Fielding Hejtmancik, & Alan Shiels. (2017). *Chapter Nine - Overview of the Lens*.
- Jacob Owusu Sarfo. (2022). Types of Sampling Methods in Human Research: Why, When and How? *European Researcher*, 13(2). <https://doi.org/10.13187/er.2022.2.55>
- Jamalzehi, M. (2023a). Spring 2023 Jamalzehi M. Prevalence of Refractive Errors among Elementary School Students in Iranshahr. In *Iran. Journal of Ophthalmic and Optometric Sciences* (Vol. 7, Issue 2).
- Jamalzehi, M. (2023b). Spring 2023 Jamalzehi M. Prevalence of Refractive Errors among Elementary School Students in Iranshahr. In *Iran. Journal of Ophthalmic and Optometric Sciences* (Vol. 7, Issue 2).
- Karthikeyan, S. K., Ashwini, D. L., Priyanka, M., Nayak, A., & Biswas, S. (2022). Physical activity, time spent outdoors, and near work in relation to myopia prevalence, incidence, and progression: An overview of systematic reviews and meta-analyses. In *Indian Journal of Ophthalmology* (Vol. 70, Issue 3, pp. 728–739). Wolters Kluwer Medknow Publications. https://doi.org/10.4103/ijo.IJO_1564_21
- Kevin H. Nguyen, Bhupendra C. Patel, & Prasanna Tadi. (2023). *Anatomy, Head and Neck: Eye Retina*.
- Levy Oktivian Nuvida. (2025). INTENSITAS WAKTU DIDEPAN LAYAR DIGITAL DAN AKTIVITAS LUAR RUANG TERHADAP RISIKO MIOPIA PADA ANAK INTENSITY OF TIME SPENT IN FRONT OF DIGITAL SCREENS AND OUTDOOR ACTIVITIES ON THE RISK OF MYOPIA IN CHILDREN Levy Oktivian Nuvida. *JURNAL OPTOMETRI INDONESIA*, 2(2).
- Li, D., Min, S., & Li, X. (2024). Is Spending More Time Outdoors Able to Prevent and Control Myopia in Children and Adolescents? A Meta-Analysis. In *Ophthalmic Research* (Vol. 67, Issue 1, pp. 393–404). S. Karger AG. <https://doi.org/10.1159/000539229>
- Li, J., Liu, S., Zhu, Y., Song, D., Jin, N., Tang, C., Li, X., Zhang, B., Su, J., Wei, R., & Du, B. (2025). Combined and interaction effects of outdoor and reading time on

- myopia onset: evidence from over 210000 schoolchildren in China. *Journal of Global Health*, 15. <https://doi.org/10.7189/jogh.15.04274>
- Liu, S. M., Chang, F. C., Chen, C. Y., Shih, S. F., Meng, B., Ng, E., Hsu, C. H., Chiang, Y. Te, Mao, X. J., Yi, M. Y., Lepage, B., & Fang, W. T. (2021). Effects of parental involvement in a preschool-based eye health intervention regarding children's screen use in china. *International Journal of Environmental Research and Public Health*, 18(21). <https://doi.org/10.3390/ijerph182111330>
- Martinez-Perez, C., Sanchez-Tena, M. A., Sánchez-González, J. M., Villa-Collar, C., & Alvarez-Peregrina, C. (2025). Influence of outdoor time on the spherical equivalent and axial length in childhood myopia: A meta-analysis. In *Acta Ophthalmologica* (Vol. 103, Issue 8, pp. 864–878). John Wiley and Sons Inc. <https://doi.org/10.1111/aos.17478>
- Mei, Z., Zhang, Y., Jiang, W., Lam, C., Luo, S., Cai, C., & Luo, S. (2024). Efficacy of outdoor interventions for myopia in children and adolescents: a systematic review and meta-analysis of randomized controlled trials. In *Frontiers in Public Health* (Vol. 12). Frontiers Media SA. <https://doi.org/10.3389/fpubh.2024.1452567>
- Mohammad Husein. (2024). Analysis of Risk Factors for Myopia in Adolescents in Urban Environments. *International Journal of Public Health*, 1(3), 159–172. <https://doi.org/10.62951/ijph.v1i3.90>
- Nanang Trihandoko, Anastasia Eko Widiyanto, & Hendri Harianto. (n.d.). 9.
- Nandar Wirawan, Fridayanti Nurviria, & Safari, G. (2023). Hubungan Perilaku Penggunaan Gadget Dengan Gangguan Ketajaman Penglihatan Mata Pada Anak Usia 6-12 Tahun. *Healthy Journal*, 12(1), 33–42. <https://doi.org/10.55222/healthyjournal.v12i1.1331>
- Nila Sari, Didiek Reza Mawardi Waris, Nurul Sabilla P. Amin, Widya Ayu, & Ardy Eka Prameswari. (2024). *PROMOSI KESEHATAN MATA MELALUI KEGIATAN EDUKASI DAN SKRINING MATA SANTRI/WATI DI PONDOK PESANTREN SANTRI PERBATASAN TIMUR MERAUKE DALAM RANGKA PERINGATAN WORLD SIGHT DAY OKTOBER 2024*.
- Paramitasari D, & Ratnaningsih N. (2018). *Gambaran Kelainan Refraksi Tidak Terkoreksi pada Program Penapisan oleh Unit Oftalmologi Komunitas Pusat Mata Nasional Rumah Sakit Mata Cicendo di Wilayah Kabupaten Bandung Tahun 2017*.
- Patadungan, W., Indrakila, S., & Kuntoyo, R. (2021). *Pengaruh Lama Terpapar Cahaya Smartphone Terhadap Ketajaman Penglihatan dan Mata Kering pada Siswa/i Sekolah Dasar Al-Irsyad Kota Surakarta*. 4(3), 2621–0916. <https://doi.org/10.13057/smj.v4i3>
- Prayudi, A., Yapis Dompou, S., & Teknologi Informasi, P. (2023). PENGARUH GADGET DALAM PENURUNAN TINGKAT PENGLIHATAN PADA REMAJA. *Jurnal Pendidikan Dan Media Pembelajaran (JUNDIKMA)*, 02(01).
- Pryta, A., & Simaremare, R. (n.d.). Faktor-Faktor yang Mempengaruhi Visus pada Mahasiswa Fakultas Kedokteran Universitas HKBP Nommensen. *Anatomica Medical Journal Fakultas Kedokteran*. <http://jurnal.umsu.ac.id/index.php/AMJ>

- Pusat Data dan Informasi Kementerian Kesehatan RI. (2014). *Situasi Gangguan Penglihatan dan Kebutaan*.
- Putri Zahra Lubis, R., & Sarirah, M. (2024). *Risiko Miopia Terhadap Jarak Pandang Dekat Pada Mahasiswa Fakultas Kedokteran Universitas Muhammadiyah Sumatera Utara*. 5. <https://doi.org/10.30596/jph.v6i2>
- Qonita, Meynur Rohmah, & Zahrah Maulidia Septimar. (n.d.). *Jurnal Ilmiah Pamenang-JIP LITERATURE REVIEW: THE INFLUENCE OF GADGET USE WITH DECREASING VISION ACUITY IN ADOLESCENTS*. <https://doi.org/10.53599>
- Riordan-Eva, P. (2017). Anatomy & embryology of the eye. In *Vaughan & Asbury's General Ophthalmology*.
- Rizki Maulana, Y., Rahmawati, A., Istadi, Y., Sultan Agung, I., Ilmu Kesehatan Mata Fakultas Kedokteran Universitas Islam Sultan Agung Semarang, B., & Ilmu Anatomi dan Ilmu Pendidikan Kedokteran Fakultas Kedokteran Universitas Islam Sultan Agung Semarang, B. (2025). HUBUNGAN ANTARA INTENSITAS WAKTU AKTIVITAS LUAR RUANGAN DENGAN KEJADIAN MIOPIA. In *Jurnal I Ilmu Kedokteran n dal n Kesehal tal n* (Vol. 12, Issue 6). <http://ejurnalmalahayati.ac.id/index.php/kesehatan>
- Rizqa Nuriawalia, iyar siswandi, siti choirunnisa, & Fitriyan Rayasari. (2024). *Analisa Faktor Yang Berhubungan Dengan Kesehatan Mata Pada Remaja Pengguna Gawai*. 6(2).
- Sánchez-Tocino H, Villanueva Gómez A, Gordon Bolaños C, Alonso Alonso, & Vallelado Alvarez A. (2019). *The effect of light and outdoor activity in natural lighting on the progression of myopia in children*.
- Sasayama, K. (2025). Relationship Between Physical Activity and Visual Acuity in Japanese Students: A Cross-Sectional Study. *Health Science Reports*, 8(4). <https://doi.org/10.1002/hsr2.70632>
- Sefianti, A. V., Hawa, A. M., & Blagov, A. (2023). *Strategi Menjaga Kesehatan Mata Anak SD Di Era Digital*. <http://jurnal.unw.ac.id/index.php/janacitta>
- Sina, I., Kedokteran, J., Kedokteran, K.-F., Islam, U., Utara, S., Hernawan, B., Penelitian, A., Pandang, J., Pemakaian, P., Berhubungan, G., Penurunan, D., & Hanifa, M. H. (2024). *SIGHT DISTANCE ON GADGET USAGE RELATED TO DECREASE IN VISION OF MEDICAL FACULTY STUDENTS IN SURAKARTA*. 23(2).
- Sofia Azkya, Nurazizah, & Dawamah. (2025). *Cindoku: Jurnal Keperawatan dan Ilmu Kesehatan Strategi Mahasiswa Dalam Mengatur Penggunaan Gadget dan Belajar Untuk Kesehatan*.
- Sultan Badrani, B., & Fitriana, Y. (2024). HUBUNGAN DURASI SCREEN TIME TERHADAP PENURUNAN TAJAM PENGLIHATAN SISWA KELAS 5 DAN 6 SDN MODEL TERPADU MADANI PALU. *Jurnal Ilmiah Kedokteran*, 9(1).
- Sumakul, J. J., Marunduh, S. R., & Doda, D. V. D. (2020). *e/ISSN 2337-330X eBiomedik*. 8(1). <https://doi.org/10.35790/ebm.8.1.2020.27140>

- Sumardiyono, S., & Pamungkas, P. I. (2024). Pengaruh Lama Penggunaan Komputer dan Jarak Pandang terhadap Kelelahan Mata. *Jurnal Ilmu Kesehatan Masyarakat*, 13(04), 290–297. <https://doi.org/10.33221/jikm.v13i04.3169>
- Sumitra, L. K., & Aniruddha, G. (2025). EFFECT OF SCREEN TIME ON VISUAL ACCOMMODATION AND EYE FATIGUE. *International Journal of Academic Medicine and Pharmacy*. <https://doi.org/10.47009/jamp.2025.7.5.164>
- Susanti Devi, Cahyono Adi, Al, M. F., Putra, Y., & Palembang, K. B. (2025). *Babul Ilmi_Jurnal Ilmiah Multi Science Kesehatan HUBUNGAN ANTARA FAKTOR KETURUNAN DAN FAKTOR LINGKUNGAN TERHADAP KEJADIAN MIOPIA*. 17(1), 244–251. <https://jurnal.stikes-aisyiyah-palembang.ac.id/index.php/Kep/article/view/>
- Syafi'in, S., & Suhita, B. M. (2021). Impaired Vision Function Due to Use of Gadget. *Journal for Quality in Public Health*, 4(2), 83–86. <https://doi.org/10.30994/jqph.v4i2.195>
- Sylviana, N., Basri, S., & Inggriyani, G. (2025). Hubungan Aktivitas Melihat Dekat dengan Kejadian Miopia pada Santri MTS Dayah Insan Qurani Aceh. *J. Ked. N. Med* |, 8(2).
- Tandean, V. S., Rachman, M. J., Gondo, C. C., & Fadhilah, Y. P. (2022a). Aktivitas Luar Ruangan Menghambat Pemanjangan Aksis Mata sebagai Pencegahan Miopia Progresif pada Anak. *Jurnal Kedokteran Meditek*, 28(2), 199–206. <https://doi.org/10.36452/jkdoktmeditek.v28i2.2303>
- Tandean, V. S., Rachman, M. J., Gondo, C. C., & Fadhilah, Y. P. (2022b). Aktivitas Luar Ruangan Menghambat Pemanjangan Aksis Mata sebagai Pencegahan Miopia Progresif pada Anak. *Jurnal Kedokteran Meditek*, 28(2), 199–206. <https://doi.org/10.36452/jkdoktmeditek.v28i2.2303>
- Tegegne, M. M., Assem, A. S., & Merie, Y. A. (2021). Prevalence and associated factors of amblyopia among school age children at bahir dar city, northwest ethiopia: A community-based cross-sectional study. *Clinical Optometry*, 13, 143–153. <https://doi.org/10.2147/OPTO.S293446>
- Wan, W., Chen, Z., Xun, Y., Yi, K., Zhu, Y., Pu, Y., Su, G., Zhou, C., Wang, Y., & Yang, P. (2023). Comprehensive evaluation of functional vision, quality of life, and cognitive ability in pediatric uveitis. *BMC Ophthalmology*, 23(1). <https://doi.org/10.1186/s12886-023-03117-7>
- WHO. (2023). *Blindness and vision impairment*.
- Xu, J., Li, Y., Ma, S., Dai, S., Xu, W., Sang, M., & Feng, K. (2025). The relationship between vision status and its influencing factors among primary and secondary school students: The masking effect of physical activity level and the moderating effect of academic stress. *BMC Public Health*, 25(1). <https://doi.org/10.1186/s12889-025-21625-7>
- Yang, F.-F., & Dengan, B. (n.d.). *IIALAMATI FENGESAHAN*.
- Yeyen Gumayesti, & H. Ahmad Hanafi. (n.d.). *KATA PENGANTAR*.
- Zakiah, S., Nurul Husna, H., & Kuniasih, E. (2023). *Syifa Zakiah: Perbedaan Derajat Miopia berdasarkan Durasi Membaca pada Siswa Perbedaan Derajat Miopia berdasarkan Durasi Membaca pada Siswa* (Vol. 6).

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). <https://doi.org/10.1186/s12889-024-19113-5>