

## DAFTAR PUSTAKA

- Amar, I.K., Astri, Y. and Artanto, A., 2023. Hubungan antara adiksi internet dengan gangguan kecemasan menyeluruh pada mahasiswa Fakultas Kedokteran Muhammadiyah Palembang. 4(1), pp.16–24.
- Anggraini, D., Nuryanto, M.K. and Nugrahayu, E.Y., 2021. Hubungan Antara Internet Addiction dengan Depresi pada Siswa SMA Negeri 3 Samarinda Pengguna Smartphone. *Jurnal Sains dan Kesehatan*, 3(4), pp.506–511. <https://doi.org/10.25026/jsk.v3i4.439>.
- Apriyadi, A., 2022. Cognitive Behavioural Therapy Spritualitas Islam untuk Mengatasi Kecemasan Sosial Remaja. pp.70–83. <https://doi.org/10.32923/couns.v2i1.2304>.
- Ayu, K., Devi, T., Sumadewi, K.T., Wayan, I., Arsana, E., Warmadewa, U., Anatomi, B., Kedokteran, F., Ilmu, D., Universitas, K., Ksm, W., Kedokteran, I., Rumah, J., Umum, S. and Sanjiwani Gianyar, D., 2018. Hubungan Adiksi Internet dengan Depresi dan Kecemasan pada. *Aesculapius Medical Journal* /, 2(3), pp.181–187.
- Blum, K., Thompson, B., Demetrovics, Z., Femino, J., Oscar-berman, M., Teitelbaum, S., Smith, D.E. and Kennison, A., 2015. Fellowship : Connecting the Dots for Recovery. 1(1), pp.46–64. <https://doi.org/10.17756/jrds.2015-008.The>.
- Brown, L., Rando, A.A., Eichel, K., Van, N.T., Celano, C.M., Huffman, J.C., Morris, M.E., Centre, E.R., Hospitals, H., Behavior, H. and Hospital, G., 2022. HHS Public Access. 83(6), pp.631–640. <https://doi.org/10.1097/PSY.0000000000000900.The>.
- Cash, H., D. Rae, C., H. Steel, A. and Winkler, A., 2012. Internet Addiction: A Brief Summary of Research and Practice. *Current Psychiatry Reviews*, 8(4), pp.292–298. <https://doi.org/10.2174/157340012803520513>.
- Chandra, A., Latifah, A., Pratama, H., Maherdy, O., Imbar, R.V. and Mahayana, D., 2021. Kajian Adiksi Internet dan Adiksi Media Sosial dari Sisi Filsafat Sains. *Jurnal Algoritma*, 17(2), pp.409–423. <https://doi.org/10.33364/algoritma/v.17-2.409>.
- Demin, D. and Poskotinova, L., 2022. Neurophysiologic Reactions during Heart Rate Variability Biofeedback Session in Adolescents with Different Risk of Internet Addiction. *International Journal of Environmental Research and Public Health*, 19(5). <https://doi.org/10.3390/ijerph19052759>.
- Dewi, N. and Trikusumaadi, S.K., 2017. Bahaya Kecanduan Internet dan Kecemasan Komunikasi terhadap Karakter Kerja Sama pada Mahasiswa. *Jurnal Psikologi*, 43(3), p.220. <https://doi.org/10.22146/jpsi.16829>.
- Drake, R.L., Adam Vogl, W. and Mitchell, W.M., 2012. *Gray's Basic*

*Anatomy.*

Da Estrela, C., McGrath, J., Booij, L. and Gouin, J.P., 2021. Heart Rate Variability, Sleep Quality, and Depression in the Context of Chronic Stress. *Annals of Behavioral Medicine*, 55(2), pp.155–164. <https://doi.org/10.1093/abm/kaaa039>.

Ganong, Barrett, K.E., Barman, S.M., Boitano, S. and Brooks, H.L., 2012. *Ganong Buku Ajar Fisiologi Kedokteran. Memórias do Instituto Oswaldo Cruz*, .

Gultom, S.A., Wardani, N.D., Fitrikasari, A. and Dewi Wardani, N., 2018. Hubungan Adiksi Internet Dengan Prokrastinasi Akademik. *Diponegoro Medical Journal (Jurnal Kedokteran Diponegoro)*, [online] 7(1), pp.330–347. Available at: <<https://ejournal3.undip.ac.id/index.php/medico/article/view/19392>>.

Gunawan, R., Aulia, S., Supeno, H., Wijanarko, A., Uwiringiyimana, J.P. and Mahayana, D., 2021. Adiksi Media Sosial dan Gadget bagi Pengguna Internet di Indonesia. *Techno-Socio Ekonomika*, 14(1), p.1. <https://doi.org/10.32897/techno.2021.14.1.544>.

Habut, M.A., Manafe, D.T. and Wungouw, H.P.L., 2021. Hubungan Adiksi Internet Dengan Kualitas Tidur Pada Mahasiswa Preklinik Fakultas Kedokteran. *Cendana Medical Journal (CMJ)*, 9(1), pp.38–45. <https://doi.org/10.35508/cmj.v9i1.4933>.

Hayano, J. and Yuda, E., 2019. Pitfalls of assessment of autonomic function by heart rate variability. *Journal of Physiological Anthropology*, 38(1), pp.1–8. <https://doi.org/10.1186/s40101-019-0193-2>.

Heath, M. and Education, H.P.U.--medial, 2022. Cognitive Transcendence Strategies. pp.1–20.

Intan, T. and Wardiani, S.R., 2022. Edukasi dan sosialisasi ‘internet sehat’ pada remaja perempuan (analisis situasional dan rencana solusi). 5(1), pp.29–35.

John E, H.A.C.G., 2016. *Guyton and Hall Textbook of Medical Physiology*. [online] Available at: <<https://www.ptonline.com/articles/how-to-get-better-mfi-results>>.

Kania, B.F., Wrońska, D. and Zięba, D., 2017. Introduction to Neural Plasticity Mechanism. *Journal of Behavioral and Brain Science*, 07(02), pp.41–49. <https://doi.org/10.4236/jbbs.2017.72005>.

Kasus, S., Pt, D., Api, K., Daerah, I., Bandung, O., Guspriyadi, D. and Caecilia, S.W., 2014. ANALISIS TINGKAT STRES DAN TINGKAT KELELAHAN MASINIS BERDASARKAN HEART RATE VARIABILITY \*. 02(02), pp.57–67.

Keperawatan, B.M., 2022. 120 Intervensi Mindfulness Spiritual Islam

Sebagai Upaya Penurunan Tingkat Kecemasan Upaya Kesehatan Jiwa Bagi Mahasiswa Keperawatan. 5(2), pp.120–129.

Kurniawan, H., 2021. Hubungan Adiksi Internet dengan Status Gizi pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Airlangga Relationship of Internet Addiction with Nutritional Status of Students Faculty of Public Health , Airlangga University.

Kurniawan, H. and Farapti, F., 2021. Hubungan Adiksi Internet dengan Status Gizi pada Mahasiswa Fakultas Kesehatan Masyarakat Universitas Airlangga. *Media Gizi Kesmas*, 10(2), p.187. <https://doi.org/10.20473/mgk.v10i2.2021.187-195>.

Lee, M.Y., Lee, B.H., Kim, H.Y. and Yang, C.H., 2021. Bidirectional role of acupuncture in the treatment of drug addiction. *Neuroscience and Biobehavioral Reviews*, [online] 126, pp.382–397. <https://doi.org/10.1016/j.neubiorev.2021.04.004>.

LEVANI, Y., HAKAM, M.T. and UTAMA, M.R., 2020. Potensi Adiksi Penggunaan Internet pada Remaja Indonesia di Periode Awal Pandemi Covid 19. *Hang Tuah Medical journal*, 17(2), p.102. <https://doi.org/10.30649/htmj.v17i2.437>.

Lin, P.C., Kuo, S.Y., Lee, P.H., Sheen, T.C. and Chen, S.R., 2014. Effects of internet addiction on heart rate variability in school-aged children. *Journal of Cardiovascular Nursing*, 29(6), pp.493–498. <https://doi.org/10.1097/JCN.0b013e3182a477d5>.

Macit, H.B., Macit, G. and Güngör, O., 2018. Sosyal Medya Bağımlılığı VeDopamin OdaGeribildirimÜzerineBir Araştırma. *Mehmet Akif Ersoy Üniversitesi İktisadi ve İdari Bilimler Fakültesi Dergisi*, pp.882–897. <https://doi.org/10.30798/makuiibf.435845>.

Makivić, B., Nikić, M.D. and Willis, M.S., 2013. Heart Rate Variability (HRV) as a Tool for Diagnostic and Monitoring Performance in Sport and Physical Activities. *Journal of Exercise Physiology Online*, 16(3), pp.103–131.

Mareta, H.R., Hardjono, H. and Agustina, L.S.S., 2020. Dampak pola komunikasi keluarga laissez-faire terhadap kecanduan internet pada remaja di kota Surakarta. *Indigenous: Jurnal Ilmiah Psikologi*, 5(1), pp.44–53. <https://doi.org/10.23917/indigenous.v5i1.8740>.

Marin, M.G., Nuñez, X. and De Almeida, R.M.M., 2021. Internet Addiction and Attention in Adolescents: A Systematic Review. *Cyberpsychology, Behavior, and Social Networking*, 24(4), pp.237–249. <https://doi.org/10.1089/cyber.2019.0698>.

Mawardah, M., 2019. Adiksi Internet pada Masa Dewasa Awal. *Jurnal Ilmiah Psyche*, 13(2), pp.108–119. <https://doi.org/10.33557/jpsyche.v13i2.705>.

- Mengga, C., Pasiak, T. and Tuda, J., 2022. Pengaruh Meditasi Kesadaran (Mindfulness Meditation) dengan Metode Pendekatan Cognitive Trancendence Strategies terhadap Perubahan Perilaku Merokok. *Jurnal Biomedik:JBM*, 14(1), p.30. <https://doi.org/10.35790/jbm.v14i1.37283>.
- Neuroplasticity, K. and Kehidupan, N., 2019. Konsep Neuroplasticity , Neurobehaviour , Neuroscience dalam Kehidupan. (September). <https://doi.org/10.13140/RG.2.2.36699.92967>.
- Oktavianto, D., Pratama, D. and Sidhartani, S., 2021. Analisis Elemen Visual Video Edukasi Neuroplastisitas. *Visual Heritage: Jurnal Kreasi Seni dan Budaya*, 3(2), pp.114–121. <https://doi.org/10.30998/vh.v3i2.3870>.
- Palupi, D.A., Sarjana, W. and Hadiati, T., 2018. Hubungan Ketergantungan Smartphone Terhadap. *Kedokteran Diponegoro*, 7(1), pp.140–145.
- Parbat, D., 2020. HRV PARAMETERS AS A BIO- MARKER OF PRETERM INFANT AND NORMAL International Journal of Computer Engineering and Applications , HRV PARAMETERS AS A BIO- MARKER OF PRETERM INFANT AND NORMAL SINUS RHYTHM ECG ABSTRACT : (May).
- Parwatha, N.W., Ardjana, I.E., Windiani, I.T., Adnyana, I.S. and -, S.-, 2019. Gangguan sikap menentang akibat adiksi internet pada remaja. *Medicina*, 50(3), pp.466–469. <https://doi.org/10.15562/medicina.v50i3.692>.
- Pasiak;, M.M.A., Wongkar;, D. and Angmalisang;, E.C., 2019. Gambaran Kinerja Otak Mahasiswa Fakultas Kedokteran UNSRAT. *Jurnal Medik dan Rehabilitasi*, 1, pp.1–5.
- Pasiak, T., 2021. *Otak dan Kota, Kecerdasan Biofilia—Tuhan, Alam, dan Manusia*.
- Pasiak, T., 2022. *Iman dalam Otak Manusia: Pengantar Ilmu Neurosains Spiritual*. Jogjakarta: Maghza Pustaka.
- Pasiak, T., 2023. *Neurosains, spiritual, hubungan manusia, alam, dan tuhan*. Available at: <<https://penerbit.brin.go.id/pres/catalog/book/594>>.
- Przepiorka, A.M., Blachnio, A., Miziak, B. and Czuczwarc, S.J., 2014. Clinical approaches to treatment of Internet addiction. *Pharmacological Reports*, [online] 66(2), pp.187–191. <https://doi.org/10.1016/j.pharep.2013.10.001>.
- Ratulangi, A.G., Kairupan, B.H.R. and Dundu, A.E., 2021. Adiksi Internet Sebagai Salah Satu Dampak Negatif Pembelajaran Jarak Jauh Selama Masa Pandemi COVID-19. *Jurnal Biomedik:JBM*, 13(3), p.251. <https://doi.org/10.35790/jbm.13.3.2021.31957>.
- Rismala, R., Novamizanti, L., Nur Ramadhani, K., Siti Rohmah, Y.,

Parjuangan, S. and Mahayana, D., 2021. JEPIN (Jurnal Edukasi dan Penelitian Informatika) Kajian Ilmiah dan Deteksi Adiksi Internet dan Media Sosial di Indonesia Menggunakan XGBoost. 7(1), pp.1–11.

Rubaur, R., 2019. Hubungan antara tingkat adiksi internet dan kualitas tidur dengan tingkat kecemasan pada siswa SMA Negeri 1 Semin Kabupaten Gunungkidul. *Journal of Chemical Information and Modeling*, 53(9), pp.1689–1699.

Salisbury-Afshar, E. and Kauppila, G., 2021. Alcoholics anonymous and other 12-step facilitation programs for alcohol use disorder. *American Family Physician*, 103(5), pp.272–273. <https://doi.org/10.1002/14651858.CD012880.pub2.www.cochranelibrary.com>.

Sally Glassman, H., Rhodes, P. and Buus, N., 2022. Exiting Alcoholics Anonymous disappointed: A qualitative analysis of the experiences of ex-members of AA. *Health (United Kingdom)*, 26(4), pp.411–430. <https://doi.org/10.1177/1363459320961438>.

Sawyer, S.M., Azzopardi, P.S., Wickremarathne, D. and Patton, G.C., 2018. The age of adolescence. *The Lancet Child and Adolescent Health*, 2(3), pp.223–228. [https://doi.org/10.1016/S2352-4642\(18\)30022-1](https://doi.org/10.1016/S2352-4642(18)30022-1).

Sharifat, H. and Suppiah, S., 2021. Electroencephalography-detected neurophysiology of internet addiction disorder and internet gaming disorder in adolescents-a review. *Medical Journal of Malaysia*, 76(3), pp.401–413.

Sherwood, L., 2016. *Human physiology: from cells to systems*, 9 ed. <Https://Medium.Com/>.

Sutarto, A.P., 2019. Manajemen Stress Berbasis Variabilitas Denyut Jantung (HRV Biofeedback) pada Operator Industri Manufaktur. *Workshop dan Seminar PEI 2019*, [online] (November 2019), pp.1–11. Available at: <<https://www.researchgate.net/publication/358813724>>.

Sutrisna, I.P.P., Yasa, I.W.S. and Wirawan, I.G.B., 2021. Machine Translated by Google Review Kecanduan Internet pada Remaja : Biomolekuler , Intervensi Hatha Yoga , COVID-19 Pandemi dan Sistem Kekebalan Tubuh. pp.11–14. <https://doi.org/10.36444/jccp.v2i1.16>.

Tahir, M.J., Malik, N.I., Ullah, I., Khan, H.R., Perveen, S., Ramalho, R., Siddiqi, A.R., Waheed, S., Mohamed Shalaby, M.M., de Berardis, D., Jain, S., Vetrivendan, G.L., Chatterjee, H., Gopar Franco, W.X., Shafiq, M.A., Fatima, N.T., Abeysekera, M., Sayyeda, Q., Shammat, S.F., Aimani, W., Akhtar, Q., Devi, A., Aftab, A., Shoib, S., Lin, C.Y. and Pakpour, A.H., 2021. Internet addiction and sleep quality among medical students during the COVID-19 pandemic: A multinational cross-sectional survey. *PLoS ONE*, [online] 16(11 November), pp.1–14. <https://doi.org/10.1371/journal.pone.0259594>.

Thome, J., Densmore, M., Terpou, B.A., Théberge, J., McKinnon, M.C. and Lanius, R.A., 2022. Contrasting Associations Between Heart Rate Variability and Brainstem-Limbic Connectivity in Posttraumatic Stress Disorder and Its Dissociative Subtype: A Pilot Study. *Frontiers in Behavioral Neuroscience*, 16(May), pp.1–13. <https://doi.org/10.3389/fnbeh.2022.862192>.

Triyani, F.A., Dwidiyanti, M. and Suerni, T., 2019. Gambaran terapi spiritual pada pasien skizofrenia : literatur review. *Jurnal ilmu keperawatan jiwa*, [online] 2(1), pp.19–24. Available at: <<https://journal.ppnijateng.org/index.php/jikj/article/view/250>>.

Wan Ismail, W.S., Sim, S.T., Tan, K.A., Bahar, N., Ibrahim, N., Mahadevan, R., Nik Jaafar, N.R., Baharudin, A. and Abdul Aziz, M., 2020. The relations of internet and smartphone addictions to depression, anxiety, stress, and suicidality among public university students in Klang Valley, Malaysia. *Perspectives in Psychiatric Care*, [online] 56(4), pp.949–955. <https://doi.org/10.1111/ppc.12517>.

Winkler, A., Dörsing, B., Rief, W., Shen, Y. and Glombiewski, J.A., 2013. Treatment of internet addiction: A meta-analysis. *Clinical Psychology Review*, [online] 33(2), pp.317–329. <https://doi.org/10.1016/j.cpr.2012.12.005>.

Wise, R.A. and Robble, M.A., 2020. Dopamine and addiction. *Annual Review of Psychology*, 71, pp.79–106. <https://doi.org/10.1146/annurev-psych-010418-103337>.

Yani, F.S.F. and Nurmansyah, A., 2022. Hubungan Kontrol Diri Dengan Adiksi Internet Pada Mahasiswa. *Jurnal Health Sains*, 3(4).

Zhang, W. and Xu, R., 2022. Effect of Exercise Intervention on Internet Addiction and Autonomic Nervous Function in College Students. *BioMed Research International*, 2022. <https://doi.org/10.1155/2022/5935353>.