

DAFTAR PUSTAKA

- Agung, F. *et al.* (2024) 'Hubungan Lama Penggunaan dan Jarak Pandang Gadget dengan Ketajaman Penglihatan pada Anak Sekolah Dasar di SD Negeri 1 The Relationship Between the Use and Visibility of Gadget with Visual Acuity in Elementary School Children at SD Negeri 1', 7, pp. 119–133.
- Annur, C.M. (2024) *Durasi Penggunaan Ponsel di Indonesia Cenderung Meningkat Semenjak Pandemi*, *Databoks.Katadata.Co.Id*. Available at: [https://databoks.katadata.co.id/datapublish/2024/01/22/durasi-penggunaan-ponsel-di-indonesia-cenderung-meningkat-semenjak-pandemi#:~:text=Pada 2020%2C tercatat rata-rata warga Indonesia yang menggunakan,warga Indonesia naik jadi 5%2C99 jam per hari](https://databoks.katadata.co.id/datapublish/2024/01/22/durasi-penggunaan-ponsel-di-indonesia-cenderung-meningkat-semenjak-pandemi#:~:text=Pada%2020%2C%20tercatat%20rata-rata%20warga%20Indonesia%20yang%20menggunakan,warga%20Indonesia%20naik%20jadi%209%20jam%20per%20hari.&context=radar). (Accessed: 4 April 2024).
- Antara (2023) *Kemenkes: Kesehatan mata berpengaruh terhadap produktivitas masyarakat*, *Humaniora*. Available at: <https://www.antarane.ws.com/berita/3771624/kemenkes-kesehatan-mata-berpengaruh-terhadap-produktivitas-masyarakat>.
- Anugrahsari, S. *et al.* (2022) 'Gambaran Quality of Life Miopia pada Mahasiswa Fakultas Kedokteran Universitas Kristen Krida Wacana Jakarta', *Jurnal Universitas Jambi*, 10(1), pp. 56–67.
- Asosiasi Penyelenggara Jasa Internet Indonesia (2024) *APJII Jumlah Pengguna Internet Indonesia Tembus 221 Juta Orang*. Available at: <https://apjii.or.id/berita/d/apjii-jumlah-pengguna-internet-indonesia-tembus-221-juta-orang> (Accessed: 28 March 2024).
- Astuti, D. *et al.* (2020) 'The Determinant Factors Affecting the Event of Computer Vision Syndrome (CVS) on Helpdesk Employees at PT . Telkom Access Papua in 2020', (March), pp. 17–34.
- Barotun Mabaroh and Sugianti, L. (2021) 'Gadget Addiction and the Students' Achievement', *International Journal of Social Learning (IJSL)*, 1(3), pp. 321–332. doi:10.47134/ijsl.v1i3.59.
- Cambridge Dictionary (2024a) *GADGET | English meaning - Cambridge Dictionary*. Available at: <https://dictionary.cambridge.org/dictionary/english/gadget> (Accessed: 5 February 2024).
- Cambridge Dictionary (2024b) *Meaning of Freelance in English*. Available at: <https://dictionary.cambridge.org/dictionary/english/freelance> (Accessed: 3 February 2024).
- Clouse, J. (2021) *What is Freelancing & What Does it Mean to Freelance?*
- Janu Dimas Saputra, 2024
HUBUNGAN DURASI PENGGUNAAN GAWAI HARIAN DENGAN KEJADIAN MIOPIA PADA FREELANCER DIGITAL DI INDONESIA TAHUN 2024
UPN Veteran Jakarta, Fakultas Ilmu Kesehatan, Program Studi Kesehatan Masyarakat Program Sarjana
[www.upnvj.ac.id – www.library.upnvj.ac.id – www.repository.upnvj.ac.id]

Available at: <https://freelancing.school/what-is-freelancing/> (Accessed: 3 February 2024).

Dinari, N.A. (2022) 'Miopia : Etiologi dan Terapi', 49(10), pp. 556–559.

Downey, L., Howard, E. and Kvilhaug, S. (2023) *What Is a Freelancer: Examples, Taxes, Benefits, and Drawbacks*. Available at: <https://www.investopedia.com/terms/f/freelancer.asp> (Accessed: 3 February 2024).

Erlita, S., Bustamam, N. and Wahyuningsih, S. (2023) 'The Relationship between Screen Time and Screen Size with Computer Vision Syndrome', *Jurnal Sainika Medika*, 19(1), pp. 27–37. Available at: <http://ejournal.umm.ac.id/index.php/sainmed>.

Fad, G. (2020) *Gadget: Arti, Fungsi, dan Jenis-jenis Gadget - Gadgetinside Indonesia*. Available at: <https://tech.dailytimes.id/edukasi/pengertian-gadget/> (Accessed: 5 February 2024).

Firlyana, F. (2023) *Freelance: Definisi, Keuntungan, Kekurangan, Contoh Pekerjaan dan Gajinya*. Available at: <https://dailysocial.id/post/freelance-adalah#:~:text=Freelance%3A%20Definisi%2C%20Keuntungan%2C%20Kekurangan%2C%20Contoh%20Pekerjaan%20dan%20Gajinya,...> 4 Contoh Pekerjaan Freelance dan Gajinya (Accessed: 3 February 2024).

Hamdan, N. (2023) *Ketegangan Mata, seperti Apa Rasanya?, Kasoem Vision Care*. Available at: <https://www.kasoemvisioncare.com/ketegangan-mata/> (Accessed: 24 June 2024).

Han, S.B. *et al.* (2019) 'Prevalence and risk factors of myopia in adult Korean population : Korea national health and nutrition examination survey 2013-2014', 2014(Knhanes Vi), pp. 1–15.

Hansen, M.H. *et al.* (2020) 'Low physical activity and higher use of screen devices are associated with myopia at the age of 16-17 years in the CCC2000 Eye Study', *Acta Ophthalmologica*, 98(3), pp. 315–321. doi:10.1111/aos.14242.

Heryana, A. (2020) 'Etika Penelitian', *Research Gate* [Preprint], (July). doi:10.13140/RG.2.2.13880.16649.

Higginbotham, J. (2022) *What is Childhood Myopia? - Myopia Focus Organization*. Available at: <https://www.myopiafocus.org/childhood-myopia-information-for-parents> (Accessed: 2 February 2024).

Holden, B.A. *et al.* (2016) 'Global Prevalence of Myopia and High Myopia and Temporal Trends from 2000 through 2050', *Ophthalmology*, 123(5), pp. 1036–1042. doi:10.1016/j.ophtha.2016.01.006.

- Ikhwatun Tazkiyah, U., Herlina, S. and Kusumawardhani Hidayah, F. (2023) ‘Aktivitas Luar Ruangan Dan Penggunaan Gawai Mempengaruhi Prevalensi Miopia Di Smp Wahid Hasyim Kota Malang’, pp. 1–6.
- Inchara, N., Jammula, S. and Praveen Kumar, B. (2023) ‘Exposure to electronic gadgets and refractive errors among adolescents: A case–control study’, *The Pan-American Journal of Ophthalmology*, 5(1), p. 4. doi:10.4103/pajo.pajo_68_22.
- Indeed (2024) *Gaji Freelancer di Indonesia*. Available at: <https://www.bing.com/ck/a?!&&p=df10bc80c9c50e57JmltdHM9MTcxMTkyOTYwMCZpZ3VpZD0yMGMwZGRmNC0yZTcxLTZiZjMtMTVhOS1jYzU0MmYyNzZhYTYmaW5zaWQ9NTQ2MA&pfn=3&ver=2&hsh=3&fcid=20c0ddf4-2e71-6bf3-15a9-cc542f276aa6&psq=indeed+ratarata+penghasilan+freelancer+indonesia> (Accessed: 2 April 2024).
- Istock (2017) *Miopia & Miopia Dikoreksi Oleh Lensa Minus, Stok Ilustrasi, Getty Images*. Available at: <https://www.istockphoto.com/id/vektor/miopia-dan-miopia-dikoreksi-oleh-lensa-minus-gm639255458-115108239> (Accessed: 25 June 2024).
- J. Sumakul, J., R. Marunduh, S. and V. D. Doda, D. (2020) ‘Hubungan Penggunaan Gawai dan Gangguan Visus Pada Siswa SMA Negeri 1 Kawangkoan’, *Jurnal e-Biomedik*, 8(1), pp. 28–36.
- Jobstreet (2023) *Panduan Bekerja Freelance dan 25 Contohnya, Sumber Daya Karir*. Available at: <https://www.jobstreet.co.id/id/career-advice/article/contoh-panduan-bekerja-freelance> (Accessed: 9 July 2024).
- Lestari, T.Y. and Persada, I.B. (2023) *Alasan Lebih Produktif saat Malam Hari, Klik Dokter: Mental Health*.
- Litalia (2023) *Pengertian Gadget, Fungsi dan Contoh Macam-Macam Gadget - Jurnal Ponsel*. Available at: <https://www.jurnalponsel.com/pengertian-gadget/> (Accessed: 5 February 2024).
- Lumolos, M.P., Polii, H. and Marunduh, S.R. (2016) ‘Pengaruh lama paparan dan masa kerja terhadap visus pada pekerja rental komputer di Kecamatan Sario dan Malalayang Kota Manado’, 4, pp. 1–5.
- Morgan, I.G. *et al.* (2021) ‘IMI risk factors for myopia’, *Investigative ophthalmology & visual science*, 62(5), p. 3.
- Mutia, A. (2022) *Orang Indonesia Suka Main Media Sosial, Ini Alasannya, Databoks.Katadata.Co.Id*. Available at: <https://databoks.katadata.co.id/datapublish/2022/09/15/orang-indonesia-suka-main-media-sosial-ini-alasannya#:~:text=Kebanyakan> atau

67%2C6%25 orang Indonesia mengakses internet untuk,media sosial untuk membantu komunikasi dan interaksi sehari-hari. (Accessed: 9 July 2024).

Nasution, S.L.R. *et al.* (2022) ‘Penggunaan Gadget terhadap Kelainan Refraksi pada Siswa-Siswi’, *Journal of Telenursing (JOTING)*, 4(2), pp. 1029–1037. doi:10.31539/joting.v4i2.4722.

NHS (2022) *Short-sightedness (myopia)*. Available at: <https://www.nhs.uk/conditions/short-sightedness/?src=conditionswidget> (Accessed: 2 February 2024).

Ningtyas, Y.S., Sari, P. and Arnas, F. (2023) *Main HP sambil Rebahan Bisa Picu Mata Minus, Mitos atau Fakta?*, *RS. Mata Undaan*. Available at: <https://www.ngopibareng.id/read/main-hp-sambil-rebahan-bisa-picu-mata-minus-mitos-atau-fakta> (Accessed: 4 April 2024).

Nur Solikah, S. and Trisnowati, T. (2022) ‘Hubungan Durasi Penggunaan Gadget Dengan Ketajaman Mata Pada Anak Usia 10-12 Tahun Dimasa Pandemi Covid -19’, *Jurnal Penelitian Perawat Profesional*, 4(3), pp. 835–844.

Paida, N. *et al.* (2022) ‘Hubungan Jarak Dan Durasi Penggunaan Gadget Dengan Kelelahan Mata Pada Mahasiswa Universitas Sulawesi Barat’, *Jurnal Kesehatan Marendeng*, 6(3), pp. 20–32. doi:10.58554/jkm.v6i3.46.

Pandanaran, H. and Mayasari, E. (2022) *Dampak Gadget Terhadap Kesehatan Mata*, *herminahospitals.com*. Available at: <https://herminahospitals.com/id/articles/dampak-gadget-terhadap-kesehatan-mata.html> (Accessed: 4 April 2024).

Pansawira, P. (2022) *Miopi (Rabun Jauh): Penyebab, Gejala, Diagnosis dan Pencegahan - Alodokter*. Available at: <https://www.alodokter.com/rabun-jauh> (Accessed: 2 February 2024).

Permana, G.A.R., Sari, K.A.K. and Aryani, P. (2020) ‘Hubungan perilaku penggunaan gadget terhadap miopia pada anak sekolah dasar kelas 6 di Kota Denpasar’, *Intisari Sains Medis*, 11(2), pp. 763–768. doi:10.15562/ism.v11i2.694.

Permana, M.A., Koesyanto, H. and Mardiana (2015) ‘Faktor Yang Berhubungan Dengan Keluhan Computer Vision Syndrome (CVS) Pada Pekerja Rental Komputer di Wilayah Unnes’, *Unnes Journal of Public Health*, 2(3), pp. 48–57. Available at: <http://journal.unnes.ac.id/sju/index.php/ujph>.

Peta Indonesia (2024) *Peta Indonesia Hitam Putih*, *Flickr*. Available at: <https://www.flickr.com/photos/153680683@N07/44908055332/> (Accessed: 18 June 2024).

Poudel, S. and Khanal, S.P. (2020) ‘Magnitude and Determinants of Computer

- Vision Syndrome (CVS) among IT Workers in Kathmandu, Nepal’, *Nepalese Journal of Ophthalmology*, 12(2), pp. 245–251. doi:10.3126/nepjoph.v12i2.29387.
- Pramadani, N.M.A.S., Rusni, N.W. and Sari, N.L.P.E.K. (2024) ‘Hubungan antara Durasi Penggunaan Komputer dengan Kelelahan Mata pada Pegawai Bank BPD Cabang Utama Denpasar data dari World Health Organization’, 4(1), pp. 9–15.
- Pratiwi, A.D. *et al.* (2020) ‘Faktor Yang Berhubungan Dengan Kejadian Computer Vision Syndrome (CVS) Pada Pegawai PT. Media Kita Sejahtera Kendari’, 7(1), pp. 41–47.
- Riyanto, G.P. and Pratomo, Y. (2023) *Orang Indonesia Internetan Lebih dari 7 Jam Sehari, Paling Sering Buka WA dan IG, Kompas*. Available at: <https://tekno.kompas.com/read/2023/02/14/14020097/orang-indonesia-internetan-lebih-dari-7-jam-sehari-paling-sering-buka-wa-dan-ig#:~:text=Berhubungan dengan teman dan keluarga %2873 persen%29 Mengisi,Menonton video%2C tv show%2C atau film %2861%2C3 persen> (Accessed: 9 July 2024).
- Ruwiyatun *et al.* (2021) ‘Faktor Risiko Myopia Pada Pekerja Pengguna Komputer di Sektor Perbankan’, (November), pp. 1–13.
- Saara, K. *et al.* (2022) ‘Steep increase in myopia among public school-going children in South India after COVID-19 home confinement’, *Indian Journal of Ophthalmology*, 70(8), pp. 3040–3044. doi:10.4103/ijo.IJO_40_22.
- Saskia, C. and Pertiwi, W.K. (2023) *Ada 354 Juta Ponsel Aktif di Indonesia, Terbanyak Nomor Empat Dunia, Kompas*. Available at: <https://tekno.kompas.com/read/2023/10/19/16450037/ada-354-juta-ponsel-aktif-di-indonesia-terbanyak-nomor-empat-dunia> (Accessed: 9 July 2024).
- Satapathy, S.P., Panda, B. and Panda, S.C. (2020) ‘Prevalence and associated risk factors of refractive errors among medical students in Western Odisha: a cross-sectional study’, *International Journal of Scientific Reports*, 6(10), p. 405. doi:10.18203/issn.2454-2156.intjsci20204032.
- Saw, S.M. *et al.* (2002) ‘Prevalence rates of refractive errors in Sumatra, Indonesia’, *Investigative Ophthalmology and Visual Science*, 43(10), pp. 3174–3180.
- Sitorus, R.S. *et al.* (2023) ‘Myopia Progression during COVID-19 Home Quarantine in Indonesia: A Retrospective Multicenter Cohort Study’, *Research Square*, pp. 1–19. Available at: <https://doi.org/10.21203/rs.3.rs-3467189/v1>.
- Stuart, E. (2023) *What Do Gadgets Mean: Examples, Types, and Functionalities - Light The Minds*. Available at: <https://lighttheminds.com/what-do-gadgets->

- mean-examples-types-and-functionalities/ (Accessed: 5 February 2024).
- Supit, F. and Winly (2021) 'Miopia : Epidemiologi dan Faktor Risiko', 48(12), pp. 741–744.
- Susanti, D. (2022) 'Hubungan Pendidikan Dan Pendapatan Terhadap Kejadian Miopia Di Optik Paten Palembang', *Journal of Health Sciences*, 2(1), pp. 1–2.
- Top Karir (2022) *5 Rekomendasi Job Freelance Yang Bisa Dikerjakan Malam Hari, Tips Karir*. Available at: <https://www.topkarir.com/2/article/detail/5-rekomendasi-job-freelance-yang-bisa-dikerjakan-malam-hari> (Accessed: 25 June 2024).
- Totok Purwanto, K. *et al.* (2023) 'Efek Durasi Pemakaian Gadget Terhadap Penurunan Visus Pada Remaja Pengguna Kacamata', *Journal of Indonesian Optometris*, 01(01), pp. 12–22. Available at: <https://jurnaloptometris.org/index.php/JILOP>.
- Turbert, D., Mendoza, O. and Porter, D. (2023) *Nearsightedness: What Is Myopia? - American Academy of Ophthalmology*. Available at: <https://www.aao.org/eye-health/diseases/myopia-nearsightedness> (Accessed: 2 February 2024).
- Vision Espana (2019) *Miopia Magna, miopia magna organization*. Available at: <https://www.esvision.es/miopia-magna/> (Accessed: 25 June 2024).
- Whelan, C. *et al.* (2020) *Nearsightedness (Myopia)*. Available at: <https://www.healthline.com/health/nearsightedness> (Accessed: 2 February 2024).
- Whelm (2023) *What is a Digital Freelancer: Understanding the Basics, trywhelm.com*. Available at: <https://www.trywhelm.com/blog/what-is-a-digital-freelancer-understanding-the-basics> (Accessed: 29 March 2024).
- Widodo, A. and Aprilia, T. (2007) 'Miopia Patologi', *Jurnal Oftalmologi Indonesia*, 5(1), pp. 19–26.
- World Health Organization (2019) 'World report on vision Executive Summary', *Who*, 214(14), pp. 1–12. Available at: <https://www.who.int/news-room/detail/08-10-2019-who-launches-first-world-report-on-vision>.
- Zainodin, E.L. and Bakar, N.A.A. (2019) 'Computer vision syndrome and ergonomic practices among university office workers', pp. 351–355.
- Zhang, T. *et al.* (2018) 'The Prevalence and Associations of Peripheral Retinopathy: Baseline Study of Guangzhou Office Computer Workers', *Journal of Ophthalmology*, 2018. doi:10.1155/2018/2358690.