

DAFTAR PUSTAKA

- Abd-Elshafy, A.H. *et al.* (2022) ‘The relation of forward head posture with back muscle endurance in primary school children: a cross-sectional study’, *Bulletin of Faculty of Physical Therapy*, 27(1). Available at: <https://doi.org/10.1186/s43161-022-00105-8>.
- Abdurachman, Ignatius Heri Dwianto and Putri Wickywidiani R (2017) *Anatomia dan Kinematik Gerak Pada Manusia*.
- Ahmadiroor, A. *et al.* (2022) ‘Effect of Forward Head Posture on Dynamic Balance Based on the Biodex Balance System’, *Journal of Biomedical Physics and Engineering*, 12(5), pp. 543–548. Available at: <https://doi.org/10.31661/jbpe.v0i0.1912-1036>.
- Aisyah Salatong, I., Rini, I. and Mutmainnah Abdullah, M. (2023) *Hubungan antara forward head posture dengan risiko jatuh pada lanjut usia di kelurahan untia Kota Makassar*, *Indonesian Journal of Physiotherapy*.
- Akodu, A.K., Akinbo, S.R. and Young, Q.O. (2018) ‘Correlation among smartphone addiction, cranivertebral angle, scapular dyskinesis, and selected anthropometric variables in physiotherapy undergraduates’, *Journal of Taibah University Medical Sciences*, 13(6), pp. 528–534. Available at: <https://doi.org/10.1016/j.jtumed.2018.09.001>.
- Alonazi, A. *et al.* (2019) ‘The Effects Of Smartphone Addiction On Children’s Cervical Posture And Range Of Motion’, *International Journal of Physiotherapy*, 6(2). Available at: <https://doi.org/10.15621/ijphy/2019/v6i2/181910>.
- Alowa, Z. and Elsayed, W. (2021) ‘The impact of forward head posture on the electromyographic activity of the spinal muscles’, *Journal of Taibah University Medical Sciences*, 16(2), pp. 224–230. Available at: <https://doi.org/10.1016/j.jtumed.2020.10.021>.
- Anjasmara, R., Arti, B. and Mulyadi, W.Y. (2023) ‘Effect of Forward Head Posture on Dynamic Balance to Student Members of the Umsida Sports UKM’, *Journal of Physical Education, Sport, Health and Recreation*, 12(1), pp. 59–63. Available at: <http://journal.unnes.ac.id/sju/index.php/peshr>.
- Arthy, C.C. *et al.* (2019) ‘Indonesian version of addiction rating scale of smartphone usage adapted from smartphone addiction scale-short version (SAS-SV) in junior high school’, *Open Access Macedonian Journal of Medical Sciences*, 7(19), pp. 3235–3239. Available at: <https://doi.org/10.3889/oamjms.2019.691>.

- Barone, R. *et al.* (2022) ‘Anatomy of the Cervical Spine’, in *Cervical Spine: Minimally Invasive and Open Surgery: Second Edition*. Springer International Publishing, pp. 1–10. Available at: https://doi.org/10.1007/978-3-030-94829-0_1.
- Bomen, B.B. and Kulkarni, S. (2022) ‘The Relationship between Addiction to Smartphone Usage and Protracted Shoulders, Forward Head Posture and Thoracic Kyphosis in College Students’, *International Journal of Health Sciences and Research*, 12(2), pp. 220–226. Available at: <https://doi.org/10.52403/ijhsr.20220231>.
- Chandoliya, H., Chorsiya, V. and Kaushik, D. (2021) ‘Prevalence and Levels of Forward Head Posture among School Going Children’, *American Journal of Epidemiology & Public Health*, 5(1), pp. 022–025. Available at: <https://doi.org/10.37871/ajeph.id44>.
- Damayanti, R., Lutfiya, I. and Nilamsari, N. (2019) ‘The Efforts to Increase Knowledge About Balanced Nutrition at Elementary School Children’, *Darmabakti Cendekia: Journal of Community Service and Engagements*, 01(1), pp. 28–33. Available at: <https://doi.org/10.20473/dc.v1i1.2019.28-33>.
- Diah Noviati, N., Hilmy, R. and Laiska, C.A. (2022) *Hubungan Indeks Massa Tubuh Terhadap Craniovertebral Angle Pada Pekerja Back Office, Indonesian Journal of Physiotherapy*.
- Erika, K.A.R.A.P. (2022) ‘Demonstrasi Postur Tubuh Yang Baik Dan Benar Pada Anak Sekolah Dasar’, *INOVASI*, 3, pp. 104–109.
- Ghamkhar, L. and Kahlaee, A.H. (2019) ‘Is forward head posture relevant to cervical muscles performance and neck pain? A case-control study’, *Brazilian Journal of Physical Therapy*, 23(4), pp. 346–354. Available at: <https://doi.org/10.1016/j.bjpt.2018.08.007>.
- Ha, S.Y. and Sung, Y.H. (2020) ‘A temporary forward head posture decreases function of cervical proprioception’, *Journal of Exercise Rehabilitation*, 16(2), pp. 168–174. Available at: <https://doi.org/10.12965/jer.2040106.053>.
- Halyo, E.E., Parwata, I.M.Y. and Pramita, I. (2023) ‘The Relationship between Forward Head Posture and Dynamic Balance in Dhyana Pura University Students’, *Jurnal Kesehatan, Sains, dan Teknologi (JAKASAKTI)*, 02(02), pp. 81–84.
- Haryo, G. *et al.* (2021) ‘Faktor Risiko Terjadinya Forward Head Posture Risk Factors of Forward Head Posture’, *Jurnal Fisioterapi dan Rehabilitasi*, 5(2).

- Jafarnezhadgero, A. and Sheikhalizade, H. (2019) *Gait Ground Reaction Force Characteristics in Children With and Without Forward Head Posture*, *JKMU Journal of Kerman University of Medical Sciences*.
- Karasek, B. et al. (2024) ‘Forward head posture in sports-involved children’, *Annales Kinesiologiae*, 15(1), pp. 47–60. Available at: <https://doi.org/10.35469/ak.2024.423>.
- Kilinc, H.E. and Karaduman, A.A. (2021) ‘Investigation of Relationship Between Body Mass Index and Neck Biomechanics in Healthy Young Adults: A Cross-Sectional Study in a Single Center’, *Turkish Journal of Diabetes and Obesity*, 5(2), pp. 173–179. Available at: <https://doi.org/10.25048/tudod.852027>.
- Kocur, P. et al. (2019) ‘Relationship between age, BMI, head posture and superficial neck muscle stiffness and elasticity in adult women’, *Scientific Reports*, 9(1). Available at: <https://doi.org/10.1038/s41598-019-44837-5>.
- Koseki, T. et al. (2019) *Effect of forward head posture on thoracic shape and respiratory function*.
- Lahiri, R. and Borkar (PT), P. (2020) ‘Prevalence Study Of Spinal Deformities In School Going Children Of The Age Group Of 6-10 Years In A Rural Area’, *International Journal of Advanced Research*, 8(1), pp. 884–890. Available at: <https://doi.org/10.21474/IJAR01/10377>.
- Lee, J.-H. (2016) ‘Effects of forward head posture on static and dynamic balance control’, *The Journal of Physical Therapy Science*, pp. 274–277.
- Mia (2022) ‘Karakteristik Perkembangan Peserta Didik’, 6. Available at: <http://jurnal.uinsu.ac.id/index.php/eduriliglia/index>.
- Neumann PT FAPTA, D.A. (2010) *Kinesiology of the Musculoskeletal System Reprint: Foundations for Rehabilitation*, *Kinesiology of the Musculoskeletal System Reprint*.
- Nm Elsayed, S., Elhafez, H.M. and Mahmoud, M.A. (2020) *Effect of Body Mass Index on Craniovertebral Angle and Shoulder Angle in Egyptian Adolescents*, *Egyptian Journal of Physical Therapy (EJPT) Egy. J. Phys. Ther.* Available at: <https://ejpt.journals.ekb.eg>.
- Patil, S., Hindocha, S. and Nagakular, J. (2020) ‘Prevalance of smartphone addiction and its correlation with forward head posture and neck disability among physiotherapy students’, *International Journal of Allied Medical Sciences and Clinical Research (IJAMSCR)*, 8(3), pp. 659–666.
- Purba, Y.S. et al. (2020) *Berat beban tas dengan keluhan musculoskeletal pada siswa SMA, Desember*.

- Puspitasari, D.A., Wibawa, A. and Primayanti, D.A.I.D. (2019) ‘Hubungan Forward Head Posture Dengan Keseimbangan Statis Pada Siswa SMAN 1 Semarapura’, *MAJALAH ILMIAH FISIOTERAPI INDONESIA*, 6, pp. 41–45.
- Rahman, I. et al. (2022) *Sosialisasi Fisioterapi Terhadap Pencegahan Postur Tubuh Yang Buruk Pada Siswa Di SDN Baros Mandiri 4 Kota Cimahi, Jurnal Pengabdian Kepada Masyarakat Digital*.
- Rahman Prasetyo, A. (2020) ‘Early Childhood Physical, Cognitive, Socio-Emotional Development’, 4(2). Available at: <https://doi.org/10.29313/ga:jpaud.v4i2.6049>.
- Ramalingam, V. and Subramaniam, A. (2019) ‘Prevalence and associated risk factors of forward head posture among university students’, *Indian Journal of Public Health Research and Development*, 10(7), pp. 775–780. Available at: <https://doi.org/10.5958/0976-5506.2019.01669.3>.
- Raykar, R., Tajne, K. and Palekar, T. (2018) ‘Effect of Forward head Posture on Static and Dynamic Balance’, *Tajne et al. World Journal of Pharmaceutical Research*, 7, p. 797. Available at: <https://doi.org/10.20959/wjpr20189-11990>.
- Robby Oktaviano, G., Candra Puriastuti, A. and Widiawati, P. (2024) ‘Tingkat Kelincahan Anak Umur 9–10 Tahun Kecamatan Kepanjenkidul Kota Blitar’, *Journal of S.P.O.R.T.*, 8(2), pp. 583–592. Available at: <https://doi.org/10.37058/sport>.
- Rosita, M., Budiardjo, S.B. and Rizal, M.F. (2024) ‘Photometric analysis of the relationship between craniovertebral angle and facial profile in children aged 10–12 years’, *Saudi Dental Journal*, 36(2), pp. 277–280. Available at: <https://doi.org/10.1016/j.sdentj.2023.10.024>.
- Sikka, I. et al. (2020) ‘Effects of Deep Cervical Flexor Training on Forward Head Posture, Neck Pain, and Functional Status in Adolescents Using Computer Regularly’, *BioMed Research International*, 2020. Available at: <https://doi.org/10.1155/2020/8327565>.
- Singh, S., Kaushal, K. and Jasrotia, S. (2020) ‘Prevalence of forward head posture and its impact on the activity of daily living among students of Adesh University – A cross-sectional study’, *Adesh University Journal of Medical Sciences & Research*, 2, pp. 99–102. Available at: https://doi.org/10.25259/aujmsr_18_2020.
- Sinta Zakiyah et al. (2024) ‘Perkembangan Anak pada Masa Sekolah Dasar’, *DIAJAR: Jurnal Pendidikan dan Pembelajaran*, 3(1), pp. 71–79. Available at: <https://doi.org/10.54259/diajar.v3i1.2338>.

- Swandari, M.I. *et al.* (2023) ‘Forward Head Posture Dengan Keseimbangan Dinamis Pada Remaja Usia 13-14 Tahun di SMPN 12 Denpasar- Cross Sectional Study’, *Majalah Ilmiah Fisioterapi Indonesia*, 11(2), p. 169. Available at: <https://doi.org/10.24843/mifi.2023.v11.i02.p11>.
- Szczygieł, E. *et al.* (2022) ‘Is the forward head posture a health problem affecting children and adolescents?’, *Journal of Kinesiology and Exercise Sciences*, 32(97), pp. 37–44. Available at: <https://doi.org/10.5604/01.3001.0015.8788>.
- Vaghela, N. *et al.* (2019) ‘Effect of backpack loading on cervical and sagittal shoulder posture in standing and after dynamic activity in school going children’, *Journal of Family Medicine and Primary Care*, 8(3), p. 1076. Available at: https://doi.org/10.4103/jfmpc.jfmpc_367_18.
- Verma, S. *et al.* (2018) ‘Prevalence of forward head posture among 12-16 year old school going students - A cross sectional study’, *Applied Medical Research*, 4(1), p. 18. Available at: <https://doi.org/10.5455/amr.20180805064752>.
- Warda, D.G., Nwakib, U. and Nourbakhsh, A. (2023) ‘Neck and Upper Extremity Musculoskeletal Symptoms Secondary to Maladaptive Postures Caused by Cell Phones and Backpacks in School-Aged Children and Adolescents’, *Healthcare (Switzerland)*. MDPI. Available at: <https://doi.org/10.3390/healthcare11060819>.
- Watkins, V., Madhavan, K. and Salisbury, B. (2018) *The Physiotherapist's Pocketbook The Physiotherapist's Pocketbook Content Strategist: Content Strategist: Poppy Garraway Poppy Garraway Content Development Specialist: Content Development Specialist*.
- Winarsih, W.E. and Jember, I. (2021) ‘Perkembangan Fisik Anak, Problem dan Penanganannya’, *Atthiflah: Journal of Early Childhood Islamic Education*, 8.
- Yaşarer, Ö. *et al.* (2024) ‘Association between smartphone addiction and myofascial trigger points’, *BMC Musculoskeletal Disorders*, 25(1). Available at: <https://doi.org/10.1186/s12891-024-07383-4>.
- Yunaini, N. and Arnidha, Y. (2020) *Perkembangan Fisik Masa Kanak-Kanak dan Implikasinya Dalam Pembelajaran*.