

DAFTAR PUSTAKA

- Aparna, S., *et al.* (2022). Effect of prolonged smartphone usage on handgrip strength and pinch grip strength among young adults. *Journal of Clinical and Diagnostic Research*, 16(4), 1–4.
- Asante, E., Agyemang, M., & Afriyie, G. (2023). Normative data of handgrip strength and its associated factors among adults: A cross-sectional study. *Journal of Functional Morphology and Kinesiology*, 8(2), 67. <https://doi.org/10.3390/jfmk8020067>
- Basuodan, R. M., Aljebreen, A. W., Sobih, H. A., Majrashi, K. A., Almutairi, N. H., Alhaqbani, S. S., & Alanazy, M. H. (2023). The impact of electronic gaming on upper-limb neuropathies among esports athletes. *Medycyna Pracy – Workers' Health and Safety*, 74(4), 279–287. <https://doi.org/10.13075/mp.5893.01421>
- Bickmann, P., Wechsler, K., Eysel, P., & Kron, M. (2021). Comparing reaction times in different esports genres. *International Journal of Esports*, 1(1). <https://www.ijesports.org/>
- Buendía-López, D., *et al.* (2024). Concordance between electronic and hydraulic hand dynamometers for measuring grip strength: A validation study. *Clinical Rehabilitation*, 38(5), 651–659.
- Dexheimer, B., Przybyla, A., Murphy, T. E., Akpınar, S., & Sainburg, R. (2022). Reaction time asymmetries provide insight into mechanisms underlying dominant and non-dominant hand selection. *Experimental Brain Research*, 240(10), 2791–2802. <https://doi.org/10.1007/s00221-022-06451-2>
- Dexheimer, B., Sainburg, R., Sharp, S., & Philip, B. A. (2024). Roles of handedness and hemispheric lateralization: Implications for rehabilitation of the central and peripheral nervous systems: A rapid review. *American Journal of Occupational Therapy*, 78(2), 7802180120. <https://doi.org/10.5014/ajot.2024.050398>
- Enoka, R. M. (2023). *Neuromechanics of human movement* (6th ed.). Human Kinetics.
- Ergezen, G., & Köşker, H. D. (2025). The effect of esports training on hand function and visual reaction time in young adults. Istanbul Medipol University.
- Falces-Moya, J., *et al.* (2024). Handgrip strength as a biomarker of neuromuscular peripheral integrity: A systematic review. *Frontiers in Physiology*, 15, 1378555. <https://doi.org/10.3389/fphys.2024.1378555>
- Fan, M., & Coutrix, C. (2021). Investigating the impact of handedness on touch interaction with a smartphone. *Proceedings of the ACM on Human-Computer Interaction*, 5(ISS), 1–22. <https://doi.org/10.1145/3486952>

- Forman, D. A., *et al.* (2023). Hand dominance influences bilateral force asymmetries during a handgrip task. *IIE Transactions on Occupational Ergonomics and Human Factors*, 11(1–2), 28–38.
- Zadoń, H., Nowakowska-Lipiec, K., Filipek, M., Lepiarczyk, I., Matusiak, A., Piechnik, A., Pieniążek, W., Piejak, Z., Przybylska, M., Zadoń, M., & Szaflik, P. (2025). Analyzing Grip Strength Disparities Between Dominant and Non-Dominant Hands: Influence of Sex and Age in the Polish Population. *Applied Sciences*, 15(23), 12657. <https://doi.org/10.3390/app152312657>
- Guyton, A. C., & Hall, J. E. (2021). *Guyton and Hall textbook of medical physiology* (14th ed.). Elsevier.
- Krol, M. A., *et al.* (2021). Reaction time differences between dominant and non-dominant hand: Laterality and motor control implications. *Journal of Science and Medicine in Sport*, 24(S1), S89.
- Lachowicz, M., Serweta-Pawlik, A., Konopka-Lachowicz, A., Jamro, D., & Żurek, G. (2024). Amplifying cognitive functions in amateur esports athletes: The impact of short-term virtual reality training on reaction time, motor time, and eye–hand coordination. *Brain Sciences*, 14(11), 1104. <https://doi.org/10.3390/brainsci14111104>
- Lam, W. K., Ying, L., Wong, D. W. C., & Zhang, M. (2022). Health profiles and musculoskeletal issues in elite mobile gaming athletes. *Sports Medicine – Open*, 8, 65. <https://doi.org/10.1186/s40798-022-00458-3>
- Langer, E., & Turner, A. (2021). Upper limb injuries secondary to overuse in the esports community: Is this a rising epidemic? *International Journal of Esports*, 1(1). <https://www.ijesports.org/article/39/html>
- Lee, J. A., *et al.* (2022). Anatomy and biomechanics of the hand: An updated review. *Annals of Anatomy – Anatomischer Anzeiger*, 239, 151837.
- Lemos, T., *et al.* (2025). Handedness-related neural and biomechanical adaptations during handwriting: An EEG and movement element decomposition study. *Neuroscience Letters*, 845, 138064.
- Llahi, Z. S., *et al.* (2024). Handedness-dependent functional connectivity of the hand-motor network in children from the ABCD study. *Nature Communications*, 15, 8492. <https://doi.org/10.1038/s41467-024-52886-2>
- Ma'touq, J., Alnuman, N., Abuzer, I., AbdelGader, B., & Alnuman, N. (2023). The association between mobile phone use and neuromusculoskeletal complaints. *Work*, 76(3), 1091–1101. <https://doi.org/10.3233/WOR-220650>
- Négyesi, J., Vien, Q. A., Ruber, M., Rácz, K., Nagatomi, R., & Kóbor, I. (2022). Probing corticomuscular interactions with combined EEG-EMG: The piper rhythm, coherence, laterality. *Scientific Reports*, 12, 8060. <https://doi.org/10.1038/s41598-022-11990-3>

- Nikodelis, T., *et al.* (2021). Test-retest reliability of handgrip strength measurement using electronic and hydraulic dynamometers. *Journal of Musculoskeletal & Neuronal Interactions*, 21(4), 522–528.
- Nikolic, M., *et al.* (2022). Factors influencing visual and auditory reaction time: A review. *International Journal of Environmental Research and Public Health*, 19(11), 6780.
- Núñez-Cortés, R., *et al.* (2025). Prevalence of non-dominant hand exceeding dominant hand grip strength: A population-based cross-sectional study. *BMC Musculoskeletal Disorders*, 26, 112.
- Onate, A., *et al.* (2023). Physical profiles of collegiate esports athletes. *International Journal of Esports*, 2(1).
- Promsri, A., *et al.* (2025). Upper extremity kinematics and muscle activity during esports gaming: Differences between MOBA and FPS players. *Applied Ergonomics*, 116, 104212.
- Razak, A. A., *et al.* (2024). Age-based differences in motivational factors affecting Mobile Legends players in Indonesia. *Nanotechnology Perceptions*, 20(S13), 1969–1985.
- Saefullah, A., *et al.* (2024). Injury prevention strategies for esports athletes: A focus on Mobile Legends: Bang Bang. *International Journal of Ethno-Sciences and Education Research*, 4(2), 115–124.
- Sampath, K. K., *et al.* (2022). Assessment of the effect of smartphone usage on the range of motion and fatigability of the joints and muscles of the thumb among users: A cross-sectional study in Central India. *Cureus*, 14(3), e23199. <https://doi.org/10.7759/cureus.23199>
- Santos, G. M. X. dos, *et al.* (2026). Validity and reliability of Jamar, Jamar Plus+, and Biodex hand dynamometers. *Hand Therapy*, 31(1), 12–19.
- Statista. (2023). *Smartphone users worldwide 2023*. <https://www.statista.com/>
- Toth, A. J., *et al.* (2025). Quantifying upper-extremity movements during esports: Comparison across game genres using tri-axial accelerometry. *Scientific Reports*, 15, 3218.
- Urruela, A., *et al.* (2022). Correlation between two hand dynamometers in healthy young adults: Sitting and standing positions. *Hand Surgery and Rehabilitation*, 41(5), 462–467.
- Vaishya, R., *et al.* (2024). Handgrip strength as an indicator of general health: A systematic review. *Journal of Health, Population and Nutrition*, 43, 78. <https://doi.org/10.1186/s41043-024-00520-4>
- Vairagade, S., *et al.* (2021). Comparison of visual reaction time using Reaction Test Pro 4.0 application and Drop Ruler Test. *Indian Journal of Clinical Anatomy and Physiology*, 8(2), 110–114.

- Wälchli, M., *et al.* (2025). Effects of physical exercise intervention on performance and health in esports athletes: A systematic review. *Sports Medicine*, 55(2), 401–420.
- Wen, D., *et al.* (2022). Anticipation timing, visual perception, and reaction time in elite versus amateur esports players. *Frontiers in Psychology*, 13, 898178.
- Kurniawan, *et al.* (2024). Comparing health risks and musculoskeletal issues between professional and casual mobile esports players: a cross-sectional descriptive study in Jakarta. *Frontiers in Sports and Active Living*, 6, 1372979. <https://doi.org/10.3389/fspor.2024.1372979>
- Yap, G. (2025). Is Mobile Legends: Bang Bang indirectly deepening Chinese soft power in Southeast Asia? *ISEAS Perspective*, 2025(16). Institute of Southeast Asian Studies (ISEAS–Yusof Ishak Institute).
- Foley, *et al.* (2025). A comprehensive scoping review and meta-analysis of upper limb strength asymmetry. *Scientific Reports*, 15, Article 4636. <https://doi.org/10.1038/s41598-025-87413-w>
- Julious, S. A. (2005). Sample size of 12 per group rule of thumb for a pilot study. *Pharmaceutical Statistics*, 4(4), 287-291. <https://doi.org/10.1002/pst.185>
- Kishore, K., & Jaswal, V. (2023). Sample size calculation for pilot and feasibility studies: Beyond the rule of thumb. *Perspectives in Clinical Research*, 14(3), 140-145.