

## DAFTAR PUSTAKA

1. Mildawati T. Teknologi Informasi Dan Perkembangannya Di Indonesia. *EKUITAS (Jurnal Ekonomi dan Keuangan)*. 2016;4(2):101.
2. Ruttenberg R. The Social and Economic Impact of Carpal Tunnel Syndrome among Maintenance-of-Way Employees. *J Ergon*. 2019;09(01).
3. Nikfar S, Kharabaf S. International Labor Organization (ILO). *Encycl Toxicol Third Ed*. 2014;(April):6.
4. Perhimpunan Dokter Spesialis Saraf Indonesia. *Panduan Praktik Klinis Neurologi*. Perdossi. 2016. 154–156 p.
5. Muthoharoh, Basri K S, Nuraeni T. Faktor yang Berhubungan dengan Kejadian Carpal Tunnel Syndrome (CTS) pada Karyawan SPBE Di Indramayu. *Afiasi J Kesehat Masy*. 2018;3(2):37–44.
6. Nisa N, Anwar MM. Gambaran faktor risiko kejadian Carpal Tunnel Syndrome (CTS) pada karyawan bagian redaksi di kantor berita X Jakarta Tahun 2018. *Ber Kedokt Masy*. 2018;6.
7. Nafasa K, Yuniarti Y, Nurimaba N, Tresnasari C, Wagiono C. Hubungan Masa Kerja dengan Keluhan Carpal Tunnel Syndrome pada Karyawan Pengguna Komputer di Bank BJB Cabang Subang. *J Integr Kesehat Sains*. 2019;1(1):40–4.
8. Putri WM, Iskandar MM, Maharani C. Gambaran Faktor Risiko Pada Pegawai Operator Komputer Yang Memiliki Gejala Carpal Tunnel Syndrome Di Rsud Abdul Manap Tahun 2020. *Med Dedication J Pengabdian Kpd Masy FKIK UNJA*. 2021;4(1):206–17.
9. Sevy JO, Varacallo M. Carpal Tunnel Syndrome. [Updated 2021 Sep 10]. In: *StatPearls [Internet]*. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK448179/>
10. Nageeb RS, Shehta N, Nageeb GS, Omran AA. Body mass index and vitamin D level in carpal tunnel syndrome patients. *Egypt J Neurol Psychiatry Neurosurg*. 2018;54(1):0–6.
11. Guan W, Lao J, Gu Y, Zhao X, Rui J, Gao K. Case-control study on individual risk factors of carpal tunnel syndrome. *Exp Ther Med*. 2018;2761–6.

12. Bethesda M. Carpal Tunnel Syndrome [Internet]. National Institute of Neurological Disorders and Stroke (NINDS). 2020. Available from: <https://www.ninds.nih.gov/Disorders/All-Disorders/Carpal-Tunnel-Syndrome-Information-Page>
13. Lawrence M. Shuer, MD F. A NEUROSURGEON EXPLAINS : CARPAL TUNNEL SYNDROME [Internet]. American Association of Neurological Surgeons. Available from: <https://www.aans.org/en/Patients/Neurosurgical-Conditions-and-Treatments/Carpal-Tunnel-Syndrome>
14. Jackson R, Beckman J, Frederick M, Musolin K, Harrison R. Rates of Carpal Tunnel Syndrome in a State Workers' Compensation Information System, by Industry and Occupation — California, 2007–2014. *MMWR Morb Mortal Wkly Rep.* 2018;67(39):1094–7.
15. Schmidt HM. Normal anatomy and variations of the median nerve in the carpal tunnel. *Carpal Tunn Syndr.* 2007;13–20.
16. Murphy KA MD. Anatomy, Shoulder and Upper Limb, Median Nerve. *Treasure Isl StatPearls Publ* [Internet]. 2021;NBK448084. Available from: <https://pubmed.ncbi.nlm.nih.gov/28846302/>
17. Frank H. Netter. NETTER : ATLAS OF HUMAN ANATOMY. 6 th. Elsevier Inc; 2014. 449 p.
18. Wiperman J, Goerl K. Diagnosis and management of carpal tunnel syndrome. *J Musculoskelet Med* [Internet]. 2016;94:47–60. Available from: [www.aafp.org/afp](http://www.aafp.org/afp)
19. Huntley DE, Shannon SA. Carpal tunnel syndrome: a review of the literature. *Dent Hyg (Chic).* 1988;62(7):316–20.
20. Duncan SFM, Bhate O, Mustaly H. Pathophysiology of carpal tunnel syndrome. *Carpal Tunn Syndr Relat Median Neuropathies Challenges Complicat.* 2017;20(1):13–29.
21. Bethesda. Carpal Tunnel Syndrome Fact Sheet [Internet]. National Institute of Neurological Disorders and Stroke (NINDS). 2020 [cited 2021 Oct 4].

Available from: [https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Carpal-Tunnel-Syndrome-Fact-sheet#3049\\_3](https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Fact-Sheets/Carpal-Tunnel-Syndrome-Fact-sheet#3049_3)

22. Meyer P, Lintingre PF, Pesquer L, Poussange N, Silvestre A, Dallaudière B. The median nerve at the carpal tunnel ... And elsewhere. *J Belgian Soc Radiol*. 2018;102(1):1–11.

23. Carpal Tunnel Release [Internet]. Johns Hopkins Medicine. 2021 [cited 2021 Oct 4]. Available from: <https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/carpal-tunnel-release#:~:text=In an open release surgery,one ison the palm.>

24. Sprouse RA, McLaughlin AM, Harris GD. Braces and splints for common musculoskeletal conditions. *Am Fam Physician*. 2018;98(10):570–6.

25. Bethesda. How to Avoid Carpal Tunnel Syndrome [Internet]. OrthoBethesda. 2021 [cited 2021 Oct 5]. Available from: <https://www.orthobethesda.com/blog/how-to-avoid-carpal-tunnel-syndrome/>

26. Surgeons AA of O. Introduction 1 Therapeutic Exercise Program for Carpal Tunnel Syndrome Purpose of Program. *Am Acad Orthop Surg*. 2018;1–4.

27. Ghaisani DA, Jayanti S, Ekawati E. Faktor risiko kejadian carpal tunnel syndrome (cts) pada pekerjaan pengguna komputer: literature review. *J Kesehat Masy*. 2021;9(1):104–11.

28. Saerang D, Kembuan M, Karema W. Insiden Carpal Tunnel Syndrome Berdasarkan Anamnesis Pada Karyawan Bank Di Kota Bitung Sulawesi Utara. *e-CliniC*. 2015;3(1).

29. Linda L. Miller. ergonomic gaming staying safe on the computer [Internet]. ergonomic wellnes innovation. Available from: <https://www.ewiworks.com/blog/ergonomic-gaming-staying-safe-on-the-computer/>

30. Sugiyono. Metode Penelitian Kuantitatif, Kualitatif dan R & D. Bandung : Alfabeta.2018.

31. Kamus Besar Bahasa Indonesia (KBBI). [Online] Available at: <https://kbbi.kemdikbud.go.id/entri/durasi> [ Diakses 12 Februari 2022 ]

32. Kamus Besar Bahasa Indonesia (KBBI). [Online] Available at: <https://kbbi.kemdikbud.go.id/entri/masa%20kerja> [ Diakses 12 Februari 2022 ]

33. Kamus Besar Bahasa Indonesia (KBBI). [Online] Available at: <https://kbbi.kemdikbud.go.id/entri/umur> [ Diakses 12 Februari 2022 ]
34. Kamus Besar Bahasa Indonesia (KBBI). [Online] Available at: <https://kbbi.kemdikbud.go.id/entri/gejala>[ Diakses 12 Februari 2022 ]
35. Kementerian Kesehatan RI. Epidemi Obesitas [Internet] JurnalKesehatan. 2018. p. 1–8. Available from: <http://www.p2ptm.kemkes.go.id/dokumen-ptm/factsheet-obesitas-kit-informasi-obesitas>
36. Yale Environment Health & Safety. Ergonomics: Awkward Posture. Yale Environ Heal Saf [Internet]. 2018;1. Available from: <https://ehs.yale.edu/sites/default/files/files/ergo-awkward-posture.pdf>
37. Bougea A, Zambelis T, Voskou P, Katsika PZ, Tzavara C, Kokotis P, et al. Reliability and validation of the greek version of the boston carpal tunnel questionnaire. Hand. 2018;13(5):593–9.
38. Meagan Stephenson Melissa Barry R. Work-related risk factors for carpal tunnel syndrome. 2014;(February):1–54.
39. Aaron Daluiski M. Here’s How to Position Your Hands When You Use a Computer so They Don’t Hurt [Internet]. Hospital for Special Surgery.[cited 2022 Mar 23]. Available from: [https://www.hss.edu/newsroom\\_aaron-daluiski-on-proper-keyboard-hand-placement.asp](https://www.hss.edu/newsroom_aaron-daluiski-on-proper-keyboard-hand-placement.asp)
40. Lee IH, Kim YK, Kang DM, Kim SY, Kim IA, Kim EM. Distribution of age, gender, and occupation among individuals with carpal tunnel syndrome based on the National Health Insurance data and National Employment Insurance data. Ann Occup Environ Med. 2019;31(1):1–14
41. Ghaisani DA, Jayanti S, Ekawati E. Faktor risiko kejadian carpal tunnel syndrome (cts) pada pekerjaan pengguna komputer: literature review. J Kesehat Masy. 2021;9(1):104–11.
42. Permatasari UI, Arifin AN. Hubungan Lama Dan Masa Kerja Terhadap Risiko Terjadinya Carpal Tunnel Syndrome (CTS) Pada Staff Administrasi Pengguna Komputer: Narrative Review. J Phys Ther UNISA. 2021;1(1):33–9.

43. Ken E, Lisay R, Polii H, Doda V. Carpal Tunnel Syndrome Pada Juru Ketik Di Kecamatan Malalayang Kota Manado. Kedokt Klin [Internet]. 2016;1(2):46–52. Available from: <https://ejournal.unsrat.ac.id/index.php/jkk/article/viewFile/14942/pdf>
44. Zusriani T, Irmayani, Siregar annisa febriana, Parinduri anggi isnani. Edukasi Kesehatan Dan Pemberian Stretching Exercise Untuk Mengurangi Risiko Carpal Tunnel Syndrome. 2021;1(2):451–5.

