

## DAFTAR PUSTAKA

- Al-Quranul Karim.
- Al-Asyqar, M.S. 1997. *Zubdatut Tafasir min Fathil Qadir*. Maktabah al-Furqan.
- Al-Wasim, A. 2019. Maqashid Syari'ah Menjawab Tantangan Post-Truth Era: Urgensi Hifz Al-'Aql sebagai Penyaring Informasi. *International Journal Ihya 'Ulum Al-Din*, 21(2).
- An-Nawawi, Y. 1989. *Syarh Arba'in an-Nawawiyyah*. Dar al-Minhaj.
- An-Nawawi, Y. 1991. *Al-Minhaj: Syarh Sahih Muslim*. Dar Ihya' al-Turats al-'Arabi.
- Arifa, N., Barni, M. & ZA, A.M. 2025. Akal dan Kecerdasan dalam Perspektif Al-Quran dan Hadits. *JUTEQ: Jurnal Teologi & Tafsir*, 2(1): 65–80.
- Ariyadasa, G., Silva, C. De, Gamagedara, N. & Ambagahawita, A. 2022. Adaptation, Translation, and Validation of Internet Addiction Test (IAT) to Detect Internet Addiction Disorder among 15-19-Year-Old Adolescents in Colombo District, Sri Lanka. *American Journal of Interdisciplinary Research and Innovation*, 1(3): 24–33.
- Az-Zuhaili, W. 2000. *Al-Wajiz fi Tafsir al-Kitab al-'Aziz*. Dar al-Fikr.
- Bernabéu, E., Marchena, C.A., González-Pizzio, A. & Lubrini, G. 2020. Internet addiction and executive functions in university students: a systematic review. *Electronic Journal of Research in Educational Psychology*, 18(3): 611–642.
- Blair, C. 2016. Educating executive function. *Wiley Interdisciplinary Reviews: Cognitive Science*, 8(1–2).
- Bozyiğit, T. & Yılmaz, S. 2023. THE RELATIONSHIP BETWEEN DIGITAL GAME ADDICTION, EXECUTIVE FUNCTIONS AND IMPULSIVITY IN EARLY ADOLESCENTS. *Nesne Psikoloji Dergisi*, 11(28).

- Cai, Z., Mao, P., Wang, Z., Wang, D., He, J. & Fan, X. 2023. *Associations Between Problematic Internet Use and Mental Health Outcomes of Students: A Meta-analytic Review*. *Adolescent Research Review*, .
- Chia, D.X.Y., Ng, C.W.L., Kandasami, G., Seow, M.Y.L., Choo, C.C., Chew, P.K.H., Lee, C. & Zhang, M.W.B. 2020. *Prevalence of internet addiction and gaming disorders in southeast Asia: A meta-analysis*. *International Journal of Environmental Research and Public Health*, .
- Doebel, S. 2020. Rethinking Executive Function and Its Development. *Perspectives on Psychological Science*, 15(4): 942–956.
- Farichah, E. & Nasaruddin 2024. Pendidikan Islam Dalam Menjawab Problem Etika Bermedia Sosial, Cyber Bullying, Hoaks, Dan Konten Negatif. *Jurnal Al-Muta'aliyah: Jurnal Pendidikan Guru Madrasah Ibtidaiyah*, 4(1).
- Filiz, M. & Karagöz, Y. 2024. THE IMPACT OF UNIVERSITY STUDENTS' INDIVIDUAL HEALTH PERCEPTIONS ON INTERNET ADDICTION LEVELS. *Dicle Üniversitesi İktisadi ve İdari Bilimler Fakültesi Dergisi*, 14(27).
- Fillenbaum, G.G. & Mohs, R. 2023. *CERAD (Consortium to Establish a Registry for Alzheimer's Disease) Neuropsychology Assessment Battery: 35 Years and Counting*. *Journal of Alzheimer's Disease*, .
- Friedman, N.P. & Robbins, T.W. 2022. *The role of prefrontal cortex in cognitive control and executive function*. *Neuropsychopharmacology*, .
- George, O. & Koob, G.F. 2017. Individual differences in the neuropsychopathology of addiction. *Dialogues in Clinical Neuroscience*, 19(3): 217–229.
- Hilbert, S., Nakagawa, T.T., Puci, P., Zech, A. & Buhner, M. 2015. The digit span backwards task: Verbal and visual cognitive strategies in working memory assessment. *European Journal of Psychological Assessment*, 31(3): 174–180.
- Ibn Hajar al-Asqalani 2001. *Fath al-Bari bi syarh Sahih al-Bukhari*. Dar al-Ma'rifah.

- Ibn Rajab al-Hanbali 1997. *Jami' al-'Ulum wa al-Hikam*. Dar al-Ma'rifah.
- Javaeed, A., Jeelani, R., Gulab, S. & Ghauri, S.K. 2020. Relationship between internet addiction and academic performance of undergraduate medical students of Azad Kashmir. *Pakistan Journal of Medical Sciences*, 36(2): 229–233.
- Kamil, A.M. & Yousif, D.K. 2023. Evaluation of the level of Internet Addiction and its effects on academic performance among Medical and Paramedical College Students in Iraq. *ABCS Health Sciences*, 48: e023208.
- Kementarian Agama Saudi Arabia 2007. *Tafsir Al-Muyassar*. Mujamma' al-Malik Fahd li Thiba'at al-Mushaf asy-Syarif.
- Koob, G.F. & Le Moal, M. 2008. Addiction and the brain antireward system. *Annual Review of Psychology*, 59: 29–53.
- Kumar, S. & Debata, I. 2018. Study to assess internet usage patterns and prevalence of internet addiction among medical and engineering students of Bengaluru city. *International Journal Of Community Medicine And Public Health*, 5(6): 2331.
- Kuo, S.Y., Chen, Y.T., Chang, Y.K., Lee, P.H., Liu, M.J. & Chen, S.R. 2018. Influence of internet addiction on executive function and learning attention in Taiwanese school-aged children. *Perspectives in Psychiatric Care*, 54(4): 495–500.
- Kuss, D.J. & Griffiths, M.D. 2011. *Online social networking and addiction-A review of the psychological literature. International Journal of Environmental Research and Public Health*, .
- Kwak, Y., Kim, H. & Ahn, J.W. 2022. Impact of Internet usage time on mental health in adolescents: Using the 14th Korea Youth Risk Behavior Web-Based Survey 2018. *PLoS ONE*, 17(3 March).
- Latifeh, Y., Alkhatib, Y., Hmidouch, M., Swed, S., Hafez, W., Sawaf, B. & Rakab, A. 2022. Prevalence of internet addiction among Syrian undergraduate medical students. *Medicine (United States)*, 101(49): E32261.

- León Méndez, M., Padrón, I., Fumero, A. & Marrero, R.J. 2024. *Effects of internet and smartphone addiction on cognitive control in adolescents and young adults: A systematic review of fMRI studies. Neuroscience and Biobehavioral Reviews*, .
- Liu, X., Gui, Z., Chen, Z.-M., Feng, Y., Wu, X., Su, Z., Cheung, T., Ungvari, G.S., Liu, X.-C., Yan, Y.-R., Ng, C.H. & Xiang, Y.-T. 2025. Global prevalence of internet addiction among university students: a systematic review and meta-analysis. *Current Opinion in Psychiatry*, 38(3).
- Markaz Ta'dzhim al-Qur'an 2013. *Tafsir Al-Madinah Al-Munawwarah*. Markaz Ta'dzhim al-Qur'an.
- Martínez, L., Prada, E., Satler, C., Tavares, M.C.H. & Tomaz, C. 2016. Executive dysfunctions: The role in attention deficit hyperactivity and post-traumatic stress neuropsychiatric disorders. *Frontiers in Psychology*, 7(AUG).
- Masruroh, S.J. & Wardatun, A. 2025. REGULASI HUKUM DALAM MENANGANI KONTEN DIGITAL NEGATIF (TIDAK MENDIDIK) DAN DAMPAKNYA TERHADAP ANAK DITINJAU DARI PERSPEKTIF MAQASID SYARI'AH. *Pendas: Jurnal Ilmiah Pendidikan Dasar*, 10(1): 2477–2143.
- Mehsen, V., Morag, L., Chesta, S., Cleaton, K. & Burgos, H. 2022. *Hot executive function assessment instruments in preschool children: A systematic review. International Journal of Environmental Research and Public Health*, .
- Meng, S.-Q., Cheng, J.-L., Li, Y.-Y., Yang, X.-Q., Zheng, J.-W., Chang, X.-W., Shi, Y., Chen, Y., Lu, L., Sun, Y., Bao, Y.-P. & Shi, J. 2022. Global prevalence of digital addiction in general population: A systematic review and meta-analysis. *Clinical Psychology Review*, 92(92): 102128.
- Mishra, G., Gupta, M. & Vaney, N. 2021. Effect of Internet Addiction on Cognition - An Event Related Potential (P300) Study. *International Journal of Clinical and Experimental Physiology*, 8(3): 122–125.

- Muhammad bin 'Isa at-Tirmidzi t.t. *Sunan at-Tirmidzi*. Beirut: Dar al-Gharb al-Islamiy.
- Muslim bin al-Hajjaj an-Naidaburi t.t. *Shahih Muslim*. Beirut: Dar Ihya' at-Turats al-'arabiy.
- Nezhad, M.S. & Delroba, M. 2024. *Investigating the relationship between students' executive functions, Addiction to cyberspace, and tendency to high-risk behaviors*. . Tersedia di <https://www.researchsquare.com/article/rs-5656422/v1>.
- Nie, J., Zhang, W. & Liu, Y. 2016. Exploring Depression, Self-esteem and Verbal Fluency with Different Degrees of Internet Addiction among Chinese College Students. *Comprehensive Psychiatry*.
- Nur, I., Adam, S. & Muttaqien, M.N. 2020. Maqāṣid Al-Sharī'at: The Main Reference and Ethical-Spiritual Foundation for the Dynamization Process of Islamic Law. *AHKAM*, 20(2).
- Nurmaria, H. & Risnawati, E. 2021. The Relationship of Loneliness and Internet Addiction To Psychological Well-Being in Adolescents. *Biopsikososial*, 5(2).
- Nwufo, I.J. & Ike, O.O. 2024. Personality Traits and Internet Addiction among Adolescent Students: The Moderating Role of Family Functioning. *International Journal of Environmental Research and Public Health*, 21(5).
- Panentu, D., Irfan, M., RSUP Moh Hosein, F., Fisioterapi Universitas Esa Unggul, F. & Jend Sudirman Km, J. 2013. *MOCA-Ina) Pada Insan Pasca Stroke Fase Recovery Jurnal Fisioterapi*.
- Pichardo, C., Romero-López, M., Ruiz-Durán, A. & García-Berbén, T. 2021. Executive functions and problematic internet use among university students: The mediator role of self-esteem. *Sustainability (Switzerland)*, 13(19).
- Prasojo, R.A., Maharani, D.A. & Hasanuddin, M.O. 2018. *Mengujikan Internet Addiction Test (IAT) ke Responden Indonesia*. Tersedia di <https://osf.io/7ag4w>.

- Putri, D.M. & Imran, Y. 2024. Relationship between Addiction to Online Video Games and Cognitive Function in Adolescents. *Journal of Society Medicine*, 3(9): 259–265.
- Real-Fernández, M., Navarro-Soria, I., Rosales-Gómez, M. & Delgado, B. 2025. Problematic Internet Use and Its Relationship with Cyberbullying, Anxiety, and Executive Functions in Adolescence. *Children*, 12(4).
- Rofiq, M.A. & Istiqomah, N. 2021. *The Existence of al-Aql in Quran and Its Articulation with the Text of Revelation in Islamic Law Interpretation*.
- Rustriningsih & Iwanebel, F.Y. 2024. Revisiting The Prohibition of Khamr and Maysir in The Qur'an: An Examination of Surah Al-Mā'idah [5]: 90-91. *An-Nuha*, 11(1): 29–50.
- Salpynov, Z., Kosherova, Z., Sarriá-Santamera, A., Nurkatov, Y., Gusmanov, A. & Semenova, Y. 2024. The Worldwide Prevalence of Internet Addiction among Medical Students: A Systematic Review and Meta-Analysis. *International Journal of Environmental Research and Public Health*, 21(9): 1146.
- Schäfer, J., Reuter, T., Leuchter, M. & Karbach, J. 2024. Executive functions and problem-solving—The contribution of inhibition, working memory, and cognitive flexibility to science problem-solving performance in elementary school students. *Journal of Experimental Child Psychology*, 244.
- Schlossarek, S., Hohls, L., Schmidt, H., Bischof, A., Bischof, G., Brandt, D., Borgwardt, S., Browne, D.T., Christakis, D., Pietra, P.H. Della, Demetrovics, Z. & Rumpf, H.J. 2024. Which Are the Optimal Screening Tools for Internet Use Disorder in Children and Adolescents? A Systematic Review of Psychometric Evidence. *Current Addiction Reports*, 11(5): 753–770.
- Setiawan, I., Fadloli, Chalim, A. & Amalia, A.R. 2025. ETIKA DIGITAL DALAM PERSPEKTIF PENDIDIKAN AGAMA ISLAM. *AL-IMAN: Jurnal Keislaman dan Kemasyarakatan*, 9(1).

- Shafiee-Kandjani, A.R., Mohammadzadeh, Z., Amiri, S., Arfaie, A., Sarbakhsh, P. & Safikhanlou, S. 2020. Comparison of Working Memory and Executive Function in Patients with Internet Addiction Disorder, Attention Deficit Hyperactivity Disorder, and Normal Individuals. *International Journal of High Risk Behaviors and Addiction*, 9(2): 1–8.
- Sharifat, H. & Suppiah, S. 2021. *Electroencephalography-detected neurophysiology of internet addiction disorder and internet gaming disorder in adolescents - A review*.
- Siste, K., Suwartono, C., Nasrun, M.W., Bardosono, S., Sekartini, R., Pandelaki, J., Sarasvita, R., Murtani, B.J., Damayanti, R. & Wiguna, T. 2021. Validation study of the Indonesian internet addiction test among adolescents. *PLoS ONE*, 16(2).
- Sutrisna, I.P.B., Ardjana, I.G.A.E., Supriyadi, S. & Setyawati, L. 2020. Good family function decrease internet addiction and increase academic performance in senior high school students. *Journal of Clinical and Cultural Psychiatry*, 1(2). Tersedia di [www.indoscholar.com](http://www.indoscholar.com).
- Syamraeni, S., Sholichah, H. & Al fajar, A.H. 2024. Transformasi Nilai Religius di Era Digital: Analisis Literatur Berdasarkan Tujuan Hifz al-‘Aql. *Socio Religia*, 5(2).
- Taha, M.H., Shehzad, K., Alamro, A.S. & Wadi, M. 2019. Internet use and addiction among medical students in qassim university, Saudi Arabia. *Sultan Qaboos University Medical Journal*, 19(2): e142–e147.
- Takeda, T., Umehara, H., Matsumoto, Y., Yoshida, T., Nakataki, M. & Numata, S. 2024. *Schizophrenia and cognitive dysfunction*. *J. Med. Invest*, .
- Tekin, A., Yetkin, A., Adigüzel, S. & Akman, H. 2018. Evaluation of Stroop and Trail-Making Tests performance in university students with internet addiction. *Anadolu Psikiyatri Dergisi*, 19: 593–598.
- Umeta, G.T., Regasa, S.D., Taye, G.M., Ayeno, H.D. & Tefera, G.M. 2022. Prevalence of Internet Addiction and its Correlates Among Regular Undergraduate Medicine and Health Science Students at Ambo

- University. Cross-Sectional Study. *Substance Abuse: Research and Treatment*, 16.
- Vendruscolo, L.F., Koob, G.F. & Zorrilla, E.P. 2023. Alcohol use disorder: Stress, negative reinforcement, and negative urgency. *Alcohol and Alcohol-related Diseases*. Springer International Publishing, hlm.687–719.
- Widhianingtanti, L.T., Luijtelaar, G. Van, Suryani, A.O., Hestyanti, Y.R. & Sulastri, A. 2022. Indonesian Trail Making Test: Analysis of Psychometric Properties, Effects of Demographic Variables, and Norms for Javanese Adults. *Jurnal Psikologi*, 49(2): 104.
- Yadav, N. 2021. Relationship Between Cognitive Functions and Online Game Addiction. *International Journal of Indian Psychology*, 9(4).
- Yahya, A. 2024. ETIKA ISLAM SEBAGAI SELF CONTROL PENGGUNA TEKNOLOGI DIGITAL. *Jurnal Teknologi dan Bisnis*, 6(1): 1–8.
- Young, K.S. 1999. *Internet Addiction: Symptoms, Evaluation, And Treatment*.
- Zarman, W. 2023. Adab terhadap Informasi Digital sebagai Kerangka Pikir Pendidikan Islam tentang Etika Penggunaan Teknologi Informasi. *Jurnal Pendidikan Islam Ta'dibuna*, 12(5).
- Zhang, K., Li, P., Zhao, Y., Griffiths, M.D., Wang, J. & Zhang, M.X. 2023. Effect of Social Media Addiction on Executive Functioning Among Young Adults: The Mediating Roles of Emotional Disturbance and Sleep Quality. *Psychology Research and Behavior Management*, 16: 1911–1920.
- Zhou, Z., Zhu, H., Li, C. & Wang, J. 2014. Internet addictive individuals share impulsivity and executive dysfunction with alcohol-dependent patients. *Frontiers in Behavioral Neuroscience*, 8(288).