

DAFTAR PUSTAKA

Al-Quranul Karim.

- A, L.-Y., Chen, M.-Y., Jiang, Y.-Y., Huang, H.-T., Liu, S., Feng, Y., Zhang, X.-L., Su, Z., Cheung, T., Ng, C.H., Xiang, Y.-T. & Wang, G. 2025. Internet addiction and its association with quality of life in college students: a network perspective. *Frontiers in Psychiatry*, 16. Tersedia di <https://www.frontiersin.org/articles/10.3389/fpsyt.2025.1555372/full>.
- Anwar, S., Siregar, S.M.F., Alamsyah, T., Muliadi, T., Marniati, M. & Khairunnas, K. 2024. The dhikr and the mental health of the elderly in Aceh, Indonesia. *Health SA Gesondheid*, 29.
- 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.
- As-Sa'di, 'Abdurrahmân bin Nâshir 2002. *Tafsîr as-Sa'dî (Taysîr al-Karîm ar-Rahmân fî Tafsîr Kalâm al-Mannân)*. Riyadh: Maktabah as-Sunnah.
- Az-Zuhaili, W. 2000. *Al-Wajiz fî Tafsîr al-Kitâb al-'Azîz*. Dar al-Fikr.
- Bimpisidis, Z. & Wallén-Mackenzie, Å. 2019. *Neurocircuitry of reward and addiction: Potential impact of dopamine-glutamate co-release as future target in substance use disorder. Journal of Clinical Medicine*, .
- Birle, C., Slavoaca, D., Balea, M., Livint Popa, L., Muresanu, I., Stefanescu, E., Vacaras, V., Dina, C., Strilciuc, S., Popescu, B.O. & Muresanu, D.F. 2021. *Cognitive function: holarchy or holacracy? Neurological Sciences*, .
- 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*, .
- Chen, C., Xu, J., Wang, Z. & Liu, J. 2022. Study on Working Memory Characteristics of College Students with Internet Addiction under Different

- Emotional States. *Journal of International Education and Development*, 6(4): 174–179.
- Chen, X., Hedman, A., Distler, V. & Koenig, V. 2023. Do persuasive designs make smartphones more addictive? - A mixed-methods study on Chinese university students. *Computers in Human Behavior Reports*, 10.
- 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*, .
- Claes, J., Gailly, F. & Poels, G. 2013. Cognitive aspects of structured process modeling (position paper). *Lecture Notes in Business Information Processing*. Springer Verlag, hlm.168–173.
- Cushnie, A.K., Tang, W. & Heilbronner, S.R. 2023. *Connecting Circuits with Networks in Addiction Neuroscience: A Salience Network Perspective. International Journal of Molecular Sciences*, .
- Devine, D., Ogletree, A.M., Shah, P. & Katz, B. 2022. Internet addiction, cognitive, and dispositional factors among US adults. *Computers in Human Behavior Reports*, 6.
- Dossi, N. & Pesce, R.C. 2023. Neural Mechanisms of the Reward System and the Cognitive Control System in Internet Addicts. *Science Insights*, 42(3): 867–875.
- Dunlosky, J., Rawson, K.A., Marsh, E.J., Nathan, M.J. & Willingham, D.T. 2013. *Improving Students' Learning with Effective Learning Techniques: Promising Directions from Cognitive and Educational Psychology. Psychological Science in the Public Interest, Supplement*, .
- Feltenstein, M.W. & See, R.E. 2013. Systems level Neuroplasticity in drug addiction. *Cold Spring Harbor Perspectives in Medicine*, 3(5).
- Ferbinteanu, J. 2020. The hippocampus and dorsolateral striatum integrate distinct types of memories through time and space, respectively. *Journal of Neuroscience*, 40(47): 9055–9065.

- Firoozabadi, A., Razavian, Y., Saleh, S. & Hosseini, S.R. 2023. The comparison of neurocognitive functions between internet-addicted, methamphetamine users, and healthy participants. *Applied Neuropsychology: Adult*, 32(4): 914–921.
- George, O. & Koob, G.F. 2017. Individual differences in the neuropsychopathology of addiction. *Dialogues in Clinical Neuroscience*, 19(3): 217–229.
- Ger, E. & Roebers, C.M. 2023. The Relationship between Executive Functions, Working Memory, and Intelligence in Kindergarten Children. *Journal of Intelligence*, 11(4).
- Al Ghifari, N.T., Surawijaya, A., Arifiansyah, F., Komarudin, A., Nugroho, D.H.T. & Mahayana, D. 2021. Reality of the internet and social media addiction in Indonesian students. *Jurnal Informatika*, 15(1): 1.
- Hidayatul Insan bi Tafsîril Qur'ân 2008. *Abu Yahya, Marwan bin Musa Hidayatul Insan bi Tafsîril Qur'ân*. Jakarta: Darul Haq.
- Imran, Y. & Putri, D.M. 2024. Relationship between Addiction to Online Video Games and Cognitive Function in Adolescents. *Journal of Society Medicine*, 3(9): 259–265.
- Ioannidis, K., Hook, R., Goudriaan, A.E., Vlies, S., Fineberg, N.A., Grant, J.E. & Chamberlain, S.R. 2019. *Cognitive deficits in problematic internet use: meta-analysis of 40 studies*. *British Journal of Psychiatry*, .
- Isdianto, A., Indunissy, N. Al & Fitrianti, N. 2025. The Impact of Tawakal and Dhikr on Mental Health and Stress in Modern Life. *Multidisciplinary Indonesian Center Journal (MICJO)*, 2(2): 1527–1537.
- Kancharla, K., Kanagaraj, S. & Ram Gopal, C.N. 2023. Metamemory functioning and memory strategies used among medical students. *Journal of Education and Health Promotion*, 12(1).
- Kappi, A.A., El-Etreby, R.R., Badawy, G.G., Ebrahim, G. & Hamed, W.E.S. 2024. Effects of memory and attention on the association between video game addiction and cognitive/learning skills in children: mediational analysis. *BMC Psychology*, 12(1).
- Kementerian Agama Saudi Arabia 2007. *Tafsir Al-Muyassar*. Mujaḡma' al-Malik Fahd li Thiba'at al-Mushaf asy-Syarif.

- Khanbabaei, S., Abdollahi, M.H. & Shahgholian, M. 2022. The predictive role of working memory and impulsivity in internet addiction, an investigation about the mediating role of time perception. *Personality and Individual Differences*, 185: 111280. Tersedia di <https://www.sciencedirect.com/science/article/abs/pii/S0191886921006590> [Accessed 28 Mei 2025].
- 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*, .
- Li, H. 2021. Working Memory Depletion Affects Intertemporal Choice Among Internet Addicts and Healthy Controls. *Frontiers in Psychology*, 12.
- 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).
- Lövdén, M., Fratiglioni, L., Glymour, M.M., Lindenberger, U. & Tucker-Drob, E.M. 2020. Education and Cognitive Functioning Across the Life Span. *Psychological Science in the Public Interest*, 21(1): 6–41.
- Lv, X., Li, W., Ma, Y., Chen, H., Zeng, Y., Yu, X., Hofman, A. & Wang, H. 2019. Cognitive decline and mortality among community-dwelling Chinese older people. *BMC Medicine*, 17(1).
- Markaz Ta'dzhim al-Qur'an 2013. *Tafsir Al-Madinah Al-Munawwarah*. Markaz Ta'dzhim al-Qur'an.

- Markaz Tafsir Riyadh 2015. *Tafsîr al-Mukhtashar*. Riyadh: Markaz Tafsir. (di bawah pengawasan Dr. Shâlih bin ‘Abdullâh bin Humaid).
- 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.
- Merhavy, Z.I., Bassett, L., Melchiorre, M. & Hall, M.P.M. 2023. The impact of lecture playback speeds on concentration and memory. *BMC Medical Education*, 23(1).
- 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.
- Mohamed, K.O., Soumit, S.M., Elseed, A.A., Allam, W.A., Soomit, A.M. & Humeda, H.S. 2024. Prevalence of Internet Addiction and Its Associated Risk Factors Among Medical Students in Sudan: A Cross-Sectional Study. *Cureus*.
- Nall, R.W., Heinsbroek, J.A., Nentwig, T.B., Kalivas, P.W. & Bobadilla, A.C. 2021. *Circuit selectivity in drug versus natural reward seeking behaviors. Journal of Neurochemistry*, .
- Noushad, B. & Khurshid, F. 2019. Facilitating student learning: An instructional design perspective for health professions educators. *Research and Development in Medical Education*, 8(2): 69–74.
- Nugraha, M.A.S., Mashuri, M.M., Zainuddin, A. & Mufid, M.A. 2024. PENAFSIRAN DZIKIR DALAM SURAT AL-BAQARAH AYAT 152 MENURUT SYEKH IBNU AJIBAH (STUDI ANALISIS KITAB TAFSIR BAHARUL MADID). *Jurnal Kajian Agama dan Dakwah*, 6(2). Tersedia di <https://doi.org/10.31004/jpdk.v5i1.11583>. [Accessed 26 November 2025].
- 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*.

- Peng, W., Hao, Q., Gao, H., Wang, Y., Wang, J., Tu, Y., Yu, S., Li, H. & Zhu, T. 2022. *Functional Neural Alterations in Pathological Internet Use: A Meta-Analysis of Neuroimaging Studies*. *Frontiers in Neurology*, .
- Pluhar, E., Grace, J.H.E., Tsappis, M., Bickham, D. & Rich, M. 2020. Adapting Dialectical Behavior Therapy for Treating Problematic Interactive Media Use. *Journal of Psychiatric Practice*, 26(1): 63–70.
- Prasojo, R.A., Maharani, D.A. & Hasanuddin, M.O. 2018. *Mengujikan Internet Addiction Test (IAT) ke Responden Indonesia*. Tersedia di <https://osf.io/7ag4w>.
- Qian, B., Huang, M., Xu, M. & Hong, Y. 2022. Internet Use and Quality of Life: The Multiple Mediating Effects of Risk Perception and Internet Addiction. *International Journal of Environmental Research and Public Health*, 19(3).
- Rakhmawati, W., Kosasih, C.E., Widiasih, R., Suryani, S. & Arifin, H. 2021. Internet Addiction Among Male Adolescents in Indonesia: A Qualitative Study. *American Journal of Men's Health*, 15(3).
- Ritzhaupt, A.D. & Kealy, W.A. 2015. On the utility of pictorial feedback in computer-based learning environments. *Computers in Human Behavior*, 48: 525–534.
- Rofiqoh, L.M., Zulfa, I. & Ayad, N. 2025. Mental Health and Spirituality: Qur'anic Teaching and Approaches to Mental Health in the Modern Era. *Al-Fahmu: Jurnal Ilmu Al-Qur'an dan Tafsir*, 4(1): 82–91.
- Saberi, B. 2021. Brief Review on the Memory Types and their Location and Function. *Psychology and Psychotherapy Research Study*, 5(1).
- Salpynov, Z., Kosherova, Z., Sarria-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.
- 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.

- Shafiee-Kandjani, A.R., Mohammadzadeh, Z., Amiri, S., Asghar, A., Sarbakhsh, P. & Salman, S. 2019. *Attention, working memory and executive functions in patients with internet addiction disorder*.
- 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).
- Sotaniemi, M., Pulliainen, V., Hokkanen, L., Pirttilä, T., Hallikainen, I., Soininen, H. & Hänninen, T. 2012. CERAD-neuropsychological battery in screening mild Alzheimer's disease. *Acta Neurologica Scandinavica*, 125(1): 16–23.
- Sridhar, S., Khamaj, A. & Asthana, M.K. 2023. Cognitive neuroscience perspective on memory: overview and summary. *Frontiers in Human Neuroscience*, 17.
- Stavrinou, P.S., Aphas, G., Pantzaris, M., Sakkas, G.K. & Giannaki, C.D. 2022. Exploring the Associations between Functional Capacity, Cognitive Function and Well-Being in Older Adults. *Life*, 12(7).
- Sudharkodhy, S., Thendral, K., Balan K & Lalithamma A 2022. Internet usage on sleep quality and cognition among adults. *Indian Journal of Clinical Anatomy and Physiology*, 9(3): 207–211.
- Sun, Y., Wang, Z. & Liu, T. 2025. *Association of Internet addiction with psychiatric symptom levels and sleep disorders: a systematic review and meta-analysis*. *Frontiers in Psychology*, .
- Syawwaluddin Nur, M., Isnaeni, A. & Raden Intan, U. 2024. Ghafilah dan Counterterm-nya dalam Al-Qur'an Menurut Tafsir fi Zilal Al-Qur'an. 2(2). Tersedia di <https://journal.civiliza.org/index.php/gej>.
- 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.
- 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.

- Volkow, N.D., Koob, G.F. & McLellan, A.T. 2016. Neurobiologic Advances from the Brain Disease Model of Addiction. *New England Journal of Medicine*, 374(4): 363–371.
- Waheed, H., Macaulay, P.J.R., Al-Jaifi, H.A.A., Allen, K.A. & She, L. 2024. Caught in the web: a meta-analysis of Internet addiction, excessive daytime sleepiness and depressive symptoms in adolescents. *Information Technology and People*, 37(8): 109–129.
- Wang, H., Sun, Y., Lan, F. & Liu, Y. 2020. Altered brain network topology related to working memory in internet addiction. *Journal of Behavioral Addictions*, 9(2): 325–338.
- Wang, R., Liu, M., Cheng, X., Wu, Y., Hildebrandt, A. & Zhou, C. 2021. Segregation, integration, and balance of large-scale resting brain networks configure different cognitive abilities. *Proc Natl Acad Sci USA*, 118(23).
- Winda, H. 2023. Analysis of Dhikr Toward Peace of Mind: Islam in Psychological Approach. *International Jurnal Of Sociology Of Religion (IJSR)*, 1(1): 116–127.
- Wu, H., Meng, G., Wang, L., Xiao, J., Hu, K. & Li, Q. 2024. Understanding the relationships among adolescents' internet dependence, reward, cognitive control processing, and learning burnout: a network perspective in China. *BMC Psychiatry*, 24(1).
- Young, K.S. 1998. Internet Addiction: The Emergence of a New Clinical Disorder. *CyberPsychology & Behavior*, 1(3).
- Young, K.S. 1999. *Internet Addiction: Symptoms, Evaluation, And Treatment*.
- Zeng, J., You, L., Yang, F., Luo, Y., Yu, S., Yan, J., Liu, M. & Yang, X. 2023. A meta-analysis of the neural substrates of monetary reward anticipation and outcome in alcohol use disorder. *Human Brain Mapping*, 44(7): 2841–2861.
- Zhou, Z., Zhou, H. & Zhu, H. 2016. Working memory, executive function and impulsivity in Internet-addictive disorders: A comparison with pathological gambling. *Acta Neuropsychiatrica*, 28(2): 92–100.