

DAFTAR PUSTAKA

- [1] KEMENPERIN RI (2003) Undang - Undang RI No 13 tahun 2003 Tentang Ketenagakerjaan, Ketenagakerjaan.
- [2] Muh. M Alshehri, Amjad M Alqhtani, Shahd H Gharawi, Raghad A Sharahily, Wajd A Fathi, Shahad G Alnamy, Shaima A Alothman, Yasir S Alshehri, Ahmed S Alhowimel, Bader A Alqahtani, Aqeel M Alenazi. (2023). *Prevalence of lower back pain and its associations with lifestyle behaviors among college students in Saudi Arabia: A cross-sectional study. BMC Musculoskeletal Disorders*, 24, Article 646.
- [3] A. Pradita, (2022), "Korelasi Fleksibilitas Otot Lumbal dengan Keluhan Nyeri Punggung Bawah," *Khairun Medical Journal*, vol. 4, no. 2.
- [4] Harvard Health Publishing (2023), *3 Surprising Risks of Poor Posture, Slouching promotes heartburn, incontinence, and more.* <https://www.health.harvard.edu>
- [5] Alvaro Rodriguez, Juan R. Rabuñal, Alejandro Pazos, Antonio Rodríguez Sotillo, & Norberto Ezquerro (2021)., “Wearable Postural Control System for Low Back Pain Therapy”. *Jurnal IEEE Transactions On Instrumentation And Measurement*, Vol. 70.
- [6] Sun, Y., et al. (2024). Global, regional, and national burden of low back pain, 1990–2021. *Frontiers in Public Health*.
- [7] World Health Organization (2023). *Low back pain.* <https://www.who.int/news-room/fact-sheets/detail/low-back-pain>
- [8] Hills, P. C., et al. (2012). The effects of feedback on computer workstation posture habits. *Work*, 41(Supplement 1), 5254–5258.
- [9] Patel, S., et al. (2012). A review of wearable sensors and systems with application in rehabilitation. *Journal of NeuroEngineering and Rehabilitation*.
- [10] Huang, Y., et al. (2023). Wearable posture monitoring systems: A review. *Sensors*, 23(22), 9047.
- [11] Wired. (2018). Upright Go review. <https://www.wired.com/review/upright-go-2>
- [12] BMC Musculoskeletal Disorders. (2019). Postural feedback systems for low back pain prevention.

- [13] A. Junaidi, "Internet of things, sejarah, teknologi dan penerapannya," *Jurnal Ilmiah Teknologi Informasi Terapan*, vol. 1, no. 3, 2015.
- [14] Analog Devices, "ADXL345: Digital Accelerometer Datasheet," datasheet, 2022. [Online]. Available: <https://www.analog.com/media/en/technical-documentation/data-sheets/adxl345.pdf>
- [15] Espressif Systems, "ESP32 Series Datasheet: ESP32-WROOM-32," datasheet, 2023. [Online]. Available: https://www.espressif.com/sites/default/files/documentation/esp32_datasheet_en.pdf
- [16] Honcell Energy Co., Ltd., "Li-ion Rechargeable Battery: ICR18650-2000 Datasheet," datasheet, 2018. [Online]. Available: <https://www.batteryspace.com/productimages/li-ion/LC18650-2000.pdf>
- [17] P. Chougale, V. Yadav, A. Gaikwad, and B. Vidyapeeth, "Firebase-overview and usage," *International Research Journal of Modernization in Engineering Technology and Science*, vol. 3, no. 12, pp. 1178–1183, 2021.
- [18] E. Windmill, *Flutter in Action*. Simon and Schuster, 2020.
- [19] R. R. Saragih, *Pemrograman dan Bahasa Pemrograman*. STMIK-STIE Mikroskil, pp. 1–91, 2016.
- [20] U. M. Tyas and A. A. Buckhari, "Implementasi Aplikasi Arduino IDE pada Mata Kuliah Sistem Digital," *TEKNOS: Jurnal Pendidikan dan Teknologi*, vol. 1, no. 1, pp. 1–9, 2023.
- [21] I. S. N. Nisa, Rahmat Miyarno Saputro, Tegar Fatwa Nugroho, and Alfirna Rizqi Lahitani, "Analisis Quality of Service (QoS) Menggunakan Standar Parameter Tiphon pada Jaringan Internet Berbasis Wi-Fi Kampus 1 Unjaya", *teknomatika*, vol. 17, no. 1, pp. 1–9, Apr. 2024
- [22] Y. W. S. Putra, A. M. Dawis, N. Novi, F. Natsir, F. Fitria, A. A. S. Widhiyanti, *et al.*, *Pengantar Aplikasi Mobile*. Penerbit Widina, 2023.
- [23] M. Sandesara, U. Bodkhe, S. Tanwar, M. D. Alshehri, R. Sharma, B.-C. Neagu, G. Grigoras, and M. S. Raboaca, "Design and Experience of Mobile Applications: A Pilot Survey," *Mathematics*, vol. 10, no. 14, p. 2380, 2022, doi: 10.3390/math10142380.

- [24] International Telecommunication Union – Telecommunication Standardization Sector, ITU-T Recommendation G.1010: End-user multimedia QoS categories, Standar ITU, 2001
- [25] International Organization for Standardization, “Biological evaluation of medical devices – Part 10: Tests for irritation and skin sensitization,” ISO 10993-10:2010, 2010.
- [26] International Organization for Standardization, “Ergonomics of human-system interaction – Part 210: Human-centred design for interactive systems,” ISO 9241-210:2010, 2010.
- [27] C. Giggins, U. Persson, and B. Caulfield, “Biofeedback in rehabilitation,” *Journal of NeuroEngineering and Rehabilitation*, vol. 10, no. 1, p. 60, 2013. doi: 10.1186/1743-0003-10-60.
- [28] International Organization for Standardization, “Ergonomics of human-system interaction – Guidance on user needs,” ISO/TR 9241-341:2010, 2010.
- [29] International Organization for Standardization, “Ergonomics of human-system interaction – Part 210: Human-centred design for interactive systems,” ISO 9241-210:2010, 2010.
- [30] International Organization for Standardization, “Ergonomics of human-system interaction – Usability methods supporting human-centred design,” ISO/TR 16982:2002, 2002.
- [31] International Organization for Standardization and International Electrotechnical Commission, “Information technology – Security techniques – Privacy framework,” ISO/IEC 29100:2011, 2011.
- [32] M. Sandesara, U. Bodkhe, S. Tanwar, M. D. Alshehri, R. Sharma, B.-C. Neagu, G. Grigoras, and M. S. Raboaca, “Design and experience of mobile applications: A pilot survey,” *Mathematics*, vol. 10, no. 14, p. 2380, 2022.
- [33] GeoPoll, “Closed-ended vs. open-ended survey questions,” *GeoPoll Blog*, Feb. 2, 2022. [Online]. Available: <https://www.geopoll.com/blog/closed-ended-vs-open-ended-survey-questions/>. [Accessed: Jul. 18, 2025].
- [34] P. B. A. A. Putra, “Pengembangan aplikasi kuesioner survey berbasis web menggunakan skala Likert dan Guttman,” *Jurnal Sains dan Informatika*, 2019.
- [35] Twilio, “What is Mean Opinion Score (MOS)?,” *Twilio Docs*, [Online]. Available:

<https://www.twilio.com/docs/glossary/what-is-mean-opinion-score-mos>. [Accessed: Jul. 18, 2025].