

## DAFTAR PUSTAKA

1. Larasati A, Dyananti S, Yekti M, Rohmani A. Hubungan Intensitas Nyeri Dengan Kualitas Tidur: Studi Pada Penderita Hernia Nukleus Pulposus (HNP) Lumbal. *Cerdika: Jurnal Ilmiah Indonesia*. 25 September 2023;3(09):850–6.
2. Awadalla AM, Aljulayfi AS, Alrowaili AR, Souror H, Alowid F, Mahdi AMM, dkk. Management of Lumbar Disc Herniation: A Systematic Review. *Cureus*. 29 Oktober 2023;15(10):e47908.
3. Penchev P, Ilyov IG, Todorov T, Petrov PP, Traykov P. Comprehensive Analysis of Treatment Approaches for Lumbar Disc Herniation: A Systematic Review. *Cureus*. 27 Agustus 2024;16(8):e67899.
4. Sudaryanto, Rahmat Nugraha, Hasbiah, Tiar Erawan, Aya Aimal Syaqsana. Kombinasi Transcutaneous Electrical Nerve Stimulation dan Integrated Neuromuscular Inhibition Technique untuk Menurunkan Nyeri dan Meningkatkan Kemampuan Fungsional Pasien dengan Hernia Nukleus Pulposus Lumbal. *Jurnal Penelitian Kesehatan Suara Forikes*. April 2024;15(2):308.
5. Harper R, Klineberg E. The evidence-based approach for surgical complications in the treatment of lumbar disc herniation. *Int Orthop*. 4 April 2019;43(4):975–80.
6. Yoon WW, Koch J. Herniated discs: when is surgery necessary? *EFORT Open Rev*. 28 Juni 2021;6(6):526–30.
7. Mann TN, Dunn RN, Vlok AJ, Davis JH. Incidence Of Spine Surgery In The South African Private Healthcare Sector: Ten-year Trends Within a Large Open Medical Scheme. *European Spine Journal*. 1 September 2023;32(9):3015–22.
8. Fjeld OR, Grøvle L, Helgeland J, Småstuen MC, Solberg TK, Zwart JA, dkk. Complications, reoperations, readmissions, and length of hospital stay in 34 639 surgical cases of lumbar disc herniation. *Bone Joint J*. 1 April 2019;101-B(4):470–7.
9. Wu Q, Cui X, Guan LC, Zhang C, Liu J, Ford NC, dkk. Chronic Pain After Spine Surgery: Insights Into Pathogenesis, New Treatment, and Preventive Therapy. *J Orthop Translat*. 1 September 2023;42:147–59.
10. Siccoli A, Staartjes VE, Klukowska AM, Muizelaar JP, Schröder ML. Overweight and Smoking Promote Recurrent Lumbar Disk Herniation After Discectomy. *European Spine Journal*. 1 Maret 2022;31(3):604–13.
11. Mangan JJ, Goyal DKC, Divi SN, Bowles DR, Nicholson KJ, Mujica VE, dkk. Does Smoking Status Influence Health-Related Quality of Life Outcome Measures in Patients Undergoing ACDF? *Global Spine J*. 1 Januari 2021;11(1):50–6.
12. Kaki AM, Bugis SM, Hilal FM, Al-Sayyad HM, Al-Sayyad LM, Chb MB. Characteristics of Pain among Patients with Failed Back Surgery Syndrome

- in a Tertiary Care Hospital in Western Saudi Arabia. *MEJ ANESTH.* 2022;29(1).
13. Departemen Kesehatan RI. Riset Kesehatan Dasar (Riskesdas) Laporan Nasional 2017. Jakarta; 2018.
  14. Saraswati SK, Rahmaningrum FD, Pahsya MNZ, Paramitha N, Wulansari A, Ristantya AR, dkk. Literature Review : Faktor Risiko Penyebab Obesitas. *Media Kesehatan Masyarakat Indonesia.* 1 Februari 2021;20(1):70–4.
  15. Nakajima K, Miyahara J, Ohtomo N, Nagata K, Kato S, Doi T, dkk. Impact Of Body Mass Index On Outcomes After Lumbar Spine Surgery. *Scientific Reports* 2023 13:1. 15 Mei 2023;13(1):1–9.
  16. Bergquist J, Greil M, Hofstetter CP. 310 Impact of Obesity on Morbidity Associated With Endoscopic Spine Surgery. *Neurosurgery.* April 2022;68:68–9.
  17. Frost BA, Camarero-Espinosa S, Johan Foster E. Materials for the Spine: Anatomy, Problems, and Solutions. *Materials.* 14 Januari 2019;12(2).
  18. Moore KL, Dalley AF, Agur AMR. *Clinically Oriented Anatomy.* 8th ed. Philadelphia; 2018. 72–104 hlm.
  19. DeSai C, Reddy V, Agarwal A. *Anatomy, Back, Vertebral Column.* StatPearls. StatPearls; 2023.
  20. Mostafa E, Varacallo M. *Anatomy, Back, Coccygeal Vertebrae.* StatPearls. StatPearls; 2023.
  21. Theodorou DJ, Theodorou SJ, Gelalis ID, Kakitsubata Y, Theodorou DJ, Theodorou S, dkk. Lumbar Intervertebral Disc and Discovertebral Segment, Part 1: An Imaging Review of Normal Anatomy. *Springer Nature.* 1 Juni 2022;14(6).
  22. Wong J, Sampson SL, Bell-Briones H, Ouyang A, Lazar AA, Lotz JC, dkk. Nutrient Supply And Nucleus Pulposus Cell Function: Effects Of The Transport Properties Of The Cartilage Endplate and Potential Implications For Intradiscal Biologic Therapy. *Osteoarthritis Cartilage.* 1 Juni 2019;27(6):956–64.
  23. Sabia M, Mathur R. *Anatomy of the Spine and Spinal Cord for Pain Procedures. Interventional Pain Procedures.* Springer Publishing Company; 2018.
  24. Pillemer R. *Anatomy and Function of the Lumbar Spine. Handbook of Lumbar Spine and Lower Extremity Examination.* Springer, Cham; 2023. 3–13 hlm.
  25. Dydyk AM, Ngnitewe Massa R, Mesfin FB. *Disc herniation.* Treasure Island (FL): StatPearls Publishing. 2024;
  26. Arifin M, Zafrullah. *Ilmu Bedah Saraf.* 5 ed. Satyanegara, editor. Jakarta: Gramedia Pustaka Utama; 2014.
  27. Cicco FL De, Willhuber GOC. *Nucleus Pulposus Herniation.* StatPearls. 7 Agustus 2023;

28. Rizky Widyasari O, Irine Dwitasari Wulandari dan. Penatalaksanaan Fisioterapi Pada Hernia Nukleus Pulposus (HNP) dengan Modalitas Traksi dan Mc. Kenzie Exercise di RSO Prof DR. R. Soeharso Surakarta. Pena: Jurnal Ilmu Pengetahuan dan Teknologi. 1 April 2020;34(1):46–54.
29. Berlina L, Ichwanuddin. Hernia Nukleus Pulposus. Termometer: Jurnal Ilmiah Ilmu Kesehatan dan Kedokteran. 31 Juli 2024;2(3):175–97.
30. Phillips FM, Lieberman IH, Polly DW, Wang MY, editor. Minimally Invasive Spine Surgery. Cham: Springer International Publishing; 2019.
31. Irvan M, Sulistyani S. Tatalaksana Komperhensif pada Kasus Hernia Nukleus Pulposus (HNP). Thalamus 2024 FK UMS. 24 Februari 2024;664–75.
32. Braddom R. Physical Medicine and Rehabilitation Fourth Edition. Physical Medicine and Rehabilitation. 2015;1:1–1506.
33. Harper R, Klineberg E. The evidence-based approach for surgical complications in the treatment of lumbar disc herniation. Int Orthop. 4 April 2019;43(4):975–80.
34. Lavi ES, Pal A, Bleicher D, Kang K, Sidani C. MR Imaging of the Spine: Urgent and Emergent Indications. Semin Ultrasound CT MR. 1 Desember 2018;39(6):551–69.
35. Chou R, Hashimoto R, Friedly J, Fu R, Bougatsos C, Dana T, dkk. Epidural Corticosteroid Injections for Radiculopathy and Spinal Stenosis: A Systematic Review and Meta-analysis. Ann Intern Med. 1 September 2015;163(5):373–81.
36. Desyauri R, Aritonang FH, Simanjuntak CA. Indeks Massa Tubuh (IMT) Sebagai Faktor Risiko pada Kecurigaan Hernia Nukleus Pulposus (HNP) Lumbal. Journal of Medical Studies. 2021;1(2):1–7.
37. Raja SN, Carr DB, Cohen M, Finnerup NB, Flor H, Gibson S, dkk. The revised International Association for the Study of Pain definition of pain: concepts, challenges, and compromises. Pain. 1 September 2020;161(9):1976–82.
38. Yudiyanta Y (Yudiyanta), Khoirunnisa N (Novita), Novitasari RW (Ratih). Assessment Nyeri. Cermin Dunia Kedokteran. 2015;42(3):398402.
39. Coccolini F, Corradi F, Sartelli M, Coimbra R, Kryvoruchko IA, Leppaniemi A, dkk. Postoperative Pain Management In Non-Traumatic Emergency General Surgery. World Journal of Emergency Surgery. 1 Desember 2022;17(1):1–15.
40. Chiarotto A, Maxwell LJ, Ostelo RW, Boers M, Tugwell P, Terwee CB. Measurement Properties of Visual Analogue Scale, Numeric Rating Scale, and Pain Severity Subscale of the Brief Pain Inventory in Patients With Low Back Pain: A Systematic Review. J Pain. 1 Maret 2019;20(3):245–63.
41. Consuelo VM, Chiara F, Francesca SM, Patrizia D, Scribante A. The Use of Questionnaires in Pain Assessment during Orthodontic Treatments: A Narrative Review. Medicina (B Aires). 18 September 2023;59(9):1681.

42. Kien NT, Geiger P, Van Chuong H, Cuong NM, Van Dinh N, Pho DC, dkk. Preemptive Analgesia After Lumbar Spine Surgery by Pregabalin and Celecoxib: a Prospective Study. *Drug Des Devel Ther.* 2019;13:2145.
43. Evans L, O'Donohoe T, Morokoff A, Drummond K. The Role of Spinal Surgery in the Treatment of Low Back Pain. *Medical Journal of Australia.* 16 Januari 2023;218(1):40–5.
44. Parenteau CS, Lau EC, Campbell IC, Courtney A. Prevalence Of Spine Degeneration Diagnosis by Type, Age, Gender, and Obesity Using Medicare Data. *Sci Rep.* 8 Maret 2021;11(1):1–11.
45. Yudoyono F, et al. Demographic Characteristics of Spine Surgery Patients in Hasan Sadikin Hospital, Bandung, Indonesia. *World Neurosurg.* 2018;116:e1141–6.
46. Lange N, Stadtmüller T, Scheibel S, Reischer G, Wagner A, Meyer B, dkk. Analysis Of Risk Factors For Perioperative Complications In Spine Surgery. *Scientific Reports* 2022 12:1. 23 Agustus 2022;12(1):1–12.
47. Smith JS, et al. Indications For Surgical Intervention in Lumbar Disc Herniation. *Spine Journal.* 2017;17(5):672–9.
48. Choi KW, et al. Surgical Treatment of Lumbar Spinal Stenosis: A systematic review. *Neurosurgery.* 2018;82(5):646–55.
49. Bilsky MH, et al. Indications for Surgery in Patients With Spinal Tumors. *The Spine Journal.* 2015;15(3):487–94.
50. Ghogawala Z, et al. Laminectomy Plus Fusion Versus Laminectomy Alone For Lumbar Spondylolisthesis. *New England Journal of Medicine.* 2017;374(15):256–62.
51. Wu Y, Li D, Vermund SH. Advantages and Limitations of the Body Mass Index (BMI) to Assess Adult Obesity. *Int J Environ Res Public Health.* 1 Juni 2024;21(6).
52. Muscogiuri G, Verde L, Colao A. Body Mass Index (BMI): Still be used? *Eur J Intern Med.* 1 November 2023;117:50–1.
53. Marieta A, Lestari K. Review Artikel : Rokok dan Berbagai Masalah Kesehatan yang Ditimbulkannya. *Farmaka.* 31 Juli 2022;20(2):56–63.
54. Matthew J. Hilton, Christine Ann Rose, David T. Sweanor. Smoking : Definition, Types, Effects, History, & Facts [Internet]. *Britannica.* 2024 [dikutip 5 Mei 2024]. Tersedia pada: <https://www.britannica.com/topic/smoking-tobacco>
55. Megatsari H, Damayanti R, Kusuma D, Warouw TS, Nadhiroh SR, Astutik E, dkk. The Influence of Anti-Smoking Messages to Indonesian Youth Smoking Behavior: The Indonesian 2019 Global Youth Tobacco Survey (GYTS). *BMC Public Health.* 1 Desember 2023;23(1):1–11.
56. Tan Yen Lian, Ulysses Dorotheo. *The Tobacco Control Atlas ASEAN Region 5th Edition.* 2021.

57. NHIS - Penggunaan Tembakau pada Orang Dewasa - Glosarium [Internet]. [dikutip 10 Oktober 2024]. Tersedia pada: [https://www.cdc.gov/nchs/nhis/tobacco/tobacco\\_glossary.htm](https://www.cdc.gov/nchs/nhis/tobacco/tobacco_glossary.htm)
58. Perhimpunan Dokter Paru Indonesia. Penyakit Paru Obstruktif Kronik (PPOK) Pedoman diagnosis dan penatalaksanaan di Indonesia. PDPI. 2003.
59. Alshammari HS, Alshammari AS, Alshammari SA, Ahamed SS. Prevalence of Chronic Pain After Spinal Surgery: A Systematic Review and Meta-Analysis. *Cureus*. 13 Juli 2023;15(7).
60. Orhurhu VJ, Chu R, Gill J. Failed Back Surgery Syndrome. *StatPearls*. StatPearls; 2023.
61. Beck EC, Gowd AK, White JC, Knio ZO, O’Gara TJ. The Effect of Smoking On Achieving Meaningful Clinical Outcomes One Year After Lumbar Tubular Microdecompression: A Matched-Pair Cohort Analysis. *Spine Journal*. 1 Agustus 2021;21(8):1303–8.
62. Khashan M, Ofir D, Hochberg U, Schermann H, Regev GJ, Lidar Z, dkk. Does Tobacco Smoking Affect the Postoperative Outcome of MIS Lumbar Decompression Surgery? *Journal of Clinical Medicine* 2023, Vol 12, Page 3292. 5 Mei 2023;12(9):3292.
63. Deyo RA, Loeser JD, Bigos SJ. Herniated Lumbar Intervertebral Disk. *Ann Intern Med*. 1 Desember 2008;112(8):598–603.
64. Haam JH, Kim BT, Kim EM, Kwon H, Kang JH, Park JH, dkk. Diagnosis of Obesity: 2022 Update of Clinical Practice Guidelines for Obesity by the Korean Society for the Study of Obesity. *J Obes Metab Syndr*. 30 Juni 2023;32(2):121–9.
65. Yao M, Yao M, Xu BP, Xu BP, Li ZJ, Li ZJ, dkk. A Comparison Between The Low Back Pain Scales for Patients With Lumbar Disc Herniation: validity, reliability, and responsiveness. *Health Qual Life Outcomes*. 10 Juni 2020;18(1):175.
66. Mahasiswa JI, Syukran Maulana R, Mutiawati E. Hubungan Indeks Massa Tubuh (IMT) Dengan Tingkat Nyeri Pada Penderita Low Back Pain (LBP) Di Poliklinik Saraf RSUD Dr. Zainoel Abidin Banda Aceh. *Original Article*. 2016;1:1–6.
67. Bank Bengkulu PT, Padang K, Kabupaten J, Utara B. Hubungan Kepercayaan Nasabah DAN Promosi dengan Minat Menabung Pada PT. Bank Bengkulu KCP Padang Jaya Kabupaten Bengkulu Utara. *Jurnal Ilmiah Ekonomi dan Bisnis*. 31 Juli 2019;7(2).
68. Nukleus Pulposus H, Berlina L, Ilmu Penyakit Saraf D, Kedokteran F, Studi Pendidikan Profesi Dokter P, Aceh Utara K, dkk. Hernia Nukleus Pulposus. *Termometer: Jurnal Ilmiah Ilmu Kesehatan dan Kedokteran*. 31 Juli 2024;2(3):175–97.
69. Sehat M, Tabaraii R, Lotfi S, Etebari M, Cheraghi M, Ahmadi A. Evaluation of Surgical Complications After Herniated Spinal Lumbar Disc Surgery. *Interdisciplinary Neurosurgery*. 1 Desember 2023;34:101864.



70. Eren B, Güleç I. Risk Factors for Early Recurrent Lumbar Disc Herniation: evaluation of 1453 patients. *Journal of Turkish Spinal Surgery*. 1 April 2020;31(2):96–100.
71. Yelmaiza M, Susanti R, Indra S. The Risk Factors Affecting Disability Level of Lumbar Disc Herniation. *Bioscientia Medicina : Journal of Biomedicine and Translational Research*. 6 Desember 2022;6(1):1275–80.
72. Puji Tri Astuti N, Indra Bayu W. Indeks Massa Tubuh, Pola Makan, dan Aktivitas Fisik: Apakah Saling Berhubungan? *Jurnal Olahraga Pendidikan Indonesia (JOPI)*. 2022;1(2):154–67.
73. Zielinska N, Podgórski M, Haładaj R, Polgaj M, Olewnik Ł. Risk Factors of Intervertebral Disc Pathology—A Point of View Formerly and Today—A Review. *Journal of Clinical Medicine* 2021, Vol 10, Page 409. 21 Januari 2021;10(3):409.
74. Bahadır Ülger FE. The Relationship Between Active and Passive Exposure to Cigarette Smoke and Severe Lumbar Intervertebral Disc Degeneration According to Demographic Data. *Bagcilar Medical Bulletin*. 14 September 2021;6(3):220–8.
75. Hareni N, Strömquist F, Rosengren BE, Karlsson MK. A Study Comparing Outcomes Between Obese and Non-Obese Patients with Lumbar Disc Herniation Undergoing Surgery: a study of the Swedish National Quality Registry of 9979 patients. *BMC Musculoskelet Disord*. 1 Desember 2022;23(1):1–11.
76. Hozumi J, Sumitani M, Nishizawa D, Nagashima M, Ikeda K, Abe H, dkk. Resistin is a novel marker for postoperative pain intensity. *Anesth Analg*. 1 Maret 2019;128(3):563–8.
77. Lener S, Wipplinger C, Hartmann S, Thomé C, Tschugg A. The Impact of Obesity and Smoking on Young Individuals Suffering From Lumbar Disc Herniation: a retrospective analysis of 97 cases. *Neurosurg Rev*. 1 Oktober 2020;43(5):1297–303.
78. Stienen MN, Joswig H, Smoll NR, Tessitore E, Schaller K, Hildebrandt G, dkk. Short- and long-term effects of smoking on pain and health-related quality of life after non-instrumented lumbar spine surgery. *Clin Neurol Neurosurg*. 1 Maret 2016;142:87–92.