ABSTRACT

THE RELATIONSHIP OF INDIVIDUAL AND ENVIRONMENTAL RISK FACTORS ON THE INCIDENT OF COMPUTER VISION SYNDROME IN STUDENTS OF THE FACULTY OF MEDICINE LAMPUNG UNIVERSITY

By

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Background: Computer Vision Syndrome (CVS) is a series of ocular and extraocular symptoms in frequent computer users. The prevalence estimated at 1 million new cases every year. CVS symptoms include asthenopia, external, visual, and extraocular symptoms. CVS factors include individual and environmental factors. Diagnosis of CVS can utilize the CVS-Q. The research aims to determine the relationship between individual and environmental risk factors and the occurrence of CVS in students of the Faculty of Medicine, University of Lampung.
Method: This research employed a cross-sectional approach, conducted at the Faculty of Medicine, University of Lampung, in January 2024. The population consisted of students of the Faculty of Medicine, University of Lampung. Sampling was done using proportional stratified random sampling technique with 265 samples. The dependent variable was the occurrence of CVS. The independent variables were individual and environmental factors. Data were collected through the CVS-Q and analyzed using univariate analysis and bivariate analysis using the Chi-square test.
Results: The results showed a CVS occurrence rate of 74%. There was no association between age factor (p=0.892) and CVS occurrence. There was an association between gender factor (p=0.048), glasses usage (p=0.031), duration of computer/laptop usage (p=0.027), computer/laptop usage duration (p=0.005), rest period (p=0.039), and computer/laptop monitor position (p=0.006) with CVS occurrence.
Conclusion: Factors associated with CVS occurrence are gender, glasses usage, duration of computer/laptop usage, computer/laptop usage duration, rest period, and computer/laptop monitor position. Age is not associated with CVS occurrence.

Keywords: Computer Vision Syndrome, Environmental risk factors, Individual risk factors.

ABSTRAK

HUBUNGAN FAKTOR RISIKO INDIVIDU DAN LINGKUNGAN TERHADAP KEJADIAN COMPUTER VISION SYNDROME PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

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Latar Belakang: Computer Vision Syndrome (CVS) adalah serangkaian gejala okuler dan ekstraokuler pada pengguna yang sering menggunakan komputer. Prevalensi diperkirakan 1 juta kasus baru setiap tahun. Gejala CVS mencakup astenopia, eksternal, visual, dan ekstraokuler. Faktor CVS meliputi individu dan lingkungan. Diagnosis CVS dapat menggunakan kuesioner CVS-Q. Tujuan penelitian untuk mengetahui hubungan antara faktor risiko individu dan lingkungan dengan kejadian CVS pada mahasiswa FK Unila.
Metode: Metode penelitian dengan pendekatan *cross-sectional*, dilakukan di FK Unila, bulan Januari 2024. Populasi adalah mahasiswa FK Unila angkatan 2020—2023. Pengambilan sampel menggunakan teknik *proportional stratified random sampling* dengan 265 sampel. Variabel *dependent* adalah kejadian CVS. Variabel *independent* adalah faktor individu dan lingkungan. Data dikumpulkan melalui kuesioner CVS-Q, dianalisis dengan analisis univariat serta analisis bivariat menggunakan uji *Chi-square*.
Hasil: Hasil menunjukkan kejadian CVS sebesar 74%. Tidak terdapat hubungan faktor usia (p=0,892) dengan kejadian CVS. Terdapat hubungan antara faktor jenis kelamin (p=0,048), pengguna kacamata (p=0,031), lama penggunaan komputer/laptop (p=0,027), durasi penggunaan komputer/laptop (p=0,005), lama istirahat (p=0,039), dan posisi monitor komputer/laptop (p=0,006) dengan kejadian CVS.
Kesimpulan: Faktor yang berhubungan dengan kejadian CVS adalah jenis kelamin, pengguna kacamata, lama pengguna komputer/laptop, durasi pengguna komputer/laptop, lama istirahat setelah, dan posisi monitor komputer/laptop. Faktor yang tidak berhubungan dengan kejadian CVS adalah usia.

Kata kunci: *Computer Vision Syndrome*, Faktor risiko individu, Faktor risiko lingkungan