

ABSTRACT

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Study Program : Public Health
Title : Factors corelation with symptom of eyestrain in computer user at PT Andika Pratama Karya Mandiri, Jambi Of year 2018

Eye fatigue can occur on the user's computer because by looking and using a computer closely for a long time. These condition can decrease accuracy and alertness. Moreover, it can reduce worker health condition can even cause accident. This study was there fore conducted to determine the factors associated with complaints of eye fatigue.

This study is an quantitative study design cross sectional study, which was conducted in August-December 2018. The population in this study were all pepople. Data were collected using instruments : questionnaires, snellen chart, meter, and a lux meter.

Results showed that refractive abnormalities ($p = 0.026$), eye rest variables ($p = 0.033$), monitor distance variables ($p = 0.028$), lighting level variables ($p = 0.015$) which means there is a relationship with complaints of eyestrain. To anticipate and reduce the likelihood of complaints of eye fatigue on workers of computer users, companies should improve the level of lighting for workers who use computers according to the standards (315-385), adjust the position of distance and rest periods, and periodically check the workers for workers.

Keywords: Complaints of eye recovery, refractive abnormalities, distance monitoring, eye rest and lighting levels

xv + 63 pages: 3 images + 1 graph + 13 tables

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