

ABSTRACT

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Faculty of Health
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A Thesis, 2017
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FACTORS ASSOCIATED WITH EYESTRAIN IN COMPUTERS USES WORKERS AT HEALTH DEPT CLAIM PT ADIRA DINAMIKA OF YEAR 2017

The long period working with computer will increase risk of disturbance occupational health. One of them is disturbance eye health that caused eyestrain. To prevent that we have to pay attention to visual ergonomic computer such as distance between eye and the screen, the room lighting and the position of the eye and monitor so that workers get visual comfort while doing job. This Research conducted is quantitative method with cross sectional design. The population in this study were all Health Claim Dept staff PT Adira Dinamika. The sampling technique total sampling method. Data Instruments in this study was used questionnaires and direct measurement by using a lux meter and ruler / ruler. The result showed that there is a relationship between duration of computer use ($p\text{-value} = 0.104$), a distance monitor ($p\text{-value} = 0.006$), lighting ($p\text{-value} = 0.000$), workload ($p\text{-value} = 0.009$), visual rest ($p\text{-value} = 0.033$), with $\alpha = > 0,05$. To reduce eyestrain symptom, the proposed suggestions for the company is increasing the lighting quality standart for the computer user, does the lamp treatment, put on posters, booklets and broadcasting related to monitor distance that conforms to standard between user and computer. For other researchers are advised to take measurements eyestrain and to take a holiday and periodically outing .

Keywords : Eyestrain, Computer Workers User

xi+77 pages : 3 pictures ; 15 tabels

Bibliography : 31 (1991-2014)

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The long period working with computer will increase risk of disturbance occupational health. One of them is disturbance eye health that caused eyestrain. To prevent that we have to pay attention to visual ergonomic computer such as distance between eye and the screen, the room lighting and the position of the eye and monitor so that workers get visual comfort while doing job. This Research conducted is quantitative method with cross sectional design. The population in this study were all Health Claim Dept staff PT Adira Dinamika. The sampling technique total sampling method. Data Instruments in this study was used questionnaires and direct measurement by using a lux meter and ruler / ruler. The result showed that there is a relationship between duration of computer use (p-value = 0.136), a distance monitor (p-value = 0.009), lighting (p-value = 0.000), visual rest (p-value = 0.033), with $\alpha = > 0,05$. To reduce eyestrain symptom, the proposed suggestions for the company is increasing the lighting quality standart for the computer user, does the lamp treatment, put on posters, booklets and broadcasting related to monitor distance that conforms to standard between user and computer. For other researchers are advised to take measurements eyestrain and to take a holiday and periodically outing .

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