

ABSTRAK

DURASI PENGGUNAAN GAWAI DENGAN *COMPUTER VISION SYNDROME* (CVS) PADA MAHASISWA PROGRAM STUDI KEPERAWATAN TUBAN PROGRAM DIPLOMA TIGA

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Kementerian Kesehatan Republik Indonesia menetapkan batas aman penggunaan gawai maksimal 2 jam per hari, untuk mencegah gangguan mata seperti *Computer Vision Syndrome* (CVS). CVS merupakan kumpulan gejala pada mata akibat penggunaan perangkat digital yang berlebihan. Mahasiswa berisiko tinggi mengalami CVS karena tingginya intensitas penggunaan gawai dalam aktivitas akademik. Penelitian ini bertujuan untuk menganalisis hubungan antara durasi penggunaan gawai dengan gejala CVS pada mahasiswa Program Studi Keperawatan Tuban Program Diploma Tiga.

Desain penelitian menggunakan korelasi dengan pendekatan Crosssectional. Populasi dalam penelitian ini adalah seluruh mahasiswa Program Studi Keperawatan Tuban Program Diploma Tiga TA. 2024/2025 dengan besar sampel sejumlah 136 mahasiswa, teknik pengambilan sampel menggunakan Simple random sampling. Variabel independen adalah durasi penggunaan gawai, diukur dengan kuesioner durasi penggunaan gawai. Variabel dependen adalah Computer Vision Syndrome, gejala CVS diukur dengan Computer Vision Syndrome Questionnaire (CVS-Q). Data dikumpulkan melalui kuesioner dan dianalisis secara univariat dan bivariat menggunakan uji Chi-Square.

Hasil penelitian menunjukkan sebagian besar mahasiswa menunjukkan durasi penggunaan gawai yang buruk dan hampir seluruhnya mengalami Computer Vision Syndrome (CVS). Hasil uji Chi-Square didapatkan p-value = < 0,001 yang berarti ada hubungan antara durasi penggunaan gawai dan Computer Vision Syndrome (CVS) pada Mahasiswa Program Studi Keperawatan Tuban Program Diploma Tiga.

Durasi penggunaan gawai berkaitan erat dengan kejadian Computer Vision Syndrome (CVS). Artinya, semakin lama seseorang menggunakan gawai, semakin tinggi pula risiko mengalami gejala CVS. Sebaliknya, jika durasi penggunaan gawai dikendalikan dengan baik, maka risiko terjadinya CVS dapat diminimalkan.

Kata kunci: Durasi, Gawai, *Computer Vision Syndrome*, Mahasiswa

ABSTRACT

DURATION OF GADGET USE WITH COMPUTER VISION SYNDROME (CVS) AMONG STUDENTS OF TUBAN NURSING STUDY PROGRAM DIPLOMA THREE PROGRAM

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The Indonesian Ministry of Health has set a safe limit of 2 hours per day for gadget use to prevent eye disorders such as Computer Vision Syndrome (CVS). CVS is a collection of symptoms affecting the eyes caused by excessive use of digital devices. Students are at high risk of developing CVS due to the high intensity of device use in academic activities. This study aims to analyze the relationship between device usage duration and CVS symptoms among students in the Nursing Program at Tuban Diploma Three Program.

The study design uses a cross-sectional correlation approach. The population in this study consists of all students in the Tuban Nursing Program Diploma Three Program for the 2024/2025 academic year, with a sample size of 136 students. The sampling technique used is simple random sampling. The independent variable was the duration of gadget use, measured using a gadget use duration questionnaire. The dependent variable was Computer Vision Syndrome, with CVS symptoms measured using the Computer Vision Syndrome Questionnaire (CVS-Q). Data were collected through questionnaires and analyzed using univariate and bivariate analysis with the Chi-Square test.

The results showed that most students had poor device usage duration and nearly all experienced Computer Vision Syndrome (CVS). The Chi-Square test yielded a $p\text{-value} < 0.001$, indicating a significant association between device usage duration and Computer Vision Syndrome (CVS) among students in the Nursing Program at Tuban College of Nursing, Diploma Three Program.

Device usage duration is closely related to the occurrence of Computer Vision Syndrome (CVS). This means that the longer someone uses a device, the higher the risk of experiencing CVS symptoms. Conversely, if device usage duration is well controlled, the risk of CVS can be minimized.

Keywords: Duration, Gadget, Computer Vision Syndrome, Students