

**KELUHAN GEJALA *ASTHENOPIA* PADA KARYAWAN INSTALASI BAPENDA
KANTOR SAMSAT KOTA TASIKMALAYA BULAN MARET–APRIL TAHUN 2020**

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ABSTRAK

Pendahuluan: Penelitian ini dilatar belakangi oleh kurangnya pengetahuan karyawan Instalasi Bapenda Kantor Samsat Kota Tasikmalaya mengenai bahaya yang disebabkan oleh cahaya komputer. Gangguan kesehatan mata yang dapat dialami oleh karyawan Instalasi Bapenda adalah *asthenopia*. Adapun tujuan penelitian ini yaitu untuk mengetahui keluhan gejala *Asthenopia* pada karyawan Instalasi Bapenda kantor Samsat kota Tasikmalaya Tahun 2020.

Metode: Penelitian: Penelitian ini menggunakan metode penelitian deskriptif kuantitatif yaitu suatu metode dalam meneliti status suatu objek peristiwa pada masa sekarang, dengan menggunakan desain *Cross Sectional*. Pada penelitian ini untuk mengumpulkan data alat yang di pergunakan adalah kuesioner.

Hasil: Kelelahan mata *asthenopia* berupa keluhan mata penglihatan kabur, atau tidak dapat melihat objek dengan jelas sebanyak 26 orang (65.0%), diikuti Keluhan mata penglihatan berbayang pada saat melihat objek sebanyak 28 orang (70.0%), selanjutnya Keluhan mata merasakan sulit dalam memfokuskan penglihatan pada saat melihat objek sebanyak 26 orang, (56.0 %). keluhan mata merasakan perih pada saat setelah bekerja di depan komputer sebanyak 13 orang (3.3%). keluhan mata sering merah pada saat setelah melakukan pekerjaan didepan komputer sebanyak 17orang (42.5%), keluhan mata sering berair pada saat melakukan pekerjaan di depan komputer sebanyak 18 orang (45.0%). keluhan merasakan sakit kepala pada saat bekerja di depan komputer sebanyak 19 orang (47.5%), keluhan mata merasakan nyeri atau terasa berdenyut di sekitaran mata pada saat bekerja di depan komputer sebanyak 18 orang (45.0%), keluhan mata penglihatan ganda pada saat bekerja di depan komputer sebanyak 28 orang (70.0%), memeberikan waktu jeda pada saat bekerja di depan komputer sebanyak 23 orang (57.0%), keluhan kelopak mata berat pada saat bekerja di depan komputer sebanyak Intensitas pencahayaan 29 orang (72.0%), keluhan mata sering kering setelah melakukan pekerjaan di depan komputer sebanyak 28 orang (70.0%), keluhan mata sensitif terhadap cahaya pada saat melakukan pekerjaan di depan komputer sebanyak 26 orang (65.0%), mengeluhkan pegal di bagian leher pada saat bekerja di depan komputer sebanyak 21 orang (52.0%), keluhan mata terasa tegang pada saat bekerja di depan komputer sebanyak 21 orang (52.0 %), keluhan mata sering mengalami kesulitan fokus pada saat menggunakan komputer sebanyak 28 orang (70.0 %), Keluhan merasakan sakit pundak atau bahu pada saat bekerja di depan komputer sebanyak 28 orang (70.0%).

Kesimpulan: dari pencahayaan sinar komputer yang sangat tinggi dapat menimbulkan adanya gejala kelelahan mata *asthenopia* pada karyawan instalasi bapenda.

Kata kunci : *Asthenopia*, gejala *Asthenopia*

ABSTRACT

Background: This research is motivated by the lack of knowledge about the danger caused by computer light in Bapenda Installation of the Samsat City Tasikmalaya Office. Eye problems that may occurred among Bapenda Installation employees is asthenopia. The purpose of this study is to investigate the symptoms of *Asthenopia* symptoms among employees in Bapenda Installation of Samsat office in Tasikmalaya city in 2020.

Method: This study uses a quantitative descriptive research method that is a method of examining the status of an object of events in the present, using a cross sectional design. In this study, a questionnaire is used as tool to collect data.

Result: *Asthenopia* eye fatigue in the form of complaints of blurred vision of the eyes, or unable to see objects clearly as many as 26 people (65.0%), followed by complaints of shaded vision when looking at objects as many as 28 people (70.0%), another complaint is the difficult of vision to focus when looking at objects as many as 26 people, (56.0%), complaints of sore eyes after working in front of computer as many as 13 people (3.3%). Red eyes after work in front of computer as many as 17 people (42.5%), watery eyes when working in front of computer as many as 18 people (45.0%). complaints of headaches when working in front of computer as many as 19 people (47.5%), eye complaints of pain or throbbing around the eyes when working in front of computer as many as 18 people (45.0%), complaints of double vision when working in front of computer as many as 28 people (70.0%), 23 people make a time pause when working in front of computer (57.0%), heavy eyelid complaints when working in front of computer with high lighting intensity as many as 29 people (72.0%), frequent dry eyes complaints after working in front of the computer as many as 28 people (70.0%), complaints of sensitive eyes to light when doing work in front of the computer as many as 26 people (65.0%), complaint of aches in the neck while working in front of computer as many as 21 people (52.0%), complaints of tense feeling when working in front of computer as many as 21 people (52.0%), complaints of eyes often have difficulty focusing when using a computer as 28 people (70.0%) complaints of shoulder pain while working in front of computer as many as 28 people (70.0%).

Conclusion: A very high level of computer lighting can cause *asthenopia* eye fatigue symptoms among employees in bapenda installation office.

Key words : *Asthenopia*, *Asthenopia* symptoms