

**HUBUNGAN *SCREEN-TIME* DAN UKURAN *GADGET* DENGAN  
COMPUTER VISION SYNDROME PADA MAHASISWA FAKULTAS  
KEDOKTERAN UNIVERSITAS PEMBANGUNAN NASIONAL VETERAN  
JAKARTA**

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**Abstrak**

Pandemi COVID-19 menyebabkan proses pembelajaran dilakukan secara daring, tak terkecuali di Fakultas Kedokteran UPN Veteran Jakarta (FKUPNVJ). Pembelajaran daring meningkatkan *screen-time gadget* pada mahasiswa. *Screen-time* dapat diukur menggunakan aplikasi sehingga akumulasi *screen-time gadget* penggunaannya dapat diukur dengan akurat. *Screen-time gadget* yang meningkat dan berlebihan meningkatkan risiko mengalami *computer vision syndrome* (CVS). Risiko CVS diduga akan semakin meningkat jika menggunakan *gadget* berukuran kecil. Penelitian ini bertujuan untuk mengetahui hubungan *screen-time* dan ukuran *gadget* pada mahasiswa FKUPNVJ. Penelitian menggunakan desain *cross-sectional* dengan besar sampel 84 orang yang diambil seluruhnya (*total sampling*). Instrumen penelitian yang digunakan adalah kuesioner perilaku penggunaan *gadget*, aplikasi *screen-time gadget* yaitu *YourHour* (*smartphone*) dan *DeskTime* (*laptop*), serta *computer vision syndrome questionnaire* (CVS-Q). Hasil penelitian didapatkan 50 orang (59,5%) mengalami CVS. Setiap hari rata-rata *screen-time* *laptop* 6,03 jam, *smartphone* 7,22 jam, dan total *screen-time* 13,25. Rata-rata ukuran *laptop* yang digunakan yaitu ukuran 14 inchi dan ukuran *smartphone* 6,4 inchi. Hasil uji *Chi-square* didapatkan perbedaan gejala mata kemerahan, mata kering, berkedip berlebihan, dan penglihatan kabur berdasarkan lama *screen-time* dan ukuran *gadget* ( $p < 0,05$ ). Dapat disimpulkan terdapat hubungan *screen-time* dan ukuran *gadget* dengan CVS. Durasi *screen-time* yang panjang dan ukuran *gadget* yang kecil dapat meningkatkan risiko CVS.

**Kata kunci** : *Computer Vision Syndrome* (CVS), *Screen-Time*, Ukuran *Gadget*

**THE RELATIONSHIP OF SCREEN-TIME AND SCREEN-SIZE WITH  
COMPUTER VISION SYNDROME AMONG MEDICAL STUDENTS OF  
UNIVERSITAS PEMBANGUNAN NASIONAL VETERAN JAKARTA**

**Sisca Erlita**

**Abstract**

The COVID-19 pandemic has caused the learning process to be carried online, including the Faculty of Medicine of UPN Veteran Jakarta (FKUPNVJ). Online learning increases the screen-time gadgets for students. Screen-time can be measured using application so that the accumulated screen-time of the gadget can be measured accurately. Increased screen-time of gadgets increases the risk of computer vision syndrome (CVS). The risk of CVS is expected to increase in the use small screen-size of gadgets. This study aims to determine the relationship between screen-time and screen-size for FKUPNVJ students. This study used a cross-sectional design with a total sample of 84 people (total sampling). The research instrument used was a gadget use behavior questionnaire, a screen-time gadget application in the form of YourHour (smartphone) and DeskTime (laptop), and a computer vision syndrome questionnaire (CVS-Q). The results showed that 50 people (59,5%) had CVS. The average screen-time for laptops is 6,03 hours, smartphones 7,22 hours, and total screen-time is 13,25 hours/day. The average size of the laptop used is 14 inches and smartphone is 6,4 inches. The results of the Chi-square test showed that there were differences in the symptoms of redness of the eyes, dry eyes, excessive blinking, and blurred vision based on the length of screen-time and screen-size ( $p < 0,05$ ). It can be concluded that there is a relationship between screen-time and screen-size with CVS. Long screen-time duration and small screen-size can increase the risk of CVS.

**Keyword** : Computer Vision Syndrome (CVS), Screen-Size, Screen-Time