

# HUBUNGAN STATUS MEROKOK DENGAN SINDROM MATA KERING PADA MAHASISWA UPN “Veteran” JAKARTA TAHUN 2017

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## ABSTRAK

Sindrom mata kering dapat disebabkan karena udara kering, usia, faktor hormon, obat-obatan, pemakaian lensa kontak, operasi laser mata, penyakit autoimun pada mata, kelainan kelenjar lakrimal, dan kebiasaan merokok. Paparan asap rokok dapat memicu stres oksidatif sel yang menyebabkan inflamasi. Hal tersebut mengakibatkan hiperosmolaritas air mata. Kondisi ini menimbulkan rasa ketidaknyamanan, gangguan penglihatan, dan ketidakstabilan air mata. Penelitian ini bertujuan untuk mengetahui hubungan status merokok dengan sindrom mata kering pada mahasiswa UPN “Veteran” Jakarta tahun 2017. Penelitian ini merupakan penelitian analitik observasional dengan desain *cross sectional*. Sampel merupakan mahasiswa UPN “Veteran” Jakarta yang berjumlah 74 yang diambil dengan cara *stratified propotional random sampling*. Data diambil dengan kuesioner OSDI dan uji *Schirmer*. Variabel independen adalah status merokok yang dibagi menjadi tidak merokok, merokok ringan, merokok sedang, dan merokok berat. Variabel dependen adalah sindrom mata kering. Hasil uji Chi-Square menunjukkan bahwa terdapat hubungan status merokok dengan sindrom mata kering dengan nilai  $P=0,003$ .

**Kata kunci :** Status merokok, stres oksidatif, sindrom mata kering

# THE RELATION BETWEEN SMOKING STATUS AND DRY EYE SYNDROME AMONG STUDENTS OF UPN “Veteran” JAKARTA IN 2017

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## ABSTRACT

*There were numbers of factor that increased risk of Dry Eye Syndrome, including dry or windy condition, aging, hormone, medications, contact lens wear, laser eye surgery, autoimmune disorders on eyes, lacrimal gland disorders, and smoking. Cigarette smoke exposure could trigger oxidative stress of the cells and this caused inflammation resulting in hyperosmolar tears. This condition caused a sense of discomfort, visual disturbance, and tear film instability. This research aimed to determine the relation between smoking status and dry eye syndrome on students of UPN “Veteran” Jakarta in 2017. This research was an observational analytical research with cross sectional design. The samples consisted of 74 students of UPN “Veteran” Jakarta which were taken by stratified proportional random sampling. We scored dry eye symptoms by OSDI questionnaire. For the tear film evaporation, we used Schirmer test. The independent variable for this research was smoking status which divided onto non-smoking, mild, moderate, and severe smoking. The dependent variable was dry eye syndrome. Bivariate analysis using Chi-Square test showed that there was a relation between smoking status and dry eye syndrome, with the P value = 0.003.*

**Keywords :** *Smoking status, oxidative stress, dry eye syndrome*