DETERMINAN COMPUTER VISION SYNDROME (CVS) PADA KARYAWAN PENGGUNA KOMPUTER INTENSIF DI RUMAH SAKIT ANNA PEKAYON BEKASI SELATAN

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Abstrak

Computer Vision Syndrome (CVS), merupakan sekumpulan gejala pada area mata dan leher yang dipicu oleh penggunaan komputer atau layar monitor secara berlebihan, memengaruhi lebih dari 70% pengguna komputer, dan diperkirakan 60 juta orang di seluruh dunia mengalami masalah ini dengan satu juta kasus baru terjadi setiap tahunnya. Penelitian ini bertujuan mengidentifikasi determinan CVS pada karyawan pengguna komputer intensif di Rumah Sakit Anna Pekayon. Studi *cross-sectional* ini melibatkan 110 responden dari Rumah Sakit Anna Pekayon. Pengumpulan data dilakukan melalui kuesioner terstruktur (*Computer Vision Symptom Questionnaire* - CVSQ) serta pengukuran langsung menggunakan lux meter, on-screen protractor, dan metline. Data dianalisis secara univariat, bivariat, dan multivariat dengan uji regresi logistik berganda. Hasil penelitian menunjukkan prevalensi CVS pada responden sebesar 77,3%. Analisis bivariat dan multivariat menemukan bahwa durasi penggunaan komputer (AOR = 4,922; 95% CI = 1,722–14,073) dan penggunaan kacamata (AOR = 4,021; 95% CI = 1,376–11,751) memiliki hubungan signifikan dengan kejadian CVS. Durasi penggunaan komputer menjadi faktor dominan. Hasil ini mengindikasikan urgensi bagi Rumah Sakit Anna Pekayon untuk menerapkan kebijakan istirahat mata teratur, mengoptimalkan pencahayaan area kerja, dan menyediakan edukasi ergonomi visual guna mengurangi prevalensi CVS.

Kata Kunci: *Computer Vision Syndrome*, Faktor Risiko, Durasi Penggunaan Komputer, Penggunaan Kacamata.

DETERMINANTS OF COMPUTER VISION SYNDROME (CVS) AMONG INTENSIVE COMPUTER USERS AT ANNA PEKAYON HOSPITAL, SOUTH BEKASI

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Abstract

Computer Vision Syndrome (CVS) refers to a group of symptoms affecting the eyes and neck, triggered by excessive use of computers or digital screens. It affects over 70% of computer users, with an estimated 60 million individuals worldwide experiencing this condition, and approximately one million new cases emerging each year. This study aims to identify the determinants of CVS among employees with intensive computer use at Anna Pekayon Hospital. A cross-sectional design was employed, involving 110 respondents from the hospital. Data were collected through a structured questionnaire (*Computer Vision Symptom Questionnaire* – CVSQ) and direct measurements using a lux meter, on-screen protractor, and metline. The data were analyzed using univariate, bivariate, and multivariate methods with multiple logistic regression tests. The findings showed that the prevalence of CVS among respondents was 77.3%. Bivariate and multivariate analyses revealed that the duration of computer use (AOR = 4.922; 95% CI: 1.722–14.073) and eyeglass use (AOR = 4.021; 95% CI: 1.376–11.751) had statistically significant associations with CVS incidence. Duration of computer use was identified as the dominant factor. These results highlight the urgency for Anna Pekayon Hospital to implement regular visual rest policies, optimize workspace lighting, and provide ergonomic education to reduce CVS prevalence.

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Keyword: Computer Vision Syndrome, CVS, Risk Factors, Duration of Computer Use, Eyeglasses Use.