

FAKTOR-FAKTOR YANG BERHUBUNGAN DENGAN KELUHAN *ASTHENOPIA* PADA PEGAWAI OPERATOR PT. JASAMARGA TOLLROAD TAHUN 2019

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Abstrak

Menurut data World Health Organization (WHO), angka kejadian *asthenopia* berkisar antara 40%–60%. PT. Jasamarga Tollroad Operator dan Maintenance merupakan perusahaan yang bergerak dibidang jasa jalan tol. Penggunaan komputer berpotensi menimbulkan keluhan *asthenopia* pada pekerja. Selain penggunaan komputer, berbagai penyebab seperti faktor pekerja dan lingkungan pekerjaan juga memiliki potensi untuk menimbulkan keluhan *asthenopia*. Tujuan dari penelitian ini adalah mengetahui faktor-faktor yang berhubungan dengan keluhan *asthenopia*. Desain studi yang digunakan adalah *cross-sectional*. Sebanyak 90 pekerja dilibatkan sebagai sampel penelitian setelah dilakukan teknik pengambilan sampel secara *purposive sampling*. Hasil penelitian menunjukkan sebanyak 74 persen pegawai mengalami keluhan *asthenopia*. Responden yang mengalami keluhan *asthenopia* berat sebanyak 46 persen. Hasil penelitian dengan uji *chi-square* menunjukkan kelainan refraksi (P-value=0,019; OR=3,587 ; 95%CI=1,326–9,765), istirahat mata satu jam sekali (P-value=0,029; OR=0,304 ; 95%CI=0,414–0,812), durasi penggunaan komputer (P-value=0,001; OR=60,938 ; 95%CI 11,726–316, 688), jarak komputer (P-value=0,001; OR=24,675; 95%CI=5,280–115, 318), penggunaan *antiglare* P-value=0,001; OR=0,035; 95%CI=0,007–0,164), pencahayaan ruang kantor (P-value=0,002; OR=0,180; 95%CI=0,024 0,063–0,511), dan tampilan layar monitor (P-value=0,024; OR=3,407; 95%CI=1,274–9,112) memiliki hubungan yang bermakna dengan keluhan *asthenopia*. Tujuh dari sepuluh faktor yang diteliti menunjukkan hubungan yang bermakna dengan keluhan *asthenopia* sedangkan, umur, jenis monitor, dan penggunaan *document holder* tidak menunjukkan ada hubungan yang bermakna dengan keluhan *asthenopia*.

Kata Kunci: Faktor Risiko, Keluhan *Asthenopia*, Komputer, Pegawai Operator

**FACTORS ASSOCIATED WITH ASTHENOPIA COMPLAINTS
IN COMPUTER OPERATORS AT PT. JASAMARGA
TOLLROAD
IN 2019**

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Abstract

According to the World Health Organization (WHO), the incidence of *asthenopia* ranges from 40% to 60%. PT. Jasamarga Tollroad Operator and Maintenance is a company engaged in Toll road service. Computer use potentially causes *asthenopia* complaints in workers. In addition, various causes such as worker factors and work environment also have the potential to cause *asthenopia* complaints. The aimed of this study was to examine factors related to *asthenopia* complaints. This study used a cross-sectional design. A total of 90 operators were requited as samples by using a purposive sampling technique. It was found that 74% of operators suffered *asthenopia* complaints. No less than 46% of respondents suffered severe *asthenopia* complaints. Data were analyzed using a chi-square test. The result shows that the refractive abnormalities (P-value = 0,019 ; OR = 3,587; 95% CI=1,326 – 9,765), one-hour eye rest (P-value = 0,029 ; OR = 0,304; 95% CI = 0,414 – 0,812), the duration of computer use (P-value = 0.001; OR = 60,938; 95% CI 11,726 – 316, 688), computer proximity (P-value = 0.001; OR = 24,675; 95% CI = 5,280 – 115, 318), antiglare use (P-value=0.001; OR=0,035; 95%CI=0,007–0,164), office space lighting (P-value=0,002; OR=0,180; 95% CI=0,024 0,063 – 0,511) and monitor screen display (P-value=0,024; OR=3,407; 95% CI=1,274–9,112) were associated to *asthenopia* complaints. Seven of ten factors have a significant relationship with *asthenopia* complaints. Age, monitor type and use of document holder have no significant relationship with *asthenopia* complaints.

Keywords: *Asthenopia* Complaints, Computers, Operator Employees, Risk Factors