

DAFTAR PUSTAKA

- AAO (2025) *What Is Presbyopia?*, American Academy Of Ophthalmology. Available At: <https://www.aao.org/eye-health/diseases/what-is-presbyopia>.
- Ababil, A. And Mukono, J. (2023) “The Relationship Between Refractive Errors, Screen Viewing Duration, And Rest Duration With The Incidence Of Computer Vision Syndrome In Minegem Operator Workers Pt. F,” *Media Gizi Kesmas*, 12(2), Pp. 955–961.
- Abudawood, G.A., Ashi, H.M. And Almarzouki, N.K. (2020) “Computer Vision Syndrome Among Undergraduate Medical Students In King Abdulaziz University , Jeddah , Saudi Arabia,” *Journal Of Ophthalmology*, 2020, Pp. 1–7.
- Afifah, A.N. *Et Al.* (2022) “Konferensi Web Untuk Pembelajaran Online : Pemicu Computer Vision Syndrome Web Conferencing For Online Learning : The Trigger Of Computer Vision Syndrome,” *Ejournal Kedokteran Indonesia*, 10(1), Pp. 51–57.
- Aghaei, H. And Abdolalizadeh, P. (2023) “Computer Vision Syndrome,” In *Dry Eye Disease Clinical Trial Endpoints*, Pp. 1–21.
- Agusti, M.S. *Et Al.* (2021) “Analisis Hubungan Durasi Penggunaan Visual Display Terminal Dengan Kejadian Computer Vision Syndrome (Cvs) Pada Pegawai Dinas Komunikasi Dan Informatika Kota Palembang,” *The Indonesian Journal Of Health Promotion*, 4(4), Pp. 554–564.
- Akbar, I.F. *Et Al.* (2024) “The Relationship Between Environmental Factors And Monitor Distance With Computer Vision Syndrome Complaints Among Employees Of The East Java Provincial Health Office,” *Jurnal Of Health Science*, 17(02), Pp. 107–114.
- Alemayehu, A.M. And Alemayehu, M.M. (2019) “Pathophysiologic Mechanisms Of Computer Vision Syndrome And Its Prevention : Review,” *World Journal Of Ophthalmology & Vision Research*, 5(2), Pp. 1–7. Available At: <https://doi.org/10.33552/Wjovr.2019.02.000547>.
- Amalia, H. (2018) “Computer Vision Syndrome,” *Jurnal Biomedika Dan Kesehatan*, 1(2), Pp. 1–2. Available At: <https://doi.org/10.3233/Wor20111183>.
- American Optometric Association (2020) *Computer Vision Syndrome*, American Optometric Association. Available At: <https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/computer-vision-syndrome> (Accessed: January 19, 2026).

- Ananda, N. *Et Al.* (2025) “Analisis Faktor-Faktor Yang Berhubungan Dengan Kejadian Computer Vision Syndrome Sebagai Dasar Upaya Pengembangan Kebijakan Di Pt X,” *Trilogi: Jurnal Ilmu Teknologi, Kesehatan, Dan Humaniora*, 6(2), Pp. 137–148. Available At: <https://doi.org/10.33650/Trilogi.V6i2.11984>.
- Anbesu, E.W. And Lema, A.K. (2023) “Prevalence Of Computer Vision Syndrome: A Systematic Review And Meta-Analysis,” *Scientific Reports 2023 13:1*, 13(1), Pp. 1801-. Available At: <https://doi.org/10.1038/S41598-023-28750-6>.
- Aoa (2022) “Eye Health Guidance For Screen Time.” American Optometric Association.
- Apriyanti, S., Sawitri, E. And Fatmawati, N.K. (2021) “Penggunaan Smartphone Berpengaruh Terhadap Gejala Computer Vision Syndrome,” *Jurnal Sains Dan Kesehatan*, 3(5), Pp. 673–678.
- Arganata, F.Z. *Et Al.* (2025) “Hubungan Karakteristik Individu Dengan Computer Vision Syndrome (Cvs) Pada Tenaga Kesehatan Bagian Administrasi Di Rsud Ngudi Waluyo Wlingi,” 6, Pp. 16358–16365.
- Aulyah, W.S.N., Wahyu, A. And Russeng, S.S. (2023) “Faktor-Faktor Yang Berhubungan Dengan Computer Vision Syndrome (Cvs) Pada Pekerja Pengguna Komputer,” *Hasanuddin Journal Of Public Health*, 4(3), Pp. 305–317.
- Az-Zahro, A.M.D. (2025) “Faktor Yang Memengaruhi Kejadian Computer Vision Syndrome (Cvs) : Literature Review,” *Jurnal Kesehatan Tambusai*, 6, Pp. 6067–6077.
- Ba, I., Sm, H. And Sem, G. (2024) “Prevalence And Ergonomic Risk Factors Of Computer Vision Syndrome Amongst Medical Academic Staff: A Cross-Sectional Study Introduction Computer Vision Syndrome (Cvs) Is An Emerging Public Health Issue In The Phone Is Generally Known As Video Display Te,” *Egyptian Journal Of Occupational Medicine*, 48(3), Pp. 77–94. Available At: <https://doi.org/10.21608/Ejom.2024.288136.1334>.
- Bahkir, F.A. And Grandee, S.S. (2020) “Impact Of The Covid - 19 Lockdown On Digital Device - Related Ocular Health,” *Indian Journal Of Ophthalmolog*, 11(68), Pp. 2378–2383. Available At: <https://doi.org/10.4103/Ijo.Ijo>.
- Barata, M.J. *Et Al.* (2025) “A Review Of Digital Eye Strain : Binocular Vision Anomalies , Ocular Surface Changes , And The Need For Objective Assessment,” *Journal Of Eye Movement Research*, 18(39).
- Basnet, A. *Et Al.* (2022) “Digital Eye Strain Among Adults Presenting To Tertiary Care Hospital In The Era Of Covid-19 Pandemic : A Descriptive Cross-Sectional Study,” *Journal Of The Nepal Medical Association*, 60(245), Pp. 60–63. Available At: <https://doi.org/10.31729/Jnma.7092>.

- Berlianisa, S., Sekarwana, N. And Sakinah, R.K. (2021) “Hubungan Durasi Total Penggunaan Gadget Perhari Dengan Kejadian Computer Vision Syndrome Pada Mahasiswa Selama Pembelajaran Jarak Jauh Di Masa Pandemi Covid-19,” *Bandung Conference Series: Medical Science*, 2(1), Pp. 840–846.
- Blehm, C. *Et Al.* (2005) “Computer Vision Syndrome : A Review,” *Survey Of Ophthalmology*, 50(3), Pp. 253–262. Available At: <https://doi.org/10.1016/j.survophthal.2005.02.008>.
- Bonita, F. And Widowati, E. (2022) “Higeia Journal Of Public Health Postur Kerja Dan Computer Vision Syndrome Pada Pekerja Yang Menggunakan Personal Computer,” *Higeia (Journal Of Public Health Research And Development)*, 6(3), Pp. 326–336.
- Caesario, A. And Meida, N.S. (2025) “Hubungan Antara Computer Vision Syndrome Dengan Kejadian Myopia Di Era Pembelajaran Daring Masa Pandemi Covid-19,” *Universitas Muhammadiyah Yogyakarta (Umy) Journal*, 5(1).
- Cantó-Sancho, N. *Et Al.* (2023) “Prevalence And Risk Factors Of Computer Vision Syndrome — Assessed In Office Workers By A Validated Questionnaire,” *Peerj*, 11(E14937), Pp. 1–19. Available At: <https://doi.org/10.7717/Peerj.14937>.
- Ccami-Bernal, F. *Et Al.* (2023) “Prevalence Of Computer Vision Syndrome: A Systematic Review And Meta-Analysis,” *Journal Of Optometry*, 17(1), P. 100482. Available At: <https://doi.org/10.1016/j.optom.2023.100482>.
- Ccami-Bernal, F. *Et Al.* (2024) “Prevalence Of Computer Vision Syndrome: A Systematic Review And Meta-Analysis,” *Journal Of Optometry*, 17(1). Available At: <https://doi.org/10.1016/j.optom.2023.100482>.
- Chawla, A. *Et Al.* (2019) “Computer Vision Syndrome: Darkness Under The Shadow Of Light,” *Canadian Association Of Radiologists Journal*, 70(1), Pp. 5–9. Available At: <https://doi.org/10.1016/j.carj.2018.10.005>.
- Ciputra, F. And Dwipayani, N.M. (2022) “Computer Vision Syndrome : Sebuah Tinjauan Pustaka,” *Al-Iqra Medical Journal : Jurnal Berkala Ilmiah Kedokteran*, 5(1), Pp. 49–59.
- Dana, M.M. (2020) “Gangguan Penglihatan Akibat Kelainan Refraksi Yang Tidak Dikoreksi,” *Jurnal Ilmiah Kesehatan Sandi Husada*, 9(2), Pp. 988–995. Available At: <https://doi.org/10.35816/jiskh.v12i2.451>.
- Danuseputro, K.A., Kurniawati, N. And Warsanto, J.A. (2021) “Association Of Between Duration.. Danuseputro Ka, Kurniawati N, Warsanto Ja,” *Journal Of Widya Medika Junior*, 3(1), Pp. 39–45.
- Darmawan, D. And Wahyuningsih, A.S. (2021) “Keluhan Subjektif Computer Vision Syndrome Pada Pegawai Pengguna Komputer Dinas Komunikasi Dan Informasi,” *Indonesian Journal Of Public Health And Nutrition*, 1(2), Pp. 172–183.

- Dewansyah, F., Asfian, P. And Yunawati, I. (2025) “Faktor Yang Berhubungan Dengan Computer Vision Syndrome (Cvs) Pada Pekerja Pengguna Komputer Badan Pertanahan Nasional Sultra Tahun 2024 Factors Realted To Computer Vision Syndrome (Cvs) In Computer,” *Jurnal Kesehatan Dan Keselamatan Kerja Universitas Halu Oleo*, 6(2), Pp. 151–161.
- Dewi, N.L.P.A.K. *Et Al.* (2024) “Hubungan Kualitas Tidur , Jarak Penglihatan , Dan Screen Time Dengan Computer Vision,” *Action Research Literate*, 8(12), Pp. 3577–3585.
- Dhafira, F., Prihatningtias, R. And Nugroho, T. (2023) “Sleep Quality And Screen Time As The Most Influential Factor Of Computer Vision Syndrome,” *Jurnal Promosi Kesehatan Indonesia*, 18(2), Pp. 73–78. Available At: <https://doi.org/10.14710/jpki.18.2.73-78>.
- Dimitrijević, V. *Et Al.* (2023) “Prevalence Of Computer Vision Syndrome In Computer Users : A Systematic Review And Meta-Analysis Prevalencija Sindroma ,, Kompjuterskog Vida “ Kod Korisnika Računara : Sistematski Pregled I Meta-Analiza,” *Vojnosanitetski Pregled*, 80(10), Pp. 860–870.
- Dotulong, D.J. *Et Al.* (2021) “Computer Vision Syndrome,” *E-Clinic*, 9(28), Pp. 20–25.
- Dr. Rr. Nur Fauziyah, Skm, Mkm, R. (2019) *Analisis Data Menggunakan Multiple Logistic Regression Test Di Bidang Kesehatan Masyarakat Dan Klinis*. April 2019. Edited By M.S. Gurid Pramintarto Eko Mulyo, Skm. Bandung: Politeknik Kesehatan Kemenkes Bandung.
- Dyrek, M. *Et Al.* (2024) “Prolonged Screen-Time As The Cause Of Ocular Disorders : What Can We Do With The Problem ? – A Review,” *European Journal Of Clinical And Experimental Medicine*, 22(1), Pp. 222–231. Available At: <https://doi.org/10.15584/ejcem.2024.1.26>.
- Fachri, A. And Wulandari, R.A. (2021) “Hubungan Faktor Individu , Lingkungan Dan Komputer Dengan Kejadian Computer Vision Syndrome (Cvs) Pada Staf Polres Metro Jakarta Pusat Tahun 2020 Hubungan Faktor Individu , Lingkungan Dan Komputer Dengan Kejad,” *Jurnal Nasional Kesehatan Lingkungan Global*, 2(3), Pp. 123–132. Available At: <https://doi.org/10.7454/jnklg.v2i3.1004>.
- Fahriza, R., Masriadi And Mutthalib, N.U. (2025) “Hubungan Pencahayaana, Kecepatan Kerja,Kualitas Tidur Dengan Cvspadapengguna Komputer Pt. Japfamakassar,” *Window Of Public Health Journal*, 6(3), Pp. 598–607.
- Fan, Q. *Et Al.* (2024) “The Effect Of Ambient Illumination And Text Color On Visual Fatigue Under Negative Polarity,” *Sensors*, 24(11).
- Faturahman, Y. And Purwanto, A. (2023) “Deskripsi Faktor-Faktor Yang Berhubungan Dengan Keluhan Computer Vision Syndrome (Cvs) (Studi Pada Karyawan Universitas Siliwangi),” *Jurnal Kesehatan Komunitas Indonesia*, 19(1), Pp. 28–40.
- Feng, D. *Et Al.* (2022) “A Study On The Design Of Vision Protection Products

- Based On Children ' S Visual Fatigue Under Online Learning Scenarios,” *Healthcare*, 10(621), Pp. 2–11.
- Galindo, C. *Et Al.* (2023) “Computer Vision Syndrome - Related Symptoms In Presbyopic Computer Workers,” *International Ophthalmology*, 43(9), Pp. 3237–3245. Available At: <https://doi.org/10.1007/S10792-023-02724-Z>.
- Gizachew, N. *Et Al.* (2025) “Assessment Of Computer Vision Syndrome And Associated Factors Among Employees Of Ethio-Telecom In Addis Ababa ,” (February), Pp. 1–9. Available At: <https://doi.org/10.3389/Fpubh.2025.1524173>.
- Gorimanipalli, B. *Et Al.* (2023) “Hormones And Dry Eye Disease,” *Indian Journal Of Ophthalmology*, 71(4), Pp. 1227–1284. Available At: <https://doi.org/10.4103/Ijo.Ijo>.
- Hanifah, D. And Setyawan, A. (2024) “Faktor-Faktor Yang Berhubungan Dengan Keluhan Computer Vision Syndrome (Cvs) Pada Karyawan Di Pt X Tahun 2024,” *Indonesian Journal Of Science*, 1(3), Pp. 926–935.
- Iqbal, M. *Et Al.* (2021) “Visual Sequelae Of Computer Vision Syndrome: A Cross-Sectional Case-Control Study,” *Journal Of Ophthalmology*, 2021. Available At: <https://doi.org/10.1155/2021/6630286>.
- Irfan Ariyanto, A., Koesyanto, H. And Maya Rani, D. (2023) “Keluhan Computer Vision Syndrome Pada Operator Komputer Subbagian Administrasi Umum Di Instansi X,” *Pubhealth Jurnal Kesehatan Masyarakat*, 1(3), Pp. 178–192. Available At: <https://doi.org/10.56211/Pubhealth.V1i3.200>.
- Irmawati, I., Nurullita, U. And Harahap, Z.A. (2024) “Faktor-Faktor Yang Berhubungan Dengan Keluhan Computer Vision Syndrome (Cvs) Pada Siswa (Studi Pada Siswa Jurusan Teknik Komputer Dan Jaringan Di Smk 4 Klaten),” *Prosiding Seminar Nasional Unimus*, 7(10), Pp. 321–329.
- Isnaniar, Norlita, W. And Afrizen, P. (2021) “Jurnal Kesehatan As-Shiha Hubungan Waktu Penggunaan Komputer Terhadap Kejadian Computer Vision Syndrome Pada Mahasiswa Fakultas Ilmu Komputer Universitas Muhammadiyah Riau Jurnal Kesehatan As-Shiha,” *Jurnal Kesehatan As-Shiha*, Pp. 34–46.
- Jeffrey Anshel (2005) *Visual Ergonomics*. Edited By Taylor & Francis Group. Crc Press.
- Jiménez, R. *Et Al.* (2020) “Short-Term Effects Of Text-Background Color Combinations On The Dynamics Of The Accommodative Response,” *Vision Res*, 166(November 2019), Pp. 33–42. Available At: <https://doi.org/10.1016/J.Visres.2019.11.006>.
- Jundiah, R.S., Ulum, M.A.B. And Rifa’i, S.I. (2023) “Hubungan Faktor Individu Dengan Kejadian Computer Vision Syndrome Pada Mahasiswa Sarjana Keperawatan,” *Jurnal Penelitian Perawat Profesional*, 5(2), Pp. 783–794.
- Kahal, F., Darra, A. Al And Torbey, A. (2025) “Computer Vision Syndrome : A

- Comprehensive Literature Review,” *Future Science Oa*, 11(1), P. Available At: <https://doi.org/10.1080/20565623.2025.2476923>.
- Kemenkes Ri (2024) *Apa Itu Computer Vision Syndrome (Cvs) Dan Bagaimana Cara Mencegahnya?*, P2ptm.Kemkes. Available At: <https://p2ptm.kemkes.go.id/informasi-p2ptm/apa-itu-computer-vision-syndrome-cvs-dan-bagaimana-cara-mencegahnya>.
- Kemkominfo (2017) “Survey Penggunaan Tik,” *Pusat Penelitian Dan Pengembangan Aplikasi Informatika Dan Informasi Dan Komunikasi Publik Badan Penelitian Dan Pengembangan Sumber Daya Manusia*.
- Lee, S.S.Y., Phd, V.K.N. And Franzco, D.A.M.M. (2022) “Sleep And Eye Disease : A Review,” *Clin Experiment Ophthalmol*, 6(3), Pp. 334–344. Available At: <https://doi.org/10.1111/Ceo.14071>.
- Lema, A.K. And Anbesu, E.W. (2022) “Computer Vision Syndrome And Its Determinants: A Systematic Review And Meta-Analysis,” *Sage Open Medicine*, 10. Available At: <https://doi.org/10.1177/20503121221142402>.
- León-Figueroa, D.A. *Et Al.* (2024) “Prevalence Of Computer Vision Syndrome During The Covid-19 Pandemic: A Systematic Review And Meta-Analysis,” *Bmc Public Health* 2024 24:1, 24(1), Pp. 640-. Available At: <https://doi.org/10.1186/s12889-024-17636-5>.
- Lin, C.-W. *Et Al.* (2019) “The Effects Of Reflected Glare And Visual Field Lighting On Computer Vision Syndrome,” *Clinical And Experimental Optometry*, 11(7), Pp. 1–8. Available At: <https://doi.org/10.1111/Cxo.12878>.
- Llamosa-Rincón, L.E., Jaime-Díaz, J.M. And Cardona, D.F.R.- (2017) “Computer Vision Syndrome (Cvs) – Thermographic Analysis,” *Viii International Congress Of Engineering Physics*, 792, Pp. 0–6. Available At: <https://doi.org/10.1088/1742-6596/755/1/011001>.
- Loh, K. And Reddy, S.C. (2008) “Understanding And Preventing Computer Vision Syndrome,” *Malaysian Family Physician*, 3(3), Pp. 128–130.
- Long, J. *Et Al.* (2014) “Visual Ergonomics Standards For Contemporary Office Environments,” *Ergonomics Australia*, 10(1), Pp. 1–7.
- Maeda, B.M.I., Fitri, A.M. And Amalia, R. (2020) “Faktor-Faktor Yang Berhubungan Dengan Computer Vision Syndrome (Cvs) Pada Karyawan Pt . Depoteknik Duta Perkasa Tahun 2020,” *Seminar Nasional Kesehatan Masyarakat*, 1(1), Pp. 223–239.
- Maluleke, K.D., Hasrod, N. And Rubin, A. (2024) “Prevalence And Determinants Of Refractive Errors At Sekororo District Hospital In Limpopo Province , South Africa,” *African Vision And Eye Health*, 83(1), Pp. 1–9.
- Marvita *Et Al.* (2024) “Factors Related To Computer Vision Syndrome (Cvs) Complaints In Programmers During The Covid-19 Pandemic,” *Journal Of Vocational Health Studies*, 08(1), Pp. 91–97. Available At: <https://doi.org/10.20473/Jvhs.V8.I2.2024.91-97>.

- Maulina, N. And Syafitri, L. (2019) “Hubungan Usia, Lama Bekerja Dan Durasi Kerja Dengan Keluhan Kelelahan Mata Pada Penjahit Sektor Usaha Informal Di Kecamatan Banda Sakti Kota Lhokseumawe Tahun 2018,” *Averrous: Jurnal Kedokteran Dan Kesehatan Malikussaleh*, 5(2), Pp. 44–58.
- Misawa, T. And Shigeta, S. (1986) “An Experimental Study Of Work Load On Part 1 . Effects Of Polarity Of Screen And Color Of Display,” *Jpn J Ind*, 28(1), Pp. 420–427.
- Mohamed-Noriega, K. And Zamora-Ginez, I. (2020) “Dry Eye Disease Association With Computer Exposure Time Among Subjects With Computer Vision Syndrome,” *Clinical Ophthalmology*, 1(14), Pp. 4311–4317.
- Muhamad, N. *Et Al*. (2024) “The Effect Of Display Polarity On Reading Speed And Reading,” *Journal Of Health Science And Medical Research*, 42(6), Pp. 1–12. Available At: <https://doi.org/10.31584/Jhsmr.20241095>.
- Muma, S.L. (2020) “Association Between Visual Acuity , Ocular Pathology And Refractive Error With Computer Vision Syndrome: Cross Sectional University Study In Kenya,” *Research Square*, 11(1), Pp. 1–12.
- Nadia, A.S., Paramita, A. And Rahman, A.O. (2021) “Hubungan Durasi Penggunaan Komputer Portabel Dengan Kejadian Computer Vision Syndrome Pada Mahasiswa Fakultas Kedokteran Dan Ilmu Kesehatan Universitas Jambi Tahun 2020,” *Medic Journal*, 4(1), Pp. 179–184.
- National Eye Institute (2024) *Presbiopia*, *Nih*. Available At: <https://www.nei.nih.gov/eye-health-information/eye-conditions-and-diseases/presbyopia>.
- Nei (2020) *Refractive Errors*, *National Eye Institute*. Available At: <https://www.nei.nih.gov/eye-health-information/eye-conditions-and-diseases/refractive-errors>.
- Nugroho, N.W. *Et Al*. (2022) “Complaints Of Computer Vision Syndrome In Telemarketing Workers At Bank X In Jakarta,” *The Indonesian Journal Of Occupational Safety And Health*, 2016(August), Pp. 215–223. Available At: <https://doi.org/10.20473/Ijosh.V11i2.2022.215-223>.
- Nurhaerana, A.S. *Et Al*. (2024) “Jurnal Biologi Tropis Relationship With Device Use Computer Vision Syndrome In Student,” *Jurnal Biologi Tropis*, 24(4), Pp. 299–30.
- Nuzuliawati, U.A., Hutabarat, J.S. And Indriati, A.K. (2022) “Computer Vision Syndrome,” *Jurnal Oftalmologi*, 04(03), Pp. 66–70.
- Ohsa (1997) *Working Safely With Video Display Terminals*. U.S. Department Of Labor Occupational Safety And Health Administration.
- Olivia.H.R, E. *Et Al*. (2023) “Faktor-Faktor Yang Berhubungan Dengan Keluhan Computer Vision Syndrome Pada Pekerja Pengguna Komputer Bagian Administrasi Di Pt Ekaputra Prada Indonesia Tahun 2023,” *Prepotif: Jurnal Kesehatan Masyarakat*, 7(3), Pp. 16357–16367.

- Panda, T.K., Soni, S. And Nanda, P. (2022) “Digital Eye Strain And Dry Eye Problemsin,” *Neuroquantology*, 20(August), Pp. 6704–6711. Available At: <https://doi.org/10.14704/Nq.2022.20.10.Nq55663>.
- Pawlak, U. (1986) “Ergonomic Aspects Of Image Polarity,” *Behaviour & Information Technology*, 5(4), Pp. 335–348. Available At: <https://doi.org/10.1080/01449298608914527>.
- Permatasari, N.I. (2023) “Kajian Pustaka: Tanda Dan Proses Penuaan Pada Mata,” *Jurnal Ilmu Kedokteran Dan Kesehatan*, 10(9), Pp. 2825–2832.
- Permenaker No 5 (2018) “Peraturan Menteri Ketenagakerjaan Nomor 5 Tahun 2018 Tentang Keselamatan Dan Kesehatan Kerja Lingkungan Kerja.”
- Permenkes No 48 (2016) “Peraturan Menteri Kesehatan Republik Indonesia Nomor 48 Tahun 2016 Tentang Standar Keselamatan Dan Kesehatan Kerja Perkantoran.”
- Pratama, D. *Et Al.* (2025) “Blue Light Exposure , Sleep Quality , And Eye Strain : Interkoneksi Penggunaan Gadget Dan Kesehatan Mata Mahasiswa Kedokteran Universitas Lampung , Indonesia Mata Dan Kualitas Tidur Pada Mahasiswa . Salah Satunya Dilakukan Oleh Kurniawan Et Al .,” *Jurnal Kesehatan Dan Kedokteran*, 2(3), P. 2025.
- Putri, Z.A.A. (2025) “Analisis Keluhan Computer Vision Syndrome Pekerja Personalia Dan K3 Di Perusahaan X,” *Jurnal Kesehatan Tambusai*, 6(1), Pp. 3121–3129.
- Ramadan, M.Z., Alhaag, M.H. And Abidi, M.H. (2017) “Applied Sciences Effects Of Viewing Displays From Different Distances On Human Visual System,” *Applied Sciences*, 7(11), Pp. 2–15. Available At: <https://doi.org/10.3390/App7111153>.
- Ramadhan, M.F., Eldrian, F. And Ashan, H. (2022) “Gambaran Faktor Risiko Individual Terhadap Kejadian Computer Vision Syndrome Pada Mahasiswa Pendidikan Dokter Angkatan 2020 Universitas Baiturrahmah,” *Scientific Journal*, 1(July), Pp. 371–378.
- Rohaya, S. And Shidqi, H. (2023) “Pencegahan Computer Vision Syndrome,” *Jurnal Ilmiah Kedokteran Dan Kesehatan*, 2(3), Pp. 148–153.
- Rosenfield, M. (2011) “Computer Vision Syndrome : A Review Of Ocular Causes And Potential Treatments,” *Ophthalmic & Physiological Optics*, 31(1), Pp. 502–515. Available At: <https://doi.org/10.1111/J.1475-1313.2011.00834.X>.
- Salsabila, R. *Et Al.* (2024) “Hubungan Karakteristik Individu Dengan Computer Vision Syndrome (Cvs) Pada Tenaga Kesehatan Bagian Administrasi Di Rsud Ngudi Waluyo Wlingi,” *Jkems(Jurnalkesehatanmasyarakat)*, 2(2), Pp. 62–71.
- Sánchez-Brau *Et Al.* (2020) “Prevalence Of Computer Vision Syndrome And Its Relationship With Ergonomic And Individual Factors In Presbyopic Vdt

- Workers Using Progressive Addition Lenses,” *International Journal Of Environmental Research And Public Health*, 17(3), Pp. 1–18.
- Santoso, K.R. And Purnamasari, S. (2026) “Analisis Faktor Yang Berhubungan Dengan Computer Vision Syndrome Pada Mahasiswa Kesehatan Masyarakat Universitas Muhammadiyah Surakarta,” *Jurnal Ilmiah Penelitian Kesehatan*, 11(1), Pp. 1–11. Available At: <https://doi.org/10.30829/Jumantik.V11i1.26830>.
- Sanusi, O.N. *Et Al.* (2023) “Hubungan Antara Lama Screen Time Gawai Dengan Kesehatan Mata Pada Dewasa Muda,” *Jurnal Ilmiah Kedokteran Wijaya Kusuma*, 4(1).
- Schröder, A. *Et Al.* (2016) “In Vitro Effects Of Sex Hormones In Human Meibomian Gland Epithelial Cells,” *Experimental Eye Research*, 4(6). Available At: <https://doi.org/10.1016/J.Exer.2016.08.009>.
- Seguí, M. *Et Al.* (2015) “A Reliable And Valid Questionnaire Was Developed To Measure Computer Vision Syndrome At The Workplace,” *Journal Of Clinical Epidemiology* [Preprint]. Available At: <https://doi.org/10.1016/J.Jclinepi.2015.01.015>.
- Septiyanti, R.A., Fathimah, A. And Asnifatima, A. (2022) “Faktor-Faktor Yang Berhubungan Dengan Kejadian Computer Vision Syndrome Pada Pekerja Pengguna Komputer Di Universitas Ibn Khaldun Bogor Tahun 2020,” *Promotor Jurnal Mahasiswa Kesehatan Masyarakat*, 5(1), Pp. 32–50.
- Shadik, R.M. (2023) “Gambaran Kejadian Computer Vision Syndrome Dan Faktor Risikonya Pada Mahasiswa Fkm Ui Di Masa Pandemi Covid-19 National Journal Of Occupational Health And Safety (Njohs) Gambaran Kejadian Computer Vision Syndrome Dan Faktor Risikonya Pada,” *National Journal Of Occupational Health And Safety*, 4(1), Pp. 69–82. Available At: <https://doi.org/10.59230/Njohs.V4i1.7096>.
- Shah, M. And Saboor, A. (2022) “Computer Vision Syndrome : Prevalence And Associated Risk Factors Among Computer-Using Bank Workers In,” *Turkish Journal Of Ophthalmology*, 52(5), Pp. 295–301. Available At: <https://doi.org/10.4274/Tjo.Galenos.2021.08838>.
- Sheedy, J.E. And Shaw-Mcminn, P.G. (2003) *Diagnosing And Treating Computer-Related Vision Problems*.
- Shieh, K. (2000) “Effects Of Reflection And Polarity On Lcd Viewing Distance,” *International Journal Of Industrial Ergonomics*, 25, Pp. 275–282.
- Simanjuntak, T.S. (2021) *Uji Validitas Dan Reliabilitas Kuesioner Computer Vision Syndrome (Cvs-Q) Berbahasa Indonesia Pada Pekerja Yang Menggunakan Video Display Terminal Halaman Persetujuan Tesis Uji Validitas Dan Reliabilitas Kuesioner Computer Vision Syndrome (Cvs-Q) Berb. Universitas Indonesia*.
- Singh, V.A. *Et Al.* (2026) “Original Article Associations Between Ocular Surface Parameters , Contrast Sensitivity , And Higher - Order Aberrations In

- Computer Vision Syndrome,” *Indian Journal Of Ophthalmology*, 74(1), Pp. 104–110. Available At: <https://doi.org/10.4103/Ijo.Ijo>.
- Sovi, T.J. *Et Al.* (2025) “Identifikasi Pengaruh Cahaya Terhadap Computer Vision Syndrome Dan Produktivitas: Studi Kasus Pada Pekerja Konsultan Perencana Struktur Bangunan,” *Jurnal Dimensi Insinyur Profesional*, 3(1), Pp. 1–8.
- Sugarindra, M. And Allamsyah, Z. (2017) “Identifikasi Interaksi Manusia Dan Komputer Berbasis Computer Vision Syndrome pada Unit Refinery Central Control Room,” *Journal Uii*, 23(1), Pp. 63–72.
- Syahputra, R. And DwiYanti, E. (2023) “Hubungan Antara Faktor Karakteristik Individu Denganmunculnya Keluhan Computer Vision Syndrome (Cvs),” *Media Publikasi Promosi Kesehatan Indonesia*, 6(9), Pp. 1800–1807.
- Takyi, C.D.- *Et Al.* (2025) “Association Between Near Visual Display Device Usage And The Eye ’ S Accommodation And Vergence Parameters : A Cross- - Sectional Study Of High School Children In Cape,” *Bmj Public Health*, 3(2), Pp. 1–8. Available At: <https://doi.org/10.1136/Bmjph-2025-003041>.
- Temeltürk, R.D. And Koçer, A.M. (2024) “An Investigation Of The Psychosocial Outcomes Of Dry Eye Disease Treatment In Children With Computer Vision Syndrome,” *Turk J Ophthalmol*, 54(4), Pp. 183–189. Available At: <https://doi.org/10.4274/Tjo.Galenos.2024.54359>.
- Tesfaye, A.H. *Et Al.* (2022) “Prevalence And Associated Factors Of Computer Vision Syndrome Among Academic Staff In The University Of Gondar , Northwest Ethiopia : An Institution-Based Cross-Sectional Study,” *Environ Health Insights*, 16(07), Pp. 1–12. Available At: <https://doi.org/10.1177/11786302221111865>.
- Tesfaye, S. *Et Al.* (2021) “Occupational Formaldehyde Exposure Linked To Increased Systemic Health Impairments And Counteracting Beneficial Effects Of Selected Antioxidants,” *Alexandria Journal Of Medicine*, 57(1), Pp. 157–167. Available At: <https://doi.org/10.1080/20905068.2021.1926172>.
- Tingsa, T., Pongpan, C. And Surangrat, C. (2025) “Predictive Factors Affecting Severe Computer Vision Syndrome Among Support Staff At Universities In Lampang , Thailand Abstract :,” *The Open Public Health Journal*, 18(E18749445392995), Pp. 1–9. Available At: <https://doi.org/10.2174/0118749445392995250421063247>.
- Turkistani, A.N. *Et Al.* (2021) “Computer Vision Syndrome Among Saudi Population : An Evaluation Of Prevalence And Risk Factors,” *Journal Of Family Medicine And Primary Care*, 10(6), Pp. 2312–2318. Available At: <https://doi.org/10.4103/Jfmpc.Jfmpc>.
- Ubc (2020) “Visual Ergonomics : Solutions For Lighting & Eye Health,” *Human Resources, Workplace Health & Safety (Whs) Workplace Health & Safety*

(Whs), Pp. 1–8.

- Umar, I. And Eran, M. (2023) “Analisis Pencahayaan Terhadap Kenyamanan Visual Pada Ruang Studio Arsitektur Universitas Pohnuato,” *Gorontalo Journal Of Infrastructure And Science Engineering*, 6(1), P. 43.
- Wangsan, K. *Et Al.* (2022) “Self-Reported Computer Vision Syndrome Among Thai University Students In Virtual Classrooms During The Covid-19 Pandemic : Prevalence And Associated Factors,” *International Journal Of Environmental Research And Public Health*, 19(7), P. 3996.
- Wicaksono, U. *Et Al.* (2021) “Sosialisasi Program Pencegahan Computer Vision Syndrome (Cvs),” *Jurnal Suka Insan Mengabdi (Jsim)*, 3(November), Pp. 64–71.
- Widia, C. *Et Al.* (2023) “An Effective Way To Prevent Visual Disturbances Due To Computer Vision Syndrome (Cvs),” *Media Ilmu Kesehatan*, 12(1), Pp. 95–102. Available At: <https://doi.org/10.30989/Mik.V12i1.881>.
- Wijayati, E.W. And Nurfitri, A. (2025) “Ergonomic Study Of Lighting , Temperature , And Humidity Levels In The Work Environment At Pr . Alaina,” *Jurnal Riset Pengembangan Dan Pelayanan Kesehatan*, 4(2), Pp. 49–55.
- Wiladatika, S.N.D.I., Sujoso, A.D.P. And Asmaningrum, N. (2025) “Keluhan Computer Vision Syndrome Pada Petugas Rumah Sakit Dan Faktor Risiko Yang Terkait,” *Jurnal Penelitian Kesehatan Suara Forikes*, 16(1), Pp. 122–128.
- Wimalasundera, S. (2006) “Computer Vision Syndrome,” *Galle Medical Journal*, 11(1), Pp. 25–29.
- Wirani, A.P. *Et Al.* (2026) “Evaluasi Kenyamanan Termal Lingkungan Kerja Menggunakan Sistem Monitoring Suhu Dan Kelembaban Berbasis Internet Of Things (Iot),” *Jutin : Jurnal Teknik Industri Terintegrasi*, 9(2), Pp. 1402–1410.
- Wolffsohn, J.S. *Et Al.* (2023) “The Ocular Surface Tfes Lifestyle : Impact Of The Digital Environment On The Ocular Surface,” *The Ocular Surface*, 28(April), Pp. 213–252. Available At: <https://doi.org/10.1016/J.Jtos.2023.04.004>.
- Xie, X. *Et Al.* (2021) “Study On The Effects Of Display Color Mode And Luminance Contrast On Visual Fatigue,” *Ieee Access*, 9(1), Pp. 35915–35923. Available At: <https://doi.org/10.1109/Access.2021.3061770>.
- Yandi, N. (2017) “Kesehatan Mata Pada Era Layar Digital,” *Neliti Journal Publication*, 44(11), Pp. 788–791.
- Yolanda, M., Ali, R.S. And Wicaksono, S. (2022) “Hubungan Durasi Penggunaan Komputer Dan Jarak Mata Dengan Monitor Komputer Terhadap Kejadian Computer Vision Syndrome (Cvs) Pada Karyawan Di Lingkungan Universitas Bengkulu Tahun Abstract Association Between Duration Of Computer Usage And Eye Distance T,” *Jurnal Kedokteran Raflesia*, 8(2), Pp.

76–86.

- Yudia, M.A., Indriawati, A. And Heriyanto, T. (2023) “Pengaruh Pembelajaran Jarak Jauh Terhadap Keluhan Computer Vision Syndrome Pada Mahasiswa Fakultas Kedokteran Universitas Yarsi Angkatan 2020 Dan Tinjauannya Menurut Islam,” *Junior Medical Journa*, 1(7), Pp. 888–903.
- Yulianti, A.M. *Et Al.* (2025) “Faktor-Faktor Yang Berhubungan Dengan Kejadian Computer Vision Syndrome (Cvs) Pada Karyawan,” *Integrative Perspectives Of Social And Science Journal (Ipssj)*, 2(4), Pp. 7397–7411.
- Yusuf, M.A. *Et Al.* (2025) “Prevalence Of Computer Vision Syndrome Among Medical Students At Universitas Muslim Indonesia,” *Green Medical Journal*, 7(1), Pp. 31–39. Available At: <https://doi.org/10.33096/Gmj.V7i1.177>.
- Zahra, J.Z. *Et Al.* (2025) “Durasi Penggunaan Gawai Dengan Computer Vision Syndrome (Cvs) Pada Mahasiswa Program Studi Keperawatan Tuban Program Diploma Tiga,” *Jurnal Ilmu Kesehatan Mandira Cendikia*, 4(9), Pp. 253–261.
- Zahra, P.A. *Et Al.* (2025) “Association Ofbetween Durationof Computer Light Exposure And Computer Vision Syndrome Incidencesin Employeeswhoareusing Computers,” *Jurnal Mata Optik*, 6(2).
- Zenbaba, D. *Et Al.* (2021) “Prevalence Of Computer Vision Syndrome And Associated Factors Among Instructors In Ethiopian Universities: A Web-Based Cross-Sectional Study,” *The Scientific World Journal*, 2021, P. 3384332. Available At: <https://doi.org/10.1155/2021/3384332>.
- Zhao, F. *Et Al.* (2020) “Regulating Distance To The Screen While Engaging In Difficult Tasks,” *Frontline Learning Research*, 8(6), Pp. 59–76.
- Zhao, X. And Dai, W. (2022) “The Latest Research Progress On Ocular Damage Caused By Led Blue Light,” *Journal Of Contemporary Medical Practice*, 4(5), Pp. 10–13. Available At: [https://doi.org/10.53469/Jcmp.2022.04\(05\).07](https://doi.org/10.53469/Jcmp.2022.04(05).07).
- Zhou, Y. *Et Al.* (2021) “Applied Sciences Investigation Of The Optimum Display Luminance Of An Lcd Screen Under Different Ambient Illuminances In The Evening,” *Applied Sciencesied Science*, 11(1), Pp. 2–16.