

HUBUNGAN INTENSITAS PENCAHAYAAN DENGAN KELUHAN KELELAHAN MATA PADA PERAWAT STAF NURSE STATION DI RSUD KHIDMAT SEHAT AFIAT DEPOK TAHUN 2026

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Abstrak

Kelelahan mata adalah salah satu keluhan kondisi kesehatan dilingkungan kerja yang sering dirasakan oleh tenaga kesehatan, termasuk perawat, akibat aktivitas visual yang intens serta kondisi pencahayaan yang tidak sesuai standar. Studi pendahuluan di RSUD Khidmat Sehat Afiat (KiSA) Depok menunjukkan bahwa beberapa area *nurse station* mempunyai intensitas pencahayaan belum memenuhi standar Permenaker No. 5 Tahun 2018, sehingga berisiko meningkatkan keluhan kelelahan mata pada perawat. Penelitian ini memiliki tujuan untuk mengetahui hubungan antara intensitas pencahayaan dengan keluhan kelelahan mata pada perawat staf *nurse station* di RSUD KiSA Depok. Penelitian ini memakai desain analitik observasional dengan pendekatan retrospektif kepada 128 perawat yang ditentukan melalui teknik *Purposive Sampling*. Hasil perhitungan intensitas pencahayaan diperoleh melalui data sekunder, sedangkan kelelahan mata diketahui berdasarkan kuesioner *Computer Vision Syndrome Questioner* (CVS-Q). Analisis univariat dan bivariat dilakukan menggunakan uji korelasi *Spearman rho*. Hasil penelitian menunjukkan bahwa rata-rata intensitas pencahayaan sebesar 152,3 lux, berada di bawah standar 300 lux, sementara rata-rata skor kelelahan mata sebesar 8,4 menunjukkan mayoritas responden memiliki kelelahan mata. Hasil uji korelasi menunjukkan adanya hubungan yang signifikan dari kedua variabel ($p\text{-value} = 0,009$; $r = -0,231$). Dapat diartikan bahwa semakin rendah intensitas pencahayaan, semakin tinggi tingkat kelelahan mata yang dirasakan perawat.

Kata Kunci: Intensitas Pencahayaan, Kelelahan Mata, Perawat, *Nurse Station*, *Computer Vision Syndrome Questioner* (CVS-Q)

THE ASSOCIATION BETWEEN LIGHTING INTENSITY AND EYE FATIGUE COMPLAINTS AMONG NURSES AT THE NURSE STATION OF KHIDMAT SEHAT AFIAT REGIONAL GENERAL HOSPITAL, DEPOK, IN 2026

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Abstract

Eye fatigue is a common occupational health complaint among healthcare workers, including nurses, resulting from intensive visual activities and inadequate lighting conditions. A preliminary study at RSUD Khidmat Sehat Afiat (KiSA) Depok found that several nurse station areas had lighting intensity levels that did not meet the standard established by Permenaker (Ministerial Regulation) No. 5 of 2018, potentially increasing the risk of eye fatigue among nurses. This study aimed to determine the relationship between lighting intensity and eye fatigue complaints among nurse station staff at RSUD KiSA Depok. This research employed an observational analytic design with a retrospective approach involving 128 nurses selected through purposive sampling. Lighting intensity data were obtained from secondary sources, while eye fatigue complaints were measured using the Computer Vision Syndrome Questionnaire (CVS-Q). Data were analyzed using univariate and bivariate analyses with the Spearman rho correlation test. The results showed a mean lighting intensity of 152.3 lux, below the 300 lux standard, while the mean eye fatigue score was 8.4, indicating that most respondents experienced eye fatigue. The correlation test revealed a significant relationship between the variables (p -value = 0.009; r = -0.231). Lower lighting intensity was associated with higher levels of eye fatigue among nurses.

Keywords: *Lighting Intensity, Eye Fatigue, Nurses, Nurse Station, Computer Vision Syndrome Questioner (CVS-Q)*