

**PENGARUH INTERVENSI 20-20-20 RULE TERHADAP PENURUNAN
GEJALA *COMPUTER VISION SYNDROME* PADA MAHASISWA
KEDOKTERAN SELAMA PANDEMI COVID-19**

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Abstrak

Computer Vision Syndrome (CVS) merupakan beberapa masalah yang timbul pada mata akibat penggunaan komputer, *tablet*, dan *smartphone* dalam waktu yang lama. Semenjak terjadi pandemi di seluruh dunia, kegiatan yang diadakan secara daring dianggap dapat menjadi alternatif untuk melakukan kegiatan sehari-hari dan menyebabkan angka kejadian CVS meningkat. Penelitian ini bertujuan untuk mengetahui pengaruh intervensi 20-20-20 rule terhadap tingkat keparahan CVS pada mahasiswa kedokteran selama pandemi COVID-19. Penelitian ini merupakan *quasi-eksperimen* menggunakan *one-group pretest-posttest design*. Besar sampel 75 orang diambil menggunakan teknik *proportional stratified random sampling*. Instrumen penelitian menggunakan kuesioner *Computer Vision Syndrome Questionnaire* (CVS-Q), aplikasi *Eye Care-Protect Your Vision*, *desk time*, dan *screen time*. Hasil analisis *screen time* total penggunaan *smartphone* diperoleh selama 8 (3-12) jam, laptop selama 10 (6-19) jam, dan televisi selama 2 (1-11) jam. Hasil analisis menggunakan uji *Wilcoxon* menunjukkan bahwa intervensi 20-20-20 rule dapat menurunkan semua gejala CVS ($p \leq 0,001$). Hasil uji *Wilcoxon* didapatkan skor gejala CVS setelah intervensi lebih rendah pada 73 orang dan 2 orang skornya tetap ($p = 0,000$). Dapat disimpulkan skor gejala CVS berkurang secara bermakna setelah subjek melakukan intervensi 20-20-20 rule. Penurunan gejala CVS terjadi karena 20-20-20 rule mengistirahatkan mata dari akomodasi saat menggunakan gawai.

Kata kunci: *Computer Vision Syndrome*, intervensi 20-20-20 rule, *Screen Time*

**THE EFFECT OF THE INTERVENTION 20-20-20 RULE ON REDUCING
COMPUTER VISION SYNDROME SYMPTOMS IN MEDICAL
STUDENTS DURING THE COVID-19 PANDEMIC**

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Abstract

Computer Vision Syndrome (CVS) are some of the problems that arise in the eyes due to using computers, tablets, and smartphones for a long time. Since there has been a worldwide pandemic, online activities are considered to be an alternative to carrying out daily activities and cause the incidence of CVS to increase. This study aims to determine the effect of the 20-20-20 rule intervention on the severity of CVS in medical students during the COVID-19 pandemic. This study is a quasi-experimental study using a one-group pretest-posttest design. The sample size of 75 people was taken using the proportional stratified random sampling technique. The research instrument used a Computer Vision Syndrome Questionnaire (CVS-Q), Eye Care-Protect Your Vision application, desk time, and screen time. The results of the analysis of the total screen time of smartphone use were obtained for 8 (3-12) hours, laptops for 10 (6-19) hours, and television for 2 (1-11) hours. The results of the analysis using the Wilcoxon test showed that the 20-20-20 rule intervention could reduce all CVS symptoms ($p \leq 0.001$). The results of the Wilcoxon test showed that the CVS symptom score after the intervention was lower in 73 people and 2 people the score was fixed ($p = 0.000$). It can be concluded that the CVS symptom score was significantly reduced after the subject intervened with the 20-20-20 rule. This can occur because the relaxation process that takes place during rest can cause a decrease in symptoms

Keywords: Computer Vision Syndrome, intervention 20-20-20 rule, Screen Time