

## **ABSTRACT**

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*Relation of Brightness and eye distance with Asthenopia symptoms on class X computer network engineering majors students in Utama Bakti Vocational High School Palembang*

### **SKRIPSI**

**PROGRAM STUDI ILMU KEPERAWATAN DAN NERS**

**FAKULTAS ILMU KESEHATAN**

**UNIVERSITAS KATOLIK MUSI CHARITAS PALEMBANG**

**Background:** *Operating computer with too bright or too dim brightness and with eye distance which not recommended in a long time can make Asthenopia or better known as eyestrain occur, the result is the decreased concentration, and work being interrupted, Asthenopia's symptoms such as itchy on eye and dry eye left for a long period it will end up with eyelid inflammation, conjunctivitis even blindness.*

**Aim:** *This study aim to determine relation of Brightness and eye distance with Asthenopia symptoms on class X computer network engineering majors students in Utama Bakti Vocational High School Palembang.*

**Method:** *this research uses the analytical method with cross sectional design and the sample consisted of 72 respondent. Data's collection using observation sheet and Asthenopia's questioner. The data analyzed with Kendall's Tau and Fisher Exact Test.*

**Result:** *the result of this research are 63 (87,50%) Light Asthenopia, 47 (65,30%) not adjusted Brightness and 29 (40,30%) eye distance >50,80cm Fisher Exact Test result found no relation between Brightness with Asthenopia  $p = 1,00$  and Kendall's*

**Suggestion :** *Computer users need to managing a good eye rest such as every 20 minute look at something 20 feet away for 20 second to prevent Asthenopia.*

**Keywords:** *Asthenopia, Eyestrain, Brightness, Eye distance*