

Abstract

The Relation Between computer usage and myopia in System Information Students of Airlangga University.

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Introduction: Myopia is the most prevalent refractive error in Asia. One of its risk factor is computer usage, mainly in a high-educated population. This research was mean to know the relation of time spent using computer and distance while using computer with myopia in System Information students of Airlangga University.

Method: This was an analytic observational research and using Cross-sectional methods. 60 students of System Information Airlangga University batch 2013, 2014 and 2015 were selected and examined. The data were obtained using questionnaire, electronic Snellen chart and phoropter. SPSS 20.0 application was used to analyze Pearson Chi Square comparison between the data.

Result: The prevalence of myopia in System Information student is 60,0%. 78,3 % students are mild total time computer usage, that have been using computer since 5-10 years ago (56,7%) and mean duration using computer in hour per day is 1-4 hours per day (58,3%). There is no relation between total time computer usage with myopia ($p=0,395$). 3,3% students using computer with the distance from ≤ 40 cm have significant relation with moderate myopia ($p=0,057$).

Conclusion: There is no relation between total duration using the computer with myopia, but the closer the distance while using computer the greater the risk to develop myopia. Further research with bigger sample size and with longitudinal methods is needed for accurately link the computer usage with myopia.

Keywords: myopia, computer usage, System Information student.

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