

ABSTRAK

Latar Belakang : Kelainan refraksi menduduki peringkat ketiga besar penyebab kebutaan. Namun masih kurang mendapat perhatian karena dianggap suatu kelainan yang umum. Kelainan refraksi sudah bukan hal yang jarang lagi terjadi pada mahasiswa kedokteran. Paparan sinar biru dari gawai berperan sebagai salah satu penyebab kelainan refraksi. Di era modern ini, dalam pembelajarannya mahasiswa kedokteran seringkali terpapar sinar biru yang berasal dari gawai.

Metode : Penelitian ini merupakan penelitian analitik dengan rancangan *cross-sectional*. Penentuan sampel penelitian menggunakan teknik *total sampling* dengan mengambil data seluruh mahasiswa Fakultas Kedokteran Universitas Airlangga angkatan 2018.

Hasil : Dari 83 subjek penelitian didapatkan 62,7% perempuan, 37,3% laki-laki. 16,9% berusia kurang dari 19 tahun, 51,8% berusia 19 tahun, 22,9% berusia 20 tahun dan 8,4% berusia diatas 20 tahun. *P value* antara hubungan silinder dengan jarak mata ke gawai 0,727. *P value* hubungan silinder dengan posisi 0,891. *P value* hubungan silinder dengan durasi penggunaan gawai 0,140. Hubungan miopi dengan jarak mata ke gawai didapatkan *p value* 0,702. Hubungan miopi dengan posisi, didapatkan *p value* 0,382 dan hubungan miopi dengan durasi didapatkan *p value* 0,552.

Kesimpulan : Tidak adanya hubungan signifikan antara kebiasaan paparan radiasi *blue light* terhadap kelainan refraksi mata pada mahasiswa Fakultas Kedokteran Universitas Airlangga angkatan 2018. Jarak, durasi dan posisi saat penggunaan gawai tidak meningkatkan risiko kelainan refraksi.

Kata Kunci : Kelainan Refraksi, Silinder, Miopia, Gawai, Radiasi, Sinar Biru

ABSTRACT

Background: Refractive errors are the third major cause of blindness. But still received less attention because it is considered a common disorder. Refractive disorders have often been found in medical students. Exposure to blue light from the device/gadget acts as one of the causes of refractive disorders. In this modern era, being a medical student are often exposed to blue light coming from devices/gadget during learning activities.

Method: This study is an analytic study with a cross-sectional design. Determination of the research sample using a total sampling technique by taking data from all students of the Faculty of Medicine, Airlangga University class of 2018.

Results: From 83 research subjects found 62.7% female, 37.3% male. 16.9% aged less than 19 years, 51.8% aged 19 years, 22.9% aged 20 years and 8.4% aged over 20 years. P value between the relationship of the cylinder with the distance of the eye to the device 0.727. P value of the cylinder relationship with position 0.891. P value of the cylinder relationship with the duration of use of the device 0.140. The relationship between myopia and eye distance to the device obtained p value 0.702. The relationship between myopia and position, p value 0.382 and myopia relationship with duration obtained p value 0.552.

Conclusion: There is no significant relationship between the habit of exposure to blue light radiation to eye refractive abnormalities in students of the Faculty of Medicine, Airlangga University class of 2018. Distance, duration and position when using a device do not increase the risk of refractive abnormalities.

Keywords : Refraction Abnormalities, Refractive Error, Astigmatism, Myopia, Gadget, Radiation, Blue Light