

ABSTRACT

The impact of computer use could cause several problems dealt with health, such as eyes disturbance, head problems, neck trouble, waist-ill and back disorder.

We are interested in doing a research to find out and learn about the factors which relate to health problem for computer operators at the local government secretarial of Nusa Tenggara Barat.

It is an observation research which has purpose to find out the correlation between variables using logistic regression statistic with the level of validity 95% ($\alpha = 0,05$). The sample is random using respondents of computer operators at the local government secretarial of Nusa Tenggara Barat especially for the honorary workers.

The intrinsic variables cover age, gender, using of glasses, nutrition status, habit of having breakfast, the exposure of computer use, length of work, distance of monitor to the eyes. Meanwhile, the extrinsic variables cover the additional facilities, such as computer screen and working environment.

The result of the research shows that 40 (78,4%) out of 51 respondents at the local government secretarial of Nusa Tenggara Barat have the problems dealt with health. By the combination of Logistic Regression statistic and multiple Logistic Regression, it is found that free friable whereas the habit of having breakfast is significant to the health problems of computers operators.

There are some suggestions related to the result of this research, such as the need similar research using a larger sample, and specific computers operators besides the need of advance research which is held by a competence component to give an optimal viewpoint. It is recommended to take a rest for a while for the computer operators who have health problems relate with their occupation, and for the employers to give guidance about the working health.

Key words : computer operators, health problems