ABSTRACT

Lighting in the workplace and the utilization of computers must be taken into account. The lighting must conform with the existing standard, the use of computers must be adjusted with its break-time, so it can prevent eye fatigue on workers, and it can increase the work productivity. The purpose of this research was to describe the lighting and complain regarding eye fatigue on operators at Control Room Rolling Mill in PT X.

This research was an observational study. According to the time of this research, it was considered a cross sectional. The objects of this research was the lighting conditions and complaints regarding eyes fatigue on 30 operators at Control Room of the Rolling Mill in PT X. Data were obtained with questionnaire, observation on work environment and the measurement of the intensity of lighting.

The results of this research showed that the intensity of light in the Control Room of the Rolling Mill PT X did not meet the recommended standard KEPMENKES RI 1405/MENKES/SK/XI/ 2002 which was 300 lux. The color of the room was good except for the floor. Complaints regarding eyes fatigue were mostly came from computer operators by the age 40 - 49 years old, with an employment period of ≤ 10 years, and worked > 4 hours a day.

The company was recommended to increase the intensity of the lighting that were required, they can do so with treatments and maintenance on light and armature regularly. To improve the quality of the lighting, it should be done by change the room color decoration and install anti-glare on the glass and the screen monitor. In addition to the improvement of lighting conditions, adjusting the position of the seat and taking a brief break at work can reduce the emergence of the eye fatigue complaints.

Keywords: lighting, eye fatigue complaints, computer operators

ABSTRAK

Penerangan di tempat kerja dan penggunaan komputer harus diperhatikan. Penerangan harus disesuaikan dengan standar, penggunaan komputer harus diatur waktu istirahatnya, sehingga dapat mencegah adanya kelelahan mata pada tenaga kerja yang nantinya akan berdampak positif pada produktivitas kerja. Tujuan penelitian ini adalah menggambarkan penerangan dan keluhan kelelahan mata pada operator di Control Room Rolling Mill PT. X.

Penelitian ini bersifat deskriptif observasional. Menurut waktunya, penelitian ini merupakan penelitian cross sectional. Obyek penelitian ini adalah kondisi penerangan dan keluhan kelelahan mata pada 30 operator di Control Room Rolling Mill PT. X. Data diperoleh dengan kuesioner, observasi lingkungan kerja dan pengukuran intensitas penerangan.

Hasil penelitian ini menunjukkan bahwa intensitas penerangan di Control Room Rolling Mill PT. X belum memenuhi standar yang dianjurkan Keputusan Menteri Kesehatan Republik Indonesia Nomor 1405/MENKES/ SK/XI/2002 yaitu 300 lux. Dekorasi warna ruang sudah baik kecuali pada lantai. Keluhan kelelahan mata banyak dikeluhkan oleh operator komputer yang berusia 40 – 49 tahun, mempunyai masa kerja ≤ 10 tahun, dan bekerja > 4 jam setiap harinya.

Pihak perusahaan disarankan meningkatkan intensitas penerangan yang kurang dengan melakukan perawatan dan pemeliharaan terhadap lampu dan armatur secara rutin. Perbaikan terhadap kualitas penerangan dilakukan dengan mengganti dekorasi warna ruangan serta memasang anti-glare pada kaca dan layar monitor. Selain perbaikan terhadap kondisi penerangan, mengatur posisi kursi dan melakukan istirahat singkat pada waktu bekerja dapat mengurangi timbulnya keluhan kelelahan mata.

Kata kunci: penerangan, keluhan kelelahan mata, operator komputer,