



**UNIVERSITAS ANDALAS**

**PREVALENSI DAN DETERMINAN GEJALA COMPUTER  
VISION SYNDROM (CVS) PADA MAHASISWA  
UNIVERSITAS ANDALAS DI MASA  
PANDEMI COVID-19**

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xi + 86 halaman, 17 tabel, 6 gambar, 11 lampiran

**ABSTRAK**

**Tujuan Penelitian**

Sejak bulan Maret 2020, Universitas Andalas telah melakukan pembelajaran secara daring sebagai upaya pencegahan penyebaran Covid-19. Kondisi ini dapat menimbulkan risiko terjadinya *Computer Vision Syndrome* (CVS), karena penggunaan perangkat digital secara konstan dalam waktu lama. Penelitian ini bertujuan untuk mengetahui prevalensi dan determinan gejala CVS pada mahasiswa Universitas Andalas di masa pandemi Covid-19.

**Metode**

Penelitian ini adalah penelitian kuantitatif dengan desain *cross-sectional*. Dilaksanakan pada bulan Juli-Desember 2021. Penelitian dilakukan secara *online* dan *offline*, dengan sampel sebanyak 414. Pengambilan sampel dilakukan secara *proportionate stratified simple random sampling*. Analisis yang digunakan adalah uji *chi square*.

**Hasil**

Responden yang paling banyak berkontribusi dalam penelitian adalah usia 22 tahun, jenis kelamin perempuan, dan angkatan 2020. Berdasarkan hasil penelitian didapatkan prevalensi CVS 81,9%. Terdapat hubungan yang signifikan antara jenis kelamin (*p-value*=0,005), durasi penggunaan komputer/laptop (*p-value*=0,003), dan jarak pandang antara mata ke layar komputer/laptop (*p-value*=0,012) dengan gejala CVS. Tetapi, tidak terdapat hubungan antara penggunaan filter anti silau (*p-value*=0,946) dengan gejala CVS.

**Kesimpulan**

Prevalensi CVS pada mahasiswa Universitas Andalas cukup tinggi. Variabel jenis kelamin, durasi penggunaan komputer/laptop, dan jarak pandang mata ke layar, berhubungan secara statistik dengan gejala CVS. Disarankan kepada Universitas Andalas agar menggunakan media sosial yang dimiliki untuk melakukan promosi kesehatan terkait CVS.

**Daftar Pustaka** : 58 (2005-2021)

**Kata Kunci** : CVS, jenis kelamin, durasi perangkat digital, jarak mata ke layar monitor, filter anti silau

**FACULTY OF PUBLIC HEALTH  
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MELSI EKA PUTRI, No. BP. 1711212029

**PREVALENCE AND DETERMINANTS OF COMPUTER VISION SYNDROME  
(CVS) SYMPTOMS IN ANDALAS UNIVERSITY STUDENTS IN THE COVID-19  
PANDEMIC**

xi + 86 pages, 17 tables, 6 pictures, 11 Appendices

**ABSTRACT**

**Research Purposes**

Since March 2020 Andalas University has been conducting online learning as an effort to prevent the spread of Covid-19 cases. This condition can pose a risk of Computer Vision Syndrome (CVS), due to continuous and long-term use of digital devices. This study aims to determine the prevalence and determinants of CVS symptoms in Andalas University students during the Covid-19 pandemic.

**Method**

This study is a quantitative study with a cross-sectional design. Conducted in July-December 2021. The research was conducted online and offline, with a sample of 414. Sampling was carried out using proportionate stratified simple random sampling. The analysis used is the chi-square test.

**Results**

Respondents who contributed the most in the study were age 22, female, and class 2020. Based on the results of the study, the CVS prevalence was 81.9%. There is a significant relationship between gender (p-value = 0.005), duration of computer/laptop use (p-value = 0.003), and eye-to-eye distance to the computer/laptop screen (p-value = 0.012) and CVS symptoms. However, there was no relationship between the use of an anti-glare filter (p-value=0.946) and CVS symptoms.

**Conclusion**

The prevalence of CVS is quite high in Andalas University students. The variables of gender, duration of computer/laptop use, and eye-to-eye visibility were statistically associated with CVS symptoms. It is recommended to Andalas University use its social media to carry out health promotions related to CVS.

**References** : 58 (2005-2021)

**Keywords** : CVS, gender, duration of digital devices, eye distance to monitor screen, anti-glare filter