

**GAMBARAN AKTIVITAS MELIHAT DEKAT DAN AKTIVITAS DI LUAR
RUANGAN PADA SISWA PENDERITA MIopia DI SMA NEGERI 1
PADANG**



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ABSTRACT

**DESCRIPTION OF NEAR WORK AND OUTDOOR ACTIVITIES OF
MYOPIA STUDENTS IN SENIOR HIGH SCHOOL 1 PADANG**

By

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Myopia is a form of refractive error which is influenced by many risk factors, where near work and the lack of outdoor activities are two of the main risk factors contributing towards the occurrence of myopia in school children. This research is to show the prevalence of near work and outdoor activity to myopia in senior high school 1 Padang

This was a descriptive study with a cross-sectional approach. 104 samples of senior high school 1 Padang students were chosen through stratified random sampling. Myopia was measured with a trial lenses set whereas near work and outdoor activities were measured with a questionnaire. The data collected was distributed statistically according to the frequency and prevalence of each variables.

The result of this study shows the distribution of near work activities ≥ 5 hours a day in myopia student in senior high school 1 Padang was 67.3% (70 students) while the distribution of lack of outdoor activities ≤ 14 hours a week in myopia student in senior high school 1 Padang was 97.1% (101 students).

The conclusion of this study is that myopia students in senior high school 1 Padang did more of near work activities (≥ 5 hours a day) and less of outdoor activities (≤ 14 hours a week).

Keyword : Myopia, Near work activity, Outdoor activity

ABSTRAK

GAMBARAN AKTIVITAS MELIHAT DEKAT DAN AKTIVITAS DI LUAR RUANGAN PADA SISWA PENDERITA MIOPIA DI SMA N 1 PADANG

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Miopia merupakan suatu kelainan refraksi pada mata yang dipengaruhi oleh banyak faktor, aktivitas melihat dekat dan aktivitas di luar ruangan merupakan dua dari beberapa faktor yang cukup besar memberikan pengaruh terhadap kejadian miopia pada anak usia sekolah. Penelitian ini bertujuan untuk melihat gambaran aktivitas melihat dekat dan aktivitas di luar ruangan pada penderita miopia.

Penelitian ini merupakan penelitian deskriptif dengan desain penelitian *cross sectional*. Didapatkan 104 sampel siswa SMA 1 Padang dipilih secara *stratified random sampling*. Miopia diukur dengan menggunakan *trial lenses set* sedangkan aktivitas melihat dekat dan aktivitas di luar ruangan di ukur dengan kuisioner. Data yang diperoleh didistribusikan secara statistik ke dalam frekuensi dan prevalensi masing masing variabel penelitian.

Hasil penelitian memperlihatkan gambaran distribusi aktivitas melihat dekat ≥ 5 jam perharipada siswa penderita miopia di SMA N 1 Padang sebesar 67,3% (70 orang) dan distribusi aktivitas di luar ruangan ≤ 14 jam permingga pada siswa penderita miopia di SMA N 1 Padang sebesar 97,1% (101 orang).

Berdasarkan hasil penelitian dapat disimpulkan bahwa siswa penderita miopia di SMA N 1 Padang banyak melakukan aktivitas melihat dekat (≥ 5 jam perhari) dan sedikit melakukan aktvitas di luar ruangan (≤ 14 jam permingga).

Kata kunci : Miopia, Aktivitas melihat dekat, Aktivitas di luar ruangan

