

ABSTRACT

Background: In the Revolution 4.0 era, technology is increasingly sophisticated, which has an impact on eye fatigue. This study aims to analyze the relationship between unsafe actions using gadgets and subjective complaints of eye fatigue in students of the Jambi University Psychology Study Program in 2023.

Method: This type of research is cross sectional, the research sample was selected as many as 106 using stratified random sampling techniques. Research time March 2023–February 2024 at the Psychology Study Program, Jambi University. Univariate and bivariate analysis with Chi-square test with 95% confidence level. The dependent variable is subjective complaints of eye fatigue measured by DES-Q, the independent variables are the use of glasses, viewing time, viewing distance, and gadget use position.

Results: Subjective complaints of eye fatigue were 60.4%, not using glasses were 83%, viewing time was 85.5%, smartphone viewing distance was 53.8%, laptop viewing distance was 43.4% and gadget usage position was lying down 79.2%. Variables related to subjective complaints of eye fatigue were the length of time looking at a gadget (PR: 1.945 (95%CI; 0.936-4.042)) and the distance of looking at a smartphone (PR: 1.532 (95%CI; 1.092-2.151)). Variables that were not related were the use of glasses (PR: 0.986 (95%CI; 0.657-1.479)), laptop viewing distance (PR: 0.892 (95%CI; 0.649-1.227)), position of gadget use (PR: 1.027 (95% CI; 0.697-1.514)) with subjective complaints of eye fatigue.

Conclusion: Looking at gadgets for >4 hours and smartphone viewing distance <30 cm are risk factors for subjective complaints of eye fatigue. Students are encouraged to rest their eyes every 2 hours.

Keywords: Unsafe Action, Eyestrain, Length and Distance of Using Gadgets.

ABSTRAK

Latar Belakang: Era Revolusi 4.0 teknologi semakin canggih, yang berdampak pada kelelahan mata. Penelitian ini bertujuan untuk menganalisis hubungan *unsafe action* penggunaan *gadget* dengan keluhan subjektif kelelahan mata pada mahasiswa Program Studi Psikologi Universitas Jambi tahun 2023.

Metode: Jenis penelitian *cross sectional*, sampel penelitian sebanyak 106 dengan teknik *stratified random sampling*. Waktu penelitian Maret 2023–Februari 2024 di Program Studi Psikologi Universitas Jambi. Analisis *univariate* dan *bivariate* dengan uji *Chi-square* tingkat kepercayaan 95%. Variabel terikat adalah keluhan subjektif kelelahan mata diukur dengan DES-Q, variabel bebas adalah penggunaan kacamata, lama melihat, jarak melihat, dan posisi penggunaan *gadget*.

Hasil: Keluhan subjektif kelelahan mata sebesar 60,4%, tidak menggunakan kacamata sebesar 83%, lama melihat sebesar 85,5%, jarak melihat *smartphone* sebesar 53,8%, jarak melihat laptop sebesar 43,4% dan posisi penggunaan *gadget* berbaring sebesar 79,2%. Variabel yang berhubungan dengan keluhan subjektif kelelahan mata adalah lama melihat *gadget* (PR: 1,945 (95%CI; 0,936-4,042)) dan jarak melihat *smartphone* (PR: 1,532 (95%CI; 1,092-2,151)). Variabel yang tidak ada hubungan penggunaan kacamata (PR: 0,986 (95%CI; 0,657-1,479)), jarak melihat laptop (PR: 0,892 (95%CI; 0,649-1,227)), posisi penggunaan *gadget* (PR: 1,027 (95%CI; 0,697-1,514)) dengan keluhan subjektif kelelahan mata.

Kesimpulan: Lama melihat *gadget* >4 jam dan jarak melihat *smartphone* <30 cm merupakan faktor risiko keluhan subjektif kelelahan mata. Mahasiswa diimbau untuk mengistirahatkan mata setiap 2 jam sekali.

Kata Kunci: Perilaku Tidak Aman, Kelelahan mata, Lama dan Jarak Penggunaan *Gadget*.