

ABSTRAK

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PREVALENSI KEJADIAN *DRY EYE SYNDROME* SAAT PANDEMI COVID-19 DI RUMAH SAKIT UMUM SILOAM KARAWACI TAHUN 2020 – 2022

(xiv + 59 halaman + 2 gambar + 7 tabel + 4 lampiran)

Latar belakang: Sebelum pandemi Covid-19 terjadi, tidak begitu banyak masyarakat yang mengeluhkan menderita *Dry Eye Syndrome*. Prevalensi *Dry Eye Syndrome* di Asia Tenggara sebelum pandemi Covid-19 tercatat sebanyak 20%- 52,4%. Namun, saat pandemi Covid-19 terjadi peningkatan kasus *Dry Eye Syndrome* seiring dengan perubahan gaya hidup masyarakat. Sebuah penelitian di China yang telah dilakukan dengan sampel sebanyak 528 orang didapatkan hasil 70,8% yang mengalami *Dry Eye Syndrome*. Perubahan gaya hidup masyarakat saat pandemi Covid-19 meliputi semakin tingginya tingkat paparan layar *gadget* dan *Air Conditioner* serta penggunaan masker yang terus menerus menjadi penyebab *Dry Eye Syndrome* dikarenakan semakin tingginya frekuensi berkedip yang menyebabkan meningkatnya evaporasi air mata. Dikarenakan masih kurangnya penelitian mengenai prevalensi *Dry Eye Syndrome* saat pandemi Covid-19 di Indonesia, maka penelitian ini dilakukan untuk mengetahui prevalensi *Dry Eye Syndrome* saat pandemi Covid-19 khususnya di RSUD Siloam Karawaci pada tahun 2020-2022.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui prevalensi kejadian *Dry Eye Syndrome* saat pandemi Covid-19 di RSUD Siloam Karawaci tahun 2020- 2022.

Metode: Penelitian ini menggunakan metode potong lintang (*cross-sectional*) yang dilakukan pada pasien yang memiliki keluhan *Dry Eye Syndrome* di poli klinik mata RSUD Siloam Karawaci pada tahun 2020 – 2022 yang memenuhi kriteria dalam penelitian. Data dalam penelitian ini didapatkan dari rekam medis di RSUD Siloam Karawaci.

Hasil: Terdapat 155 responden dalam penelitian ini terdiri dari 42 laki-laki dan 113 perempuan. Responden terbanyak berusia >46 tahun sebanyak 121 orang (78,1%) dan status pekerjaan terbanyak sebagai ibu rumah tangga sebanyak 65 orang (41,9%). Kejadian *Dry Eye Syndrome* dipengaruhi dengan penggunaan AC yaitu sebanyak 92 orang (59,4%) dan paparan terhadap layar dengan durasi terbanyak 4 - 6 jam/hari sebanyak 77 orang (49,7%).

Kesimpulan: Prevalensi *Dry Eye Syndrome* di Rumah Sakit Umum Siloam Karawaci periode Maret 2020 – Desember 2022 tercatat 2,08%.

Kata kunci: *Dry Eye Syndrome*, pandemi Covid-19

ABSTRACT

Cinta Ayunda Berliany (01071200096)

PREVALENCE OF DRY EYE SYNDROME DURING COVID – 19 PANDEMIC IN SILOAM KARAWACI PUBLIC HOSPITAL DURING 2020 – 2022

(xiv + 59 pages + 2 images + 7 table + 4 attachments)

Background: *Before the Covid-19 pandemic happen, there were a few people severe from Dry Eye Syndrome. The prevalence of Dry Eye Syndrome in Southeast Asia before the Covid-19 pandemic was 20%-52,4%. However, during the Covid-19 pandemic, the Dry Eye Syndrome cases increased along with lifestyle changes. A research in China done with 528 sample of people, 70,8% severed from Dry Eye Syndrome. People lifestyle that changed during the Covid-19 pandemic such as the increasing of gadget screen time and air conditioner exposure, and the use of mask continuously were the cause of Dry Eye Syndrome. It happened because of the increasing of wink frequency that cause the evaporation tears increased. Moreover, due to the lack of previous researches about the prevalence of Dry Eye Syndrome during Covid-19 pandemic in Indonesia, so that this research would be conducted in order to know the prevalence of Dry Eye Syndrome during Covid-19 pandemic in Siloam Karawaci Public Hospital during 2020- 2022.*

Objective: *This research is aimed to know the prevalence of Dry Eye Syndrome during Covid-19 pandemic in Siloam Karawaci Public Hospital during 2020 - 2022.*

Methods: *This research uses cross-sectional method that done to Dry Eye Syndrome patients in the eye clinic of Siloam Karawaci Public Hospital during 2020- 2022 who were required in this research. The data of the research was obtained from medical record in Siloam Karawaci Public Hospital.*

Result: *There were 155 respondents in this research who were 42 males and 113 females. Most of them were more than 46 years old with 121 respondents (78,1%) and 65 respondents (41,9%) occupied as housewife. Dry Eye Syndrome is influenced by the use of AC that is 92 respondents (59,4%) and the screening time about 4-6 hours/day that is 77 respondents (49,7%).*

Conclusion: *The prevalence of Dry Eye Syndrome during Covid – 19 pandemic in Siloam Karawaci Public during 2020 – 2022 was 2,08%,*

Keywords: *Dry Eye Syndrome, Covid-19 pandemic*