

ABSTRAK

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HUBUNGAN *COMPUTER VISION SYNDROME* TERHADAP KEJADIAN INSOMNIA PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN 2018 SELAMA MASA PANDEMI *COVID-19*

(xv + 45 halaman: 9 tabel; 3 gambar; 5 lampiran)

Latar Belakang: Pembatasan sosial selama masa pandemi *COVID-19* menyebabkan penggunaan komputer menjadi solusi dalam meningkatkan efektivitas belajar mahasiswa. Peningkatan penggunaan media elektronik pada mahasiswa di masa pandemi diperkirakan akan meningkatkan angka kejadian *Computer Vision Syndrome (CVS)*. Beberapa penelitian terdahulu telah meninjau hubungan antara kejadian *CVS* dan kualitas tidur. Namun, belum ada penelitian yang meninjau hubungan antara kejadian *CVS* dengan kejadian insomnia sebagai penyebab spesifik kualitas tidur yang buruk terutama selama masa pandemi *COVID-19*.

Tujuan: Mengetahui hubungan *CVS* terhadap kejadian insomnia pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan (FK UPH) angkatan 2018 selama masa pandemi *COVID-19*.

Metode Penelitian: Penelitian ini menggunakan desain studi analitik komparatif tidak berpasangan dengan metode *cross-sectional*. Penelitian ini dilaksanakan pada Januari sampai dengan Maret 2021. Data yang digunakan berupa data primer yang diperoleh dari hasil kuisisioner *Computer Vision Syndrome Questionnaire (CVS-Q)* dan *Insomnia Severity Index (ISI)* dengan metode *non-probable sampling*.

Hasil: dari 97 sampel yang memenuhi kriteria eksklusi dan inklusi, ditemukan adanya hubungan yang signifikan antara kejadian *CVS* terhadap insomnia pada mahasiswa FK UPH 2018 selama masa pandemi *COVID-19* (p value = 0,001, *Odds Ratio (OR)*: 4,452, 95% *Confidence Interval (95% CI)*: 1,829-10,836). Terdapat hubungan yang signifikan antara durasi tidur per hari, posisi layar terhadap mata, dengan kejadian insomnia (p value < 0,05). Tidak ada hubungan yang signifikan antara jenis kelamin; durasi penggunaan komputer, laptop, atau tablet per hari; jarak layar terhadap mata dengan kejadian insomnia (p value > 0,05).

Simpulan: Pada populasi mahasiswa FK UPH 2018 ditemukan prevalensi *CVS* sebesar 56,7 % dan insomnia sebesar 43,3 %. Terdapat hubungan yang signifikan antara kejadian *CVS* terhadap insomnia pada mahasiswa FK UPH 2018 selama masa pandemi *COVID-19*.

Kata Kunci: *Computer Vision Syndrome, insomnia, pandemi, COVID-19, mahasiswa kedokteran*

Referensi: 30 (2001-2020)

ABSTRACT

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THE RELATIONSHIP BETWEEN COMPUTER VISION SYNDROME AND INSOMNIA AMONG MEDICAL STUDENT of UNIVERSITAS PELITA HARAPAN 2018 DURING THE COVID-19 PANDEMIC

(xv + 45 pages: 9 tables; 3 pictures; 5 attachments)

Background: Social restrictions during the COVID-19 pandemic have led to the use of computers as a solution to improve student learning effectiveness. The increase use of electronic media among college students during the pandemic is expected to increase the incidence of Computer Vision Syndrome (CVS). Several previous studies have reviewed the relationship between CVS incidence and sleep quality. However, there has been no research that reviews the relationship between CVS incidence and insomnia as a specific cause of poor sleep quality especially during the COVID-19 pandemic.

Objective: to know the relationship between CVS and insomnia among medical students of Universitas Pelita Harapan batch 2018 during the COVID-19 pandemic.

Methods: This study uses unpaired comparative analytic study design with cross-sectional method. This study was conducted from January until March 2021. The data used in the form of primary data was obtained from the results of the Computer Vision Syndrome Quistionnaire (CVS-Q) and Insomnia Severity index (ISI) with non-probable sampling method.

Result: From 97 samples that met the exclusion and inclusion criteria, the study found a significant association between CVS incidence and insomnia among medical students of Universitas Pelita Harapan 2018 during the COVID-19 pandemic (p -value=0.001; Odds Ratio (OR): 4.452, 95% Confidence Interval (95% CI): 1.829-10.836). There were significant associations between duration of sleep per day, the position of the screen against the eyes with the incidence of insomnia (p value < 0,05). There were no significant association between sex; duration of use of computer, notebook, or tablet per day; screen distance toward the eyes with the incidence of insomnia (p value > 0.05).

Conclusion: among the population of Universitas Pelita Harapan medical students batch 2018, the prevalence of CVS was found at 56.7% and insomnia at 43.3%. There was a significant association between between CVS incidence and insomnia among medical students of Universitas Pelita Harapan 2018 during the COVID-19 pandemic.

Keywords: Computer Vision Syndrome, insomnia, pandemic, COVID-19, medical students

Reference: 30 (2001-2020)