

## **ABSTRACT**

### ***The Effect of Eye Gymnastics on Computer Vision Syndrome in Emmaus Surabaya Female Dormitory Students***

***(Pre - Eksperimental One group Pretest Posttest Design Di Asrama Putri Emaus Surabaya)***

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*The used of gadgets was increased greatly, gadgets have many benefits in the world of education, especially for students in the learned process. Excessive used of gadgets can cause complained of eye disorders called computer vision syndrome. The phenomenon found in female students at the Emaus Putri Dormitory in Surabaya, was that most of them experienced computer vision syndrome. One of the efforted to prevented and overcome computer vision syndrome was to did eye exercised. This studied aimed to determined the effected of eye exercised on computer vision syndrome. The method used was pre-experimental with a one-group-pre-post-test design researched design. The independent variable was eye exercised and the dependent variable was computer vision syndrome. The sample size was took used a total sampling technique with a sample of 44 female students at the Emaus Girls' Dormitory Surabaya. The instrument used was the CVS-Q questionnaire and used the Wilcoxon statistical test. Based on the results of the study before eye exercised, 38 (82%) respondents experienced computer vision syndrome, and after eye exercised, the number of respondents who experienced computer vision syndrome decreased to 17 (39%). The results of the Wilcoxon test showed a p value of  $(0.000) < \alpha (0.05)$  which means that eye exercised have an effected in reduced the score of computer vision syndrome. By to eye exercised regularly can reduced the symptoms of computer vision syndrome.*

***Keywords: Computer Vision Syndrome, Eye Exercises***

## ABSTRAK

### **Pengaruh Senam Mata Terhadap *Computer Vision Syndrome* Pada Mahasiswi Asrama Putri Emaus Surabaya**

*(Pre - Eksperimental One group Pretest Posttest Design Di Asrama Putri  
Emaus Surabaya)*

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Penggunaan gawai sangat meningkat, gawai memiliki banyak manfaat dalam dunia pendidikan, khususnya bagi para mahasiswa/i dalam memenuhi kebutuhan proses belajar. Penggunaan gawai yang berlebihan dapat menyebabkan timbulnya keluhan gangguan pada mata yang disebut *computer vision syndrome*. Fenomena yang ditemukan pada mahasiswi di Asrama Putri Emaus Surabaya, yaitu sebagian besar mengalami *computer vision syndrome*. Salah satu upaya untuk mencegah dan mengatasi *computer vision syndrome* yaitu dengan melakukan senam mata. Penelitian ini bertujuan untuk mengetahui pengaruh senam mata terhadap *computer vision syndrome*. Metode yang digunakan dalam penelitian ini yaitu *pre-experimental* dengan desain penelitian *one-group-pre-post-test design*. Variabel independen adalah senam mata dan variabel dependen adalah *computer vision syndrome*. Pengambilan besar sampel menggunakan teknik total sampling dengan jumlah sampel sebanyak 44 orang mahasiswi di Asrama Putri Emaus Surabaya. Instrumen yang digunakan adalah kuesioner CVS-Q dan menggunakan uji statistik *Wilcoxon*. Berdasarkan hasil penelitian sebelum dilakukan senam mata terdapat 38 (82%) responden mengalami *computer vision syndrome*, dan setelah dilakukan senam mata jumlah responden yang mengalami *computer vision syndrome* berkurang menjadi 17 (39%). Hasil uji *Wilcoxon* menunjukkan nilai  $p$  value  $(0,000) < \alpha (0,05)$  yang berarti senam mata berpengaruh dalam menurunkan skor *computer vision syndrome*. Melakukan senam mata secara rutin dapat mengurangi gejala *computer vision syndrome*.

**Kata Kunci : *Computer Vision Syndrome*, Senam Mata**