# Keterkaitan Antara Intervensi Gerakan Ergonomi dengan Paparan Sinar Komputer Selama 6 Jam Pada Kejadian Computer Vision Syndrom = Relationship Between Intervention Exercise Ergonomic with Exposure Computer Rays More Than 6 hours to Manifestation of CVS in Unit Regulatory Policies

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Abstrak

Pendahuluan : Computer vision syndrome (CVS) adalah sekelompok gejala visual yang dialami dalam kaitannya dengan penggunaan komputer. Hampir 60 juta orang menderita CVS secara global, mengakibatkan berkurangnya produktivitas di tempat kerja dan mengurangi kualitas hidup pekerja komputer. 3

Metode Penelitian : Penelitian ini menggunakan metode cross-sectional. Penelitian ini menggunakan studi cross-sectional dengan pekerja analisis komparatif dalam kebijakan peraturan unit paparan sinar komputer lebih dari 6 jam tanpa latihan ergonomis. Sampel penelitian adalah pekerja di Unit Kebijakan Operasional dari paparan Program terhadap sinar komputer lebih dari 6 jam dengan latihan ergonomis. Hasilnya tidak ada keluhan kelelahan mata, penglihatan kabur, sakit kepala, nyeri di bahu, leher.

Hasil Penelitian ; Manifestasi Computer Vision Syndrome adalah masalah kesehatan umum yang harus dikelola oleh spesialis kedokteran okupasi. Ada beberapa jenis latihan fisik yang bisa diterapkan dalam pengaturan kerja kantor. Latihan fisik tersebut adalah; latihan kekuatan khusus dengan latihan relaksasi / postur minimal 3-4 kali dalam satu minggu. Latihan ini telah terbukti memiliki dampak klinis untuk mengurangi gejala CVS pada pekerja.

Kesimpulan : Ketidaknyamanan visual dan gangguan otot-kerangka adalah masalah kesehatan yang paling terutama di usia produktif pekerja.  Ketidaknyamanan visual dan gangguan otot-kerangka dianggap sebagai prioritas dalam kesehatan kerja. Dari ilustrasi kasus, kemudian disusun pertanyaan klinis tentang efektivitas latihan fisik untuk manifestasi sindrom penglihatan komputer.
.....Introduction: Computer vision syndrome (CVS) is a group of visual symptoms experienced in relation to the use of computers. Nearly 60 million people suffer from CVS globally, resulting in reduced productivity at work and reduced quality of life of the computer worker. Symptoms of CVS includes; dry and irritated eyes, eye strain/fatigue, blurred vision, red eyes, burning eyes, excessive tearing, double vision, headache, light/glare sensitivity, slowness in changing focus and changes in colour perception. In the twenty first century personal computers are one of the commonest office tools, used in almost all institutions/organizations, for a wide variety of vocational and/or non-vocational purposes. Nearly 60 million people suffer from CVS globally, resulting in reduced productivity at work and reduced quality of life of the computer worker. 3

Methods: This research used a cross-sectional methods. This research used cross-sectional study with a

comparative analyse  workers in unit regulatory Policies exposure to computer rays more than 6 hours without exercise ergonomic. The sample of the research are workers in Operational Policy Unit of the Program exposure to computer rays more than 6  hours with exercise ergonomic. The outcomes are no complaints eye fatigue, blurred vision, headache, pain in the shoulders, neck.

Results: It is important to provide promotive, preventive from manifestation of CVS and planning a program to improve the quality of health service in workplace setting . Manifestation of Computer Vision Syndrome is a common health issue that have to be managed by the occupational medicine specialist .There are several type of physical exercise could be apply in office work setting.The physical exercise are; specific strength training with relaxation/posture exercises 20 minutes minimal 3-4 times in one week.The exercise have been proven to have a clinical impact to reduce CVS symptoms in workers.

Conclusion: Visual discomfort and musculo-skeletal disorders are the most a health problem especially in productive age of workers. This condition can affect significant direct and indirect cost also decreasing productivity company. Because of this impact, visual discomfort and musculo-skeletal disorders considered a priority in occupational health. From case illustration, then composed a clinical question about the effectiveness of physical exercise for manifestation of computer vision syndrome,  in office workers. Literature search were conducted to answer clinical question and found four articles who meet the inclusion criteria. All articles have been assessed for validity, importance and applicability in workplace (in office workers), so early interventions  with promotive preventive by information about ergonomic posture and practices or exercise ergonomic regularly that can be suggest  in office work’s health and safety planning.