

ABSTRAK

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Program Studi : Kedokteran Umum
Judul : Hubungan Pemakaian *Air Conditioner* (AC) dengan Kejadian *Dry Eye Syndrome* pada Mahasiswa Fakultas Kedokteran Universitas YARSI Angkatan 2017-2019 dan Tinjauannya Menurut Pandangan Islam

Latar Belakang : *Dry eye syndrome* (DES) merupakan salah satu penyakit okuler yang menjadi masalah kesehatan masyarakat serta merupakan keadaan yang paling sering ditemukan dalam praktek sehari-hari. *Air Conditioner* (AC) adalah mesin yang dibuat untuk menstabilkan suhu dan kelembapan udara di suatu ruangan. AC menyebabkan udara menjadi kering sehingga dapat menimbulkan gangguan pada mata, salah satunya *dry eye syndrome*. Islam juga mengajarkan untuk selalu menjaga kebersihan dan kesehatan tubuh termasuk kesehatan mata supaya terhindar dari berbagai macam penyakit seperti *dry eye syndrome*.

Tujuan Penelitian : Mengetahui bagaimana hubungan pemakaian *air conditioner* (AC) dengan kejadian *dry eye syndrome* pada mahasiswa Fakultas Kedokteran Universitas YARSI angkatan 2017-2019 dan tinjauannya menurut pandangan islam.

Metode : Jenis penelitian yang digunakan adalah deskriptif kuantitatif dengan rancangan penelitian *cross sectional*. Penelitian ini dilakukan di Universitas YARSI. Sampel dalam penelitian ini adalah mahasiswa aktif Fakultas Kedokteran Universitas YARSI angkatan 2017-2019 yang dipilih berdasarkan *consecutive sampling*. Pengambilan data dilakukan pada bulan Agustus 2020 – September 2020.

Hasil : Dari 409 responden didapatkan 258 responden mengalami *dry eye syndrome* (63.08%) yang didapatkan dari kuesioner OSDI dan 334 responden (81.66%) memiliki paparan *air conditioner* pada kategori berat. Berdasarkan hasil uji Chi Square didapatkan hasil yang signifikan antara paparan *air conditioner* (AC) dengan kejadian *dry eye syndrome* pada mahasiswa Fakultas Kedokteran Universitas YARSI angkatan 2017-2019 (p-value 0,027) dengan taraf signifikansi 5%.

Kesimpulan : Terdapat hubungan antara Paparan *Air Conditioner* (AC) dengan kejadian *Dry Eye Syndrome* (DES) pada mahasiswa aktif Fakultas Kedokteran Universitas YARSI 2017-2019.

Kata Kunci : Paparan *air conditioner* (AC), *dry eye syndrome*, Mahasiswa Fakultas Kedokteran Universitas YARSI

ABSTRACT

Name : Nabila Larasati Balqis (1102017162)
Study Program: Medicine
Title : The Association Between The Usage of Air Conditioner (AC) with The Event of Dry Eye Syndrome in Active Students of The Faculty of Medicine YARSI University Class of 2017-2019 and The Reviews According to Islamic Views

Background : *Dry eye syndrome (DES) is one of the ocular diseases which is a public health problem as well as a condition that is most often found in daily practice. Air Conditioner (AC) is a machine made to stabilize the temperature and humidity of the air in a room. Air conditioning that causes the air to become dry so that it can cause eye problems, one of which is dry eye syndrome. Islam also teaches to always maintain cleanliness and body health, including eye health, to avoid various diseases such as dry eye syndrome.*

Purpose : *To determine the relationship between the use of air conditioner (AC) and the incidence of dry eye syndrome in students of the Faculty of Medicine, YARSI University class of 2017-2019 and its review according to the Islamic perspective.*

Methods : *This study used descriptive quantitative with a cross sectional research design. This research was conducted at YARSI University. The sample in this study were active students of the Faculty of Medicine, YARSI University class of 2017-2019 who were selected based on consecutive sampling. Data collection was carried out in August 2020 - September 2020.*

Results : *This study found that from 409 respondents, 258 respondents experienced dry eye syndrome (63.08%) which was obtained from the OSDI questionnaire and 334 respondents (81.66%) were exposed to air conditioner in the heavy category. Based on the results of the Chi Square test, there were significant results between exposure to air conditioner (AC) and the incidence of dry eye syndrome at the Faculty of Medicine, YARSI University class of 2017-2019 (p-value 0.027) with a significance level of 5%.*

Conclusion : *There is a relationship between Air Conditioner (AC) exposure with the incidence of Dry Eye Syndrome (DES) in active students of the Faculty of Medicine, YARSI University class of 2017-2019.*

Keywords : *Air conditioning (AC) exposure, dry eye syndrome, YARSI University Faculty of Medicine students*