

ABSTRAK

Nama : Sendang Tri Winayu
Program Studi : Kedokteran
Judul : Hubungan Antara Frekuensi Dan Durasi Bermain
Game Online Dengan Kejadian Kelelahan Mata
(Astenopia) Pada Mahasiswa Fakultas Kedokteran
Universitas YARSI Angkatan 2018 Dan Tinjauannya
Menurut Pandangan Agama Islam

Latar Belakang: Perkembangan permainan pun berubah dari permainan tradisional menjadi permainan berbasis teknologi yang menggunakan jaringan internet atau disebut game online. Game online ini sangat digemari karena selain merupakan sarana hiburan mengisi waktu luang, juga dapat dimanfaatkan sebagai media menambah pertemanan dan komunitas baru. Fenomena kecanduan game online ini semakin meluas dan semakin memprihatinkan, terutama karena banyaknya remaja yang menjadi pecandu game online. Kelelahan mata akibat terlalu lama di depan komputer dan gelombang elektromagnetik yang dihasilkan monitor komputer menyebabkan radiasi dan bisa mengganggu kesehatan mata. Penelitian ini bertujuan untuk mengetahui hubungan antara frekuensi dan durasi bermain game online terhadap kejadian kelelahan mata (astenopia) pada mahasiswa Fakultas Kedokteran Universitas YARSI Angkatan 2018.

Metode: Jenis penelitian yang digunakan adalah deskriptif analitik dengan desain penelitian Cross – sectional. Sampel pada penelitian ini adalah mahasiswa Fakultas Kedokteran Universitas YARSI Angkatan Tahun 2018 yang berjumlah 70 orang.

Hasil: Mayoritas mahasiswa dalam kategori kadang-kadang mengalami astenopia sebanyak (40.0%). Mayoritas mahasiswa kadang-kadang bermain game online sebanyak (68.6%). Mayoritas mahasiswa paling banyak mempunyai gangguan mata sebanyak (80%). Terdapat hubungan yang signifikan antara frekuensi dan durasi bermain game online dengan kejadian kelelahan mata (astenopia).

Simpulan: Ada hubungan yang signifikan antara frekuensi dan durasi bermain *game online* dengan kejadian kelelahan mata (astenopia). Berdasarkan tinjauan islam sebaiknya penggunaan game online lebih dibatasi untuk menghindari terjadinya kerusakan mata.

Kata Kunci: *Game Online, Kelelahan Mata, Astenopia*

ABTRACT

Name : Sendang Tri Winayu
Study Program : Medicine
Title : *The Relationship Between Frequency And Duration of Play Online Games With Occurrence of Eye Fatigue (Asthenopia) in the Students Batch of 2018 in Medical Faculty of YARSI University and Its Overview According to Islam*

Background: *The development of the game has changed from traditional games to technology-based games that use the internet network or called online games. This online game is very popular because in addition to being a means of leisure time entertainment, it can also be used as a medium to add new friendships and communities. The phenomenon of online game addiction is increasingly widespread and increasing, especially because many teenagers are addicted to online games. Eye fatigue (asthenopia) due to too long in front of the computer and electromagnetic waves generated by computer monitors cause radiation and eye health problems.*

to determine the relationship between the frequency and duration of playing online games on the incidence of eye fatigue in students of the Faculty of Medicine, YARSI University Class 2018.

Methods: *The type of research used is descriptive analytic with a cross-sectional research design. The sample in this study were students of the Faculty of Medicine, YARSI University Class of 2018 which collected 70 people.*

Research Results: *Students in the category of sometimes experiencing tenopia (40%). Many students sometimes play online games as much as (68.6%). The most students got eye disorders as much as (80%). There is a significant relationship between the frequency and duration of playing online games with the incidence of eye fatigue (asthenopia).*

Conclusion : *There is a significant relationship between the frequency and duration of playing online games with the incidence of eye fatigue (asthenopia). Based on Islamic principles, the use of online games should be more limited to avoid eye damage.*

Keywords: *Online Games, Eye Fatigue, Asthenopia*