

ABSTRAK

Nama : Hafizh Shidqi Wicaksana
NPM : 1102022109
Program Studi : Kedokteran Umum
Judul Skripsi : Pengaruh Aktivitas Melihat Dekat Pada Media Pembelajaran Terhadap Terjadinya *Dry Eye Syndrome (Keratoconjunctivitis Sicca)* Pada Mahasiswa Kedokteran Universitas Yarsi Yang Ditinjau Dalam Pandangan Islam

Latar belakang: Mahasiswa kedokteran memiliki aktivitas visual intensif melalui media pembelajaran fisik dan digital yang berpotensi meningkatkan risiko *Dry Eye Syndrome* terutama akibat kebiasaan melihat dekat. **Tujuan:** Menilai pengaruh aktivitas melihat dekat pada media pembelajaran terhadap kejadian *Dry Eye Syndrome* pada mahasiswa kedokteran Universitas YARSI yang ditinjau dari pandangan Islam.

Metode: Penelitian observasional analitik dengan desain *cross sectional* pada 104 mahasiswa yang menggunakan kuesioner dan analisis *Chi-Square*.

Hasil: Mayoritas responden berusia 19–21 tahun dan menggunakan media digital terutama tablet. Sebanyak 53% responden mengalami gejala mata kering. Jenis media dan durasi penggunaan tidak berhubungan signifikan dengan *Dry Eye Syndrome* ($p > 0,05$), sedangkan jarak pandang < 30 cm berhubungan signifikan dengan peningkatan skor OSDI ($p < 0,05$).

Kesimpulan: Jarak pandang berperan signifikan terhadap kejadian DES, sementara jenis media dan durasi penggunaan tidak. Oleh karena itu, pengaturan jarak pandang penting sebagai upaya pencegahan keluhan mata kering pada mahasiswa kedokteran.

Kata kunci: *Dry Eye Syndrome*; aktivitas melihat dekat; media pembelajaran; jarak pandang; durasi.

ABSTRACT

*Name : Hafizh Shidqi Wicaksana
NPM : 1102022109
Program : General Medicine
Title : The Effect of Close-Up Viewing Activities On Learning Media on The Occurrence of Dry Eye Syndrome (Keratoconjunctivitis Sicca) In Medical Students At Yarsi University From An Islamic Perspective*

Background: *Medical students engage in intensive visual activities through physical and digital learning media, which may increase the risk of Dry Eye Syndrome, particularly due to the habit of looking at close distances.*

Objective: *To assess the effect of close-up viewing activities on learning media on the incidence of Dry Eye Syndrome among medical students at YARSI University from an Islamic perspective.*

Methods: *An analytical observational study with a cross-sectional design was conducted on 104 students using questionnaires and Chi-Square analysis.*

Results: *The majority of respondents were aged 19–21 years and used digital media, primarily tablets. As many as 53% of respondents experienced symptoms of dry eyes. The type of media and duration of use were not significantly associated with Dry Eye Syndrome ($p > 0.05$), whereas a viewing distance of less than 30 cm was significantly associated with an increased OSDI score ($p < 0.05$).*

Conclusion: *Viewing distance plays a significant role in the occurrence of DES, while the type of media and duration of use do not. Therefore, managing viewing distance is important as a preventive measure against dry eye complaints among medical students.*

Keywords: *Dry Eye Syndrome; near work activities; learning media; viewing distance; duration.*