

ABSTRAK

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Program Studi : Kedokteran
Judul Skripsi : Hubungan Durasi Waktu Penggunaan *Gadget* terhadap *Syndrome Asthenopia* pada Remaja di SMA Negeri 3 Jakarta dan Tinjauannya Menurut Pandangan Islam

Latar Belakang: Perkembangan teknologi digital yang semakin pesat membuat setiap orang menggunakan *gadget*. Penggunaan *gadget* bukan hanya digemari oleh orang dewasa namun juga digemari oleh para remaja karena *gadget* dianggap hal penting dalam kehidupan sehari-hari. Di Indonesia sebesar 42,4% remaja mengalami kecanduan internet. Salah satu dampak negatif durasi waktu penggunaan *gadget* yang terlalu lama dapat menyebabkan keluhan kelelahan pada mata (*Syndrome Asthenopia*). Menurut pandangan Islam, menguatkan iman dan pembinaan dari orang tua merupakan kunci kesuksesan remaja dalam menghadapi tantangan di era globalisasi ini, termasuk *gadget*.

Metode: Penelitian kuantitatif dengan survei analitik dan rancangan penelitian potong lintang digunakan terhadap 145 siswa kelas X dan XI di SMA Negeri 3 Jakarta yang dipilih dengan teknik *consecutive sampling* pada bulan Juli 2024. Kuisioner durasi waktu penggunaan *gadget* dalam bentuk *google form* sedangkan tingkat keparahan *Syndrome Asthenopia* menggunakan perhitungan total skor berdasarkan Kuisioner *Visual Fatigue Index* (VFI).

Hasil: Mayoritas durasi waktu penggunaan *gadget* remaja di SMA Negeri 3 Jakarta pada kategori sedang sebanyak 49.0% dan pada kategori ringan sebanyak 21.4%. Sebanyak 44.1% remaja di SMA Negeri 3 Jakarta mengalami *Asthenopia* dan sebanyak 55.9% remaja tidak mengalami *Asthenopia*. Uji statistik *Chi-square* menunjukkan terdapat hubungan bermakna antara Durasi Waktu Penggunaan *Gadget* terhadap *Syndrome Asthenopia* pada remaja dengan $p < 0.05$.

Kesimpulan: Terdapat hubungan bermakna antara Durasi Waktu Penggunaan *Gadget* terhadap *Syndrome Asthenopia* pada Remaja SMA Negeri 3 Jakarta. Durasi waktu penggunaan *gadget* yang lama dapat mengakibatkan terkena *syndrome Asthenopia*.

Kata kunci: Durasi Penggunaan *Gadget*, *Syndrome Asthenopia*, Remaja SMA, *gadget*, *syndrome visual*

ABSTRACT

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Title : Association between Time Duration of Gadget and Asthenopia Syndrome in Adolescent of State Senior High School 3 Jakarta and Its Review from Islamic Perspective

Background: *The rapid development of digital technology makes everyone use gadgets. The use of gadgets is not only favoured by adults but also favoured by teenagers because gadgets are considered important in everyday life. In Indonesia, 42.4% of teenagers experience internet addiction. One of the negative impacts of prolonged screen time is that it can cause eye fatigue (Asthenopia Syndrome). According to the Islamic view, strengthening faith and parental guidance is the key to teenagers' success in facing challenges in this globalization era, including gadgets.*

Methods: *Quantitative research with an analytic survey and cross-sectional research design was used on 145 students in grades X and XI at SMA Negeri 3 Jakarta selected by consecutive sampling technique in July 2024. The questionnaire was used using gadgets as a Google form for the duration of time. At the same time, the severity of Asthenopia Syndrome was calculated using a total score based on the Visual Fatigue Index (VFI) Questionnaire.*

Results: *Most of the time, the duration of gadget use among adolescents in SMA Negeri 3 Jakarta was in the moderate category, as much as 49.0%, and in the mild category, as much as 21.4%. A total of 44.1% of adolescents in SMA Negeri 3 Jakarta experienced Asthenopia, and 55.9% of adolescents did not experience Asthenopia. The chi-square statistical test shows a significant relationship between the duration of gadget use and Asthenopia Syndrome in adolescents with $p < 0.05$.*

Conclusion: *There is a significant relationship between the duration of time spent using gadgets and Asthenopia Syndrome among adolescents of SMA Negeri 3 Jakarta. Long-term gadget use can lead to Asthenopia syndrome.*

Keywords : *Duration of Gadget Use, Asthenopia Syndrome, High School Adolescents, gadgets, visual syndrome*