

**PROGRAM STUDI S1 ILMU KESEHATAN MASYARAKAT FAKULTAS
KESEHATAN DAN INFORMATIKA INSTITUT KESEHATAN PAYUNG
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Hubungan Durasi Penggunaan Komputer, Kecerahan Layar dan Frekuensi Istirahat terhadap Computer Vision Syndrome (CVS) pada Operator Warung Internet di Kota Pekanbaru.

ABSTRAK

Computer Vision Syndrome (CVS) adalah sekumpulan gejala / keluhan mata dan tubuh bagian atas akibat penggunaan perangkat digital dalam waktu lama. Operator warnet berisiko tinggi mengalami CVS karena bekerja di depan layar komputer 8–12 jam per hari. Penelitian ini bertujuan mengetahui hubungan durasi penggunaan komputer, kecerahan layar, dan frekuensi istirahat dengan CVS pada operator warnet di Kota Pekanbaru. Penelitian bersifat kuantitatif dengan desain cross-sectional, melibatkan 100 responden yang diambil secara purposive sampling. Data dikumpulkan menggunakan kuesioner terstruktur dan CVS-Q, dianalisis secara univariat dan bivariat (chi-square). Hasil menunjukkan 58,0% responden mengalami CVS. Ditemukan hubungan signifikan antara durasi penggunaan komputer ($p=0,015$; $PR=1,548$), kecerahan layar ($p=0,000$; $PR=3,336$), dan frekuensi istirahat ($p=0,000$; $PR=2,054$) dengan CVS. Disimpulkan bahwa ketiga variabel berhubungan signifikan dengan CVS pada operator warnet. Disarankan agar operator warnet mengatur durasi penggunaan komputer, menyesuaikan kecerahan layar, dan menerapkan metode 20-20-20 untuk mencegah CVS.

Kata Kunci : Durasi Penggunaan Komputer, Kecerahan Layar, Frekuensi Istirahat, Computer Vision Syndrome

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**The Relationship Between Duration of Computer Use, Screen Brightness,
and Break Frequency with Computer Vision Syndrome (CVS) Among
Internet Café Operators in Pekanbaru City**

ABSTRACT

Computer Vision Syndrome (CVS) is a set of eye and upper-body complaints caused by prolonged digital device use. Internet café operators are at high risk of CVS due to continuous computer use for 8–12 hours daily. This study aimed to determine the relationship between duration of computer use, screen brightness, and break frequency with CVS among internet café operators in Pekanbaru City. This quantitative study used a cross-sectional design involving 100 respondents selected through purposive sampling. Data were collected using a structured questionnaire and the CVS-Q, then analyzed using univariate and bivariate (chi-square) analysis. Results showed that 58.0% of respondents experienced CVS. Significant relationships were found between duration of computer use ($p=0.015$; $PR=1,548$), screen brightness ($p=0.000$; $PR=3,336$), and break frequency ($p=0.000$; $PR=2,054$) with CVS. It is concluded that all three variables are significantly associated with CVS. Operators are advised to manage computer use duration, adjust screen brightness, and apply the 20-20-20 rule to prevent CVS.

Keywords : *Duration of Computer Use, Screen Brightness, Break Frequency,
Computer Vision Syndrome*