

**PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS KEPERAWATAN  
IKES PAYUNG NEGERI PEKANBARU**

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**Hubungan Lama dan Aktivitas Penggunaan *Smartphone* dengan Kejadian *Asthenopia* Pada Mahasiswa Prodi S1 Keperawatan Fakultas Keperawatan Institut Kesehatan Payung Negeri Pekanbaru**

Xii + 51 Halaman + 12 Tabel +1 Skema + 15 Lampiran

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**ABSTRAK**

Penggunaan *smartphone* dengan durasi dan aktivitas yang lama memicu kemunculan keluhan mata merah, berair, pusing yang merupakan tanda-tanda terjadinya *asthenopia*. Penelitian ini bertujuan untuk mengetahui hubungan lama dan aktivitas penggunaan *smartphone* dengan kejadian *asthenopia* pada mahasiswa prodi S1 Keperawatan Fakultas Keperawatan Institut Kesehatan Payung Negeri Pekanbaru. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross sectional*. Jumlah sampel pada penelitian ini adalah 272 responden dengan teknik sampling yang digunakan *stratified random sampling*. Instrumen yang digunakan yaitu kuisioner lama penggunaan *smartphone*, kuisioner aktivitas penggunaan *smartphone* dan kuisioner *visual fatigue index* (VFI). Analisis yang digunakan yaitu analisis univariat dan analisis bivariat dengan menggunakan uji *chi square*. Hasil penelitian didapatkan bahwa lama penggunaan *smartphone* pada kategori tinggi sebesar 63,6%. Aktivitas penggunaan *smartphone* berada pada kategori tinggi 69,1%, ditemukan kejadian *asthenopia* pada mahasiswa sebesar 90,4%. Hasil uji statistik *chi square* antara lama penggunaan *smartphone* dengan kejadian *asthenopia* didapatkan p value  $0,000 > 0,05$ , sehingga  $H_0$  ditolak artinya terdapat hubungan lama penggunaan *smartphone* dengan kejadian *asthenopia*, dan aktivitas penggunaan *smartphone* dengan kejadian *asthenopia* didapatkan p value  $0,834 \leq 0,05$ , sehingga  $H_0$  gagal ditolak artinya tidak ada hubungan aktivitas penggunaan *smartphone* dengan kejadian *asthenopia* mahasiswa S1 Keperawatan Institut Kesehatan Payung Negeri Pekanbaru. Penelitian ini dapat menjadi masukan bagi peneliti selanjutnya untuk meneliti metode 20-20-20 terhadap kejadian *asthenopia*.

Kata Kunci : *Asthenopia* , *Smartphone*, Mahasiswa  
Daftar Pustaka : 57 Referensi (2014-2024)

**NURSING PROGRAM STUDY  
FACULTY NURSING  
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***The relationship between duration and activity of using smartphones with the incidence of asthenopia in undergraduate nursing study program students, Faculty of Nursing, Institut Kesehatan Payung Negeri Pekanbaru***

***Xii + 51 Pages + 12 Tables + 1 Schemes + 15 Attachments***

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**ABSTRACT**

The use of smartphones for long periods of time and activity triggers complaints of red, watery eyes, dizziness which are signs of asthenopia. This study aims to determine the relationship between duration and activity of using smartphones with the incidence of asthenopia in students of the Bachelor of Nursing Study Program, Faculty of Nursing, Payung Negeri Pekanbaru Health Institute. This research is a quantitative research with a cross sectional approach. The number of samples in this study was 272 respondents with the sampling technique used was stratified random sampling. The instruments used were the smartphone usage duration questionnaire, smartphone usage activity questionnaire and visual fatigue index (VFI) questionnaire. The analysis used is univariate analysis and bivariate analysis using the chi square test. The research results showed that the duration of smartphone use in the high category was 63.6%. Smartphone usage activities were in the high category at 69.1%, and the incidence of asthenopia in students was found to be 90.4%. The results of the chi square statistical test between the length of smartphone use and the incidence of asthenopia showed a p value of  $0.000 > 0.05$ , so that  $H_0$  was rejected, meaning that there was a relationship between the length of smartphone use and the incidence of asthenopia, and the activity of using smartphones with the incidence of asthenopia obtained a p value of  $0.834 \leq 0.05$ . So  $H_0$  failed to be rejected, meaning there was no relationship between smartphone usage activities and the incidence of asthenopia in nursing undergraduate students at the institute of health sciences payung negeri pekanbaru. This research can be input for future researchers to research the 20-20-20 method on the incidence of asthenopia.

**Keywords** : Asthenopia, Smartphone ,Student  
**Bibliography** : 57 References (2014-2024)