

## ABSTRAK

**Dian Jumiati DJ.Lasabon. 2013.** Pengaruh Pencahayaan Dan Masa Kerja Berdasarkan Waktu Kerja Terhadap Kelelahan Mata Pada Pengrajin Sulaman Kerawang UKM “Naga Mas” Di Kecamatan Telaga Jaya Kabupaten Gorontalo Tahun 2013. Skripsi. Program Studi Kesehatan Masyarakat, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I Dr. Hj. Rama P. Hiola, Dra., M.Kes dan Pembimbing II Sirajuddien Bialangi, SKM. M.Kes.

Kelelahan mata merupakan gangguan yang dialami mata karena otot-ototnya dipaksa bekerja dengan objek dekat dalam jangka waktu lama. Kelelahan mata dipengaruhi oleh faktor lingkungan yaitu pencahayaan dan faktor individu yaitu masa kerja. Penelitian ini bertujuan untuk mengetahui pengaruh pencahayaan dan masa kerja berdasarkan waktu kerja terhadap kelelahan mata pada pengrajin sulaman kerawang UKM “Naga mas” di Kecamatan Telaga Jaya Kabupaten Gorontalo.

Jenis penelitian yang digunakan adalah *survay analitik* dengan rancangan *cross sectional study*. Populasi dalam penelitian ini adalah seluruh pengrajin sulaman kerawang UKM “Naga Mas” di kecamatan Telaga Jaya kabupaten Gorontalo Tahun 2013 yaitu sebanyak 55 pengrajin, sedangkan sampel sebanyak 35 pengrajin yang ditentukan dengan teknik *purposive sampling*. Uji statistik menggunakan uji *Chi Square* dan uji *Fisher Exact Test* sebagai alternatif.

Hasil Penelitian menunjukkan tidak terdapat pengaruh pencahayaan terhadap kelelahan mata di pagi hari dan siang hari. Terdapat pengaruh pencahayaan terhadap kelelahan mata di sore hari dan malam hari. Tidak terdapat pengaruh masa kerja terhadap kelelahan mata di siang hari. Terdapat pengaruh masa kerja terhadap kelelahan mata di pagi hari, sore dan malam hari. Dengan melihat hasil penelitian tersebut diharapkan kepada pengrajin untuk lebih menyadari dampak yang akan ditimbulkan oleh pencahayaan yang tidak memenuhi standar pada saat bekerja serta melakukan pencegahan dengan menghentikan pekerjaan jika sudah merasakan sakit disekitar mata.

**Kata Kunci : Kelelahan Mata, Pencahayaan, Masa Kerja, Pengrajin Sulaman Kerawang**

## ABSTRACT

**Dian Jumiati DJ.Lasabon. 2013.** The Influence of Illumination and Period of Work based on Time of Work toward Eyestrain of Kerawang Craftsman UKM “Naga Mas” at Subdistrict of Telaga Jaya, District of Gorontalo. 2013. S1 Public Health Study Program. Faculty of Health and Sport. Universitas Negeri Gorontalo. The Principle supervisor was Hj. Rama P. Hiola, Dra.,M.Kes and Co-Supervisor was Sirajuddin Bialangi, SKM, M.Kes.

Eyestrain is the interference of eyes' muscle caused by the muscles which are forced to work with the close object in the long period of time. Eyestrain is influenced by illumination as the environment factor, and period work as the individual factor. This research aimed to investigate the influence of illumination and period of work based on time of work toward eyestrain of Kerawang Craftsman UKM “Naga Mas” at Subdistrict of Telaga Jaya, District of Gorontalo. 2013.

Analytic Survey was applied as the method of this research with the *Cross Sectional Study* design. The population of this research was all of Kerawang Craftsman UKM “Naga Mas” at Subdistrict of Telaga Jaya, District of Gorontalo in 2013, with the number of population were craftsman, and the number of Sample were 35 craftsmen which were chosen by using Purposive Sampling technique. As statistics test, *Chi Square test* and Fisher exact test were applied as the alternative.

The result of research showed that there was no influence of illumination toward the eyestrain in the morning and noon. There was the influence of illumination toward eyestrain in the afternoon, and the evening. There was no influence of the period of work in the noon. There was the influence of period of work toward eyestrain in the morning, afternoon, and the evening. This research suggests for the Craftsman to realize the effect which is caused by the less of illumination in working time and stop the work if felt pain in eyes area.

**Key Words : Eyestrain, illumination, period of work, Kerawang Craftsman.**