

ABSTRAK

Clara M aryanum. NIM 811 410 032. Hubungan intensitas cahaya pada malam hari terhadap keluhan ketajaman penglihatan (*visus*) pekerja bagian redaksi di graha pena gorontalo post. Skripsi, Jurusan Kesehatan Masyarakat, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I, Dr. Hj. Reni Hiola, Dra, M.Kes, dan Pembimbing II, Dr. Sylva Flora Ninta Tarigan, SH, M.Kes

Intensitas pencahayaan yang buruk merupakan salah satu faktor fisik lingkungan kerja yang dapat menurunkan ketajaman penglihatan. Rumusan masalah yaitu bagaimana Hubungan Intensitas Cahaya Pada Malam Hari Terhadap Keluhan Ketajaman Penglihatan (*Visus*) Pekerja Bagian Redaksi di Graha Pena Gorontalo Post. Tujuan penelitian untuk menganalisis "Hubungan Intensitas Cahaya Pada Malam Hari Terhadap Keluhan Ketajaman Penglihatan (*Visus*) Pekerja Bagian Redaksi di Graha Pena Gorontalo Post"

Penelitian dilaksanakan di kantor Graha Pena Gorontalo Post, Metode penelitian menggunakan survey dan wawancara dengan pendekatan *cross sectional study*. Populasi penelitian berjumlah 28 orang dan sampel yaitu seluruh jumlah populasi

Hasil penelitian menunjukkan ada hubungan intensitas cahaya pada Malam Hari Terhadap Keluhan Ketajaman Penglihatan dengan signifikan 0,010 ($p < \alpha 0,05$). Intensitas cahaya yang tidak memenuhi syarat jelas dapat menimbulkan keluhan pada pekerja karena cahaya yang masuk kedalam pupil mata sedikit sehingga mendorong pupil bekerja lebih keras dari sebelumnya. sedangkan untuk ketajaman penglihatan jika dihubungkan dengan karakteristik responden tidak saling berhubungan. Hubungan karakteristik massa kerja dengan ketajaman penglihatan dengan nilai p 0,099 ($p > \alpha 0,05$), dan karakteristik umur dengan ketajaman penglihatan dengan nilai p yaitu 0,809 ($p > \alpha 0,05$). Responden yang dapat membaca dalam jarak 6 meter (15 orang) dan yang tidak dapat membaca dalam jarak 6 meter (13 orang). Dari hasil penelitian dapat disimpulkan ada hubungan intensitas cahaya pada malam hari terhadap keluhan ketajaman penglihatan pekerja. Diharapkan kepada pekerja lebih memperhatikan kesehatan mata dengan menggunakan pelindung mata saat bekerja.

Kata Kunci: Intensitas Cahaya, Ketajaman Penglihatan, Malam hari

ABSTRACT

Clara M aryanum. Student ID 811 410 032. The Relation between Light Intensity in the Night toward Visual Acuity Complaint of Editorial Workers at Graha Pena Gorontalo Post. Skripsi, Department of Public Health, Faculty of Health Sciences and Sports, State University of Gorontalo. The principal supervisor was Dr. Hj. Reni Hiola, Dra, M.Kes and Co-supervisor was Dr. Sylva Flora Ninta Tarigan, SH, M.Kes.

Bad lighting intensity is one of physical factor of work environment that can decrease the visual acuity. The problem statement of this research was how is the relation between light intensity in the night toward visual acuity complaint of editorial workers at Graha Pena Gorontalo Post? The research aimed at analyzing the relation between light intensity in the night toward visual acuity complaint of editorial workers at Graha Pena Gorontalo Post.

This research was conducted at Graha Pena Gorontalo Post Office. The methods of research were survey and interview with cross sectional study approach. The population of research were 28 and samples were all numbers of population.

The research result showed that there was relation between light intensity in the night toward visual acuity with significance 0,010 ($p < \alpha 0,05$). The light intensity that did not meet the clear requirement can cause the complaint of the workers due to the light that entered the pupil was slightly therefore the pupil was pushed to work harder than before. However, there was no relation between visual acuity with characteristic of respondents. The relation between work period with visual acuity can be seen by p value as 0,099 ($p > \alpha 0,05$), and the relation between age characteristic and visual acuity can be seen by p value as 0,809 ($p > \alpha 0,05$). The respondents who could read with the distance 6 meter were 15 people, and those who could not were 13 people. Based on the research result, it can be concluded that there was relation between light intensity in the night toward visual acuity. It suggested that the workers would pay more attention to the eyes health by using eyes protector while working.

Keywords: Light Intensity, Visual Acuity, Night

