

ABSTRAK

Nurlela Djua. 2015. *Gambaran faktor-faktor yang mempengaruhi progresivitas penderita miopia di poliklinik mata RSUD Prof. Dr. H. Aloei Saboe Kota Gorontalo.* Skripsi, Jurusan Ilmu Keperawatan, Fakultas Ilmu-ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo, Pembimbing I dr. Nanang R. Paramata, M. Kes, Pembimbing II Andi Mursyidah, S.Kep. Ns. M.Kes.

Miopia adalah suatu kelainan refraksi karena kemampuan refratif mata terlalu kuat untuk panjang anteroposterior mata yang mempengaruhi progresivitas miopia sehingga sinar datang sejajar sumbu mata tanpa akomodasi di fokuskan di depan retina. Adapun tujuan penelitian ini adalah mengidentifikasi gambaran aktivitas jarak dekat dan intensitas cahaya pada penderita miopia di poliklinik mata RSUD Prof. Dr. H. Aloei Saboe Kota Gorontalo.

Penelitian ini menggunakan metode *survey deskriptif*, populasi dalam penelitian ini adalah semua penderita yang memeriksakan mata di poliklinik mata RSUD Prof. Dr. H. Aloei Saboe Kota Gorontalo berjumlah 45 responden dan sampel dalam penelitian ini berjumlah 30 responden dengan menggunakan tehnik sampling *Accidental sampling*. Analisa data menggunakan distribusi frekuensi.

Pada penelitian ini di simpulkan bahwa gambaran aktivitas jarak dekat yang sesuai ada 22 responden (73,3%), yang tidak sesuai 8 responden (26,7%) dan gambaran intensitas cahaya tidak normal 19 responden (63,3%), yang normal 11 responden (36,7%). Disarankan penderita miopia tidak melakukan kebiasaan yang bisa mempengaruhi progresivitas miopia seperti melakukan aktivitas jarak dekat dengan waktu yang lama, serta menggunakan pencahayaan dengan intensitas cahaya yang tidak normal.

Kata Kunci : Progresivitas, aktivitas, intensitas.

Daftar Pustaka : 24 (2000-2015)

ABSTRACT

Nurlela Djua. 2015. Description of Factors influencing the Progressivity of the Myopia Patients at the Eye Clinic of Regional Public Hospital (RSUD) of Prof. Dr. H. Aloe Saboe of Gorontalo City. Skripsi, Nursing Department, Faculty of Health Sciences and Sports, State University of Gorontalo. The principal supervisor was dr. Nanang. R. Paramata, M. Kes and Co-supervisor was Andi Mursyidah, S. Kep., Ns., M. Kes.

Myopia or Nearsightedness is a condition of the refractive error of the eyes due to the refractive ability of the eyes are too strong for the length of antero posterior of the eye that influence the progress of the myopia, thus, causes light rays to focus at a point in front of the retina, rather than directly on its surface. This research was aimed at identifying the description of short distance activities and the light intensity at the myopia patients at the eye clinic of RSUD. Prof. Dr. H. Aloe Saboe of Gorontalo City.

This research used descriptive survey, in which the population of this research was all the shortsighted patients that went to the eye clinic at RSUD. Prof. Dr. H. Aloe Saboe of Gorontalo City. The number of population was 45 people and the samples in this research were 30 samples taken using the accidental sampling method. The data were then analyzed using the frequency distribution.

This research findings concluded that 22 respondents described appropriate short distance activities (73.3%), 8 respondents described inappropriate short distance activities (26.7%), and 19 respondents describe abnormal lights intensity (63.3%) and 11 respondents described normal lights intensity (36.7%). It was recommended that the myopia patients to not do activities that could influence the progressivity of their myopia such as doing short distance activities for a long time, and not to use abnormal light intensity.

Keywords : Progressivity, Activity, Intensity.

References : 24 (2000-2015)

