

Gambaran tingkat pencahayaan terhadap keluhan subjektif kelelahan mata pekerja di ruang security and safety PT. xyz Jakarta Utara tahun 2016 = Illumination level overview based subjective complaints on eyestrain workers in the security and safety s room of PT. xyz year 2016

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Abstrak

Kurangnya pencahayaan di tempat kerja berdampak pada kesehatan mata. Penelitian ini membahas tentang gambaran tingkat pencahayaan terhadap keluhan subjektif kelelahan mata pekerja di ruang security and safety PT. XYZ tahun 2016. Penelitian bersifat deskriptif dengan pendekatan desain studi cross sectional. Data didapat dari penyebaran kuesioner dan melakukan pengukuran tingkat pencahayaan di ruang kerja yang kemudian dibandingkan dengan tingkat pencahayaan yang ada pada KepMenKes No.1405/MENKES/SK/XI/2002. Hasil penelitian menunjukkan tingkat cahaya 81,3% tidak memenuhi NAB dan mengalami keluhan mata sebesar 87,5%. Faktor tampilan layar monitor dan kelainan refraksi memiliki hubungan yang signifikan terhadap kelelahan mata.

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The lack of illumination in the workplace have an impact on eye health. This study are discussed about illumination level overview based subjective complaints on eyestrain workers in the security and safety's room of PT. XYZ year 2016. The study are descriptive by using cross sectional study design's approach. Data have been obtained from questionnaires and measuring of the illumination's level in the workspace and then compared with the illumination's level standard based on Kepmenkes No.1405/Menkes/SK/XI/2002. Based on the research showed that 81.3% of the lighting's level didn't meet NAB (Illumination's Threshold Value) and experiencing eye's complaints reach out to 87.5%. Factors of display's screen and abnormal refraction have a significant impact to human's eyestrain.