

INTISARI

HUBUNGAN ANTARA TINGKAT PENGETAHUAN DAN PERILAKU PENGGUNA LENSA KONTAK TERHADAP KEJADIAN *DRY EYE SYNDROME* PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS ISLAM INDONESIA

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Latar Belakang: Lensa kontak merupakan alat bantu penglihatan yang banyak digunakan oleh masyarakat khususnya pada kelompok dewasa muda. Selain dapat membantu mengoreksi kekurangan penglihatan dan menunjang penampilan. Lensa kontak dapat meningkatkan risiko *dry eye syndrome*. *Dry eye syndrome* adalah kumpulan gejala dimana pasien merasakan matanya kering.

Tujuan: Untuk mengetahui hubungan tingkat pengetahuan dan perilaku pengguna lensa kontak terhadap kejadian *dry eye syndrome*.

Metode: Penelitian ini menggunakan desain *cross sectional*. Sampling dilakukan dengan teknik *consecutive sampling* terhadap mahasiswa Fakultas Kedokteran UII (n=20) yang menggunakan kontak lensa. Responden yang memenuhi kriteria inklusi menandatangani *informed consent*. Penelitian dilakukan pada bulan Oktober 2018 hingga Januari 2019. Data dikumpulkan dengan menggunakan kuesioner untuk mengetahui tingkat pengetahuan dan perilaku pengguna lensa kontak serta wawancara *OSDI* untuk menegakkan diagnosis *dry eye syndrome*. Data dianalisis dengan menggunakan analisis statistik *Chi-square* dan uji *Spearman*.

Hasil: Terdapat 20 orang responden berjenis kelamin perempuan dan tersebar pada setiap angkatan. Tingkat pengetahuan lensa kontak mahasiswa Fakultas Kedokteran UII berada pada kategori baik sebanyak 18 orang (90%) dan cukup sebanyak 2 orang (10%). Terdapat 14 responden (70%) yang menggunakan lensa kontak karena faktor ekstrinsik. Penegakkan diagnosis *dry eye syndrome* menggunakan wawancara *OSDI*. Terdapat 16 responden (76,2%) menderita *dry eye syndrome* dan 4 responden (19,0%) normal. Hasil uji statistik hubungan *dry eye syndrome* dengan tingkat pengetahuan, perilaku, umur, dan durasi penggunaan komputer tidak bermakna, $p > 0,05$.

Simpulan: Tidak didapatkan hubungan bermakna antara tingkat pengetahuan, dan perilaku pengguna lensa kontak terhadap kejadian *dry eye syndrome*.

Kata Kunci : *Dry eye*, perilaku, pengetahuan, *OSDI*, Fakultas Kedokteran UII

ABSTRACT

CORRELATION BETWEEN LEVEL OF KNOWLEDGE AND BEHAVIOUR OF CONTACT LENS USERS ON DRY EYE SYNDROME OF STUDENTS IN FACULTY OF MEDICINE, ISLAMIC UNIVERSITY OF INDONESIA

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Background : Contact lenses are visual aids that are widely used by young adult groups. It has advantage by improving vision and supporting appearance. However, contact lenses also has deficiencies such as dry eye syndrome. This syndrome is a collection of many symptoms that patient will experience dry symptoms, intoxication of foreign objects, and feelings of sand.

Objective : To determine the correlation between level of knowledge, behaviour, and characteristic of demographic contact lens users on dry eye syndrome

Method : This research used cross sectional design and took samples with consecutive sampling techniques. All participans are student of Medical Faculty of Islamic University of Indonesia (n=20) that wearing contact lenses. Respondents who met the inclusion criteria signed an informed consent. The study was conducted in October 2018 until January 2019, data were collected using a questionnaire to determine the level of knowledge and behaviour of contact lenses users. And establish diagnosis of dry eye syndrome by using OSDI interviews. The data analyses by Chi-square and Spearman.

Results : There were 20 respondents who were female and spread in each generation. The level of knowledge in contact lenses users are in good category (90%) and enough category (10%). There were 14 respondents (70%) who used contact lenses because of extrinsix factors. Based on OSDI interview, there were 16 respondents (76.2%) suffering dry eye syndrome and 4 respondents (19.0%) normal. The results of statistical tests on the relationship of dry eye syndrome with the level of knowledge, behaviour, age and duration of computer use were not significant $p > 0.05$.

Conclusion : There was no correlation between level of knowledge and behaviour of contact lenses user to incidence of dry eye syndrome.

Keyword : Dry eye, behaviour, knowledge, OSDI, Faculty of Medicine UII