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Hubungan Intensitas Penggunaan Smartphone dengan Kesehatan Mata Pada Siswa Paud dan TK di Desa Kalimeang Kecamatan Karangsembung Kabupaten Cirebon

ABSTRAK

Penggunaan smartphone pada anak usia prasekolah semakin meningkat seiring perkembangan teknologi. Paparan layar berlebih dapat menyebabkan gangguan mata seperti mata kering, merah dan penurunan ketajaman penglihatan. Anak usia 4-6 tahun sangat rentan karena sistem penglihatannya masih berkembang. Penelitian ini bertujuan mengetahui hubungan antara intensitas penggunaan smartphone dengan kesehatan mata siswa PAUD dan TK di Desa Kalimeang Kecamatan Karangsembung Kab. Cirebon.

Penelitian ini menggunakan desain kuantitatif korelasional dengan pendekatan cross-sectional. Sampel sebanyak 40 siswa dipilih menggunakan teknik *purposive sampling* dari populasi sebanyak 88 siswa. Data dikumpulkan melalui kuesioner dan pemeriksaan mata menggunakan Snellen Chart. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Spearman Rank. Hasil analisis Spearman Rank menunjukkan nilai p value = 0,000 ($p < 0,05$) dan nilai koefisien korelasi (r) = 0,687. Hal ini menunjukkan bahwa hubungan antar variabel termasuk dalam kategori kuat dengan arah hubungan positif. Artinya, semakin tinggi intensitas penggunaan smartphone, maka kesehatan mata menjadi tidak sehat.

Berdasarkan hasil di atas dapat disimpulkan terdapat hubungan yang signifikan dan kuat antara intensitas penggunaan smartphone dengan kesehatan mata siswa PAUD dan TK di Desa Kalimeang Kecamatan Karangsembung Kab. Cirebon. Hasil ini menekankan pengawasan yang lebih ketat bagi orang tua dan guru dalam membatasi durasi penggunaan smartphone agar kesehatan mata anak tetap terjaga.

Kata kunci : Intensitas, Smartphone, Kesehatan Mata, Anak Usia Dini, PAUD, TK

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Relationship between Smartphone Usage Intensity and Eye Health in Preschool and Kindergarten Students in Kalimeang Village, Karangsembung District, Cirebon Regency

ABSTRACT

Smartphone use among preschool-aged children is increasing along with technological development. Excessive screen exposure can lead to eye problems such as dry eyes, redness, and reduced visual acuity. Children aged 4–6 years are particularly vulnerable, as their visual system is still developing. This study aims to determine the relationship between smartphone usage intensity and eye health among PAUD and kindergarten students in Kalimeang Village, Karangsembung Subdistrict, Cirebon Regency.

This research employed a quantitative correlational design with a cross-sectional approach. A total of 40 students were selected using purposive sampling from a population of 88. Data were collected through a smartphone usage questionnaire and eye health examinations using the Snellen Chart. Data analysis was conducted univariately and bivariately using the Spearman Rank test.

The Spearman Rank analysis showed a p-value of 0.000 ($p < 0.05$) and a correlation coefficient (r) of 0.687, indicating a strong and significant positive relationship between the variables. This means that the higher the intensity of smartphone use, the poorer the eye health.

It can be concluded that there is a strong and significant relationship between the intensity of smartphone use and the eye health of PAUD and kindergarten students in Kalimeang Village, Karangsembung Subdistrict, Cirebon Regency. These findings highlight the need for stricter supervision by parents and teachers to limit smartphone usage duration to protect children's eye health.

Keywords :Intensity, Smartphone, Eye Health, Early Childhood, PAUD, Kindergarten

KATA PENGANTAR