

GAMBARAN KELUHAN SUBJEKTIF RADIASI *BLUE LIGHT* PADA MAHASISWA DI POLTEKKES KEMENKES YOGYAKARTA

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INTISARI

Latar Belakang : Pada era Revolusi Industri 5.0, kemajuan teknologi mempermudah akses informasi namun berdampak negatif seperti paparan *blue light* dari gadget. Banyak mahasiswa Poltekkes Kemenkes Yogyakarta belum memahami risiko *blue light*, meski mengalaminya setiap hari. Penelitian ini dilakukan untuk menggambarkan keluhan subjektif dan meningkatkan kesadaran akan bahayanya.

Tujuan : Tujuan penelitian ini untuk mengetahui gambaran keluhan subjektif radiasi *blue light* pada mahasiswa di Poltekkes Kemenkes Yogyakarta

Metode : Penelitian ini merupakan penelitian deskriptif. Penelitian ini dilakukan pada 20 Mei-22 Mei 2025

Hasil : Sebagian besar mahasiswa Poltekkes Kemenkes Yogyakarta mengalami keluhan subjektif akibat penggunaan layar, seperti mata lelah, sulit fokus, dan sulit tidur. Namun, keluhan seperti mata kering, mata perih, serta sering mengedipkan mata dan kelainan mata lainnya seperti miopi, silinder, dan hipermetropia dialami oleh lebih sedikit responden. Hal ini menunjukkan bahwa keluhan temporer lebih umum dibandingkan kelainan mata permanen.

Kesimpulan : Mahasiswa mengalami berbagai keluhan akibat paparan *blue light*, seperti mata lelah, penglihatan kabur, sulit fokus, sakit kepala, dan gangguan tidur, yang bervariasi antar program studi tergantung pada durasi dan intensitas penggunaan gadget. Paparan *blue light* yang tinggi, terutama pada malam hari, berisiko mengganggu kesehatan fisik dan mental, termasuk konsentrasi belajar dan kualitas tidur.

Kata kunci : Keluhan subjektif, Radiasi *blue light*, Pemberdayaan Masyarakat

DESCRIPTION OF SUBJECTIVE COMPLAINTS OF BLUE LIGHT RADIATION IN STUDENTS AT THE YOGYAKARTA KEMENKES POLYTECHNIC

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ABSTRACT

Background : In the era of the Industrial Revolution 5.0, technological advances facilitate access to information but have negative impacts such as exposure to blue light from gadgets. Many students of Poltekkes Kemenkes Yogyakarta do not understand the risks of blue light, despite experiencing it every day. This study was conducted to describe subjective complaints and raise awareness of the dangers.

Objective : The purpose of this study was to determine the description of subjective complaints of blue light radiation in students at the Poltekkes Kemenkes Yogyakarta

Methods : This research is a descriptive research. This research was conducted on May 20-May 22, 2025

Results : Most students of Poltekkes Kemenkes Yogyakarta experience subjective complaints due to screen use, such as tired eyes, difficulty focusing, and difficulty sleeping. However, complaints such as dry eyes, sore eyes, and frequent blinking and other eye disorders such as myopia, cylinder, and hypermetropia were experienced by fewer respondents. This suggests that temporary complaints are more common than permanent eye disorders.

Conclusion : Students experience various complaints due to blue light exposure, such as eye fatigue, blurred vision, difficulty focusing, headaches, and sleep disturbances, which vary between study programs depending on the duration and intensity of gadget use. High exposure to blue light, especially at night, has the risk of impairing physical and mental health, including learning concentration and sleep quality.

Keywords: Subjective complaints, Blue light radiation, Community empowerment