

KARAKTERISTIK DEMOGRAFIS DAN FAKTOR RISIKO MIOPIA PADA MAHASISWA UNIVERSITAS GADJAH MADA DI KLINIK KORPAGAMA

ABSTRAK

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Latar Belakang: Miopia merupakan kelainan refraksi yang terus meningkat pada usia muda. Mahasiswa termasuk kelompok rentan karena tingginya aktivitas visual jarak dekat, sedangkan penelitian mengenai miopia pada dewasa muda di Indonesia masih terbatas.

Tujuan: Menganalisis faktor demografis dan faktor risiko yang berhubungan dengan derajat miopia pada mahasiswa.

Metode: Penelitian observasional analitik dengan desain potong lintang pada 102 mahasiswa Universitas Gadjah Mada dengan miopia yang dipilih secara *consecutive sampling*. Data diperoleh melalui kuesioner terstruktur dan pemeriksaan refraksi berupa *spherical equivalent* (SE), lalu dianalisis secara univariat, bivariat, dan multivariat.

Hasil: Mayoritas responden berusia 21 tahun (63,7%) dan perempuan (57,8%). Miopia ringan ditemukan pada 86,3% responden dan miopia berat pada 13,7%. Analisis bivariat menunjukkan hubungan bermakna antara derajat miopia dengan jenis kelamin, durasi membaca, aktivitas luar ruangan, daya lampu ruangan, kebiasaan mengistirahatkan mata, dan jarak membaca dekat ($p < 0,05$). Pada analisis multivariat, frekuensi pemeriksaan mata bersifat protektif terhadap miopia berat ($p = 0,009$; OR = 0,127; IK95% 0,027–0,594).

Kesimpulan: Derajat miopia berhubungan dengan beberapa faktor demografis, perilaku visual, dan lingkungan pada analisis bivariat. Namun, setelah dikontrol bersama, hanya frekuensi pemeriksaan mata yang tetap berhubungan dengan miopia berat dan bersifat protektif.

Kata kunci: miopia; mahasiswa; faktor risiko; derajat miopia.

DEMOGRAPHIC CHARACTERISTICS AND RISK FACTORS OF MYOPIA AMONG GADJAH MADA UNIVERSITY STUDENTS AT KORPAGAMA CLINIC

ABSTRACT

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Background: Myopia is a refractive error that continues to increase among young people. University students are considered a vulnerable group due to the high intensity of near visual activities, while studies on myopia in young adults in Indonesia remain limited.

Objective: To analyze demographic factors and risk factors associated with the degree of myopia among university students.

Method: This was an analytic observational study with a cross-sectional design involving 102 Universitas Gadjah Mada students with myopia selected through consecutive sampling. Data were collected using structured questionnaires and refractive examination in the form of spherical equivalent (SE), then analyzed using univariate, bivariate, and multivariate analyses.

Results: The majority of respondents were 21 years old (63.7%) and female (57.8%). Mild myopia was found in 86.3% of respondents, while severe myopia was found in 13.7%. Bivariate analysis showed significant associations between the degree of myopia and sex, reading duration, outdoor activity, room lighting power, eye-resting habits, and near reading distance ($p < 0.05$). In multivariate analysis, the frequency of eye examinations was protective against severe myopia ($p = 0.009$; OR = 0.127; 95%CI 0.027–0.594).

Conclusion: The degree of myopia was associated with several demographic, visual behavioral, and environmental factors in the bivariate analysis. However, after adjustment, only the frequency of eye examinations remained associated with severe myopia and acted as a protective factor.

Keywords: myopia; students; risk factors; degree of myopia.