

**HUBUNGAN ASUPAN VITAMIN A DAN KEBIASAAN PENGGUNAAN
GADGET PADA MAHASISWA PENDERITA MATA MINUS (MIOPIA)
JURUSAN GIZI POLTEKKES KEMENKES SURABAYA**

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ABSTRAK

Latar Belakang, Miopia merupakan kelainan refraksi yang menjadi penyebab terbanyak gangguan penglihatan di dunia hingga diestimasikan separuh dari penduduk dunia menderita miopia pada tahun 2020. Segala golongan usia dapat mengalami miopia, terutama pada remaja dan dewasa muda. Data Riskesdas tahun 2013 menunjukkan bahwa proporsi penggunaan kacamatan/lensa kontak pada penduduk di atas 6 tahun di provinsi Jawa Timur sebesar 4,8%. Menurut studi pendahuluan pada 56 mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya, sebanyak 72,7% mahasiswa mengalami penambahan minus pada matanya. **Tujuan Penelitian,** mengetahui hubungan asupan vitamin A dan kebiasaan penggunaan *gadget* dengan kejadian mata minus pada mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya. **Metode Penelitian,** ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional*. Dengan total sampel 51 mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya. **Hasil penelitian,** Didapatkan hasil bahwa umur responden berkisar 19-22 tahun; dengan 90,2% berjenis kelamin perempuan; dan sebanyak 52,9% berasal dari TK 3. 86,3% memiliki asupan vitamin A defisit berat; 78,4% intensitas penggunaan *gadget* per hari kategori buruk; jarak penggunaan *gadget* dekat (64,7%); posisi penggunaan *gadget* berbaring/rebahan (56,9%); dan pencahayaan *gadget* redup (72,5%); 68,6% responden merupakan penderita mata minus (miopia). **Kesimpulan,** pada penelitian ini adalah tidak terdapat hubungan antara asupan vitamin A dengan kejadian mata minus (miopia) tetapi ditemukan bahwa sebagian besar mahasiswa penderita miopia memiliki asupan vitamin A defisit berat. Selain itu, tidak terdapat hubungan antara kebiasaan penggunaan *gadget* dengan kejadian mata minus (miopia) pada mahasiswa Jurusan Gizi Poltekkes Kemenkes Surabaya. **Saran,** diharapkan mahasiswa penderita mata minus dapat meningkatkan asupan vitamin A nya, dan bagi peneliti dapat mengembangkan dengan metode penelitian lain untuk memperoleh hasil yang lebih akurat.

Kata Kunci : asupan vitamin A, gadget, miopia

THE RELATIONSHIP OF VITAMIN A INTAKE AND GADGET USE HABITS IN STUDENTS WITH MINUS EYES (MIOPIA) DEPARTMENT OF NUTRITION, POLTEKKES KEMENKES SURABAYA

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ABSTRACT

Background, Myopia is a refractive error that is the most common cause of visual impairment in the world. It is estimated that half of the world's population will suffer from myopia in 2020. All age groups can experience myopia, especially in adolescents and young adults. Riskesdas data in 2013 showed that the proportion of the use of glasses/contact lenses in the population over 6 years of age in the province of East Java was 4.8%. According to a preliminary study on 56 students of the Department of Nutrition, Poltekkes, Ministry of Health, Surabaya, 72.7% of students experienced an increase in minus in their eyes. **Research Purpose**, to determine the relationship between vitamin A intake and habitual use of gadgets with the incidence of minus eye in students of the Department of Nutrition, Poltekkes, Ministry of Health, Surabaya. **Research Methods**, This is an analytic observational study with a cross-sectional approach. With a total sample of 51 students from the Department of Nutrition, Poltekkes, Ministry of Health, Surabaya. **The results**, showed that the age of the respondents ranged from 19-22 years; with 90.2% being female; and as many as 52.9% came from kindergarten 3. 86.3% had a severe deficit of vitamin A intake; 78.4% of the intensity of using gadgets per day in the bad category; close range of gadget use (64.7%); position of using gadget lying down (56.9%); and dim gadget lighting (72.5%); 68.6% of respondents are sufferers of minus eye (myopia). **The conclusion**, in this study, was that there was no relationship between vitamin A intake and the incidence of myopia (myopia) but it was found that most of the students with myopia had a severe deficit in vitamin A intake. In addition, there is no relationship between the habit of using gadgets with the incidence of minus eye (myopia) in students of the Department of Nutrition, Poltekkes, Ministry of Health, Surabaya. **Suggestions**, it is hoped that students with minus eyes can increase their vitamin A intake, and for researchers can develop other research methods to obtain more accurate results.

Keywords : vitamin A intake, gadgets, myopia