

# FREE EYE EXAMINATION POLICY FOR PRIMARY SCHOOL STUDENTS NORTH LARANGAN, BANTEN

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## ABSTRACT

**Background:** Playing videogames or looking at smartphone for long period of time may cause visual dysfunction such as myopia and amblyopia. This visual dysfunction also impairs learning activity among primary students. Vision screening for school-aged children becomes important to detect the eye problem. This study aimed to investigate the free eye examination policy for primary school students North Larangan, Banten.

**Subjects and Method:** This was a descriptive qualitative study conducted at North Larangan, Tangerang, Banten, in July 2019. A sample of 6 informants and 28 primary students were selected for this study. The informants were including chief of the citizen association, chief of the neighborhood association, optic owner, refractions, parents, and primary student. The theme of this study was analysis of the free eye examination policy for primary school students. The data were collected by in-depth interview and direct observation. The data were analyzed by content analysis.

**Results:** The citizen association 005 collaborated with Remaja optic for free routine eye examination program for primary school students and health education. The results of the eye examination were 20 students had  $\geq -1.00$ , 4 students had  $\geq -2.00$ , 3 students had  $\geq -3.00$  and 1 student had  $\geq -4.00$ . This program had just been implemented, and its effect on the reduction of visual dysfunction had not been identified. Eye health education was carried out by refractions for students and parents. The citizen association 005 made a regulation imposing for 4 hour compulsory study at home in order to reduce time for playing online game.

**Conclusion:** Free routine eye examination for primary school students in citizen association 005 has been started, but its effect on the reduction of visual dysfunction has yet to be identified. The compulsory study hour has also been implemented although its enforcement is weak.

**Keywords:** free routine eye examination, primary school students.

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## BACKGROUND

A variety of online gaming features that continue to appear in game consoles, smartphones, and Personal Computers (PC) make primary school students addicted to playing online games. At the time of learning activities at school, many elementary school students were unable to submit complaints of visual impairment that they had been experiencing as a result of playing online games. Because of that, eye examinations were needed for elementary school students, especially in

RW 005 Larangan Utara. To carry out a routine free eye examination policy, the head of RW 005 Larangan Utara took the initiative to work with Optik Remaja in the context of Corporate Social Responsibility. This study aimed to analyze the policy of the Head of RW 005 Larangan Utara in the context of routine free eye examinations for elementary school students in the RW 005 Larangan Utara environment in 2019.

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## SUBJECTS AND METHOD

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### 1. Study Design

This was a descriptive study with a qualitative approach, located in Larangan Utara, Tangerang City in July 2019.

### 2. Population and Sample

There were 6 informants involved in this study, namely Head of RW, Head of RT, Optik Remaja, Optional Refractionist, students' parents, and elementary school students.

### 3. Study Instrument

The data were collected by in-depth interview and direct observation.

### 4. Data Analysis

The data were analyzed by content analysis.

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## RESULTS

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The results of this study indicated that in RW 005 Larangan Utara, there were many elementary school students who like to play online games on smartphones. Playing online games was also caused by elementary school students who lived in RW 005 Larangan Utara did not have other positive activities besides doing homework at home. As a preventive measure, since June 2019 the head of RW 005

Larangan Utara issued a policy of collaborating with the Optik Remaja to conduct routine free eye examinations to find out about the eyesight of elementary school students in their neighborhood. The results of eye examinations from 28 elementary school students in RW 005 Larangan Utara were > 20 students having sizes above -1.00, 4 students having sizes above -2.00, 3 students having sizes above -3.00 and 1 student having sizes above -4.00.

While the promotion of efforts by the Efficient Refractionists was to provide education about the importance of maintaining eye health from an early age so as not to get worse for elementary school students and parents of students in RW 005 Larangan Utara. Head of RW 005 Larangan Utara also asked the head of RT in the neighborhood to make written rules regarding effective study time at home for 4 hours which must be done by parents of elementary school students to their children to have other positive activities thus avoid the activities of playing online games that cause eye disorders. With this policy, it is expected that in every 6 months, there will be changes in eye health.



**Figure 1. Eye examination process**

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## DISCUSSIONS

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This study was conducted at RW 005 Larangan Utara, Larangan District, Tangerang City. RW 005 Larangan Utara Neighborhood is located on Inpres 2 Street, RW 005 Larangan Utara, Larangan District, Tangerang City. Based on the results of interviews with the Head of RW in North Larangan, it showed that there was no free eye examination policy for elementary school students. Based on the data, Indonesia was one of the highest prevalence of visual impairment (number 2) in the world after Ethiopia (Karfiati, 2017).

Therefore, the government has made a program by launching a Road Map for the Control of Vision Disorders 2017-2030 (Indonesian Ministry of Health, 2017). However, people cannot depend on the government. Therefore, the head of RW 005 Larangan Utara took the initiative to carry out this policy because he was concerned about the condition of the environment, especially eye health in children at the elementary school level who were like to play online games on smartphones without knowing the time. In fact, the delay in correcting refraction especially in school-age children would greatly affect the ability and absorb learning material (Rumondor & Rares, 2014) as well as the reduced potential to increase intelligence because 30% of information was absorbed by seeing and hearing (Putri, 2014).

A person's ability to see an object is a definition of sharp eyesight (Kniestedt et.al, 2003) (Dubois, 2016) (Skuta et.al, 2015). To maintain visual acuity, every child must get regular eye examinations every 6 months (Juneti et al., 2015) to avoid delays in refractive correction. Promotive actions such as eye health education to elementary school students as well as parents of students in RW 005 Larangan Utara were carried out so that in the future, parents can change their behavior patterns. Because knowledge was a

very important factor in shaping someone's actions (overt behavior) (Notoatmojo, 2007). These preventive and promotive activities were 2 of 4 efforts to handle health problems in the community in accordance with public health theory (Suyasa et al., 2017).

So far, parents of students in RW 005 tend to let their children play online games because they were considered as rewards for doing homework. Therefore, the head of RW's policy to the head of RT which was making written rules about the effective study hours at home for 4 hours is expected to reduce the online game playing activities of elementary school students in RW 005 Larangan Utara. Head of RW 005 Larangan Utara also hoped that the environment would become a promoter for other regions, given the growing era, especially in the field of Video Games.

This policy has constraints because it was only issued since June 2019 so it has no results. In addition, the 4 hour compulsory education policy also has obstacles because its supervision depend on the parents of elementary school students. Based on the results of the analysis, it can be concluded that the application of the routine free eye examination policy for elementary school students in RW 005 Larangan Utara has only been conducted since June 2019 and will be conducted every 6 months in the future, so that it did not show any results of the cooperation policy in both the preventive and promotive. The results of the examination due to the fondness of playing online games also have a bad impact on eye disorders.

The application of written regulations made by the heads of RT also has obstacles in the field of supervision because the application of these regulations goes back to each parent of elementary school students.

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