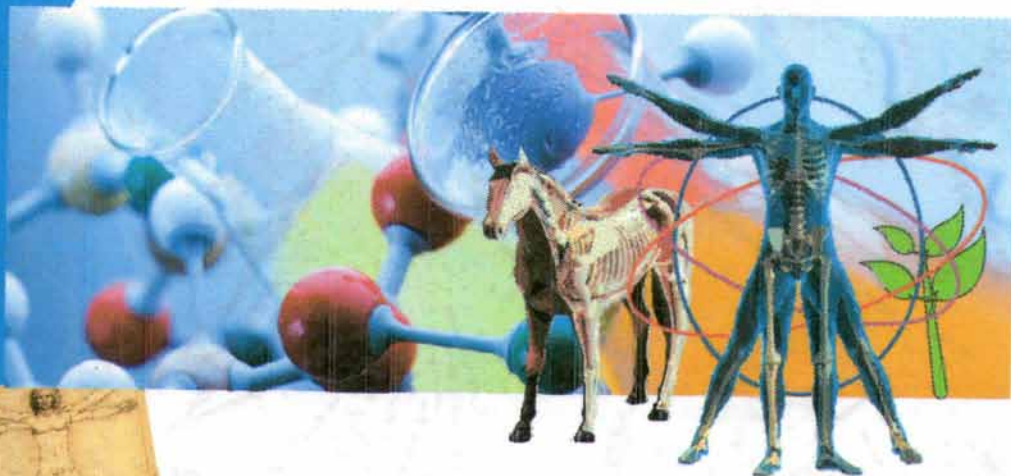


SEMINAR NASIONAL & RAPAT KERJA IKATAN AHLI ILMU FAAL INDONESIA CABANG BOGOR



BOGOR, 23 JANUARI 2013
RUANG MAHONI, MB IPB

“Peran Ilmu Faal
dalam Menghadapi Tantangan Global:
Ketahanan Pangan, Kesehatan,
dan Lingkungan”



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Lembaga Penelitian dan
Pengabdian Masyarakat
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MB-IPB
Lembaga Penelitian dan Pengabdian Masyarakat

Ruang Mahoni 2**Tema: Faal Manusia dan Hewan (Kesehatan dan Ternak)****Pukul 14.00-15.00**

No	Nama	Judul
1	Baihaqi, M., D.A. Astuti, R. Priyanto, S. Rahayu, K.B. Satoto, L. Khotijah dan T. Suryati	Pendugaan Pengukuran Komposisi Karkas Domba Lokal dengan Teknik Ruang Urea
2	Takdir Tahir, Ilhamjaya Patellongi	The Effect Of Circuit Training On Cardiovasculer Fitness, Muscle Strength, Flexibility On The Squad Of Disaster And Emergency Assistance (Siaga) Members At Nursing Study Program , Faculty Of Medicine, Hasanuddin University
3	Dhini Vien Arista, Nurfitri Bustamam, Gatot Soeryo Koesoemo	Effect Of Smoking On Blinking Frequency And Ophthalmic Symptoms Of Bais TNI Staff
4	Zulkhah Noor, Djannah Prastuti, Retno Puspitaningtyas, Prima A	Kadar Tiroksin (T4 Bebas) Dan Tumbuh-Kembang Remaja Usia 12-16 Tahun Di 2 Daerah Gondok Endemik Yogyakarta
5	Natalia Indah Tampubolon, Horasdia Saragih, Albert M. Hutapea	Pengaruh Kayu Manis (<i>Cinnamomum Cassia</i>) Yang Dikonsumsi Sebelum Asupan Glukosa Terhadap Perubahan Glukosa Darah Postprandial Pada Subyek Normoglikemi

EFFECT OF SMOKING ON BLINKING FREQUENCY AND OPHTHALMIC SYMPTOMS OF BAIS TNI STAFF

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ABSTRAK

Background: BAIS TNI role is to provide information and strategic matters which relate to the military to the president. However, most of BAIS TNI staff have smoking habits which can cause health problems. This study aimed to investigate effect of smoking on blinking frequency and ophthalmic symptoms.

Methods: This study used cross-sectional design with population of BAIS TNI Bogor staff. Research subjects were divided into two groups; smokers (smoking at least one year) and non-smokers. Subject criteria were aged 20-50 years, had no ophthalmic disorder besides light refraction disorder, do not use contact lenses, never had eye surgery, not allergic, do not use local medication for the eyes as well as medication of hypertension, thyroid and others. Each group consists of 35 people which were taken by consecutive sampling. A questionnaire was used to determine smoking habit and ophthalmic symptoms. Blinking frequency examination was conducted by videotaping the subjects while reading. Data were analyzed with Chi-square or Kolmogorov-Smirnov test.

Results: There were effect of smoking on blinking frequency ($p = 0.017$) and on ophthalmic symptoms, such as quickly got tired ($p = 0.000$), eyes itching ($p = 0.000$), got sandy on the eyes ($p = 0.000$), pricking pain ($p = 0.000$), dry eyes ($p = 0.000$), excessive lacrimation ($p = 0.000$) and redness ($p = 0.000$).

Conclusion: This study indicates that smoking has negative effect on the eye function. Therefore, in order to perform role optimally, there should be strict rules that BAIS TNI staff are prohibited from smoking.

Keywords: Smoking, blinking frequency, ophthalmic symptoms