EFFORTS TO INCREASE KNOWLEDGE OF EYE EXERCISES AMONG GADGET ADDICTED ADOLESCENTS USING VIDEO MEDIA

Nuraida Muthmainnah Ajhari Hakim1, Ida Nur Imamah2
nuraidaajhari17@gmail.com
Universitas `Aisyiyah Surakarta

SUMMARY

***Background**: Adolescents use smartphones as modern technological tools in their daily lives as times evolve. According to the latest 2024 data from Statistics Indonesia (BPS), 68.65% of the population owns or has access to a mobile phone. Excessive gadget use among adolescents can negatively impact eye health. A preliminary study by Atanay and Situmorang (2025) showed that, prior to intervention, all respondents (100%) experienced eye fatigue, whereas after the intervention, 84% of respondents no longer experienced it. **Objective**: To serve as an information medium that expands knowledge and enables adolescents to easily apply eye exercise relaxation techniques, thereby helping to prevent and reduce eye fatigue caused by gadget use. **Method**: Information delivery via an animated video produced through pre-production, production, and post-production stages. **Results**: The output is an animated video titled "MATGASA" (Healthy Eyes, Gadget-Friendly), with a duration of 6 minutes 48 seconds and a file size of 186 MB. It was tested on three adolescent respondents, who found the video engaging and easy to understand. **Conclusion**: The animated video "MATGASA" (Healthy Eyes, Gadget-Friendly) can be used as an educational tool for adolescents regarding gadget addiction.*

***Keywords**: Eye exercises, Gadget addiction, Video media*