

3M Program to Prevent Myopia in Elementary School

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Abstract: The 3M program is a program that consists of three main concepts that will be carried out by parents. The three concepts are the concept of understanding, the concept of monitoring, and the concept of checking. The concept of understanding means that parents must have an understanding of the dangers if their child's eyes are affected by visual disturbances in the form of myopia or nearsightedness and everything that can cause myopia in children. The concept of supervising means that parents provide supervision of children in the use of smartphones. Technological developments are unavoidable. Technological developments will continue to develop in line with the development of science. Eyes are a very important sense for human life. Eyes function to see everything in the world. Without eyes, humans will not be able to see everything in the world. Therefore, the author made a new idea in the form of a 3M program to prevent myopic eyes in elementary school children due to smartphones.

Keywords: 3M Program, Eyes, Myopia

Introduction

Technological developments are unavoidable. Technological developments will continue to develop in line with the development of science. Examples of the consequences of these technological developments such as the creation of smart phones. Smartphones in the modern era like now both adults, teenagers and even elementary school children are familiar with the existence of smartphones in everyday life. Smartphones are able to provide extraordinary benefits to humans in their daily activities. Examples of the benefits of the creation of smartphones are: **[1]** Facilitate human communication with people outside the area. **[2]** Make office work easier. **[3]** Able to make it easier to do school assignments and College assignments. **[4]** make it easier for humans to get information in the world and **[5]** play online and online games.

Regardless of the magnitude of the benefits derived from the creation of smart phones. It turns out that smart phones have a negative impact. This negative impact will have an impact on eye health, such as developing visual disturbances in the form of myopia or nearsightedness to elementary school age children who like to play smartphones without supervision and control from their parents. According to Ernawati in (Pertiwi, 2018) nowadays, children have been given gadgets, and they are given the freedom to use gadgets, even though the introduction of gadgets to school-age children is considered too early.

Eyes are a very important sense for human life. Eyes function to see everything in the world. Without eyes, humans will not be able to see everything in the world. Therefore, the author made a new idea in the form of a 3M program to prevent myopic eyes in elementary school-aged children due to smartphones. Considering that in Indonesia alone, the number of smartphone or smartphone users is quite large. Quoted from (Rahmayani, 2015) Explains that Indonesia is "a sleeping Asian digital technology giant". Indonesia's population of 250 million is a big market. Indonesian Smartphone users are also growing rapidly. The digital marketing emarketer research institute estimates that in 2018 the number of

smartphone users in Indonesia is more than 100 million people. With that amount, Indonesia is the country with the fourth largest active smartphone users in the world after China, India and America.

The objectives of making this written are: (1) Preventing the occurrence of visual disturbances in the form of myopic eyes in elementary school-aged children. (2) Reducing the risk of children of primary school age being affected by visual disturbances in the form of myopic eyes. The benefits of making written ideas for the 3M program if applied in daily life are being able to prevent the occurrence of eye vision disorders in the form of myopia eyes for elementary school-age children as a whole in Indonesia effectively and efficiently.

Method

The approach used in this paper is descriptive qualitative based on literature review and observation. Primary data includes observational data. Secondary data includes: (1) books relevant to the topic of writing, (2) scientific papers, (3) articles from the internet, and (4) research results. The data collection is secondary data in the form of relevant theories were obtained by the literature review method. The data obtained were analyzed descriptively qualitatively. The preparation of this paper has gone through systematic steps, so that the results of a complete and structured study are obtained. The steps taken in writing this paper are: (1) finding and formulating problems, (2) finding and selecting relevant literature sources, (3) analyzing data to answer problems, (4) formulating alternatives solving problems, (5) drawing conclusions and recommending suggestions, and (6) compiling written papers.

Result and Discussion

Urgency

Based on the data obtained by the author, then sorting the data obtained found that many solutions have been offered. Examples of solutions that have been offered are: (1) Health promotion to prevent myopia and its complications for students at SDN 2 Berkoh, Purwokero (Muntafiah, 2018). (2) screening for eye abnormalities in students of Edit Abata Mataram (Gariputri, 2019). (3) screening for eye refractive errors in elementary school students according to signs and symptoms (Fauzi, 2016). (4) designing social campaigns for early detection of minus eye (Novelin, 2013). (5) Increasing knowledge about myopia in SDN 2 Berkoh students through counseling and empowerment activities (Muntafiah, 2017). (6) Designing a 20-20-20 rule campaign to avoid visual impairment due to excessive use of smartphones (Iftitah, 2018)

The solution that has been offered turns out to have several weaknesses, including: (1) Requires an expert doctor and is quite expensive. (2) Difficult to apply to the lower class. (3) embrace a long time. (4) The use of the Facet Model of Effects method requires a fast and stable internet connection because if the connection is bad, the video you see is less attractive. (5) The use of the Facet Model of Effects method requires more time and high creativity is needed in making videos so that videos can be digested and can be applied. (6) difficult to implement if parents do not have awareness of children's health. (7) difficult if the child is not interested and focused. (8) Takes more time (9) More costs. (9) It is less efficient in terms of its influence.

New ideas Offered

Based on the data obtained by the author, then sorting through the data obtained, it was found that smartphones are capable of causing visual impairment in the form of minus eyes in elementary school-age children. In Indonesia, the number of smartphone users is quite large. So it is necessary to make efforts to

prevent the negative impact of smart phones. The author finds a new idea that is more effective and efficient, namely by creating a 3M program to prevent children from seeing blindness in the form of myopia due to smartphones.

The 3M program is a program that consists of 3 main concepts that will be carried out by parents of children. The three concepts are the concept of understanding, the concept of monitoring, and the concept of checking.

The concept of understanding means that parents must have an understanding of the dangers if their child's eyes are affected by visual disturbances in the form of myopic eyes or nearsightedness and everything that can cause myopic eyes in children. Giving understanding to the parents of children is done by using social media and print media as well as using direct counseling to parents of children by involving ophthalmologists.

The concept of supervising means that parents provide supervision of children in the use of smartphones. This supervision aims to control the time of using smartphones by children.

The concept of checking means that parents carry out regular and ongoing eye examinations of their children to the eye hospital. If the child has indications of myopic eye symptoms, it can be treated early by an ophthalmologist.

How to run a 3M program. (1) Conduct counseling to parents of children using social media and print media as well as direct counseling by involving ophthalmologists about the dangers of myopic eyes, the causes of myopic eyes, the concept of the 3M program along with the objectives and benefits of implementing the 3M program in daily life. -day. (2) After the children's parents understand about the dangers of myopic eyes, the causes of myopic eyes, the concept of the 3M program along with the goals and benefits of implementing the 3M program in their daily lives, parents provide supervision to their children in using smartphones. (3) Parents carry out regular and ongoing examinations of their children's eyes to the eye hospital.

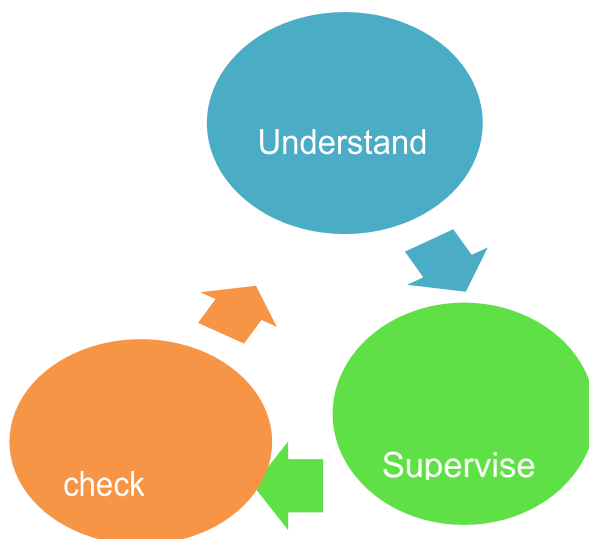


Figure 1: 3M Program Steps

Relevant parties who support the idea, The parties that contributed to the success of the 3M program idea are

1. Child; Children in the 3M program are targeted to prevent myopic vision problems
2. Parents; Parents are one of the elements in supporting the success of the 3M program because parents in the 3M program play a role in providing an

understanding of the negative impact of smartphones if they are used excessively on children, providing supervision to children in using smartphones, inviting children to do regular eye examinations. and continued to the eye hospital.

3. Doctor; Doctors play a role in examining and treating children.

Conclusion

The 3M program is a program that consists of 3 main concepts that will be carried out by parents of children. The three concepts are the concept of understanding, the concept of monitoring, and the concept of checking. The concept of understanding means that parents must have an understanding of the dangers if their child's eyes are affected by visual disturbances in the form of myopic eyes or nearsightedness and everything that can cause myopic eyes in children. The concept of supervising means that parents provide supervision of children in the use of smartphones. The concept of checking means that parents carry out regular and ongoing eye examinations to the eye hospital so that if the child has any indications of myopic eye symptoms, it can be treated early by an ophthalmologist.

How to run a 3M program. (1) Conduct counseling to parents of children using social media and print media as well as direct counseling by involving ophthalmologists about the dangers of myopic eyes, the causes of myopic eyes, the concept of the 3M program along with the objectives and benefits of implementing the 3M program in daily life. (2) After the children's parents understand about the dangers of myopic eyes, the causes of myopic eyes, the concept of the 3M program along with the goals and benefits of implementing the 3M program in their daily lives, parents provide supervision to their children in using smartphones. Parents carry out regular and continuous eye examinations for their children to the eye hospital.

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