**APPLICATION OF EYE EXERCISES IN ASTIGMATISM PATIENTS TO REDUCE EYE FATIGUE**

**AT DR BRATANATA HOSPITAL JAMBI**

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ABSTRACT

**Background**: Astigmatism is a refractive error that prevents light rays from falling as a focal point on the retina. In astigmatism, a common symptom is eye fatigue. The most common cause of visual impairment worldwide is refractive errors (43%) followed by cataracts (33%) and glaucoma (2%) and astigmatism 43%.

**Objective**: To determine the picture of eye fatigue in patients with astigmatism.

Methods: This study uses a descriptive method, with a case study approach. The sample in this study amounted to 2 clients suffering from astigmatism. The research instrument used an observation sheet.

**Results:** The results obtained by applying eye exercises to Mrs. S and Mrs. A reduced symptoms of eye fatigue.

**Conclusion**: The application of eye exercises can reduce eye fatigue in astigmatism patients.

**Suggestion**: It is hoped that this research can be used as a reference to reduce symptoms of eye fatigue in astigmatism patients.

**Keywords**: Astigmatism, eye exercises, eye fatigue.