

**Pengaruh Efek Blur Untuk Mengurangi Kejadian Tidak Serius Diinginkan  
Pada Simulator Sepeda Kebugaran Berbasis *Virtual Reality***

*(The Effect of Blur Effects to Reduce Unintended Incidents  
in a Virtual-Based Fitness Bike Simulator Reality)*

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***ABSTRACT***

*Virtual Reality (VR) users face many challenges, one of the biggest challenges is the emergence of unwanted unwanted events (KTDS) which occur due to several factors that can cause symptoms of cybersickness including nausea, dizziness, vomiting, cold sweat, eye strain, or fainting which occurs as a result of staring at a screen for too long and occurs when the brain receives signals that conflict with body movements and relationships in the surrounding environment, causing confusion that can cause symptoms. This study aims to apply the blur effect to a virtual reality-based fitness bike simulator by activating the blur effect on turns and speed and to conduct a user study to analyze the impact of the blur effect in reducing the presence of KTDS by using the Simulator Sickness Questionnaire (SSQ) and find out the big differences that can be found and testing the system with a T-test (paired sample t-test). Researchers found that the blurring technique led to a reduction in the participants' overall disease severity and delayed symptoms and significantly benefited from using the blurring effect.*

**Keywords :** *Virtual Reality, Blur Effect, Stack Blur, Simulator Sickness Questionnaire, T-test*