Knowledge, Attitude and Practice (KAP) Study on Computer Vision Syndrome on Students (Aged 17-25) in Amity University, Noida

Nitha Jacob¹, Sheena Roberts¹, Rashi Martolia¹, Bipin Chand¹, Suha Naseer¹, Dr. Shazina Saeed¹, Dr. Mehak Segan¹ and Dr. Rajiv Jhanardhanan¹

Amity Institute Of Public Health, Amity University, Noida, Uttar Pradesh, India. E-mail: sheena_2828@hotmail.com, rashimartolia519@gmail.com

INTRODUCTION

Computers are essential part of our everyday life. More and more people are experiencing ocular and extra-ocular symptoms related to computer use that is eyestrain, headache, neck pain, blurred vision, dry eyes- collectively known as computer vision syndrome, which is wide spreading largely unknown occupational hazard.

AIMS AND OBJECTIVES

To determine the knowledge, attitude and practices regarding CVS in students of Amity University, and to evaluate the association of various factors in computer use with the occurrence of symptoms.

MATERIAL AND METHODS

This is a cross-sectional study conducted in Amity University during a period of 1months using a questionnaire to collect relevant data about knowledge, attitude and practise of college students about computer vision syndrome.

- 220 students including 138 females and 82 males participated in this study.
- The data were then statistically analyzed on excel sheets, and the descriptive data were expressed as percentages, mode, and median using graphs where needed.

RESULTS

A total of 220 students, aged between 17 and 25 years, from Amity University were surveyed.

- The prevalence of symptoms of CVS (one or more) was found to be 89.9%.
- The most disturbing symptom was pain in eyes (56.3%) followed by blurred vision (17.7%).
- Students who used computer for more than 2 hours per day experienced significantly more symptoms of CVS.
- The students who participated in this study were aware of CVS (51%) but the attitude and practise were only 25%.

CONCLUSION

This study proved that CVS was a common syndrome that was simply misdiagnosed.

- Based on the survey performed in this study, 95% of the students were complaining of one or more of the CVS manifestations.
- This study recorded that pain in eyes, blurring of vision, and headache were the most common CVS symptoms.
- This study recommended performing larger studies in university, provided that the future studies should include both objective and subjective examination tools.