

## **Prevalence of symptoms of computer vision syndrome and the associated factors among undergraduate students in the Faculty of Allied Health Sciences, University of Jaffna**

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**Background and Objectives:** Computer Vision Syndrome is a condition and a set of symptoms. Those symptoms affect both ocular and extraocular; due to prolonged use of digital screens, such as desktop computers, laptops, smartphones, and tablets. There are so many measures available for the prevention of those kinds of symptoms. This study aimed to assess the prevalence of symptoms of computer vision syndrome and the associated factors among undergraduate students in the Faculty of Allied Health Sciences, University of Jaffna.

**Methods:** A descriptive cross-sectional study among 348 students in the Faculty of Allied Health Sciences, University of Jaffna was conducted. As the sampling technique, all the students (539) were listed and numbered. Then, among the 539 students, 351 students were selected randomly. A self-administrated questionnaire (via Google forms) was used to collect the data. The data was analyzed by using SPSS 25 and based on the objectives of the study. Descriptive statistics were performed to describe the symptoms of Computer Vision Syndrome. A Chi-squared statistical test was used to see associated factors of the symptoms of Computer Vision Syndrome.

**Results:** Three hundred and forty-eight out of 351 questionnaires (response rate= 99.14%) were completed and returned. The total number of students who participated in this study had at least one symptom of Computer Vision Syndrome. So, the presence of symptoms of Computer Vision Syndrome was 100 % (n=348). There were 13 symptoms under CVS. Among them, most disturbing symptoms were headache (54.1%, n=190), back pain (10%, n=35), blurred vision (9.1%, n=32), eye strain (8.5%, n= 30), neck pain (6%, n= 21). Only gender (p=0.008) was statistically significant with the occurrence of symptoms of Computer Vision Syndrome. Presenting pre-existing eye disease, using spectacles for refractory errors and duration of using computers more than two hours per day were not statistically significant with the occurrence of symptoms of Computer Vision Syndrome.

**Conclusion:** Symptoms of Computer Vision Syndrome were very common among undergraduate students in the Faculty of Allied Health Sciences, University of Jaffna. To avoid those symptoms, they need to follow precautions perfectly while working on any digital screen. Better to introduce awareness programs for students of the Faculty of Allied Health Sciences, University of Jaffna regarding the computer vision symptoms, and the preventive measures to avoid or relieve the symptoms of the computer vision syndrome are essential.

**Keywords:** Computer Vision Syndrome, Eye strains, Headache, Digital screen, Blurred vision, Back pain.