

Effects of Electronic Devices on Vision in Students Age Group 18-25

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Abstract

Purpose: To increase understanding about the damaging effects of light rays on eyesight. To investigate frequency of people affected from light rays electronic devices. **Study design:** Cross sectional study. **Place and Duration of Study:** Riphah International University Lahore and duration of study was six months from June 2020 to December 2020. **Materials & Methods:** A six months cross sectional study with convenient sampling method was conducted at Riphah international university Lahore from June 2020 to December 2020. The age of the individuals was between 18 years–25 years. Individuals who fulfill the inclusion criteria were chosen from University. A proforma was filled regarding detailed history of use of electronic devices other visual problems associated with it. **Results:** In present study 200 students were participated who has been using electronic devices. In this 100 students were male and 100 were females. 60% were emmetropic, 27.5% were myopic, 5.5% were hyperopia and 7.0% were astigmatic. 40% individuals were using smartphones from 11 years-13 years, 20.5% using from 8 years-11 years and 25% using from 4 years-7 years.

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Biography

The Mahar Safdar Ali Qasim, works at Riphah International University Lahore, Lahore, Pakistan