



Eye Exercises are Effective in Managing Digital Eye Strain Among School Students in Selected Higher Secondary School, West Bengal: Quasi Experimental Study

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Abstract:

Background: Vision is the most dominant of human senses. Digital devices such as desktops, laptops, tablets, smart phones, have become widely used by students for academic and online classes, PAD, TV, Video games for leisure and social purposes. Digital Eye Strain is one of the most common side effects of using digital devices for long periods of time and manifestations include eye strain, headaches, blurred vision so preventive measures are crucial to reduce digital eye strain.

Purpose: To find the effectiveness of eye exercise on digital eye among high secondary school students at West Bengal. pre post experimental and control group design with purposive sampling technique was used.

Method: Quasi Experimental Research design was adopted to evaluate the effectiveness of eye exercise on digital eye strain. Forty participants were selected and divided into two groups, pre and post-test values will be measured by computer vision syndrome- questionnaire (CVS-Q). Experimental group received 20-20-20-vision rule along with eye exercise. Exercise was practiced for 6 wks, weekly 6 days and followed by 7th, 14th, 21st, 28th, 35th and 42nd day post was taken.

Result: Computer Vision Syndrome- questionnaire (CVS-Q) was used to explore. In Experimental group post test mean was 1.05 with SD 1.05. and mean percentage of digital eye strain was 07% which is significantly lower than with pre test Mean score was 3.7 with SD 2.69. the mean percentage of digital eye strain 23% . Whereas Control group mean score was 2.25 with SD 2.14. The mean percentage of digital eye strain was 14%. There were statistically significant difference in mean values between pre test & post test digital eye strain score as the calculated value of $t(2.9)$ was higher than table value is (2.26) with df 9 at 0.05 level of significance. So, Eye exercise was effective and following hypothesis was accepted and null hypothesis was rejected. This demonstrates that the control group received a higher score of digital eye strain symptom positive than Experimental group. Specific eye care exercise combined with 20-20-20 vision rule was effective in managing Digital Eye Strain.

Conclusion: Eye exercises with 20-20-20 vision rule in managing digital eye strain among school students was found to be more successful than control group.

Keywords:

Digital Eye Strain, Eye Exercises with 20-20-20 rule. Computer Vision Syndrome Questionnaire (CVS-Q), Effective in Managing.