The use of computer has increased among engineering and medical professionals, with the resultant ill health of various kinds, one of which is Computer Vision Syndrome (CVS). This is a condition in which a person experiences one or more eye and musculoskeletal symptoms, due to prolonged working on the computer.

A cross-sectional online survey was undertaken to assess the prevalence of CVS symptoms and their association with practices regarding computer use, among the young adult population aged 23-30 years, who were engineers and medical professionals using computers for at least 5 years, during their education and/or employment. Considering the prevalence of CVS to be 80% in this group, sample size was calculated as 100 at 95% confidence level with 10% relative error. The subjects were included in the study by the snowball sampling technique. A pre-tested semi-structured self-administered questionnaire was used to collect data, which included socio-demographic information, pattern of computer use and symptoms of Computer Vision Syndrome.

A total of 100 engineering and 108 medical professionals, living in various parts of the country, returned the completely filled up performer and hence were included in the study. The prevalence of symptoms of CVS (one or more) was found to be 82.69%. The prevalence was 92% among the engineering group and 74.1% among the medical group, the difference being statistically significant (p≤0.001). The commonest symptom was neck/shoulder pain (50.00%) followed by sore/tired eyes (44.23%). Subjects who used computers for more than 4 hours per day had significantly more symptoms of CVS (p≤0.001).

Biography

Ruffin Mpiana Mutambayi, graduated for BSc and BSc Honors (Mathematics and Statistics Applied to Management) and at the College of Statistics in Lubumbashi (DR Congo). In 2011 Mr Mutambayi obtained his MSc in Biostatistics and Epidemiology at the University of Fort Hare in South Africa. He then started working as a full-time Lecturer in the Statistics Department at the same institution after being a part-time lecturer from 2008 to 2010. Presently he is studying toward his PhD in Biostatistics with a major focus on malaria prevention. As a junior researcher, Ruffin Mpiana is focusing in ‘teaching statistics’, Applied statistics, Modelling, application of statistics to public health.

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