Addiction of mobile phones and it's effect on eye in college students.

ASHEESH YADAV
Bachelor of optometry
Uttar Pradesh University of medical sciences Saifai etawah UP .

Under the guidance of
Dr Kamal pant
Head of optometry department UPUMS
Department of optometry Uttar Pradesh University of medical sciences Saifai etawah (UP)

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Abstract

Electronic devices overuse has been cited as a potentially modifiable risk factor that can result in visual impairment. However, reported associations between smartphone overuse and visual impairment have been inconsistent.

According to technological development electronic devices are the most useful in our lifestyle so The telecom technology (mainly smartphones) impact on students life changing ocular problem with systemic change. It's has more advantages , it's enhancing our work efficiently and knowledge and also increase more banificialy. But it may be harmful for thos person who have excessive used .

Keywords: vision, optics and refraction, ocular surface, medical education

Introduction

I am doing a small observation about the college students smart phone addiction and effect on eye. The college students mostly used smart phone and he is addict the phone disturb our study. The students are some time addicted by games and online betting.In this observation try to calculate the % phone addition students ratio and thier effects also. The aim of this
systematic review was to determine the association between electronic devices (smartphone, tablet ,TV , laptop) overuse and visual impairment, including myopia, blurred vision, and poor vision, in children and young adults

Addition of mobile phone

Addition of phone is the ratio data is more at the age of 21 this is the common data of all whole research , maily people are connected to those because it's very useful in daily life style work has been easier than the normal time , so incredibly of this type and left the disadvantage
like that the commonly eye stain , eye fatigue, eye pain , blurry vision and also diminished vision . This problem may couse of the refractive error occurred mobile phone.

Methodology

We conducted a systematic search in the Google form Library, Web of Science Core Collection, and Science Direct databases since the beginning of the databases up to January 2021. Four
eligible studies (2 cross-sectional studies and 1 controlled trials) were identified, which included a total of 700 subjects with a mean age ranging from 17 to 25 years. We used a random-effects model for meta-analysis of the 5 cross-sectional studies (700 subjects) .
After talking of the data incomplete and baised or abnormally answered data were removed though the selection process.

Deign

This study is based on the Google form and offline data questionnaire on the college students age group average 21 (19 - 29) .
A complete summary questions based study.

PREVALENCE

The considerable variance of the prevalence rates

report of this research (between 0.3% and 38%)] may be

attributable to the fact that diagnostic criteria and assessment questionnaires used for diagnosis vary between State and studies often use highly selective samples of online surveys
. In their review uttar pradesh report that surveys in the uttar pradesh have indicated
prevalence rates varying between 1.5% and 8.2%. Other reports place the rates between 6% and 18.5%
“Some obvious differences with respect to the methodologies, cultural factors, outcomes and assessment tools forming the basis for these prevalence rates notwithstanding, the rates we encountered were generally high and sometimes alarming.”

Results

The technique has been to identify the factor that affect the smartphones addition of Universities students and also other universities in uttar pradesh India.
Some common physical problems like that headache , backache , and also stress ,enxiety , depression and addition through it . It's prove that this is excessive use than the unbenificial for your daily life and also health.

° eye stain

° sometime headache

° blurry vision

° more myopic chance

° without empty fell

° without electronic devices uncomfortable feel

° we found think of answer through are questionnaire are as following given below-

Conclusion

The factor are seeing that increased inconvenience without electronic devices, tolerance , daily life changing , ocular problem . This is study observed that are the daily routine performance of the college students are obstruct by the excessive use of mobile phones and other electronic devices.

the most common symptoms associated with DES are eyestrain, headaches, blurred vision, dry eyes and pain in the neck and shoulders. Asthenopia is the formal term for eye strain, for which two distinct mechanisms and sets of symptoms were described by Sheedy et al.11 External symptoms of burning, irritation and tearing and dryness were noted to be closely related to dry eye, while internal symptoms of strain, ache and headache behind the eyes were linked to
accommodative and/or binocular vision stress. Similarly, Portello et al 12 also identified a clear split of computer-related symptoms into two categories: those associated with accommodation (namely, blurred vision at near, blurred distance vision after computer use and difficulty refocusing from one distance to another) and those that seemed linked to dry eye (irritated/burning eyes, dry eyes, eyestrain, headache, tired eyes, sensitivity to bright lights and eye discomfort).

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