

The Prevalence of Refractive Errors among Student Population

Kamali M.*, Rathnakumar**, Ramasamy K.***

Sri Lakshmi Narayana Institute Of Medical Sciences, Puducherry, India
E-mail: kamali.cutie@gmail.com

Aims & Objectives

The prevalence of refractive errors among student population was surveyed based on a validated questionnaire.

Material & Methods

The presence of problem, life style and entertainment along with dietary habits were examined.

Results

In a target population of 250 students, 83 did not have any refractive error (Hypermetropia, Myopia, Astigmatism) while 47 had one of the problems but postponed the remedy, 52 had problem, corrected but did not follow it up regularly, while only 68 attended to their problem and had regular check -up. Myopia

surfaced as the most common refractive error.

Conclusions

Those suffering from errors appear not to follow the suggested guidelines while watching television after getting their vision corrected and almost all participants use electronic devices like cell phone, laptop, computer etc., constantly which is identified as a major source that aggravates refractive errors. Additionally, the absence of healthy dietary habits also might have attributed to the errors with which they suffer.

It is suggested that an awareness program for prophylaxis of refractive errors besides precautionary measures for those suffering from them appears to helpful for controlling refractive errors amongst students.

Keyword: Refractive errors; Dietary habits; Awareness program.