AJHS
Asian Journal of Home Science
Volume **10** | Issue 1 | June, 2015 | 250-253

DOI: 10.15740/HAS/AJHS/10.1/250-253
e ISSN-0976-8351 ■ Visit us: *www.researchjournal.co.in*

A Case Study

Computer vision syndrome: A major concern for VDT users

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Received: 14.01.2015; **Accepted:** 17.05.2015

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■ **ABSTRACT :** Computer operators may experience Computer Vision Syndrome (CVS). Majority of authors agree with the evaluation that computer work is related to visual fatigue and discomfort appearance. It is the complex of eye and vision problem related to computer work which are experienced during or related to computer use. Survey on computer workers shows that vision discomfort is most frequent among computer users which may be due to frequent movement of eyes from monitor to the written material to be typed or vice versa. Other involved factors leading to visual fatigue and discomfort may be improper height of screen, poor lighting and reflection due to screen position or glare. Therefore, a study was conducted on 120 female VDT users working in various banks a of Ludhiana City to assess their CVS by taking subjective response and by using two Scientific scales *i.e.* Ocular Surface Disease Index (OSDI) and Aramuc Scientific Scale. Ocular Surface Disease Index (OSDI) demonstrates sensitivity and specificity in distinguishing between normal subjects and patients with dry eye disease and its results showed that poor vision, sensitivity of eyes and blurred vision were the main visual problems faced by respondents on the five point scale and got I, II and III ranks respectively. Whereas Aramuc Scientific Scale indicates a true dry eye and its results showed that redness, itching, blurred vision were the main symptoms indicating dry eye as they got I and II ranks respectively. Therefore, it was concluded that though the respondents faced many visual problems in relation to workstation design but they did not do anything to improve the design of the workstation which may be due to the lack of awareness at their part. So the need was felt to suggest ergonomic intervention in this regard

■ **KEY WORDS:** Computer vision, Syndrome, VDT users

■ **HOW TO CITE THIS PAPER :** Kaur, Khushdeep, Kaur, Harpinder and Sidhu, M.K. (2015). Computer vision syndrome: A major concern for VDT users. *Asian J. Home Sci.*, **10** (1) : 250-253.