Screen Time and Computer Vision Syndrome Among Medical Students During The COVID-19 Pandemic

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Abstract

Purpose: This study was conducted to determine the relationship between screen time, one of the risk factors for computer vision syndrome (CVS), and the severity of CVS.
Methodology/approach: A cross-sectional study with 98 respondents, 17-21 years old, using the Modified Computer Vision Syndrome Questionnaire in Bahasa and application to record the screen time (Screen Time – Restrain Yourself & Parental Control Versi 1.3.3 (Ez Life Inc.), Screen Time Build In Apple, Timecamp). Data were analyzed using the chi-square test with a value sign significance $p<0,05$.
Results/findings: The average device usage duration was 10 hours and 10 minutes daily. Seventy percent of respondents used gadgets with a screen time of >8,9 hours daily. The prevalence of CVS was 47,9%, with 25,5% of respondents experiencing mild symptoms of CVS and 22,4% experiencing moderate to severe symptoms of CVS. The association between screen time and CVS was proven significantly by chi-square analysis($p<0,05$).
Limitations: recall bias is possible when filling out the questionnaire in the last 1 week, and the researcher still cannot directly observe the actual state of the respondent's device use.
Contribution: Education is needed to reduce the duration of device use.

Keywords: *computer vision syndrome, COVID-19 pandemic, medical students, screen time*