

Assessment of Knowledge Regarding Computer Related Health Problems among College Students

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Abstract

The Voluminous usage of computers is a necessity of academic area. The use of Personal Computer has grown tremendously to the extent that today millions of people around the world are using computers and extensive use of the computer creates drastic health hazards on the users. The paper is based on a study conducted to assess the knowledge regarding computer related health problems among college students” was based on the objectives, to assess the knowledge regarding computer related Health Problems among college students, to seek an association between the knowledge and some selected demographic variables. A quantitative (Non- Experimental) approach was applied and convenient sampling technique was used to select the sampling. The tool used for the study was validated and the reliability was also established. A total of 100 students were involved in the study of whom 62 % were male and 38% female aged between 22-25 years. Majority of the students 89% were from the middle class and 53% of the respondents belong to nuclear family whereas 66% of student’s parents were educated. In regard to the level of education of maximum students involved in the study were from final and second year of course. The study has indicated that 29% of the respondents are having inadequate knowledge, 61% of them were found to be having moderate knowledge on the subject whereas rest of the sample were having adequate knowledge. So it was concluded that the majority of the respondent had moderate knowledge.

Key words: *computers, health problems*

Introduction

Computers play a vital role in human life. Computers are transformed every sector globally. This increases the crucial health issues among the users. The use of Personal Computer has grown tremendously to the extent that today millions of people around the world are using computer. Computers is an essence for the people but it causes lots of health issues, such as damaged eyesight, bad posture, arthritis in fingers and computer stress injuries that can be caused by sitting in one position for a long haul. The study has also brought into focus factors contributing to the occurrence of problems like

Ocular discomfort, musculo-skeletal and psychosocial disorders are key category of health problems found among constant computer users¹.

A rapid increase in the use of advanced machinery in the workplace has raised concern for the health and well-being of the computer users. Computers may predispose

the users to health problems. Many individuals who work with computers reported high level of workplace complaints and symptoms such as ocular discomfort²

This is an important issue as computers become necessity of every edge of the world and the medical effects caused by them will elevate unless sufficient research is performed and time is devoted into eliminating and reducing these complications as much as possible. It is estimated that today at least 75% of all the employments involve in computer use. Increasing numbers of workers use computer for work day by day. While the survey was conducted significant relationship among psychosocial work factors, work stress and musculoskeletal discomfort, psychosocial work factors were found to be more important than others in both work stress and musculoskeletal discomfort³.

India has been in the forefront in cyber world with IT industry developing into a major service provider. Computer-related headache and eyestrain are reported

during as many as 10 to 15% of routine eye testing, and some state that nearly 50% of VDT workers experience some eye discomfort⁴. A survey was conducted on prevalence of health disorders among computer professionals it was found that there was gradual increase in the visual and muscular skeleton complaints. The computer professional suffers from eye disorder as the human eye basically prefers to look at the objects

greater than 6 m away, thus work done on computer demands a close- up view which strains eye muscles and thereby leads to eye disorder⁵. Computer related headache and eyestrain are reported during as many as 10 to 15 % of routine eye examinations. In India the major symptoms related to computer use reported by the ophthalmologist were eyestrain, headache, tiredness and burning sensation, watering and redness

Table 1: Distribution of the respondents regarding their socio-demographic characteristic

Demographic Variable		Frequency	Percentage (%)
Age	17-18	11	11
	19-20	12	12
	21-22	46	46
	23-24	31	31
Gender	Male	62	62
	Female.	38	38
Level of education	First Year	1	1
	Second Year	29	29
	Third Year	7	7
	Final Year	63	63
Socio-Economic Status.	Lower Class	3	3
	Middle Class	89	89
	Higher Class	8	8
Family Type	Nuclear	53	53
	Extended	47	47
Parent's Literacy	High secondary	66	66
	Graduate	26	26
	Post Graduate	8	8
Monthly Income	< 10,000	10	10
	11000-20,000	21	21
	21000-30,000	18	18
	>31,000	51	51

Results

The table No. 1 showed the distribution of the students regarding their demographic characteristics. The table indicated that majority (46%) of the respondents were within the age group of 21-24 years (11%) 17-18 year, and. The table also illustrated that the majority (62%) of the respondent were male and 38% were female. The finding of the study shows that 3% of the respondents are from the lower class family, 89% from the middle class and 8% from the higher class.

It is also found that 53% of the respondents are from the nuclear family while 47% comes from an extended family respectively. Regarding the parents education the table shows that 66% of respondent's Parents were high secondary whereas 26 % were graduate and only 8% of the parents were postgraduate. Concerning the family income 51% of the respondent's family income was above 31,000/- per month, (21%) were between 11000-20,000 whereas family income of (18%) was 21,000-30,000 and only 10% of the respondent's family income is less than 10,000/- per month.

Knowledge Regarding Computer Related Health Problems

The pie chart depicted that the knowledge level of all the respondents regarding computer related Health problems on which 29% of the respondent's knowledge was inadequate, 61% were having the knowledge at moderate level while 10% of the respondents were having adequate knowledge. The majority of the respondents were having moderate knowledge regarding the health issues related to computer.

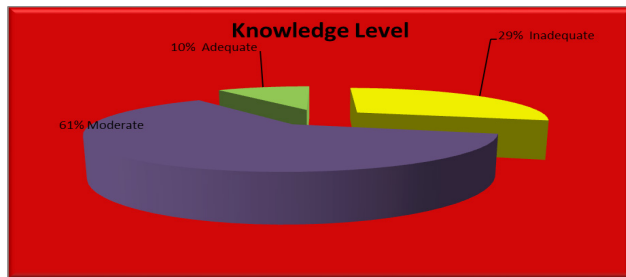


Figure No. I: Assessment of association between the levels of knowledge regarding readiness of toddlers for toilet training among mothers with their demographic variables.

This section dealt with association between the levels of knowledge of college students regarding computer health problems related to their demographic variables. The cross tabulation analysis was employed effectively and the results of chi square analysis were observed and shown in Table. It is noted from the table 11 that the 'p' value is greater than 0.05 for all the demographic variables and hence the results are not significant at 5% level except socio economic status and family income.

Discussion

The main contribution of the study was to provide descriptive data on knowledge of college students regarding computer health problems. The study was conducted on Knowledge regarding computer related health problems among college students. The data was collected from college students from management college of Moradabad Districts and 100 college students samples of the study were taken by convenient sampling technique. The data was analysed by descriptive statistics (mean, mean percentage, standard deviation) and inferential statistic (chi square test) was calculated for the significance of the respondent

The structured questionnaire was given to subject, consists of two sections such as Section 1 Demographic variables, (age, Gender, Level of education, Socio-Economic Status, type of family, Parent's Literacy,

family income) and section II consisted of question related to knowledge regarding computer related health problems. A glance at the tables revealed the discussion on the findings in accordance with the objectives of the study. The first objective of the study was to assess the knowledge regarding computer related health problems. 61% students were having moderate knowledge, whereas 29% students had inadequate knowledge, and fewer 10% were having adequate knowledge. The second objective of the study was to find out the association between the knowledge with their selected demographic variables and it is found that there is the association between Socio-Economic Status and family income with knowledge score regarding computer related health problems was found to be significant at 0.05 level of significance whereas **rest of demographic** variables were not significant with knowledge score.

Conclusion

Based on the finding of the study, it has been found out that majority of the respondents have moderate knowledge on the subject matter and also there was no much significant association between the knowledge regarding computer related Health problems among college students with their demographic variables. This is crucial concern as computers become more important in every corner of the world. Health issues caused by electronic brains will be elevated unless sufficient research studies are performed and time is dedicated into eliminating and reducing these problems as much as possible. It is found from the different studies that today at least 75% of all the jobs involve computer use. It means that maximum of the workforce are being exposed to numerous health problems, the same can be said of students and educators who do not go through any day without use of the computer for academic work. It is an important that these problems are identified and resolved sooner rather than later in an effort to reduce if not eradicate these problems

Conflict of Interest – Nil

Source of Funding- self

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