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MYOPIA AND TIME SPENT FOR INDOOR AND OUTDOOR ACTIVITIES AMONG FIRST YEAR UNDERGRADUATE STUDENTS IN UiTM PUNCAK ALAM

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AUTHOR’S DECLARATION

I declare that the work in this dissertation was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and is the result of my own work, unless otherwise indicated or acknowledged as referenced work. This topic has not been submitted to any academic institution or non-academic intuition for any degree or qualification. In the event that my dissertation be found to violate the condition mentioned above, I voluntarily waive the right of conferment of my degree and agree be subjected to the disciplinary rules and regulation of Universiti Teknologi MARA.

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ABSTRACT

**Purpose:** This study was conducted to determine whether light exposure, near work and genetic has influence on myopia progression. **Method:** A set of questionnaires was distributed among first year undergraduate in UiTM Puncak Alam and has successfully gathered 200 data. The data was analysed using descriptive analysis, cross-tabulation analysis and correlation analysis. **Results:** More exposure to light seems to cause less myopia. Students who spent a lot of time using computers, phone and other electronic devices are more myopic. The results showed that genetic (parental myopia) play a role in the development of myopia among students. Mothers give most contribution in the development of myopia. **Conclusion:** As a conclusion, more exposure to light seems to be associated with less myopic and longer duration doing near work activities will increase development of myopia. Parental myopia also can contribute development of myopia.

**Keywords:** myopia, light exposure, near work, genetic, indoor, outdoor.
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