

FPP

June - November 2024

BizNewz

MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

Peningkatan Produk

TEBALOI

work-life BALANCE

The Power of PHYSIOTHERAPY

wanita dan MOTOSIKAL

sustainable
SKINCARE

Mental Toughness in Athletic Performance

eISSN 2600-9811



9 772600 981003

Publication Date
25 October 2024

OFFICE HAZARDS: EYE STRAIN PHENOMENON



Nasiba Abdullah, Nurafida Abdul Talib, Mazlin Emiza Ngah, Nur Dalila Aidenan, Nur Rizwanil Mohamad Fizmin

Faculty of Business and Management, Universiti Teknologi MARA, Cawangan Terengganu

Eye strain, often referred to as asthenopia, is a frequent ailment of the eyes that causes generalised symptoms such as headaches, blurred vision, weariness, and even double vision. Extended visual activity, such as reading, using computers or other digital devices for extended periods of time, can cause symptoms that can be broadly categorised into internal and external symptom causes. The widespread belief that reading in low light causes irreversible eye damage originated from the feeling of eye strain during such activities.

The ciliary and extraocular muscles strain when a person focuses on a visually demanding task, such as reading a book or staring at a computer screen. The eyes get irritated, uncomfortable, or hurt as a result of this. Usually, the condition is resolved by closing the eyes for ten minutes and tensing the muscles in the face and neck every one hour or more.

Eye strain can also occur when viewing a blurred image (even ones that are intentionally and partially blurred for censorship), when the ciliary muscle tightens to focus the blurring out. Eye strain can be bothersome. However, it is usually not significant and goes away when you rest your eyes or take other efforts to relieve eye discomfort. Eye strain sensations might sometimes suggest an underlying eye disease that requires treatment.



Eyestrain symptoms include:

- Sore, tired, burning, or itching eyes.
- Watery or dry eyes
- Blurred or double vision
- Headache
- Sore neck, shoulders or back
- Increased sensitivity to light, called photophobia.
- Difficulty concentrating
- Feeling that you cannot keep your eyes open.



Common causes of eyestrain include:

- Looking at digital device screens
- Reading without pausing to rest your eyes
- Driving long distances and doing other activities involving focusing for a long time
- Users who are exposed to bright light or glare
- Straining to see in very dim light
- Having an underlying eye problem, such as dry eyes or uncorrected vision, called refractive error
- Being stressed or fatigued

Being exposed to dry moving air from a fan, a heating system or an air-conditioning system

Treatment

- Resting the eyes.
- Changing the work environment to reduce reflections, glare and bright lighting, and increasing the room's humidity.
- Wearing the proper prescription glasses or adjusting the font.

Using over-the-counter artificial tears.

Eye strain does not have serious or long-term consequences, but it can be aggravating and unpleasant. It can make you tired and reduce your ability to concentrate. In most cases, you can expect eye strain to improve quickly after you stop doing the things that are causing the fatigue. If eye strain doesn't improve quickly, or if you feel like you have eye strain all of the time, then you should consider speaking to a healthcare provider.

References

Antona, B., Barrio, A. R., Gascó, A., Pinar, M., González-Pérez, M. C., & Puell, M. (2018). Symptoms associated with reading from a smartphone in conditions of light and dark. *Applied Ergonomics*, 68, 12–17. <https://doi.org/10.1016/j.apergo.2017.10.014>

Jaiswal, S., Asper, L., Long, J., Lee, A., Harrison, K., & Golebiowski, B. (2019). Ocular and visual discomfort associated with smartphones, tablets and computers: What we do and do not know. *Clinical & Experimental Optometry*, 102(5), 463–477. <https://doi.org/10.1111/cxo.12851>

Sheedy, J. E., Hayes, J. N., & Engle, J. (2003). Is all asthenopia the same? *Optometry and Vision Science*, 80(11), 732–739. <https://doi.org/10.1097/00006324-200311000-00008>

Vaz, F. T., Henriques, S. P., Silva, D. S., Roque, J., Lopes, A. S., & Mota, M. (2019). Digital asthenopia: Portuguese Group of Ergophthalmology survey. *Acta Med Port*, 32(4), 260.

Vreeman, R. C., & Carroll, A. E. (2007). Medical myths. *The British Medical Journal*, 335, 1288. <https://doi.org/10.1136/bmj.39420.420370.25>



eISSN 2600-9811



9 772600 981003

BizNewz 2024

Faculty of Business and Management

Universiti Teknologi MARA Cawangan Terengganu, Kampus Dungun

Sura Hujung, 23000 Dungun, Terengganu, MALAYSIA

Tel: +609-8400400

Fax: +609-8403777

Email: biznewzuitm@gmail.com