

**ASSESSMENT OF THE IMPACT OF MOBILE PHONE SCREENS ON THE INFORMATION PROCESSING  
QUICKNESS OF MEDICAL UNIVERSITY STUDENTS**

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**The purpose of the study.** To assess the impact of cell phone screens on the quickness of information processing (S).

**Material and methods.** 64 students of the Belarusian State Medical University took part in the study. The age of the students ranged from 18 to 21 years. The Landolt test was used to evaluate the S index. This sample consists of a blank on which rings with a certain place of rupture are depicted. The students were asked to take this test three times. 5 minutes were allotted for passing one proofreading test. After completing the first test, students were asked to take a survey and a test with questions on general knowledge, which they passed for 30 minutes. After that, the second Landolt test was performed. Then the students were asked, within 10 minutes, to shift the focus of vision from near to far in order to minimize the adverse effects of a cell phone. After that, the subjects performed a final test. Statistical data processing was performed using the Statistica 10.0 application software package and Microsoft Excel 2013.

**Results and their discussion.** The study showed that 79.7% of the face is female, and 20.3% is male. Students use phones for the following purposes: 56.3% - watch the news, 82.8% - watch movies, 95.3% - browse social networks, 95.3% - for study, 23.4% - for work, 4.7% - for communication. 43.8% use glasses/lenses on a regular basis, and 14.1% use them for reading and writing. Students indicated that they have diseases of the visual apparatus: myopia (59.4%), hypermetropia (7.8%), astigmatism (7.8%), myopia and astigmatism at the same time (1.6%). 23.4% of students indicated that they do not have diseases of the visual organ.

The S indicator allows you to assess the effect of cell phone screens on the organ of vision. According to the results of the first sample, it was found that 85.94% have a high S score, 10.94% have an above-average S score and 3.12% have an average S score. The results of the second sample showed that 31.25% have a high S score, 25% have an above-average S score and 43.75% have an average S score. In the third sample, 87.5% have a high S score, 6.25% have an above-average S score, and 6.25% have an average S score. After 30 minutes of working with a cell phone, the S indicator decreased by 25.6% ( $p < 0.05$ ) and after 10 minutes of rest, the S indicator increased by 30.4% ( $p < 0.05$ ).

**Conclusions:** Thus, it was found that the cell phone screen has a negative effect on the S indicator. Even 30 minutes of working with the phone reduced this figure by 25.6%. However, it was found that a short break helps restore the functions of the organ of vision. It is also recommended to carry out eye charging during breaks from using a cell phone.



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