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OUR SIGHT UNDER THE INFLUENCE OF ELECTRONIC DEVICES

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Background. Our senses are physical means by which all living beings can see, hear, smell, taste, and touch. Each sense organ collects information about the world and detects changes within the body. We depend on them every day. They tell us where we are and what is going on around us. Our senses also help to keep us from danger. Unfortunately, we think about the value of our senses very seldom, if we ever do. In the modern world our nervous system and, consequently, our senses feel much stress every day because of ecology, diseases, and, of course, hi-tech technologies. Vision defines our lives, our language and our thoughts, but there are too many factors, that adversely affect our sight.

Aims: to show how computers, electronic devices influence the vision level of the young generation; to find the most convenient methods of treatment and prevention of eye problems.

Materials and Methods. A survey among students of the Faculty of General Medicine and of the Faculty of Applied Mathematics and Computer Science was carried out anonymously and voluntarily.

Results. The results of the survey allowed to analyse how prolonged computer use influence the sight level of students and what eye and health disorders they have.

Conclusions:

1. Future programmers spend more time running on a computer than medical students. Students of the Faculty of Applied Mathematics and Computer Science use PC for 7 hours a day while future doctors do it for 4 hours only.

2. The main purpose of electronic devices for the young generation is studying, then follow communication and games.

3. The most frequent symptoms after using a computer are

- Eyestrain Dryness (31%)
- Redness (15%)
- Irritated eyes (7%)
- Eye dryness (8%)
- Difficulty in changing focus between far and near (13%)
- Headaches (8.5%)
- Backache, pain in shoulders, wrists (17.5%).