

## Documents

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**KNOWLEDGE AND AWARENESS OF COMPUTER VISION SYNDROME (CVS) AND THEIR CONTRIBUTING FACTORS AMONG UNDERGRADUATE UNIVERSITY STUDENTS**

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**Abstract**

The surge in the use of digitization in daily life has led to a condition known as computer vision syndrome (CVS), which is at risk of becoming a major health issue involving the vision and musculoskeletal systems. Thus, this study will determine the level of knowledge and awareness of CVS among International Islamic University Malaysia (IIUM) Kuantan students. A quantitative cross-sectional study with convenience sampling was conducted among 216 undergraduate students at the IIUM Kuantan Campus from October to November 2021. Around 79.2% of respondents never heard of the term CVS. The majority of the respondents use mobile phones (52.3%) compared to other digital devices and spend more than 3 hours in front of the screen per day (48.6%). In addition, most of them experience neck, back, or shoulder pain (77.8%), fatigue (65.3%), headaches (64.4%), and eyestrain (74.1%). The respondents also complained of joint pain in the fingers and wrists (52.3%) and shoulder pain (60.6%). The majority of the respondents had a high level of knowledge regarding CVS (94.9%) but had a moderate level of awareness regarding CVS (65.7%). As current education and lifestyle are more interrelated to digital device usage, it is recommended that more educational and awareness programmes on CVS be promoted. © (2024), (Malaysian Public Health Physicians Association). All rights reserved.

**Author Keywords**

awareness; computer vision syndrome (CVS); digital device; Knowledge; university students

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