

A STUDY UNDER TAKEN ON PEOPLE AWARENESS ABOUT VISION THERAPY IN SELECTED VILLAGES OF ANAND DISTRICT

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Abstract

This survey was done to inform about the benefits of vision therapy for eye diseases in selected villages of Taluka in Anand district and to inform about the damage to eyes caused by electric devices. In which people from 5 years to 60 years of age were given form-based information. About eye disease and damage caused by electric devices and how to keep eyes safe through vision therapy, but very few people knew about vision therapy and eye disease. For this, many efforts are required.

Introduction

The aim of this survey was to find out that eye disease and its prevention can be prevented to some extent by vision therapy during health social work. Its information reaches the village people. Vision therapy is similar to a visual physio therapy by which eye movement and keeping it active increases the visual ability of the eye and squint eye can be cured to some extent without surgery. To inform the village person for this. The survey was conducted.

Literature Review

García-Marqués, J. V., Talens-Estrelles, C., García-Lázaro, S., Wolffsohn, J. S., & Cerviño, A. (2022) research found the growing problems of dry eye, this survey assessed systemic, environmental, and lifestyle risk factors for dry eye disease (DED) in a Mediterranean Caucasian population in a cross-sectional study of 120 Caucasian participants aged 18 to 89 years. Conclusion Current changing lifestyles (technology and environment) play an important role due to which the rate of eye dryness has started to increase which needs to be solved very much.

Hsieh, Y. C., Liao, W. L., Tsai, Y. Y., & Lin, H. J. (2022) this study sequence enrolled 36 children with retrospective examination amblyopia who were divided into different case groups during a critical period for visual development, traditionally considered the first 6-years of life. Children 7-years and older are significantly less responsive to amblyopia treatment. This study investigated the effectiveness of binocular vision therapy in amblyopic children aged 7–10 years. The trial showed that vision therapy combined with conventional treatment (optical correction and part-time patching) was more effective than conventional treatment alone in children aged 7–10 years with unilateral refractive amblyopia. The treatment results not only in increased vision, but also in a shorter duration of treatment

Indian J Ophthalmol (2021) this is a survey conducted by the American Optometrists Association. & Indian Ophthalmology. A variable prevalence ranging from 5 to 65% has been reported in the pre-COVID-19 era. With lockdown restrictions during the pandemic, outdoor activities were restricted for all age groups, and digital learning became the norm for about 2 years. While the prevalence of DES in children alone increased to 50–60%, resulting in squint it is characterized by dry eyes, itching, foreign body sensation, watering, blurred vision and headache. Non-ocular symptoms associated with eye strain include neck stiffness, general fatigue, headaches, and back pain.

Wang, M. T., Muntz, A., Mamidi, B., Wolffsohn, J. S., & Craig, J. P. (2021), according to the global consensus recommendations of the TFOS DEWS II reports. Digital screen and related digital use increase dry eye. A survey of 322 community members (186 females, 136 males) found that there were modifiable lifestyle factors associated with increased risk of dry eye disease. These findings may contribute to informing the design of future prospective research examining the effectiveness of preventive interventions and risk factor modification strategies.

Hernández-Rodríguez, C. J., & Piñero, D. P. (2020), this survey from anisometric amblyopia in children and adolescents Low vision conditions were treated in both eyes and vision therapy is a promising treatment option in children and adolescents at the end of the survey.

Lee, Y. H., & Kim, H. J. (2020), this was a survey conducted in Korean patients aged 5 to 28 years who were diagnosed with intermittent exotropia in an ophthalmology clinic, all subjects visited a vision therapy (VT) center once or twice a week for 6 months. Intermittent exotropia was classified into DE(divergence excess), basic exo, and all binocular vision and intermittent exotropia outcomes improved at the end of three months and at the end of six months after all three types of vision training.

Barton, J. J., & Ranalli, P. J. (2020), according to this survey, vision therapy in the form of ocular motor training is increasingly used to treat visual complaints, particularly in minor traumatic brain injury. In this review, we discuss the rationale behind this intervention and the evidence for its utility. Although the efficacy of exercise for primary convergence insufficiency is plausible and supported by data, the same therapy is under review for the post-traumatic variant.

Sehgal, S., & Satgunam, P. (2020), 28 patients participated in this survey, aged 6 to 21 years. Under binocular viewing conditions, amblyopic eye involvement can be assessed by measuring the size of the suppression scotoma in the VTS4 (Vision Therapy System 4). VTS4 brings many important improvements.

American Optometric Association (2020), this survey by Brittney Hewitt, OD stated that anyone who uses a computer or digital screen for two or more hours throughout the day is likely to experience something known as Computer Vision Syndrome (CVS)^{1, 2}. CVS includes symptoms such as eye strain, blurred vision, headache, burning/watering and dryness. Eyes 1, 2.

Sharbatoghli, L., Hashemi, H., Mohamadi, A., Jafarzadehpur, E., Yekta, A., Mirzajani, A., & Khabazkhoob, M. (2020), in this study, 20 adults aged 17-35 years with anisometropic amblyopia (lazy eye) were treated for five sessions (one session per week) with vision therapy techniques, including computerized vision therapy using Optosys® software, thus Comparison of data using t-test showed that BCVA(Best Corrected Visual Acuity) improved significantly after a period of vision therapy.

Objectives

1. Vision therapy information (create) spread awareness about eye problems at village people.
2. To create awareness to the person who has eye problems such as blurred vision, glaucoma, after Lasik operation, earliest cataract, and squint eye etc.

Hypotheses

H₀₁: There is no significance difference between awareness and practices regarding vision therapy.

H₀₂: There is any relationship between eye problems and electrical gadgets.

Significance

The survey was conducted in selected villages of Anand district to create awareness among the people about vision therapy with the aim of preventing eye problems caused by current use of electric devices and without surgery through simple exercise (vision therapy).

Data Analysis & Interpretation

To analysis will be done on the bases information collected to study. Subject related data collection and questionnaires data should be find out from SPSS software.

Frequency tests

Particulars		Q.1	Q.2	Q.3	Q.4	Q.5	Q.6	Q.7	Q.8	Q.9	Q.10	Q.11	Q.12	Q.13	Q.14	Q.15	Q.16	Q.17
N	Valid	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76	76
	Missing	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mean		1.12	1.59	1.66	1.16	1.92	1.04	1.64	7.26	3.97	1.24	3.00	3.25	2.39	1.54	1.87	1.53	1.53
Median		1.00	1.00	2.00	1.00	2.00	1.00	1.00	8.00	4.00	1.00	3.00	3.00	2.00	2.00	2.00	2.00	2.00
Mode		1	1	1	1	2	1	1	9	5	1	3	5	3	2	2	2	2
Std. Deviation		.325	.836	.740	.463	.583	.196	1.128	2.385	1.326	.428	1.327	1.377	.850	.502	.340	.503	.503
Variance		.106	.698	.548	.215	.340	.038	1.272	5.690	1.759	.183	1.760	1.897	.722	.252	.116	.253	.253
Skewness		2.410	1.038	1.054	3.037	.006	4.826	1.433	-1.138	-1.359	1.263	-.035	-.183	-.063	-.162	-2.224	-.108	-.108
Std. Error of Skewness		.276	.276	.276	.276	.276	.276	.276	.276	.276	.276	.276	.276	.276	.276	.276	.276	.276
Kurtosis		3.909	-.314	1.051	8.655	.002	21.865	.347	.105	.624	-.416	-1.109	-1.212	-.632	-2.028	3.025	-2.043	-2.043
Std. Error of Kurtosis		.545	.545	.545	.545	.545	.545	.545	.545	.545	.545	.545	.545	.545	.545	.545	.545	.545
Range		1	3	3	2	2	1	3	9	4	1	4	4	3	1	1	1	1
Minimum		1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Maximum		2	4	4	3	3	2	4	10	5	2	5	5	4	2	2	2	2
Sum		85	121	126	88	146	79	125	552	302	94	228	247	182	117	142	116	116

Interpretation: The frequency table shows that, on the whole, most eyes patients were very satisfied and satisfied with their experience or treatment offer by hospitals. However, there were a few eyes patients who were not happy due to the unsatisfied faculties & services. Numbers of patients have specs even though, they are not wearing electronics device for longer time.

Method

This survey was explained to 76 people above 5 years of age to above 60 years of the village. In which 8.3% are under 20 years of age, 43.8% are in the age of 20 to 40 and 47.9% are in the age of 40 to 60. If using the computer device. 60.4% people more than 2 hours, 20.8% people 6 to 10 hours and 16.7% people 3 to 5 hours and hardly 2.1 %people use above 10 hours use of computer electric device, how long do you use of mobile then 52.1% people 0 to 2 hours, 35.4% people Do uses of 3 to 5 hours,10.4% people are use of 6 to 10 hours and 2.1% people are use of mobile above 10 hours . Because 72.9% need it, 16.7% just hobby, 10.4% person for another need to use of electric device, where do you go first if you have eye problem, 66.7% person goes to eye hospital, 20.8% to primary doctor,8.3% person to Optical showroom and 4.2% people Do self treatment at home . What is difficulty When wearing glasses of number in eyes, 41.7% say that they feel dizzy while reading, 37.5% say that their head feels heavy, 10.4% say that they have unbearable pain in their head, 8.3% say that their eyelids hurt,2.1% people say no number in my eyes, and 26.1% say that they are 21 to 40 years old. 26.1% age above 40,than 19.6% are between age 0 to 10 years and 6.5% peoples do not wear glasses. What kind of glasses do you have? Answer 43.5% don't wear glasses, 34.8% wear glasses for distance, 17.4% wear glasses for near and 4.3% peoples both near and distance wearing glass in eyes. Do you know about vision therapy, then answer 66.7% don't know, 25% know, 6.3% people only know about 6/6 vision and others don't know about the ability of our eyes to see. 72.9% answered Yes and 20.8% answered No if they have seen. the question whether the eye can be improved without surgery,66.7% of the people don't awareness and 33.3% are awareness . If vision therapy is like physiotherapy exercise, then 50% yes and 50% no, vision therapy improves low vision then 56.3% no and 43.7% yes. Vision therapy can improve vision in cross eye at any age then 66.7% no and 33.3% yes

Limitations

As most of the respondents were not aware about eye problems and terminology so it was tough to explain them about questions.

Conclusions

Thus, through this survey, it can be said that in the villages, there is still insufficient knowledge about the basic information about the eye and eye disease and the ability to see vision in the eye, and through vision therapy, the vision of the eye along with the squint eye can be improved by the vision therapy of the eye without surgery. Thus, the study conducted to create awareness among the people about vision therapy in selected villages of Anand district can be of importance to the people of the village, it should be spread to many more villages.

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