

Prevalence of Myopia among Medical Students in King Khalid University and its Effects on Academic Performance

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ABSTRACT

Background: Refractive errors REs are defined as a condition, in which the optics of the no accommodating eye are unable to take parallel light rays to concentrate on the retina. REs are now prevalent and continue to increase globally, particularly myopia. The risk of myopic complications, such as cataracts, glaucoma, retinal detachment, and blindness, is increasing as well. Students had a higher prevalence of myopia in comparison with others. The exposure and use of the computer with study for long times are associated with the development and progression of myopia.

Aim: To assess prevalence of myopia among medical students at King Khalid University and its related factors with effect on students' academic performance.

Methodology: A descriptive cross-sectional approach was used targeting King Khalid University medical and dental students during the academic year 2020-2021. Data were collected using electronic questionnaire. The questionnaire included student's demographic data, myopia, related factors, and its effect on students' academic life.

Results: The study included 309 students from different health colleges in King Khalid University. Most of the respondents were from college of medicine 193 62.5%. Exact of 149 48.2% of the respondents had myopia. Myopia was bilateral among 84 56.4% of the affected students while on left eye among 37 24.8%. Exact of 122 81.9% students wear glasses and 27 18.1% wear lenses. Myopia was reported among 56.3% of male students compared to 43.7% of females with recorded statistical significance $P=.033$. Exact of 52.3% of myopic students had difficulty performing daily activities during study compared to 37.5% of normal students with statistically significant difference $P=.009$. Also, 51% of myopic students had difficulty performing exams containing graphs and pictures versus 25.6% of other students $P=.001$.

Conclusions: In conclusion, the current study revealed that about half of the medical students at King Khalid University complained of myopia which is consistent with the local and global estimated levels. Myopia was higher among college of medicine students. Also, male students were affected than females. Myopia significantly affected students' daily activities, and performing academic tasks.

Keywords: Myopia, Refractive errors, University, Medical students, Prevalence, Risk factors, Effect

Bahrain Med Bull 2022; 44 (1): 799 -803

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