



Health to meet you

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Health dimension: Screen use

Name of activity: Long screen usage

Description of the topic:

An experiment on the effects of prolonged screen use on our eyes.

Initial assessment:

Prolonged use of the screen affects our eyes. The number of blinks of the eye increases as the eyes dry for a long time watching the screen.

Objectives of the activity:

Make an experiment, prove that the number of blinks of an eye increases with prolonged use of the screen, see if there is a gender difference and among those who wear or do not wear glasses.

Target group: Students (16 – 18 years)

Activity process structure, implementation:

- The 20 students in the darkroom each read a PDF file on their computer ^[1].
- The professor measures time, and the students record themselves on their cell phones.
- The students then answer the following questions: What gender are you? Do you wear glasses?
- In the table, students enter the number of blink of an eye in the first three minutes of viewing the screen, then in the 13th, 14th and 15th minutes of watching and in the 28th, 29th and 30th minutes of watching.
- The data obtained should be statistically processed.

Equipment, aids, tools: Computer, PDF file, mobile phone

Expected results, assessment:

- The data will be statistically processed.
- Average values will be taken for every three minutes of measurement and charts will be made in excel.
- We expect that there will be no difference between male and female in the blink of an eye. We expect that the number of eye blinks will increase over time and that wearing glasses does not make any difference.
- We will present an analysis of the experiment in February on mobility in Croatia.

References:

- [1] Barbara Glavina: Uloga medija u formiranju glazbenih preferencija pedagogije mladih, Sveučilište J.J. Strossmayera u Osijeku, Filozofski fakultet, Diplomski studij, https://cdn.fbsbx.com/v/t59.2708-21/73082207_676908042800994_5108458553111216128_n.pdf/glazbene-preferencije-mladih.pdf?_nc_cat=107&_nc_ohc=lt3405VgLLoAX8UbXgk&_nc_ht=cdn.fbsbx.com&oh=a52f2d260bd3d492fa10ea9d805e2a1c&oe=5E42F0EE&dl=1&fbclid=IwAR05_lUFhuvnOzNzlvkc2Cib_154JSKyDd1Y9m0jvQ3dKzvoCIK_v3oi5KE, January 25,2020
- [2] Blue Light and Your Eyes, <https://www.preventblindness.org/blue-light-and-your-eyes>, December 12, 2019
- [3] The harmful effects of blue light, <https://www.bangkokhospital.com/en/disease-treatment/blue-light-harmful-to-eye>, December 14, 2019

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