

## Self-Esteem of Myopic Children, Khartoum Locality, 2018

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### ABSTRACT

**Background :** There is some evidence that wearing eyeglasses is associated with lower self-esteem or evaluations of the self, particularly relating to physical appearance and social interactions. Assessing self-esteem in myopic children is of interest because the onset of myopia frequently occurs at the same time that children acquire a sense of self in general and self-esteem in particular.

**Method :** This was cross-sectional facility-based study .The study involve 44 myopic child age 8-14 years from Makkah hospital and primary schools at Khartoum locality. The study used Self-Perception Profile for Children(SPPC) to asses self-esteem of myopic children.

**Results :** In this study 65.9% of the participants was boys ,75% of them were above 10 years of old ,most of them were wearing glasses for more than 3 year with glasses been prescribed at age above 7 years old .75% of the participating children found to have other family member wearing glasses ,93.9% of them were first-degree relatives. The results of self-esteem showed that boys have higher behavioral conduct and social competence than girls and younger children(age 8-10) have statistically significant higher athletic competence than older children(above 10).Regarding age at glasses prescription and duration of wearing glasses, it was found that children who have glasses prescribed at age 7-14 years have higher scholastic competence than other children .Presence of other family member wearing glasses shows significant effect on the self-esteem of myopic children since children who have other family member wearing glasses were found to have higher social competence than other children.

**Conclusion :** Self-esteem of myopic children was found to be affect by the age of the child and presence of other family member wearing glasses. Other factors might have some effect on the self-esteem but it was insignificant. All the factors didn't show significant effect on the global self-worth of the myopic children .

### Background information:

Myopia is the refractive anomaly of the eye in which the conjugate focus of the retina is at some finite point in front of the retina, with accommodation relaxed. Myopia is derived from the term "muopia" which, in Greek, means to close the eyes. It manifests itself as blurred distance vision, hence, the popular term "nearsightedness."

The underlying cause is believed to be a combination of genetic and environmental factors. Risk factors include doing work that involves focusing on close objects, greater time spent indoors, and a family history of the condition. It is also associated with a

high socioeconomic class. The underlying mechanism involves the length of the eyeball grow too long or less commonly the lens being too strong. It is a type of refractive error. Diagnosis is by eye examination.

### Problem Statement :

A total screening of all government primary schools in Khartoum State, Sudan performed in December 2005 to 2007 found that the overall prevalence of refractive error was 2.19%. Myopia was found in 10,064 (1.50%) children while 4661 (0.70%) were hyperopic.

There is some evidence that wearing eyeglasses is associated with lower self-esteem or evaluations of the self, particularly relating to physical appearance and social interactions. Previous studies have reported that eyeglass wearers rate themselves lower on physical attractiveness and are less likely(16) to consider themselves loving or assertive compared with non-wearers or wearers of contact lenses.

Other factors that might be related to the self-esteem of myopic individuals include the age that eyeglasses are first prescribed, length of time that eyeglasses have been worn, and severity of myopia. Eyeglasses prescribed at a younger age and consequently worn for a longer time might be associated with lower self-esteem because childhood is the developmental period during which self-esteem is formed(14). Similarly, higher levels of myopia, which require thicker lenses and more noticeable eyeglasses, may be linked to lower self-esteem. In addition, the appearance of the eyes is minimized in proportion to the lens power, thus de-emphasizing this important facial issue.

### Introduction :

#### Myopia :

Myopia is the refractive anomaly of the eye in which the conjugate focus of the retina is at some finite point in front of the eye, when the eye is not accommodating. It can also be described as the refractive condition in which parallel light rays from an object at optical infinity are focused by the eye in front of the retina, with accommodation relaxed. Myopia is a highly significant problem, not only because of its high prevalence, but also because it can contribute to visual morbidity and increase the risk for vision-threatening conditions (e.g., retinal breaks and detachment, glaucoma).

Because myopia is associated with reduced distance vision without optical correction, .it can be a limiting factor in occupational choices.

**Classification of Myopia :**

Various classification systems have been described for myopia . Some Guideline uses a classification by clinical entity: simple myopia, nocturnal myopia, pseudomyopia, degenerative myopia, and induced (acquired) myopia. Other systems classify myopia by degree (i.e., low, medium, or high) or by age of onset (i.e., congenital, youth-onset, early adult-onset, late adult-onset).

**Study Design:**

This was descriptive cross-sectional facility-based study.

**Study area:**

1- Makkah hospital was chosen because it is the largest eye hospital not only in Khartoum locality but in the whole country. In 1995 the Foundation launched its first hospital in a hired building but After years, particularly in 2003, it inaugurated the work of this hospital in its own building and named it as "Makkah Eye Complex. Makkah Eye Complex includes a number of specialized ophthalmic clinics to contribute in the domestication of treatment in Sudan, these clinics include specialists in Ophthalmology, nursing staff and technicians, and equipped with the modern instruments for screening and diagnosis of eye diseases, these clinics are: The Out Patient Department, Cataract Clinic, Glaucoma Clinic, Retina Clinic, Diabetic clinic, Orbit Clinic (includes specialists in ophthalmology and ENT) Squint Clinic, Cornea clinic, Pediatrics Clinic and Low vision Clinic .The data were collected from pediatric clinic in the hospital .

**Discussion :**

This was a descriptive cross-sectional study done in myopic children in Makkah hospital and primary schools in Khartoum locality about self-esteem of myopic children which use self-perception profile as a tool to measure the self-esteem of the children .

The majority of participating children were boys, most of them were above 10 years old .

**Conclusion :**

In this study the gender found to have no significant effect on the self-esteem of myopic children .

Age found to have significant effect on the self-esteem of myopic children since younger children were found to have higher scores in athletic competence than older children.

Regarding age at glasses prescription and duration of wearing glasses it was found that both of the two factors doesn't affect the self-esteem of myopic children significantly .

Presence of other family member wearing glasses showed significant effect on social competence of myopic children since children who have other family member wearing glasses have higher social competence.

All the above factors didn't show significant effect on the global self-worth of the children.

**Recommendations :**

- 1.At the time of glasses prescription there should be counseling of the children and their parents about the impact of glasses on their life.
- 2.Reassure children that being different or looking different from their colleagues is not a bad thing and teach them to accept differences.
- 3.Choose appropriate frames for children which do not break easily so it would not restrict their movement and restrain them from playing with other children.
- 4.Do a periodic check for the vision to assure good vision for the child, because unclear vision would affect their school performance .