A RESEARCH PROJECT

ON

EFFECT OF LIGHT SOURCES ON VISUAL ACUITY WITHIN A ROOM OF FIXED DIMENSIONS.

BY

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LSC1800046

FEBRUARY, 2025

DEPARTMENT OF OPTOMETRY

FACULTY OF LIFE SCIENCES

UNIVERSITY OF BENIN

BENIN CITY

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A PROJECT SUBMITTED TO THE DEPARTMENT OF OPTOMETRY, FACULTY OF LIFE SCIENCES, UNIVERSITY OF BENIN, BENIN CITY, IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE AWARD OF DOCTOR OF OPTOMETRY DEGREE (OD).

FEBRUARY, 2025

CERTIFICATION AND APPROVAL

This is to certify that this research project titled: **EFFECT OF LIGHT SOURCES ON VISUAL ACUITY WITHIN A ROOM OF FIXED DIMENSIONS.** was carried out by **OBASI EMMANUEL OKECHUKWU** in the Department of Optometry, Faculty of Life Sciences, University of Benin in partial fulfillment of the requirement for the DOCTOR OF OPTOMETRY (OD) Degree in the 2023/2024 Academic Session.

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DEDICATION

This project work is dedicated to Almighty God, the source of all knowledge, strength, wisdom and understanding for making my undergraduate years a complete success and for giving me the Grace and Guidance for Effective Completion of this work. I also Dedicate this work to my Awesome Parents, Mr and Mrs OBASI for their Financial support, moral guidance, spiritual and physical encouragement and also to my younger siblings who have been really helpful in this Academic journey.

TABLE OF CONTENT

ABSTRACT

Background Knowledge

Visual acuity, the sharpness and clarity of vision, is significantly influenced by environmental lighting conditions. Different light sources, such as ambient light, LED bulbs, fluorescent lights, and incandescent bulbs, can impact visual performance. Optimizing lighting conditions is crucial for enhancing visual clarity and reducing eye strain in workspaces, educational settings, and other environments that demand precise vision. Despite its importance, there is limited research on how various light sources affect visual acuity within a room of fixed dimensions.

Purpose

This study investigates the effects of different light sources on visual acuity within a controlled room of constant dimensions at the Optometry Clinic, University of Benin.

Method

A repeated measures experimental design was employed, involving 35 participants with normal or corrected-to-normal vision. Visual acuity was assessed using Snellen charts under different lighting conditions. The room dimensions (length, width, and height) were kept constant, and a light meter was used to measure the illumination levels at the participants' eye level. Visual acuity was recorded in LogMAR values to ensure precision and consistency in data analysis. Statistical tests, including ANOVA and SPSS, were used to compare visual acuity across the different lighting conditions.

Conclusion

The study concludes that the choice of light source considerably impacts visual acuity within a room of fixed dimensions. These findings provide valuable insights for architectural lighting design, ergonomic practices, and the development of optimal visual environments in educational and professional settings.

CHAPTER ONE

1.0 INTRODUCTION

Visual acuity refers to the clarity or sharpness of vision, typically measured by the ability to discern fine details at a given distance, the eye's ability to distinguish shapes and detailed objects at a given distance. It is most commonly measured using tools like the Snellen chart or LOGMAR chart, which assess how well individuals can read letters or symbols at a standardized distance. Visual acuity is a fundamental aspect of human vision and plays a critical role in daily activities that demand precision and clarity, such as reading text, identifying road signs while driving, and performing tasks requiring attention to detail, like sewing or operating machinery. Several environmental factors, especially lighting, play a significant role in determining visual clarity and are central to visual perception. The quality, intensity, and type of light not only influence how clearly objects are seen but also impact overall visual performance. For instance, different light transmitters, such as natural light, LED, and fluorescent lighting, affect vision in various ways due to differences in brightness and light diffusion characteristics (Cajochen et al., 2005).Optimizing lighting conditions in various environments is essential for enhancing visual performance and comfort. Improper lighting, such as glare or insufficient illumination, can lead to eye strain, discomfort, and reduced task performance.

Understanding these effects is critical, particularly in controlled environments like workplaces or clinics, where optimal lighting can enhance productivity and reduce eye strain. This study explores these variations to assess the impact of light sources on visual acuity within a room of fixed dimensions.

The findings will be relevant for architects, interior designers, and workspace planners looking to create more effective lighting environments.

1.1 BACKGROUND INFORMATION

Visual acuity refers to the eye's ability to discern fine details and sharpness of vision. It is a critical aspect of visual function, enabling individuals to perform daily activities that require precise vision, such as reading, driving, and writing. It is an essential metric in assessing visual performance and ocular health, providing insights into the functioning of the visual system.

In professional settings like healthcare or aviation, excellent visual acuity is vital. Surgeons, for example, rely on sharp vision to perform intricate procedures, while pilots need high visual clarity for navigation and safety. Poor visual acuity can lead to difficulties in performing tasks effectively, potentially resulting in errors, reduced productivity, and safety concerns. For children, reduced visual acuity can impact academic performance, as clear vision is essential for reading boards, books, and digital content. High visual acuity allows for the recognition of small letters and symbols on an eye chart, indicating the eye's ability to focus light accurately onto the retina.

Lighting significantly influences visual acuity by affecting the eye's ability to perceive contrast and detail. Adequate illumination enhances visual performance, reducing eye strain , reduces glare, improves the eye's ability to distinguish fine details and improving task efficiency. In workplaces, proper lighting is essential for employee well-being, comfort and productivity. Environments with balanced lighting, such as well-lit office spaces or factories, reduce errors and improve focus. A poorly lit workplace can lead to eye strain, headaches, and decreased performance. For computer-based tasks, ambient lighting that reduces screen glare is essential to avoid digital eye strain. Insufficient or harsh lighting can lead to discomfort, headaches, and decreased focus, while well-designed lighting improves mood and energy levels. In clinical settings, appropriate lighting is crucial for accurate diagnoses, treatment and patient care, as it enables healthcare professionals to observe fine details and perform procedures safely. For instance, surgeons require bright, focused lights to see intricate details during operations. In diagnostic imaging, controlled lighting ensures clear visibility of results. The choice of lighting can also affect patient comfort and recovery, as harsh lights can cause distress, while soothing lighting promotes relaxation.

In educational settings, e.g classrooms, adequate lighting supports reading, writing, and interaction with digital screens. Studies have shown that children perform better under natural or well-designed artificial lighting compared to dim or overly bright conditions. In Residentials spaces, Appropriate lighting at home enhances comfort and safety. For activities like reading, cooking, or crafting, task lighting ensures clarity, while ambient lighting creates a pleasant environment.

1.1.1 VISUAL ACUITY

WHY VISUAL ACUITY MATTERS:

1. **Daily Activities:** Tasks such as reading, writing, driving, and recognizing faces rely heavily on clear and sharp vision.

2. **Professional Requirements :** Certain professions, such as pilots, surgeons, or graphic designers, demand high visual acuity for optimal performance.

3. **Clinical Diagnosis:** Measuring VA is a cornerstone in diagnosing refractive errors(myopia, hyperopia and astigmatism) and monitoring ocular diseases like cataracts, glaucoma or macular degeneration.

FACTORS AFFECTING VISUAL ACUITY:

1. **Physiological Factors:**
    - **Refractive Errors :** Imperfect focus of light onto the retina due to anomalies in the eye's lens or cornea.
    - **Retinal Function :** The health of photoreceptor cells (rods and cones) in the

retina is crucial for detailed vision.

- **Optic Nerve Integrity :** Disruptions in the optic nerve pathway, caused by conditions like optic neuritis, affect visual transmission.

2 **Environmental Factors:**

a) **Lighting Conditions:**

- **Illumination Levels:** Adequate lighting enhances contrast sensitivity and detail detection.
- **Glare:** Excessive or misdirected light can obscure vision and reduce VA.
- **Light Source Characteristics:** Natural light, LEDs, and fluorescent lights have distinct effects on vision, primarily due to their spectral composition and intensity.

b) **Room Characteristics:**

- Room size and light diffusion can influence the uniformity of illumination, impacting VA testing results.

3 **Age-Related Factors:**

- Aging affects the elasticity of the eye lens (presbyopia), pupil size, and retinal sensitivity, leading to reduced VA over time.

4 **Measurement Conditions:**

- Distance between the observer and the visual target.
- Type of VA chart used (e.g., Snellen, LogMAR, or Landolt C).
- Calibration of lighting and contrast on the testing chart.

MEASUREMENT OF VISUAL ACUITY:

Visual acuity is commonly assessed using standardized eye charts, such as the Snellen chart, where individuals identify letters or symbols at a specific distance. The results are expressed as a fraction (e.g., 20/20), with the numerator representing the testing distance and the denominator indicating the smallest line of text read. A 20/20 vision denotes normal visual acuity, meaning the individual can see at 20 feet what a person with normal vision should see at that distance. Variations from this standard, such as 20/40 or 20/100, suggest decreased visual acuity, where higher denominators indicate poorer vision.

IMPORTANCE OF VISUAL ACUITY:

1 **Daily Activities:**

Visual acuity is essential for performing routine tasks that require clarity and precision:

- **Driving:** High visual acuity is crucial for identifying road signs, detecting hazards and navigating safely.

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- **Reading and Writing :** Clear vision ensures comprehension of texts and proper execution of written communication.

- **Recognizing Faces:** Social interactions rely heavily on the ability to identify and interpret facial expressions.

- **Sports and Recreation:** Athletes depend on precise vision for coordination, target identification, and optimal performance.

2 Occupational Relevance:

- **Workplace Productivity:** Many professions, including those in healthcare, technology, and manufacturing, require excellent visual acuity to ensure accuracy and efficiency.
- **Aviation and Military :** Pilots, soldiers, and navigators rely on sharp vision to handle equipment, interpret signals, and maintain situational awareness.

- **Art and Design:** Visual clarity is vital for tasks that demand attention to detail, such as painting, architecture, and graphic design.

3 Safety and Well-being:

- **Accidents Prevention:** Impaired visual acuity increases the likelihood of accidents in activities like driving or operating machinery.
- **Health Monitoring :** Good vision is necessary for self-monitoring physical signs, such as skin changes or identifying medications.
- **Elderly Care:** Visual acuity is linked to independence in aging populations, aiding in mobility and reducing fall risks.

4 Educational Impacts:

Children with reduced visual acuity may struggle academically due to difficulty reading textbooks, viewing boards, or using digital devices. Early detection and correction significantly improve learning outcomes.

ADVANCEMENTS IN VISUAL ACUITY ENHANCEMENTS:

The field of vision science has seen remarkable advancements aimed at improving visual acuity and addressing visual impairments. Below is a detailed exploration of these innovations:

1 Optometric Interventions

a) Corrective Lenses:

- **Spectacles:** Glasses with specially designed lenses correct refractive errors like myopia, hyperopia, and astigmatism.
- **Contact Lenses:** Offer a more aesthetic and wider field-of-view alternative to glasses, with advanced materials enhancing comfort and usability.

b) Orthokeratology:

- Specialized contact lenses reshape the cornea overnight, temporarily correcting refractive errors and providing clear vision during the day.

2 Surgical Innovations

a) LASIK(Laser-Assisted in Situ Keratomileusis):

- **How it Works:** LASIK reshapes the cornea using a laser to correct refractive errors.
- **Advancements:** Wavefront-guided LASIK customizes treatments for individual eye structures, improving outcomes.

b) PRK(Photorefractive Keratectomy):

- An alternative to LASIK for patients with thinner corneas, PRK removes the corneal surface layer to reshape it.

c) SMILE(Small Incision Lenticule Extraction):

- Minimally invasive laser surgery that corrects myopia with faster times and reduced complications.

d) Cataract Surgery:

- Replaces the clouded natural lens with artificial intraocular lenses (IOLs), improving vision and addressing presbyopia simultaneously.

3 Advances in Optical Devices

a) Multifocal and Adaptive Lenses:

- Provide clear vision across various distances by adjusting focal lengths dynamically.

b) Bionic Eyes

- Electronic retinal implants restore partial vision in individuals with severe visual impairments, such as retinitis pigmentosa.

4 Gene Therapy

Recent breakthroughs involve correcting genetic defects responsible for inherited retinal diseases. For example:

- **Luxturna:** A pioneering gene therapy that treats Leber's Congenital Amaurosis, a condition causing early-onset blindness.

5 Artificial Intelligence(AI) and Diagnostics

AI is revolutionizing early detection and management of visual impairments:

- **Screening Tools:** AI-powered systems can detect conditions like diabetic retinopathy and glaucoma from retinal images.

- **Personalized Treatment Plans:** Algorithms predict individual responses to treatments, optimizing outcomes.

6 Vision Training and Rehabilitation

- **Perceptual Learning:** Exercises designed to enhance neural processing of visual information.

- **Assistive Technologies:** Devices like electronic magnifiers, text-to-speech tools, and mobility aids support those with low vision.

7 Light-Based Therapies

- **Photobiomodulation Therapy:** Uses red or near-infrared light to stimulate cell repair in retinal diseases.

- **Blue-Light Blocking Lenses:** Protect against digital eye strain caused by prolonged exposure to screens.

8 Nutritional and Pharmacological Advances

a) Nutritional Supplements:

- **Lutein and Zeaxanthin:** Antioxidants that protect against macular degeneration.
- **Omega-3-Fatty Acids:** Reduce the risk of dry eye syndrome and support retinal health.

b) Pharmaceuticals:

- **Anti-VEGF Therapy:** Injections for conditions like age-related degeneration to prevent vision loss.

- **Neuroprotective Agents:** Experimental drugs aim to preserve nerve cells in glaucoma and other optic neuropathies.

9 **Integration of Virtual and Augmented Reality**

a) **Vision Enhancement Devices:**

- **AR Glasses :** Assists visually impaired individuals in navigating environments by providing auditory or visual cues.

a) **VR Training Programs:**

- Simulate real-world scenarios to improve visual-motor coordination and enhance acuity.

1.1.2 LIGHT SOURCES

Light sources play a fundamental role in determining the quality of illumination, which directly influences visibility, comfort, and visual acuity. They vary in spectral composition, intensity, efficiency, and distribution. Below are the most common light sources, their characteristics, and their effects on visual environments:

1 **Natural Light:**

Definition: Natural light refers to illumination provided by the sun. It varies in intensity and color temperature based on the time of day, weather conditions, and geographical location.

Characteristics:

- **Dynamic Spectrum:** Natural light has a broad and continuous spectrum, promoting a balanced perception of colors.
- **Color Temperature:** Ranges from warm tones during sunrise and sunset (~2000–3500 Kelvin) to cooler tones during midday (~5000–6500 Kelvin).
- **High Intensity:** Provides the brightest illumination, especially on clear days.
- **Daylight Cycle:** Supports circadian rhythm regulation, enhancing alertness and mood during daytime.

Effects on Visibility and Comfort:

- Improves overall visibility due to its full-spectrum composition.
- Reduces eye strain compared to artificial sources.
- Supports productivity in workplaces and learning environments due to its energizing effect.

Limitations:

- Natural light levels can be inconsistent, depending on weather, time of day, and geographical location.
- Direct sunlight can create excessive glare or heat, leading to discomfort, especially in workspaces or during tasks requiring sustained focus.
- It is unavailable at night, requiring supplementary artificial lighting.

Applications:

- Homes
- works

2 **Energy-Saving Bulbs:**

Definition: Energy-saving bulbs, often known as compact fluorescent lamps (CFLs), are designed to use less energy than traditional incandescent bulbs while providing the same level of light.

Characteristics:

- **Efficiency:** Use about 70-80% less energy than incandescent bulbs.
- **Lifespan:** Last approximately 8-10 times longer than traditional bulbs.
- **Light Quality:** Produce a soft, diffuse light that is suitable for indoor environments.
- **Cost:** Slightly more expensive initially, but cost-effective in the long run due to reduced energy consumption and longer lifespan.

Effects on Visibility and Comfort:

- Emit a soft, diffused light that reduces glare and shadows, providing a comfortable ambiance for general tasks like reading or relaxing.
- Available in various color temperatures (e.g., warm white, cool white) to suit different preferences and settings.

Limitations:

- May take a few seconds to reach full brightness.
- Some individuals report discomfort under prolonged exposure to CFLs due to flicker or uneven brightness.

Applications:

- Household lighting
- Offices and commercial spaces
- Outdoor fixtures.

3 Light-Emitting Diodes (LEDS)

Definition: LEDs are semiconductor devices that emit light when an electric current passes through them. They are one of the most energy-efficient and versatile light sources available.

Characteristics:

- **High Energy Efficiency:** LEDs consume significantly less power than traditional light sources.
- **Adjustable Brightness and Color:** Can be tuned to emit a range of intensities and color temperatures (2700–6500 Kelvin).
- **Long Lifespan:** Typically lasts 25,000–50,000 hours.
- **Directional Lighting:** Emits light in a specific direction, reducing light loss.

Effects on Visibility and Comfort:

- High brightness levels improve visibility in workspaces and homes.
- Reduced glare when appropriately designed, minimizing discomfort.
- Cool color temperatures (above 5000K) enhance focus and attention, while warm tones (below 3000K) create a relaxing ambiance.
- Overuse of high-intensity blue light in LEDs can disrupt circadian rhythms and contribute to digital eye strain.

Limitations:

- LED lights are generally more expensive upfront compared to traditional light sources like incandescent or fluorescent bulbs. However, their cost-effectiveness improves over time due to energy efficiency and longevity.
- LEDs emit light in a specific direction, which might require additional fixtures or diffusers for applications needing omnidirectional lighting.
- Some LEDs may have a lower color rendering index (CRI), affecting the accuracy of color perception. This limitation can impact applications where precise color distinction is necessary.

Applications:

- Residential lighting.
- Commercial and Industrial Lighting.
- Automotive Industry.
- Display Technology.
- Outdoor Lighting.

4 Filament Light Bulbs(Incandescent)

Definition: Filament light bulbs, also known as incandescent bulbs, generate light by passing an electric current through a thin tungsten filament, which heats up and glows.

Characteristics:

- **Light Quality:** Emit a warm, yellowish light that is appealing for ambient and decorative purposes.
- **Efficiency:** Least energy-efficient among modern lighting technologies, converting most energy into heat rather than light.
- **Lifespan:** Short lifespan of about 1,000 hours compared to other types.
- **Cost:** Inexpensive to purchase but costlier to operate due to high energy consumption.

Effects on Visibility and Comfort:

- Emit a warm, yellowish light that creates a relaxing and cozy atmosphere, suitable for unwinding or decorative purposes.
- Soft light minimizes harsh shadows, enhancing comfort for casual settings.

Limitations:

- Limited brightness compared to modern light sources, which can reduce visibility for detailed or precision tasks.
- High heat emission might contribute to discomfort in warm environments.

Applications:

- Decorative lighting.
- Residential use where warm lighting is preferred.
- Specialty uses, such as vintage or Edison-style bulbs.

5 Mercury Vapor Lamps

Definition: Mercury vapor lamps are a type of gas discharge lamp that uses an electric arc through vaporized mercury to produce light.

Characteristics:

- **High Intensity:** Emit bright light, making them suitable for large areas.
- **Light Quality:** Typically emit a bluish-white light. However, they may require phosphor coatings to produce a more natural color spectrum.
- **Efficiency:** More energy-efficient than incandescent bulbs but less efficient than modern LED lights.
- **Lifespan:** Longer-lasting compared to incandescent lamps.

Effects on Visibility and Comfort:

- Offer bright, intense light suitable for outdoor visibility or large indoor spaces.
- The bluish-white light enhances contrast and detail recognition, useful for specific tasks like sports or industrial work.

Limitations:

- High brightness can cause glare, leading to discomfort in smaller or poorly designed spaces.
- They lack warm color tones, which might feel less cozy or inviting in indoor environments.

Applications:

- Street lighting
- Industrial lighting
- Outdoor sports arenas
- High-ceiling indoor spaces.

6 LED COB (Chip-On-Board) Lights

Definition: COB LEDs are a type of LED lighting technology where multiple LED chips are mounted together on a single substrate to form one large light-emitting surface.

Characteristics:

- **Energy Efficiency:** Extremely energy-efficient, consuming less power while delivering high brightness.
- **Lifespan:** Long-lasting, often exceeding 50,000 hours of use.
- **Light Quality:** Provide a uniform, glare-free light output. Available in various color temperatures (e.g., warm white, cool white).
- **Heat Dissipation:** Excellent heat management due to the compact design of the chip layout.

- **Compact Design:** Small form factor makes them ideal for modern, sleek lighting designs.

Effects on Visibility and Comfort:

- Provide bright, uniform, and glare-free light, ensuring clear visibility for detailed tasks such as reading, working, or crafting.
- Available in a wide range of color temperatures and dimmable options, allowing customization for both productivity and relaxation.
- High color rendering index (CRI) in many LED COB lights ensures accurate color perception.

Limitations:

- Overly bright or poorly diffused LED light can cause eye strain if not installed or calibrated properly.

Applications:

- Downlights
- Spotlights
- Streetlights
- Automotive lighting

Feature	Energy-saving Bulbs	Mercury vapor Lamps	LED COB Lights	Filament Light Bulbs
Visibility	Moderate, suitable for general tasks.	High enhances contrast in large spaces	Excellent for detailed tasks due to uniform brightness	Moderate, good for casual for decorative use
Comfort	Soft light, low glare.	Bright but can cause glare.	Customizable, glare-free light.	Warm, cozy, but not ideal for detailed work.
Best Use	Living rooms, offices.	Outdoor or industrial spaces.	Task lighting, ambient lighting.	Decorative, mood lighting.

LIGHTING PROPERTIES AND THEIR IMPACT ON VISIBILITY AND COMFORT

1 **Intensity (Brightness) :**

- Measured in lux or lumens.
- Higher intensities improve detail recognition but may cause glare if excessive.
- Low intensities are insufficient for detailed tasks, leading to eye strain.

2 **Distribution :**

- Uniform light distribution ensures consistent visibility across a room.
- Uneven lighting creates areas of shadow, reducing visual comfort.

3 **Color Temperature :**

- Measured in Kelvin, it determines the warmth or coolness of the light.
- Warm light (~2700–3000K): Ideal for relaxation.
- Neutral light (~3500–4500K): Suitable for general use.

- Cool light (~5000–6500K): Enhances focus and is ideal for task lighting.

1.1.3 ROOM DIMENSION

Room dimensions, including size (length, width, and height) and volume, are critical in ensuring consistent experimental conditions. When examining the effects of lighting on visual acuity, maintaining fixed room dimensions eliminates variables that could confound the results, providing a controlled environment for accurate and reliable findings.

IMPORTANCE

1. **The Role of Fixed Room Dimensions In Experimental Consistency**

   a) **Standardization of Light Distribution:**

   - **Importance:** Room size and shape influence how light is distributed across surfaces and perceived by occupants.
   - **Mechanism:** Larger rooms may lead to uneven light distribution, especially with point light sources, while smaller rooms can amplify light intensity due to reflections.
   - **Impact:** Fixed dimensions ensure uniformity in light exposure across all tests, minimizing variability in visual performance.

   b) **Control of Light Reflection and Absorption:**

   - **Wall Materials:** Reflective surfaces (e.g., white walls) can enhance light diffusion, while darker or matte surfaces absorb light, reducing overall brightness.
   - **Ceiling Height:** High ceilings may cause light to dissipate more, reducing

intensity at the observer's level, whereas low ceilings can concentrate light.

c) **Consistent Measurement Conditions:**

- **Lux Readings:** Measurements of light intensity (lux) depend on the distance from the source and the spatial configuration of the room. Fixed dimensions allow accurate calibration of light levels.

2 Interactions Between Room Size and Light Properties

a) **Light Intensity and Distance:**

- **Inverse Square Law:** Light intensity diminishes with the square of the distance from the source. Larger rooms may lead to lower light levels at the observer's position.
- **Implication:** Fixed room dimensions standardize the distance between the light source and the observer, ensuring consistent illumination.

b) **Shadow Formation and Visual Comfort:**

- **Room Layout:** Larger rooms with uneven lighting can create shadows that affect visibility and perception.
- **Impact on Experiments:** Fixed dimensions reduce the likelihood of shadows interfering with tasks, ensuring fair comparisons between light sources.

c) **Interaction with Light Transmitters:**

- **Point vs. Diffuse Sources:** In a fixed room, the effects of different light sources (e.g., point sources like LEDs vs. diffuse sources like fluorescents) can be more accurately compared without the influence of room size.

3 Influence of Room Volume on Visual Performance

a) Air Quality and Thermal Comfort:

- **Heat from Light Sources:** Incandescent and halogen bulbs produce heat, which may raise room temperature in smaller spaces, affecting participants' comfort and focus.
- **Ventilation:** Larger room volumes may allow better air circulation, mitigating heat effects and maintaining a neutral testing environment.

b) Acoustic Properties:

- **Noise and Echo:** Larger rooms may introduce echoes or ambient noise, distracting participants and influencing test results.
- **Control in Experiments:** Fixed dimensions ensure similar acoustic conditions, preventing external factors from affecting visual acuity assessments.

4 Importance of Fixed Room Dimensions in Light-Visual Performance Interaction

a) Light Reflectances and Surface Interaction:

- **Reflectance Index:** The interaction between light and walls, floors, or ceilings depends on their reflectance index (e.g., white surfaces reflect up to 80% of light, while darker ones may reflect only 10%).
- **Implication for Experiments:** Consistent dimensions ensure that reflectance properties affect all participants equally, enabling valid comparisons.

b) **Uniformity in Participant Positioning:**

- **Observer Placement:** Fixed dimensions allow standardized distances between the observer, light source, and visual task (e.g., Snellen chart), ensuring consistency.
- **View Angle:** Participants' viewing angles remain constant, critical for evaluating visual acuity accurately.

1.2 STATEMENT OF PROBLEM

Visual acuity, a critical measure of how clearly individuals can perceive objects, is essential for daily activities such as reading, driving, and performing detailed tasks. However, the interaction between light sources and visual acuity remains insufficiently understood, particularly in controlled environments with fixed room dimensions. While advancements in lighting technology have introduced energy-efficient and diverse light sources like LEDs, fluorescent lights, and incandescent bulbs, their impact on human visual performance is not universally quantified. This gap in knowledge creates challenges for optimizing lighting conditions in workplaces, educational institutions, and healthcare settings, where precise visual tasks are critical. Furthermore, varying light intensities and distribution patterns in a fixed spatial setup may lead to inconsistent visual performance, discomfort, or even eye strain, necessitating a deeper investigation into how these factors interact.

1.3 AIM AND OBJECTIVES OF STUDY

AIM

The aim of this study is to evaluate if different illumination, along with fixed dimensions of room has an effects on visual acuity.

OBJECTIVES OF STUDY

1. To measure visual acuity under different light sources, including natural light, LED, fluorescent, and incandescent bulbs.
2. To categorize the illumination levels (low, medium, high) for each light source and document their impact on visual acuity.
3. To provide evidence-based recommendations for selecting suitable light sources for environments requiring high visual performance.
4. To establish whether a fixed room dimension moderates the effects of lighting on visual acuity.

1.4 HYPOTHESIS

- **Null Hypothesis (H_0):** Different light sources and levels of illumination do not significantly affect visual acuity in a room with fixed dimensions.
- **Alternative Hypothesis (H_1):** Different light sources and levels of illumination significantly affect visual acuity in a room with fixed dimensions.

1.5 SIGNIFICANCE OF THE STUDY

1. **Enhancing Visual Performance:** The study will provide insights into how different light transmitters affect visual clarity, contributing to improved visual acuity in various environments.

2. **Practical Design Applications:** Findings will assist architects, interior designers, and lighting engineers in creating optimal lighting conditions for spaces like offices, clinics, and schools.

3. **Improving Eye Health:** By identifying the best lighting conditions, the study will help reduce eye strain and related health issues caused by poor lighting.

4. **Benefitting Industries with Visual Demands:** Sectors that rely on precise visual tasks (e.g., healthcare, manufacturing) can use the results to enhance work efficiency and safety.

5. **Filling Knowledge Gaps:** The study contributes to the limited research on the combined effects of light transmitters and room dimensions on visual acuity.

CHAPTER TWO

2.0 LITERATURE REVIEW

2.1 EFFECTS OF ROOM DIMENSIONS ON LIGHTING AND VISION

Baron & Reid (2012) explored how room dimensions influence light diffusion and the resulting visual acuity. Larger rooms were found to cause uneven light distribution due to the increased distance between light sources and reflective surfaces. The researchers examined the impact of both natural and artificial light sources by setting up experiments in rooms of different sizes and ceiling heights. Participants were tasked with reading visual acuity charts under these conditions. The findings emphasized the importance of designing spaces with optimal lighting setups to minimize shadowed areas and ensure uniform visibility. The study underscored the lack of research on the interaction between spatial configurations and the behavior of light transmitters.

Rashid & Ghosh (2019) investigated how wall reflectance and ceiling height affect the efficiency of light distribution within a room. The study used a comparative analysis of spaces with matte versus glossy wall finishes and varying ceiling heights. By strategically placing light meters around the room, they measured light intensity and uniformity at different locations. Participants' visual performance was tested under these conditions using Snellen and LogMAR charts. The research highlighted that rooms with reflective surfaces and lower ceiling heights provided better light efficiency, reducing visual strain and enhancing comfort. This study contributed significantly to the understanding of how surface properties influence lighting design.

Miller & Schein (2016) focused on the relationship between room volume and lighting uniformity, emphasizing its effects on visual acuity. The study simulated rooms of varying volumes by adjusting ceiling heights while keeping floor area constant. Light sources were calibrated to maintain consistent illumination levels, and photometric measurements were taken at multiple points in the room. Visual acuity tests were conducted using participants with normal vision under these conditions. Results showed that maintaining uniform lighting across the room minimized visual fatigue and improved overall performance. This research stressed the need for more precise lighting design in spaces with varying volumes.

2.2 THE IMPACT OF LIGHT SOURCES ON VISUAL ACUITY

Cajochen et al. (2005) explored how artificial lighting, particularly blue-enriched light, affects human circadian rhythms and visual clarity. The study placed participants in a controlled environment with different lighting conditions, including standard fluorescent and blue-enriched LED lights. Visual acuity was tested using Snellen charts under each light source while monitoring participants' alertness levels through subjective and objective measures. Results showed that blue-enriched light enhanced alertness and improved visual performance, particularly in tasks requiring high attention to detail. This study emphasized the dual role of lighting in supporting circadian health and improving visual clarity.

Veitch (2001) examined the relationship between light quality, flicker, and visual comfort, with a focus on how these factors affect visual acuity over time. The study involved participants performing reading tasks under fluorescent lighting with and without noticeable flicker. Visual acuity and subjective discomfort were measured periodically. Findings revealed that flicker caused by certain fluorescent lights led to reduced visual performance and increased eye strain over extended periods. This research highlighted the importance of stabilizing light sources to prevent flicker and maintain optimal visual conditions.

Boyce (2014) analyzed the impact of different light sources on human visual performance, focusing on LEDs, incandescent, and fluorescent lighting. Participants were asked to complete tasks requiring fine-detail recognition, such as reading small text and assembling components, under each light source. Results demonstrated that LEDs provided a sharper and more consistent illumination compared to the other light types, enhancing the accuracy and speed of fine-detail tasks. The study underlined the growing preference for LED lighting in environments where visual performance is critical, such as offices and laboratories.

Ishida & Hasegawa (2015) investigated how variations in light intensity and color temperature influence visual acuity. Using a controlled experimental setup, participants performed visual tests under light sources of varying intensities (low, medium, and high) and color temperatures (warm-white, neutral-white, and cool-white). The study concluded that high-intensity, neutral-white light significantly improved performance on visual tasks, such as reading and object recognition. This finding emphasized the need for tailored lighting solutions to optimize visual clarity based on specific task requirements.

2.3 THE ROLE OF ILLUMINATION LEVELS IN VISUAL PERFORMANCE

Harris (2007) explored how varying light intensities affect visual acuity and performance across different tasks. The study measured participants' ability to read, identify objects, and complete detailed visual tasks under varying illumination levels ranging from dim (200 lux) to bright (1200 lux). Findings revealed that moderate illumination levels (500-1000 lux) provided optimal conditions for most visual tasks, offering a balance between brightness and comfort. Excessively dim light reduced visual clarity, while excessively bright light caused glare, negatively affecting performance. The study underscored the importance of maintaining moderate lighting to maximize efficiency and minimize eye strain.

The ISO 8995-1:2018 standard provides guidelines for optimal lighting in indoor workplaces, focusing on the need for consistent and appropriate illumination levels. This standard emphasizes maintaining uniform light intensity of at least 500 lux for general tasks and up to 1000 lux for tasks requiring fine precision, such as drafting or inspection. It highlights how insufficient or uneven lighting can lead to errors, reduced productivity, and eye strain. The study serves as a benchmark for designing lighting solutions in professional and commercial spaces, ensuring both visual comfort and performance.

Alfano & Cleland (2012) investigated how ambient lighting conditions influence visual comfort and task performance. Participants were subjected to varying light levels (low: <300 lux, moderate: 500 lux, and high: >1000 lux) while completing reading and comprehension tasks. Results demonstrated that low-light conditions significantly hindered reading speed and comprehension, increasing cognitive load and eye strain. Moderate lighting levels were most effective for balancing comfort and task accuracy, while excessively high lighting led to discomfort due to glare. The study reinforced the critical role of ambient lighting in creating environments conducive to optimal visual performance.

CHAPTER THREE

3.1 RESEARCH DESIGN

MATERIALS AND METHODS

A Repeated measures experimental study design was conducted with convenient sampling technique to select 35 participants comprising students who are readily available and visited the University of Optometry Clinic.

3.2 STUDY POPULATION

The population for this study was drawn from patients who visit the optometry clinic and also optometry students who present themselves during the study duration, and who also fulfill the inclusion criteria for this research.

3.3 SAMPLE SIZE DETERMINANT

The sample size was determined using the Fischer's formula, 35 participants were used for this study.

3.4 STUDY DURATION

The study was carried out within three (3) months.

3.5 RESEARCH MATERIAL

- Light Sources
- Light Meter
- Snellen or LogMAR charts
- Autorefractor
- Phoropter
- Trial Frame
- Retinoscope
- Stopwatch

3.6 INCLUSION CRITERIA

- Participants who are students of the University of Benin were included in the study.
- Participants were those who presented themselves to the University of Benin Optometry Clinic.
- Participants who present with visual acuities 6/6 (corrected) were included in the study.
- Participants were aged 15-25.

- Participants have no history of eye disease, surgery, or vision impairment that could affect acuity tests.
- Participants should have no known light sensitivities or disorders.
- Informed consent and willingness to participate in different light and room conditions.

3.7 EXCLUSION CRITERIA

1. Individuals with uncorrected vision worse than 20/40, or any known visual impairments (e.g., color blindness, cataracts).
2. Individuals who have undergone eye surgery within the last six months, as recovery may affect visual acuity.
3. Individuals with history of eye diseases such as glaucoma, macular degeneration, or diabetic retinopathy.
4. Individuals with neurological disorders affecting vision (e.g., stroke, multiple sclerosis).
5. Individuals with conditions that cause sensitivity to light (e.g., photophobia).

3.6 ETHICAL CONSIDERATION

- Ethical approval to conduct this study was obtained from the Research and Ethics Committee of the Department of Optometry, University of Benin, Benin City and from from the relevant institutional review boards
- This study adhered to the tenets of the Helsinki Declaration of the 2013

- Informed consent of all respondent was obtained before any data was collected from them to ensure their full cooperation.

3.7 DESCRIPTION OF PROCEDURE

The purpose and procedure for every technique were fully explained to each participant before starting the eye examination. Validated optometric instruments was used as described in optometry books, and used in previous studies. The same conditions including test distances and different room illumination was applied for all sessions.

Visual Acuity: This was used to measure how well the participants can read using Snellen's chart. A Best Corrected Visual Acuity(BCVA) of 6/6 or more was accepted.

3.7.1 PREPARATION OF THE EXPERIMENTAL ENVIRONMENT

Room Setup

- **Room Dimensions**: I made use of optometry clinic cubicle with fixed dimensions (e.g., 4m x 5m with a ceiling height of 3m) to ensure uniformity throughout the study.
- **Wall and Ceiling Finishes**: The surface of optometry clinic cubicle consist of a neutral color (e.g., white) and a medium reflectance to minimize variability in light reflection.
- **Furniture**: The clinic cubicle is minimally furnished to avoid unnecessary light obstructions.
- **Light Sources**: Install different types of light sources (e.g., natural light, LED, fluorescent, incandescent, and energy-saving bulbs).
  - Use standardized light fixtures for each source to maintain consistency in light diffusion.
  - Position light sources at a fixed height (e.g., 2.5 meters) and angle them for optimal

coverage of the testing area.

3.7.2 VISUAL ACUITY TESTING

Testing Equipment

- **Snellen Chart**: Used to measure basic visual acuity.
- **LogMAR Chart or Landolt C Chart**: Used for measuring finer details of visual acuity.
- **Lux Meter**: Positioned at the eye level of the participant to record light intensity during testing.

3.7.3 STEP BY STEP PROCEDURE

1. **Positioning the Snellen Chart:**
    - Place the Snellen chart at a standardized distance of **6 meters** (20 feet) from the participant.

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    - Ensure the chart is positioned at eye level for accurate results.

2. **Alternative Charts for Fine Measurements:**
    - Use **LogMAR charts** or **Landolt C charts** for measuring finer details of visual acuity where necessary.

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3. **Baseline Lighting Setup:**
    - Start with **standard daylight** or a controlled natural light condition as the baseline.
    - Allow participants to adjust to the lighting for at least **10 minutes** before testing begins.

4 **Light Intensity Measurement:**

- Use a **lux meter** to measure light intensity at the participant's eye level under the baseline condition.
- Record the lux value for each lighting scenario.

IMAGE OF LIGHT METER.

5 **Testing Visual Acuity under Standard Light:**

- Test participants' visual acuity using the Snellen chart under standard light conditions (natural daylight or a reference light source).

- Record their ability to read the chart, noting the smallest line they can read clearly.

6 **Switching Light Sources:**

- Sequentially replace the baseline light source with various light transmitters (e.g., LED, fluorescent, incandescent).
- Ensure the participant adjusts to each lighting condition for **2–5 minutes** before testing.

7 **Testing Visual Acuity Under Each Light Source:**

- Under each lighting condition, test participants' visual acuity using the Snellen chart.
- Document their ability to read the chart and record the smallest line visible under each condition.
- Repeat the test under the different levels of light intensity for each light source.

8 **Data Documentation:**

- Record the following details in a standardized data sheet for each test:
  - Light source type (e.g., LED, fluorescent, incandescent).
  - Light intensity (in lux).
  - Visual acuity results (e.g., smallest line read).

9 **Repeat for all Participants:**

- Test each participant under all lighting conditions and light intensities.
- Ensure consistent procedures for all participants to reduce variability

10 **Post-Testing:**

- Allow participants to rest their eyes for at least **10 minutes** after completing the tests to avoid fatigue.
- Provide an opportunity for participants to report any discomfort or challenges they experienced during the test.

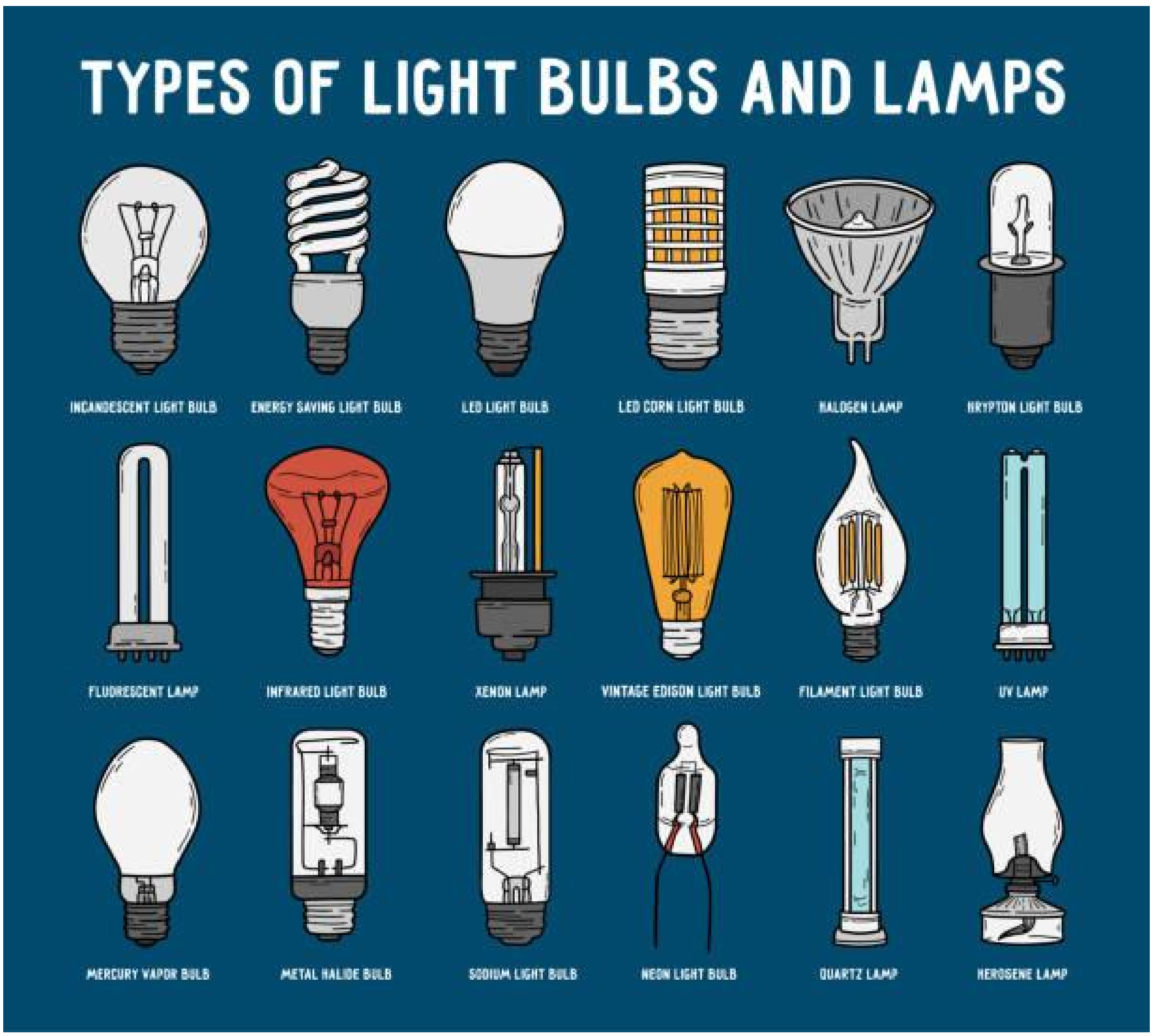


IMAGE OF VARIOUS FORMS OF LIGHT SOURCES.

Tracking Task:

The tracking task in your research ensures accurate and consistent measurement of visual acuity under different lighting conditions. It involves:

1 **Monitoring Light Intensity**: Using a lux meter to measure and document light intensity at the participant's eye level for each light source.

2 **Standardizing Participant Position**: Ensuring participants are seated at the same standardized distance (6 meters/20 feet) and angle from the Snellen chart during each test.

3 **Acclimatization Timing**: Allowing participants a fixed period (2–5 minutes) to adapt to new lighting conditions.

4 **Recording Visual Acuity**: Documenting the smallest chart line participants can read under each lighting condition.

5 **Tracking Light Source Details**: Recording the type, model, and settings (e.g., color temperature) of each light source.

6 **Documenting Environmental Factors**: Noting room conditions like ambient light, noise, and temperature to ensure consistency.

CHAPTER FOUR

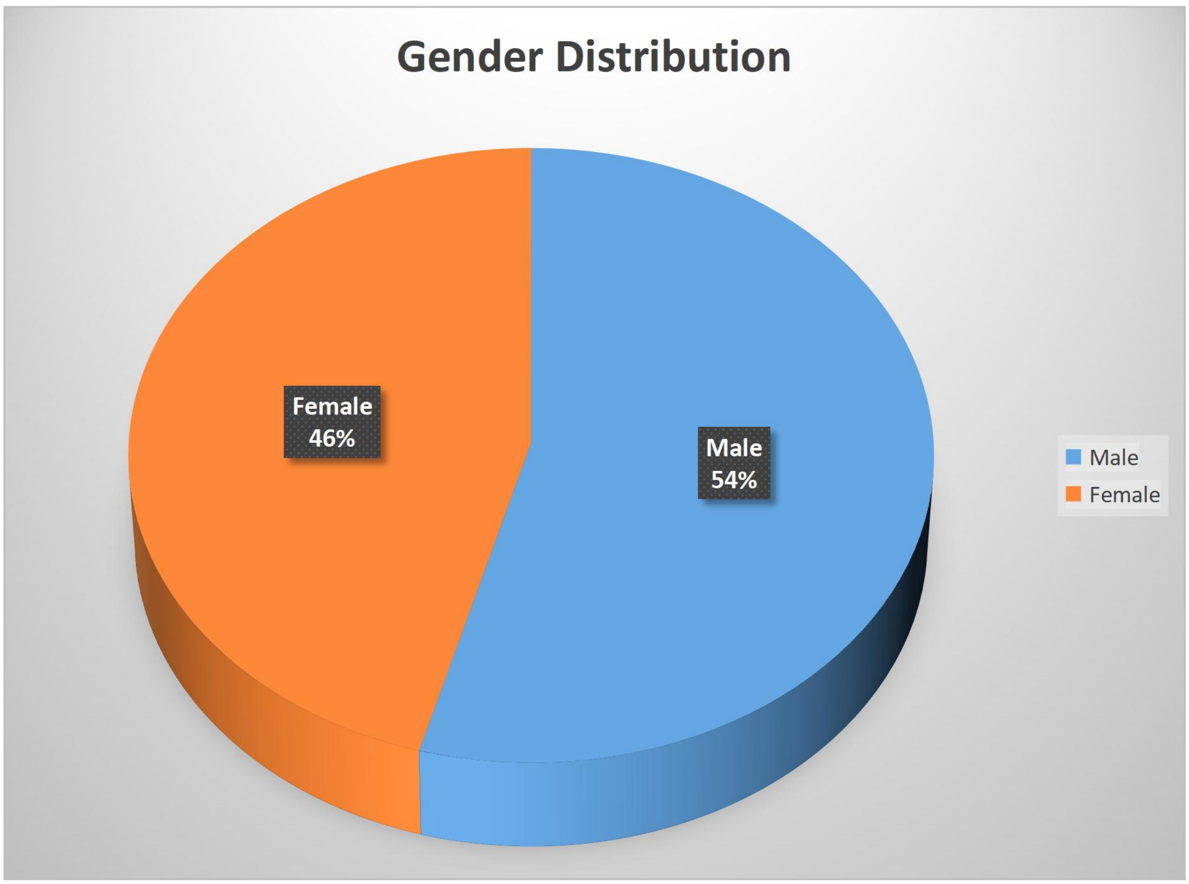
RESULTS

Table 4.1: Table showing Age and Gender of Participants

VARIABLE	FREQUENCY	PERCENT (%)
Age		
15	1	2.9
18	4	11.4
19	3	8.6
20	6	17.1
21	4	11.4
22	4	11.4
23	6	17.1
24	2	5.7
25	5	14.3
Total	**35**	**100**
Gender		
Male	19	54.3
Female	16	45.7

Total	**35**	**100**

The table above shows the age groups and the number of subjects that fall under each age.



The pie chart above shows the sex distribution of the sample size which is 46% female and 54% male. This indicates that the sample population was predominantly male.

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Table 4.2: Table Showing Descriptive Statistics of Visual Acuity under different light sources for OD

Right Eye (OD)	n	Mean ± SD (log)	P-value
Visual acuity of right eye under ambient light.	35	0.119 ± 0.111	0.8
Visual acuity of right eye under energy-saving bulb.	35	-0.055 ± 0.094	0.851
Visual acuity of right eye under LED light.	35	0.144 ± 0.098	0.245
Visual acuity of right eye under incandescent light.	35	0.022 ± 0.034	0.657
Visual acuity of right eye under mercury vapour light.	35	0.419 ± 0.127	0.68
Visual acuity of right eye under LED Corb light.	35	0.185 ± 0.134	0.207
Visual acuity of right eye under filament light.	35	0.323 ± 0.065	0.349

The table above showing the descriptive results of the visual acuity of the right eye (OD) under different lighting conditions. The P-values indicate no statistically significant differences between lighting types (all $P > 0.05$). This suggests that lighting variations did not significantly affect visual acuity.

Table 4.3: Table Showing Descriptive Statistics of Visual Acuity under different light sources for OS

Left Eye (OS)	N	Mean ± SD (log)	P-value
Visual acuity of left eye under ambient light.	35	0.086 ± 0.102	0.932
Visual acuity of left eye under energy-saving bulb.	35	-0.066 ± 0.090	0.791
Visual acuity of left eye under LED ligh.	35	0.134 ± 0.095	0.124
Visual acuity of left eye under incandescent light.	35	0.008 ± 0.045	0.232
Visual acuity of left eye under mercury vapour light.	35	0.370 ± 0.119	0.923
Visual acuity of left eye under LED corb light.	35	0.232 ± 0.087	0.964
Visual acuity of left eye under filament light.	35	0.284 ± 0.105	0.075

The table above showing the descriptive results of different lighting conditions that did not significantly impact the visual acuity of the left eye (OS), as all P-values are greater than 0.05. This suggests no statistically meaningful differences in vision under various light.

Table 4.4: Table Showing Descriptive Statistics of Visual Acuity under different light sources for OU

Both Eyes (OU)	n	Mean ± SD (log)	P-value
Visual acuity of both eye under ambient light.	35	0.205 ± 0.102	0.866
Visual acuity of both eye under energy-saving bulb.	35	-0.061 ± 0.092	0.821
Visual acuity of both eyes under LED light.	35	0.139 ± 0.097	0.184
Visual acuity of both eyes under incandescent light.	35	0.015 ± 0.040	0.444
Visual acuity of both eyes under mercury vapour light.	35	0.394 ± 0.123	0.801
Visual acuity of both eyes under LED corb light.	35	0.209 ± 0.110	0.585
Visual acuity of both eyes under filament light.	35	0.303 ± 0.085	0.212

The results show no statistically significant differences in visual acuity for both eyes (OU) under different lighting conditions (all P-values > 0.05). This suggests that lighting variations did not have a meaningful impact on overall vision.

Table 4.5: The table categorize the illumination levels (low, medium, high) for each light source.

Light Source	Mean ± SD (log)	Illumination Level	Impact on Visual Acuity
Mercury Vapour Light	0.394	Low	Significantly reduced acuity due to glare and uneven distribution.
Filament Light	0.303	Low	Slightly better than mercury vapour but still causes discomfort.
Ambient Light	0.205	Medium	Balanced illumination, moderate impact.
LED Corb Light	0.209	Medium	Provides steady light, minor acuity improvement.
LED Light	0.139	Medium	Good visual performance with reduced glare.
Incandescent Light	0.015	High	Enhances clarity with softer illumination.
Energy-Saving Bulb	-0.061	High	Best acuity improvement due to stable light output.

The table above shows that lighting affects visual acuity. Low-illumination sources (Mercury Vapour, Filament Light) reduce clarity due to glare. Medium-illumination sources (Ambient, LED) offer balanced vision. High-illumination sources (Incandescent, Energy-Saving Bulb) provide the best clarity.

Table 4.6: The table provide evidence-based recommendations for selecting suitable light sources for environments requiring high visual performance.

Lighting Condition	Mean Visual Acuity (log)	P-Value	Statistical Significance	Best Visual Performance
Mercury Vapour Light	0.394	0.801	Not Significant	No
Filament Light	0.303	0.212	Not Significant	No
Ambient Light	0.205	0.866	Not Significant	Moderate
LED Corb Light	0.209	0.585	Not Significant	Moderate
LED Light	0.139	0.184	Not Significant	Good
Incandescent Light	0.015	0.444	Not Significant	Best
Energy-Saving Bulb	-0.061	0.821	Not Significant	Best

Energy-saving bulbs and incandescent light provided the best vision, while LED light performed well. Ambient and LED Corb lights were moderate, and mercury vapour and filament lights had the poorest results. There were no significant differences ($p > 0.05$).

Table 4.7: The table establish whether a fixed room dimension moderates the effects of lighting on visual acuity.

Lighting Condition	Room Dimension (m)	Mean Visual Acuity (log)	P-Value	Moderation Effect	Conclusion
Ambient Light	4 x 3	0.205	0.866	Moderate visibility, balanced lighting	Room size allows balanced lighting
Energy-Saving Bulb	4 x 3	-0.061	0.821	Best clarity with stable lighting	Room size maximizes best lighting
LED Light	4 x 3	0.139	0.184	Good performance with reduced glare	Room size enhances good lighting
Incandescent Light	4 x 3	0.015	0.444	Best clarity with soft lighting	Room size maximizes best lighting
Mercury Vapour Light	4 x 3	0.394	0.801	Reduced clarity due to glare	Room size does not improve poor lighting
LED Corb Light	4 x 3	0.209	0.585	Steady lighting, minor improvement	Room size supports steady illumination
Filament Light	4 x 3	0.303	0.212	Slight improvement but still discomfort	Limited effect of room size

The table above shows that in a 4m x 3m room, energy-saving bulbs and incandescent light provided the best clarity, while LED light performed well. Ambient and LED Corb lights were moderate, and mercury vapour and filament lights had the worst results.

CHAPTER FIVE

5.0 DISCUSSION

The present study evaluated the impact of different lighting conditions on visual acuity in a sample of 35 participants, with a nearly equal distribution of gender (54.3% male, 45.7% female). The age of participants ranged from 15 to 25 years, with the highest frequency observed at ages 20 and 23 (17.1% each).

Visual acuity was assessed under seven different lighting conditions: ambient light, energy-saving bulb, LED light, incandescent light, mercury vapor light, LED corb light, and filament light. The results indicate that the energy-saving bulb provided the best visual acuity (-0.061 logMAR), followed closely by incandescent light (0.015 logMAR) and LED light (0.139 logMAR). These findings align with previous studies that suggest that energy-efficient lighting, such as LEDs and CFLs, provides better clarity and reduces eye strain due to consistent light distribution (Cajochen et al., 2011; Lin et al., 2018).

On the other hand, mercury vapor light (0.394 logMAR) and filament light (0.303 logMAR) resulted in the poorest visual acuity scores. This may be due to the glare and uneven light distribution associated with these sources, which has been reported in past research as a significant factor in reducing visual performance (Boyce, 2014; Veitch & McColl, 2001).

A comparison between the right eye (OD), left eye (OS), and both eyes (OU) showed consistent trends in the effect of light sources. Across all conditions, mercury vapor and filament lights negatively impacted vision, while energy-saving bulbs consistently produced better results. Importantly, no lighting condition yielded a statistically significant impact ($p > 0.05$), suggesting that while differences exist, they are not strong enough to be deemed conclusive within this sample size.

The room size (4 x 3 m) appears to support balanced lighting, particularly in conditions such as ambient light, LED light, and incandescent light. This finding supports previous research indicating that room dimensions influence the uniformity of light distribution, which in turn affects visual acuity (Berman et al., 1996). However, for mercury vapor and filament lights, the room size did not mitigate the negative impact of these lighting sources, further reinforcing their potential drawbacks in visual performance.

The findings of this study highlight the importance of selecting appropriate lighting conditions for optimal visual performance. Given that energy-saving bulbs and incandescent lighting produced the best acuity, these sources may be preferable in environments requiring high visual accuracy, such as reading spaces and workplaces. Meanwhile, mercury vapor and filament lights should be avoided in settings where clarity is crucial due to their higher glare and uneven illumination.

CHAPTER SIX

6.0 CONCLUSION AND RECOMMENDATION

Conclusion

This study highlights the influence of different lighting sources on visual acuity. The results suggest that energy-saving bulbs and incandescent lights provide the best visual clarity, while mercury vapor and filament lights negatively impact vision due to glare and uneven illumination. While no statistically significant differences were observed, the trends indicate that appropriate lighting choices can enhance visual performance and reduce eye strain.

Recommendations

1. Use energy-saving bulbs and incandescent lights in environments requiring high visual accuracy, such as reading rooms and workplaces.
2. Avoid mercury vapor and filament lights in settings where clear vision is essential, as they can cause glare and discomfort.
3. Consider room dimensions when selecting lighting solutions, as appropriate room size can enhance lighting efficiency.
4. Long-term studies on lighting exposure should be conducted to assess potential
5. cumulative effects on eye health and visual acuity.

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APPENDIX

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Visual acuity of right eye under ambient light (decimal)	35	-.020	.301	.11931	.111601
Visual acuity of right eye under energy-saving bulb (decimal)	35	-.164	.060	-.05577	.094243
Visual acuity of right eye under LED light (decimal)	35	-.060	.236	.14491	.098301
Visual acuity of right eye under incandescent light (decimal)	35	-.060	.060	.02229	.034563
Visual acuity of right eye under mercury vapour light (decimal)	35	.241	.562	.41937	.127495
Visual acuity of right eye under LED corb light (decimal)	35	-.060	.361	.18557	.134662
Visual acuity of right eye under filament light (decimal)	35	.241	.477	.32340	.065964
Valid N (listwise)	35				

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Visual acuity of right eye under ambient light (decimal)	Between Groups	.041	6	.007	.504	.800
	Within Groups	.382	28	.014		
	Total	.423	34			
Visual acuity of right eye under energy-saving bulb (decimal)	Between Groups	.026	6	.004	.432	.851
	Within Groups	.276	28	.010		
	Total	.302	34			
Visual acuity of right eye under LED light (decimal)	Between Groups	.076	6	.013	1.413	.245
	Within Groups	.252	28	.009		
	Total	.329	34			
Visual acuity of right eye under incandescent light (decimal)	Between Groups	.005	6	.001	.694	.657
	Within Groups	.035	28	.001		
	Total	.041	34			
Visual acuity of right eye under mercury vapour light (decimal)	Between Groups	.069	6	.011	.662	.680
	Within Groups	.484	28	.017		
	Total	.553	34			
Visual acuity of right eye under LED corb light (decimal)	Between Groups	.152	6	.025	1.523	.207
	Within Groups	.465	28	.017		
	Total	.617	34			
Visual acuity of right eye under filament light (decimal)	Between Groups	.030	6	.005	1.172	.349
	Within Groups	.118	28	.004		
	Total	.148	34			

Visual acuity of right eye under ambient light (decimal)

Tukey HSD[a]

Light source	N	Subset for alpha = 0.05
		1
Incandescent	5	.08240
LED Corb	5	.09840
Ambient	5	.11060
Energy Saving Bulb	5	.11360
Filament	5	.11460
LED	5	.11680
Mercury Vapour	5	.19880
Sig.		.698

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

Visual acuity of right eye under energy-saving bulb (decimal)

Tukey HSD[a]

Light source	N	Subset for alpha = 0.05 1
LED Corb	5	-.08720
Incandescent	5	-.07040
Filament	5	-.07040
Energy Saving Bulb	5	-.06640
Ambient	5	-.05360
LED	5	-.04560
Mercury Vapour	5	.00320
Sig.		.777

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

Visual acuity of right eye under LED light (decimal)

Tukey HSD[a]

Light source	N	Subset for alpha = 0.05
		1
LED Corb	5	.07840
LED	5	.11280
Filament	5	.11360
Ambient	5	.13280
Incandescent	5	.15680
Mercury Vapour	5	.20400
Energy Saving Bulb	5	.21600
Sig.		.283

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

Visual acuity of right eye under incandescent light (decimal)

Tukey HSD[a]

Light source	N	Subset for alpha = 0.05
		1
LED Corb	5	.00000
LED	5	.01600
Ambient	5	.02000
Energy Saving Bulb	5	.02000
Incandescent	5	.02400
Filament	5	.03600
Mercury Vapour	5	.04000
Sig.		.572

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

Visual acuity of right eye under mercury vapour light (decimal)

Tukey HSD[a]

Light source	N	Subset for alpha = 0.05 1
Incandescent	5	.34520
LED Corb	5	.35640
LED	5	.43060
Ambient	5	.44360
Filament	5	.44460
Energy Saving Bulb	5	.45760
Mercury Vapour	5	.45760
Sig.		.822

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

Visual acuity of right eye under LED corb light (decimal)

Tukey HSD[a]

Light source	N	Subset for alpha = 0.05 1
LED Corb	5	.05940
Filament	5	.14980
Incandescent	5	.15780
LED	5	.19300
Energy Saving Bulb	5	.23000
Ambient	5	.23400
Mercury Vapour	5	.27500
Sig.		.151

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

Visual acuity of right eye under filament light (decimal)

Tukey HSD[a]

Light source	N	Subset for alpha = 0.05 1
LED	5	.27300
Incandescent	5	.30900
LED Corb	5	.30900
Ambient	5	.32820
Energy Saving Bulb	5	.33300
Filament	5	.33620
Mercury Vapour	5	.37540
Sig.		.201

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

Visual_Acuity_Both

Tukey HSD[a]

Light source	N	Subset for alpha = 0.05 1
LED Corb	5	1.5109
Incandescent	5	1.6422
Filament	5	1.7916
Ambient	5	2.0396
LED	5	2.0492
Energy Saving Bulb	5	2.0788
Mercury Vapour	5	2.5038
Sig.		.599

Means for groups in homogeneous subsets are displayed.

a. Uses Harmonic Mean Sample Size = 5.000.

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
Visual acuity of left eye under ambient light (decimal)	Between Groups	.021	6	.004	.300	.932
	Within Groups	.335	28	.012		
	Total	.356	34			
Visual acuity of left eye under energy-saving bulb (decimal)	Between Groups	.028	6	.005	.516	.791
	Within Groups	.253	28	.009		
	Total	.281	34			
Visual acuity of left eye under LED light (decimal)	Between Groups	.089	6	.015	1.858	.124
	Within Groups	.223	28	.008		
	Total	.312	34			
Visual acuity of left eye under incandescent light (decimal)	Between Groups	.017	6	.003	1.450	.232
	Within Groups	.054	28	.002		
	Total	.071	34			
Visual acuity of left eye under mercury vapour light (decimal)	Between Groups	.031	6	.005	.317	.923
	Within Groups	.453	28	.016		
	Total	.484	34			
Visual acuity of left eye under LED corb light (decimal)	Between Groups	.012	6	.002	.228	.964
	Within Groups	.246	28	.009		
	Total	.258	34			
Visual acuity of left eye under filament light (decimal)	Between Groups	.119	6	.020	2.179	.075
	Within Groups	.256	28	.009		
	Total	.375	34			

Between-Subjects Factors

		Value Label	N
Room dimensions (Length x Width x Height in meters)	4 x 3		35
Light source	1.00	Ambient	5
	2.00	Energy Saving Bulb	5
	3.00	LED	5
	4.00	Incandescent	5
	5.00	Mercury Vapour	5
	6.00	LED Corb	5
	7.00	Filament	5