

Does Blurry Vision Affect You Socially?

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Abstract: *Low and blurry vision impacts an individual's entire life, from shaping his/ her personality to holding up self - confidence. From job to studies to daily routine life, everything is dependent on how easy it is for your society to accept you and vice versa. The gradual shift from a person with high confidence to a person with limited abilities, vision plays a major role. A simple pair of eyeglasses can make all the difference!! It can add to ease of life, more working years, better productivity and even better learning outcomes.*

Keywords: Blurry vision, Eyesight, Spectacles, eyeglasses, Confidence, Injury, disability, productivity, low self esteem

The world knows and will agree that sight is the most valued sense in humans as we perceive up to 80% of all impressions by means of our sight. Thus, good vision contributes to improved performance, athletic ability, better driving skills, improved learning and comprehension, and better quality of life. A person's future can be colorful and full of life just by making sure that they take care of their eyes.

Vision is often thought of as the strongest of the senses. That's because humans tend to rely more on sight, rather than hearing or smell, for information about their environment.

Vision loss due to deficiency, injury, and age - related eye diseases such as macular degeneration, cataract, diabetic retinopathy, and glaucoma creates a condition of physical disability where the individual faces difficulty in conducting day - to - day activities. It is important to realize that conditions of poor vision have a deep impact on the social as well as a psychological condition of the individual. As eyesight reduces, the person will start having concerns related to day - to - day activities and most of the time, key activities of a person.

When we look at various age segments, we find that commonly school children complain of the inability to view the blackboard clearly, play games, participate in curricular activities, inability to read books, or even comprehend by reading. In the case of adults, they face a challenge in performing their livelihood properly, for example, sewing, cutting, finishing products, and farming, thereby impacting their working and earning capacity. In the case of the elderly, poor vision increases their risk of falls and injuries due to misjudgement of distance or blurry vision or conducting their regular activities properly.

The inability to conclude simple activities with ease leads to hesitancy, confusion, and lack of confidence to come forth.

Vision loss can not only affect your physical health by increasing your risk of falls and your quality of life, but also it can have a big impact on your mental health. It has also been linked to loneliness, social isolation, and feelings of worry, anxiety, and fear. Depression is common in people with vision loss. In a recent CDC study, 1 in 4 adults with vision loss reported anxiety or depression. Younger adults with vision loss had almost 5 times the risk of serious

anxiety or depression compared to adults 65 and older, possibly because they had not yet developed effective coping or self - management skills.

Society at large, and the communities tend to selectively discriminate or alienate individuals with low vision conditions from the group or team activities since there is a higher chance of error, fear of injury, confusion, and slow speed of the individual which might impact the overall success of the activity.

Individuals also tend to limit their movement and attending social gatherings, due to fear of being mocked and discomfort to the accompanying person. Slowly, such alienations add to poor self - confidence.

Seeing clearly helps both individuals and communities achieve at a much higher rate. Studies have shown that with a clear vision students can be twice as successful in school. It can reduce dropout rates by up to 44 percent, and can help people earn 20 percent more per year and be 35 percent more productive. **A large extent of blurry vision concerns can be solved by a simple pair of eyeglasses. It not only helps the individual to lead a better quality of life, but also extends the number of working years, learning outcomes without much expense to the individual.**