



African Journal of Biological Sciences



AWARENESS AND PERCEPTION ABOUT CONTACT LENS WEAR AMONG STUDENTS OF AMITY UNIVERSITY HARYANA

Archana Chaudhary^{1*}, Sunil Kumar Sah², Phani Krishna Athreya³, Prashant Kumar⁴,
Omkar Adhikari⁵, Suresh Laher⁶, Ruby Singh⁷

¹Consultant Optometrist, Lion's Netralaya, Forbesganj Bihar, India.

²Assistant Professor, Department of Optometry, School of Nursing Sciences, ITM University Gwalior, M.P. India.

³Assistant Professor, Department of Optometry & Vision Sciences, Amity Medical School, Amity University Haryana.

⁴Clinical Instructor, Department of Optometry, School of Nursing Sciences, ITM University Gwalior, M.P. India.

⁵Assistant Professor, School of Medical & Paramedical Sciences, ITM University Gwalior, M.P. India.

⁶Assistant Professor, Department of Optometry, School of Health & Allied Sciences, Arka Jain University Jharkhand, India.

⁷Senior Optometrist, LJ Eye Institute, Ambala India.

Corresponding Author Archana Chaudhary*
Optometristarachana15@gmail.com

Article History

Volume 6, Issue 5, Apr 2024

Received: 22 Apr 2024

Accepted: 29 Apr 2024

Published Date : 03 May 2024

doi: [10.33472/AFJBS.6.5.2024. 1097-1109](https://doi.org/10.33472/AFJBS.6.5.2024.1097-1109)

Purpose: This study investigates student awareness and perceptions of contact lens wear. With an increasing number of individuals opting for contact lenses as an alternative to traditional eyeglasses, understanding the perspectives of the student population is crucial. The research delves into whether students are informed about contact lenses, their reasons for using or not using them, and their perceptions regarding comfort, safety, and suitability for various activities. By shedding light on the knowledge and attitudes of students toward contact lenses, this study aims to provide insights that can inform educational initiatives and promote responsible contact lens usage within this demographic.

Methods: In our study at Amity University, we surveyed 269 students to explore contact lens wear. We covered key areas: demographics by examining age, gender, academic year, and more to profile participants. Awareness and Knowledge by assessing students' understanding and their perspectives regarding contact lenses. Risk Perception and Compliance by evaluating attitudes toward risks and care practices. Difficulties identifying common challenges in wearing and removing contact lenses. Our goal was to enhance understanding and inform practices in contact lens wear among students.

Results: The Contact Lens Survey results offer valuable insights into respondents' experiences and perceptions. Notably, nearly half have tried contact lenses, while majorities are not currently using them. Many have discontinued contact lens use, and small percentages have a history of eye diseases or medication use. Opinions vary on the suitability of contact lenses for all age groups, with concerns about them getting lost or stuck on the eye. Comfort levels and perceived difficulty in wearing contact lenses are mixed, as are concerns about them causing eye diseases. Additionally, a substantial number find wearing and removing contact lenses challenging.

Usage during activities like swimming or showering is low, and there's divided perception regarding dust protection. Few believe contact lenses can be used permanently, and their major purposes vary. Awareness of different contact lens types is limited. These findings emphasize the need for education and information dissemination in the context of contact lens usage.

Conclusion: In conclusion, our study reveals diverse experiences and attitudes among contact lens users. Many have experimented with contact lenses, but discontinuation is common. Concerns about eye diseases and usability issues persist, while comfort levels vary. Usage during certain activities is low, and awareness of lens types is limited. This highlights the need for education to address misconceptions and promote responsible contact lens use.

Keywords: Contact lens, Awareness, Perception, Compliance and Questionnaires

INTRODUCTION

In recent years, contact lenses have become a popular vision correction option, providing wearers with independence from the limits of traditional eyeglasses. Among the diverse demographic of contact lens users, students represent a significant portion, drawn to the convenience and aesthetics that contact lenses provide. Understanding the knowledge and view on contact lenses of students, on the other hand, is critical not just for the eye care sector, but also for the entire well-being of these young individuals^[1]. This topic is of paramount importance because it sheds light on how students perceive contact lenses, their motivations for choosing them, and the extent of their knowledge regarding proper usage and care^[2, 13]. To explore these facets comprehensively, this study delves among students, aiming to identify potential gaps in knowledge and attitudes. This research contributes valuable insights that can inform healthcare professionals, educators, and policymakers in promoting safe and responsible contact lens usage among students, ultimately safeguarding their ocular health.

Contact lenses, originally invented in the late 19th century, have undergone significant advancements in design, materials, and accessibility, making them an attractive alternative to eyeglasses for vision correction. However, their popularity among students raises questions about how well-informed this demographic is about their use and maintenance. Proper awareness and perception of contact lenses encompass not only the advantages they offer but also the potential risks associated with incorrect use, such as eye infections and discomfort. In this context, it is crucial for several reasons^[2, 15].

Firstly, students are at a stage in life where they are exposed to a variety of experiences and lifestyle choices. They often prioritize convenience, aesthetics, and self-esteem, all of which can influence their decision to use contact lenses. Therefore, understanding their motivations and perceptions can offer valuable insights into the factors driving contact lens adoption^[6]. Secondly, poor awareness and incorrect perceptions about contact lenses can lead to a range of eye-related issues. These issues may not only affect students' academic performance but also their overall quality of life. For instance, discomfort, redness, and infections resulting from improper lens wear can be debilitating and may lead to long-term visual impairment if not addressed promptly^[7, 13, and 16].

Lastly, the findings of this study can guide eye care professionals, educators, and policymakers in developing targeted educational programs and policies to improve students' awareness and perception of contact lens wear. By addressing misconceptions and enhancing knowledge, it is possible to promote safer and more responsible use of contact lenses among this demographic ¹⁷.

In the quest to gain a comprehensive understanding on the topic, this research incorporates a diverse range of data sources, including surveys, interviews, and existing literature. By triangulating this information, we aim to provide a nuanced and accurate portrayal of the current landscape of usage.

This study ultimately seeks to bridge the gap between the increasing appeal of contact lenses in students, their knowledge about safe and responsible usage. In doing so, it contributes to the broader discourse on eye health and the promotion of healthy practices among the youth. Moreover, the findings may have implications beyond the student demographic, serving as a basis for improving contact lens awareness and perception across various age groups, thus advancing ocular health on a larger scale.

LITERATURE REVIEW

In recent years, wearing contact lenses has become more common among college students. This review of the literature tries to summarize pertinent studies that have been published within the last six years, with a particular emphasis on how university students perceive and are aware of the use of contact lenses. Understanding this population's attitudes, knowledge, and practices concerning contact lenses is vital for promoting eye health and enhancing their overall quality of life.

- *Motivations for Choosing Contact Lenses*

University students often choose contact lenses for a variety of reasons. Improved aesthetics and self-confidence are frequently cited motivations (Mohd-Ali & Tan, 2019)¹². Contact lenses can provide students with a sense of freedom from eyeglasses, aligning with their active and dynamic lifestyles.

- *Interventions and Educational Initiatives*

Educational interventions have demonstrated effectiveness in improving awareness and compliance among university students (Falahati-Marvast et al., 2021)⁶, (Rueff et al., 2019)¹⁴. Implemented an intervention program that resulted in increased knowledge and better adherence to hygiene practices among student wearers (Mohd-Ali & Tan, 2019)¹².

- *Gender and Contact Lens Wear*

Gender plays a role in how students perceive and engage with contact lenses. Studies have reported differences in compliance and awareness between male and female student wearers (Kumari et al., 2017)⁸, (Mohd-Ali & Azmi, 2021)¹¹.

In summary, recent research within the past six years highlights the multifaceted nature of awareness and perception regarding contact lens wears among university students. While students are motivated by aesthetics and lifestyle considerations, there are notable gaps in awareness and risk perception that can impact their ocular health. Educational interventions and

advancements in technology show promise in improving knowledge and compliance. Addressing disparities in awareness among different socioeconomic groups and considering gender-specific factors are important steps in promoting responsible contact lens wear among university students.

Literature Gap:

Identifying research gaps is crucial for advancing knowledge in a specific field. In the context of "Awareness and Perception about Contact Lens Wear among University Students," the following research gaps warrant further investigation:

Long-term Impact of Contact Lens Wear: While existing research has explored university students' awareness and perception of contact lenses, there is a limited focus on the long-term impact of contact lens use. Understanding how extended contact lens wear during the university years may affect ocular health and vision in later life is essential.

Influence of Education Level: Research often groups university students together without considering the influence of their specific education levels (e.g., undergraduate vs. graduate students). Investigating whether awareness and perception of contact lens wear differ between these groups could yield valuable insights

Gender and Risk Perception: While gender differences in contact lens behavior have been noted, there is a lack of in-depth exploration into how gender influences risk perception and compliance among university students

Comparative Studies: Comparative studies between university students and other age groups, such as teenagers or young adults not in university, can provide insights into how awareness and perception vary across different stages of early adulthood.

Methodology

Research Methodology: A Questionnaire-Based Study

Research Design:

Type of Study: Cross-sectional survey

Sampling Method: Convenient sampling

Data Collection: Self-administered questionnaires

Participants: University students

Sample Size: Required sample size based on the desired level of confidence and margin of error. To execute out all the study goals we estimated the sample size using the following formula (Creative Research, 2013):

$n = \frac{Z^2 \times p \times q}{e^2}$ n= Sample size,

Z= Standard normal variant it is 1.96 (If we consider 95% confidence interval then the Z score is 1.96) P= Based on past research, the expected proportion in the population (0.71)

$q = 1-p$

e = Absolute error or precision

$n = (1.96)^2 \times 72.6 \times (1-72.6) / (10)^2 = 200.12 \approx 200$

Keeping the possible dropout rate is 20 %. So, the sample size will be = 200+20 = 220

Inclusion Criteria: University students, any registered courses, student of any academic profile like undergraduate or postgraduate, and gives consent to participate in the study

Materials and procedures

Questionnaire Development: Develop a structured questionnaire consisting of closed-ended questions

With multiple-choice. The questionnaire covers the following key areas:

- a. Demographics (age, gender, academic profile, etc.).
- b. Awareness and knowledge about contact lens wear.
- c. Risk perception and compliance with lens care practices.
- d. Wearing and removing difficulties.
- e. Purpose of using contact lenses.

Pre-testing

Run the questionnaire through its paces with a small sample of university students to find any ambiguities, contradictions, or problems with the questions.

Statistical Analysis

All statistics were input into Microsoft Excel, Data Entry and organization, data cleaning by reviewing the data for missing values, outliers, or inconsistencies, necessary corrections or clarifications was done and then examined. The data was assessed using Microsoft Excel.

RESULT

Participants' Socio-Demographic and Academic Profiles

This study included 269 participants in total. Out of which 122 (45.3%) were male participants and 147 (54.6%) were female participants as shown in (Table1) and (Figure 1) showing the pie chart of the gender distribution. This study included 92 (34.2%) of the Post Graduate program whereas most of them were in Under Graduate program i.e., 177 (65.7%) which is depicted in

(Figure 2). In terms of age, 154 (57.2%) of the participants were between the ages of 17 and 20, 112 (41.6%) were between the ages of 21 and 25, and 3 (1.1%) were 26 or older. In terms of marital status, 264 (98.1%) were single, while 5 (1.8%) were married.

Gender	(n)
Male	122
Female	147
Total	269

Table 1: Gender Distribution table

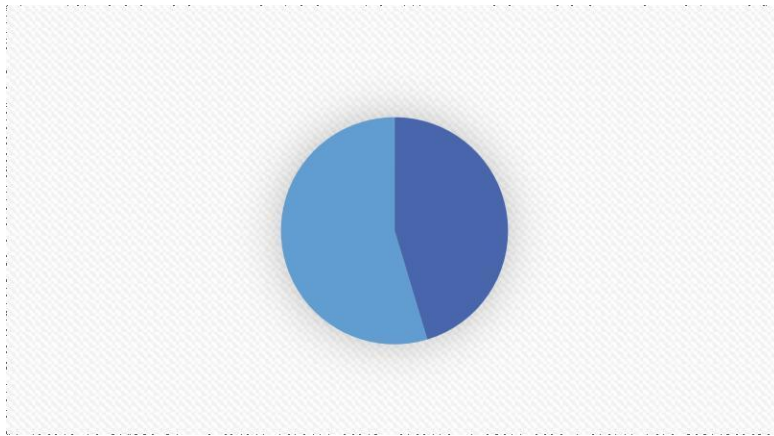


Figure1: Gender Distribution

This study includes total of 34.2% (92) Postgraduate students and 43.5% (117) Undergraduate students of variable streams which is shown in (Figure 2). The age group included in the study were shown in the (Table 2) were 57.2% (154) lying in the age group range of 17-20 years, 41.6% (112) were between 21-25 years and only 1.1% were 26 or above

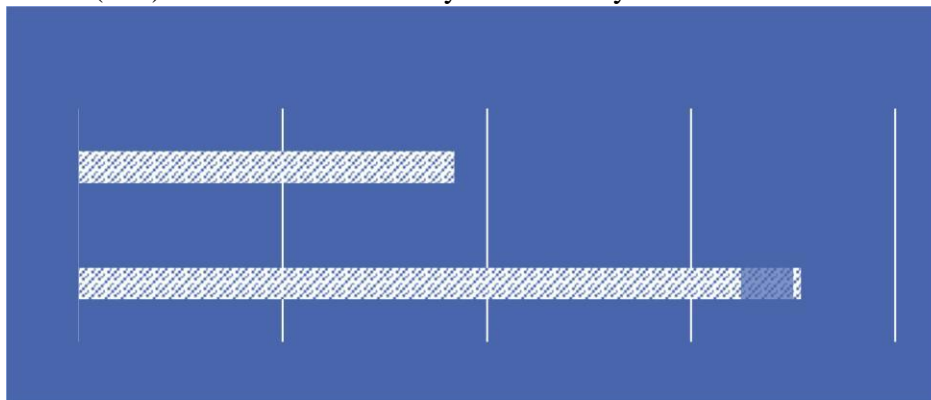


Figure2: Academic Profile

Age Group	No. of Individuals
17-20 years	154
21-25 years	112
26 or above	3
Total	269

Table 2: Age Distribution table

Awareness and perception about contact lenses

The results of the Contact Lens Survey offer valuable insights into respondents' experiences and perceptions regarding contact lenses:

Previous Experience with Contact Lenses: Nearly half of the participants (47.9%) have tried contact lenses before, while 52.0% of respondents have not had any prior experience with contact lenses. **Current Use of Contact Lenses:** Approximately 36.4% of respondents are currently wearing contact lenses, whereas the majorities (63.5%) are not using them at present. **Discontinuation of Contact Lens Use:** A significant majority (88.4%) of respondents reported discontinuing the use of contact lenses at some point, while only 11.5% have never discontinued using contact lenses. **History of Eye Diseases or Medication Use:** A relatively small percentages (11.8%) of respondents have a history of eye diseases or have used eye medication for more than a week. In contrast, the vast majority (88.1%) have not experienced such conditions. **Perception on all age groups can wear contact lenses:** Opinions on the all-age groups can wear contact lenses are divided, with 34.2% believing they are suitable, while 65.7% hold a contrary view. **Possibility of Contact Lenses Getting lost Behind the Eyes:** A minority of respondents (30.8%) believes contact lenses can get lost behind the eyes, while the majority (69.1%) does not share this concern. **Potential for Contact Lenses Getting Stuck on the Eye:** A substantial portion of respondents (48.3%) believe contact lenses can get stuck on the eye, while 51.7% do not believe this to be the case. **Likelihood of Contact Lenses Popping Out of the Eye:** Slightly more respondents (51.3%) think contact lenses can pop out of the eye compared to those who do not share this belief (48.7%). **Comfort Level with Wearing Contact Lenses:** Respondents are evenly split regarding their comfort levels with wearing contact lenses, with 52.0% finding them

uncomfortable and 51.7% not experiencing discomfort. Perceived Difficulty of Wearing Contact Lenses: A majority of respondents (54.3%) perceive wearing contact lenses as Difficult, while 45.7% do not. Concerns About Contact Lenses Causing Eye Diseases: Nearly half of the respondents (49.4%) express concerns about contact lenses causing eye diseases, while 50.6% do not share this concern. Difficulty in Wearing and Removing Contact Lenses: Over half of the participants (52.8%) find wearing and removing contact lenses difficult, while 47.2% do not. Use of Contact Lenses While Swimming or Showering: Usage of contact lenses while swimming or showering is relatively low, with only 24.2% of respondents using them in such situations. Perceived Protection from Dust with Contact Lenses: About 45.0% of respondents believe that contact lenses provide protection from dust, while 55.0% do not share this perception. Permanence of Contact Lens Use: A minority (22.3%) believe contact lenses can be used permanently, while 77.7% do not consider them suitable for permanent use. Major Purpose of Using Contact Lenses: Respondents have various purposes for using contact lenses, with a significant number using them for eye power correction (32.3%). Others use them for cosmetic purposes (30.1%), treating eye diseases (40.9%), or a combination of cosmetic and corrective purposes (33.5%). Awareness of Types of Contact Lenses: Awareness of different types of contact lenses is limited, with most respondents (75.0%) indicating uncertainty about the various options available. Small percentages are aware of soft lenses (22.0%), while even fewer are familiar with hard lenses (3.0%).

These comprehensive results are collectively presented in the (Table 3) provide valuable insights into the perceptions and experiences of individuals with contact lenses.

Table 3: Awareness and perception responses of Participants about contact lenses

Discussion

The results of the Contact Lens Survey conducted among students at Amity University provide valuable insights into the awareness and perception of contact lens wear, shedding light on several important aspects. These findings adding to the body of information about contact lens use, offering both opportunities for improvement and avenues for further research.

Previous Experience and Current Use of Contact Lenses: The study revealed a diverse landscape of prior experience with contact lenses among the surveyed students. Nearly half of the participants (47.9%) had experimented with contact lenses, while 52.0% had never used them before. This dichotomy indicates that there exists a substantial population of potential contact lens users who have yet to explore this vision correction option. It also underscores the need for informative campaigns to educate and encourage students about contact lenses, consistent with

findings in studies by Noushad et al (Noushad et al., 2012)¹³. (2012) and Mohd-Ali et al (Mohd-Ali & Azmi, 2021)¹¹, (2019) Explore the reasons behind university students' decisions to use contact lenses, including aesthetic, lifestyle, and convenience factors.

Discontinuation of Contact Lens Use: A significant majority (88.4%) of respondents reported discontinuing the use of contact lenses at some point. This high rate of discontinuation warrants careful consideration. It aligns with research by Timothy et al (Timothy et al., 2022)¹⁶. (2022), emphasizing that contact lens wearers often face challenges that lead to discontinuation.

Investigating the reasons behind discontinuation and implementing strategies to address these issues are essential for improving the long-term adoption of contact lenses.

Awareness and Knowledge: Examine the extent to which university students are aware of proper contact lens usage and maintenance. Assess their knowledge regarding the risks and benefits associated with contact lenses. The survey revealed varying levels of awareness and knowledge about contact lenses among students. Opinions on the suitability of contact lenses for all age groups were divided, with 34.2% believing they are suitable and 65.7% holding a contrary view.

This disparity suggests that there is a need for targeted educational programs to dispel misconceptions and increase awareness, consistent with the findings in studies by Falahati-Marvast et al (Falahati- Marvast et al., 2021)⁶. (2021) and Mingo-Botín et al (Mingo-Botín et al., 2020)⁹. (2020). **Comfort and Difficulty:** The study found an even split in respondents' comfort levels and perceptions of difficulty when wearing contact lenses. These findings emphasize that comfort and usability remain significant concerns among contact lens users, which resonates with the research by Haddad et al (Haddad et al., 2023)⁷. (2023). Strategies to enhance comfort and user-friendliness are vital to improve the overall contact lens experience. Investigate how university students perceive the risks associated with contact lens wear (Boqursain et al., 2021)³. Evaluate their compliance with recommended lens care practices and hygiene protocols.

Concerns and Perceptions: Nearly half of the respondents (49.4%) expressed concerns about contact lenses causing eye diseases, while 50.6% did not share this concern. Addressing these concerns through education and communication is essential to alleviate fears and encourage safe usage, in line with safety concerns observed in the study by Zainodin and Abdul Hadi (Zainodin & Abdul Hadi, 2020) (2020)¹⁸. Assess the impact of educational interventions on university students' awareness, knowledge, and compliance with contact lens care practices.

Usage during Activities: The study indicated relatively low usage of contact lenses during activities such as swimming or showering, with only 24.2% of respondents using them in such situations. This highlights the importance of promoting safe usage practices and providing

guidance on when and how to wear contact lenses in various scenarios (Mohd-Ali & Tan, 2019)¹². Analyze whether gender plays a significant role in how university students perceive and engage with contact lenses, including risk perception and compliance. Awareness of Lens Types: Awareness of different types of contact lenses was limited, with 75.0% of respondents indicating uncertainty about the various options available (Abokyi et al., 2017)¹. This underscores the need for educational efforts to inform students about different lens types and their suitability for specific needs (Çavdarli et al., 2021)⁴. Compare university students' understanding and perspective of contact lens to that of other age groups, such as teenagers or young adults who are not in university.

Study Limitations:

While this study's findings provide valuable insights, that is necessary to evaluate constraints. Carried the research out at a single university. This may limit the results' generalizability to a larger population. Furthermore, the study relied on self-reported data, which is susceptible to recall and social desirability bias. The study did not delve into the causes for certain perceptions and behaviors, warranting further qualitative research to delve deeper into students' motivations and concerns regarding contact lens wear.

Conclusion

In conclusion, the Contact Lens Survey at Amity University offers valuable insights into the understanding and perception of wearing contact lenses between university students. These findings highlight the need for targeted education campaigns, strategies to address discontinuation issues, and efforts to enhance comfort and usability. Addressing these aspects can contribute to safer and more informed contact lens usage among university students. However, future research should consider the limitations of this study and explore the underlying reasons for the observed perceptions and behaviors in greater detail. Our study offers a comprehensive overview of the perceptions and experiences of individuals with contact lenses among the surveyed participants. It is evident that contact lens wear is a diverse landscape with varying levels of experience and attitudes. Nearly half of the participants have experimented with contact lenses, with a significant number discontinuing their use at some point. While concerns about contact lens-related eye diseases and difficulties in wearing and removing them are prevalent, there is an even split in comfort levels and perceptions of difficulty. Usage during activities like swimming or showering remains low, and awareness of different lens types is limited. Overall, these findings underscore the importance of targeted education and information

campaigns to address misconceptions and enhance responsible contact lens usage among individuals with differing levels of experience and awareness.

References:

1. Abokyi, S., Manuh, G., Otchere, H., & Ilechie, A. (2017). Knowledge, usage and barriers associated with contact lens wear in Ghana. *Contact Lens and Anterior Eye*, 40(5), 329–334. <https://doi.org/10.1016/j.clae.2017.05.006>
2. Barišić Kutija, M., Kuzman, T., Kalauz, M., Jukić, T., Perić, S., Jandroković, S., Škegro, I., Masnec, S., Mrazovac Zimak, D., & Vukojević, N. (2022). Lens Care Compliance Rates and Perceptions among Rigid Gas Permeable Contact Lens Wearers – a Pilot Study. *Acta Clinica Croatica*, 61(2), 198–205. <https://doi.org/10.20471/acc.2022.61.02.05>
3. Boqursain, S., Al-Hussain, A., Al Mubarak, A., Al-Bujays, D., & Al-Mustahi, M. (2021). The attitude and awareness of contact lens use among medical students of King Faisal University, Al Ahsa, and Saudi Arabia. *Journal of Family Medicine and Primary Care*, 10(10), 3765. https://doi.org/10.4103/jfmpc.jfmpc_707_21
4. Çavdarli, C., Bayraktar, N., & Kılıç, M. (2021). Survey of hygiene, behaviours, and awareness regarding contact lens wear with conventional and novel questions. *Clinical and Experimental Optometry*, 104(4), 491–498. <https://doi.org/10.1080/08164622.2021.1878848>
5. Creative Research, S. (2013). Sample size calculator - confidence level, confidence interval, sample size, population size, and relevant population - creative research systems. *Creative Research Systems*. <http://www.surveysystem.com/sscalc.htm>
6. Falahati-Marvast, F., Alipour, F., Farokhzadian, J., & Ahmadian, L. (2021). Determining the information needs of contact lens wearers for better education and more support: a qualitative study. *BMC Ophthalmology*, 21(1). <https://doi.org/10.1186/s12886-021-02085-0>
7. Haddad, M. F., Bakkar, M. M., & Al Qadire, M. (2023). Perceptions of potential barriers to soft contact lens wear among university students in Jordan. *Clinical and Experimental Optometry*, 106(4), 402–408. <https://doi.org/10.1080/08164622.2022.2053328>

8. Kumari, R., Chaudhry, M., & Sharma, D. (2017). Conversion to Contact Lens from Spectacles-a Study about the Practitioner's Influence/Initiative. *Indian J.Sci.Res*, 13(1), 131–136.
9. Mingo-Botín, D., Zamora, J., Arnalich-Montiel, F., & Muñoz-Negrete, F. J. (2020).
10. Characteristics, Behaviors, and Awareness of Contact Lens Wearers Purchasing Lenses over the Internet. *Eye and Contact Lens*, 46(4), 208–213.
<https://doi.org/10.1097/ICL.0000000000000702>
11. Mohd-Ali, B., & Azmi, N. (2021). Wearing pattern and awareness about contact lens wear in secondary school students in Kuala Lumpur. *Clinical Optometry*, 13, 155–160.
<https://doi.org/10.2147/OPTO.S277786>
12. Mohd-Ali, B., & Tan, X. L. (2019). Patterns of use and knowledge about contact lens wear amongst teenagers in rural areas in Malaysia. *International Journal of Environmental Research and Public Health*, 16(24).
<https://doi.org/10.3390/ijerph16245161>
13. Noushad, B., Saoji, Y., Bhakat, P., & Thomas, J. (2012). Contact lens compliance among a group of young, university-based lens users in South India. *Australasian Medical Journal*, 5(3), 168–174. <https://doi.org/10.4066/AMJ.2012.104>
14. Rueff, E. M., Wolfe, J., & Bailey, M. D. (2019). A study of contact lens compliance in a non-clinical setting. *Contact Lens and Anterior Eye*, 42(5), 557–561.
<https://doi.org/10.1016/j.clae.2019.03.001>
15. T., Ş., S., A., A.E., S., & S.A., K. (2018). Survey to determine perceptions and practices in contact lens use and identify key features of safe use education. *Turkish Journal of Ophthalmology*, 48(6), 288–294.
<http://www.embase.com/search/results?subaction=viewrecord&from=export&id=L2001535706%0Ahttp://dx.doi.org/10.4274/tjo.60465>
16. Timothy, C. G., van Staden, D. W., Chepkeitany, H. C., Osuagwu, L. U., & Shaviya, N. (2022).
17. Knowledge, attitude, perception and education on contact lenses for refractive errors in Kenya. *African Vision and Eye Health*, 81(1). <https://doi.org/10.4102/aveh.v81i1.738>

18. Zainodin, E. L., & Abdul Hadi, N. S. (2020). Non-compliance Behavior in Contact Lens Wear and Care among University Students. *Environment-Behaviour Proceedings Journal*, 5(14), 11–18. <https://doi.org/10.21834/ebpj.v5i14.2192>