



## A Correlational Study on Knowledge and Health Beliefs of Visual Health, and Uptake of Visual Health Behavior Among Secondary School Students in Hong Kong

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### Abstract:

**Background:** Secondary school students often spend most time of the day on near-work activities, such as reading, doing homework and using electronic devices. While prolonged near-work activities can lead to visual problems such as eye strain, redness and dryness and blurred vision, there is a need to promote the uptake of visual health behavior among them. This paper aimed to examine the factors (namely knowledge and health beliefs) associated with the uptake of visual health behavior, so as to provide a foundation for promotion of visual health among secondary school students in Hong Kong.

**Methods:** A total of 420 secondary school students were recruited through convenience sampling. Data were collected in early 2018 using a validated 53-item instrument that captured three domains, including visual health related knowledge and health beliefs, as well as uptake of visual health behaviors. Results were analyzed using descriptive statistics and correlational analyses.

**Findings:** The level of knowledge and visual health behavior of respondents was 4.98 out of 9 and 36.26 out of 55 respectively. Significant positive correlations were found between knowledge and perceived susceptibility ( $r = 0.153$ ), perceived severity ( $r = 0.375$ ), perceived benefit ( $r = 0.179$ ), cues to action ( $r = 0.250$ ) and visual health behavior ( $r = 0.107$ ). Similarly, significant positive correlations were noted between visual health behavior and perceived susceptibility ( $r = 0.336$ ), perceived severity ( $r = 0.325$ ), perceived benefit ( $r = 0.122$ ), cues to action ( $r = 0.211$ ).

**Conclusion:** Concerted efforts are needed to improve students' knowledge and awareness on visual health protection.

### Biography:

Dr Choi is an Associate Professor of the School of Nursing & Health Studies of The Open University of Hong Kong. Her areas of expertise are on nursing education, management and research. She has experiences in conducting both quantitative and qualitative research, and mixed methods research, and has published a no. of papers related to nursing work environment, nursing shortage and student learning.

### Recent Publications:

1. Choi, S.P.P., Yeung, C.C.Y., & Lee, J.K.L. (In press). A



phenomenological study of the work environment in long-term care facilities for the elderly. *Journal of Applied Gerontology*.

2. Choi, S.P.P., Yeung, C.C.Y., & Lee, J.K.L. (2016). Beyond numbers and ratios: A study of the manpower shortage phenomenon in long-term care facilities for the elderly in Hong Kong. *Journal of Nursing Home Research*, 1, 45-46.
3. Choi, S.P.P. (2015). Patient advocacy: The role of the nurse. *Nursing Standard*, 29(41), 52-58.
4. Choi, S.P.P., Cheung, K., & Pang, S.M.C. (2014). A field study of the role of nurses in advocating for safe practice in hospitals. *Journal of Advanced Nursing*, 70(7), 1584-1593.
5. Choi, S.P.P., Cheung, K., & Pang, S.M.C. (2013). Attributes of nursing work environment as predictors of registered nurses' job satisfaction and intention to leave. *Journal of Nursing Management*, 21(3), 429-439.
6. Choi, S.P.P., Cheung, K., & Pang, S.M.C. (2012). Turning challenge into opportunity: Enhancing nursing competencies through advancing positive practice environment. *International Journal of Nursing Practice*, 18(supplement 1), p.31.
7. Choi, S.P.P., Pang, S.M.C., Cheung, K., & Wong, T.K.S. (2011). Stabilizing and destabilizing forces in the nursing work environment: A qualitative study on turnover intention. *International Journal of Nursing Studies*, 48(10), 1290-1301.
8. Kwong, E.W.Y., Pang, S.M.C., Choi, S.P.P., & Wong, T.K.S. (2010). A focus group study on influenza vaccine preference and uptake among older people in nine countries: Influencing factors. *Journal of Advanced Nursing*, 66(10), 2297-2308.

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