



Blue Light And Eye Health: A Study Of The Characteristics Of The Color Blue In The Light Spectrum And Its Significance In Eye Strain

By:
Elijah Ben Bayotas
Neil Arthur Alaan



Introduction

Eye strain is a common eye condition humans experience in their daily lives.

And with the rise of screens in everyday life, people have started to associate this common eye condition to the increased time spent on viewing screens.



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Common knowledge says that blue light is the cause of these eye strains.

And while the academic community has largely agreed that blue light specifically is not the main cause of eye strain, it is still a common belief among the population.



Introduction

So why is this belief of blue light glasses still around and is there any truth to it?



Statement of the Problem

Blue light is considered main factor to the development of eye strain

However, the question of why the color blue in particular is used is not often investigated.

Thus, this study explores blue light and the color blue to understand why it is considered by most to be harmful to the human eye



Significance of the Study

This research study aims to:

- Investigate the characteristics of blue light and why it is considered the primary color in contributing to the effects of eye strain.
- Explore into the belief of blue light causing eye strain and whether there are tangible physical effects on blue light on the eyes.



Significance of the Study

This research study aims to:

- Investigate the history of this claim, which will add a more in depth understanding of how colors are perceived in relation to digital media.



Scope and Delimitations

- This study will focus on why the color blue is considered harmful to the eyes, its magnitude, and why blue specifically is targeted.
- the study will also tackle the question: are there other colors that are harmful to the eye? And are there colors that are pleasant to the eye in terms of eye health?



Scope and Delimitations

- This study will also look into blue lights effect on eye health, the characteristics of blue light, blue light effects on other human processes, and if other colors can affect eye fatigue aside from the color blue.