



# Life Beyond Retinal Surgery: A Survey

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## Authors' contributions

This work was carried out in collaboration among all authors. All authors read and approved the final manuscript.

## Article Information

DOI: 10.9734/AJOB/2023/v19i3366

## Open Peer Review History:

This journal follows the Advanced Open Peer Review policy. Identity of the Reviewers, Editor(s) and additional Reviewers, peer review comments, different versions of the manuscript, comments of the editors, etc are available here: <https://www.sdiarticle5.com/review-history/106481>

Original Research Article

Received: 12/07/2023

Accepted: 16/09/2023

Published: 05/10/2023

## ABSTRACT

**Introduction:** The purpose of our study is to find out about the hobbies of retinal surgeons, how they have followed their childhood hobbies and how some have evolved their hobbies while some have developed new hobbies over time and how their hobbies have been influenced by their work life.

**Materials and Methods:** This survey study consisted of 04 questions which were carefully extracted from previously published papers explaining the hobbies of retinal surgeons other than retinal surgery and finding out if they are satisfied in their current field or not practicing competent

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Retinal surgeons of the Institute were consulted to finalize the questionnaire who gave their valuable feedback and the survey points were revised and established.

**Results:** According to the results obtained from the questions regarding their childhood hobbies 36 reported sports as their childhood hobby, 16 said it was book reading, 6 reported watching television as their childhood hobby, 18 had the hobby of drawing in their childhood whereas 4 didn't respond.

When inquired about their hobbies now, 36 reported reading books, 12 said it was swimming, 2 said it was singing songs, 6 enjoyed golf, 14 reported jogging as their hobby, 6 said their hobby is travelling, 4 surgeons didn't respond.

**Conclusion:** It was seen that most of the retinal surgeons carried their childhood hobbies as their adulthood hobbies while some also had different hobbies as adults compared to their childhood hobbies.

*Keywords: Hobbies; retinal surgeons; surgery; childhood.*

## 1. INTRODUCTION

A hobby is defined as an activity which is done in our spare time for refreshment of mind and body. Hobbies help us grow as a person and the hone various aspects of our personalities as well. Hobbies enable people to try out new and things in their unique ways. Since everyone is unique so everyone has got different hobbies. They change with time and sometimes remain constant. Once we get to know about some hobby that fuels us, we tend to know more about it, exploring its various aspects and finding new and creative ways to make it more joyful and pleasurable. They not only help us to enjoy our leisure but also tend to make it more productive and meaningful. Some people are able to persevere their hobbies over long time while some cannot because of their busy lifestyles [1,2,3,4].

Doctors like all other human beings also have hobbies. Some are able to carry on with their childhood hobbies throughout life while others may change their hobbies over time and some may develop new hobbies later in life [5,6].

The purpose of our study is to find out about the hobbies of retinal surgeons, how they have followed their childhood hobbies and how some have evolved their hobbies while some have developed new hobbies over time and how their hobbies have been influenced by their work life.

## 2. MATERIALS AND METHODS

This survey study consisted of 04 questions which were carefully extracted from previously published papers explaining the hobbies of retinal surgeons other than retinal surgery and finding out if they are satisfied in their current field or not. Retinal surgeons of the Institute were consulted to finalize the questionnaire who gave their valuable feedback and the survey points were revised and

established. There were several options for the objective questions on the survey. Because the survey study did not require participants to provide their personal identity, their identities were kept secret. The questionnaire comprised of information on the participants such as duration of professional involvement in a vitreo retinal setting, how many retinal surgeons enjoy working as a retinal surgeon, their current hobbies and their childhood hobbies and if they are still able to carry on with their childhood hobbies

The URL to the survey was provided to the Vitreo retinal surgeons so they could take it anonymously once it was posted on a website for hosting surveys (<https://docs.google.com/forms>). After one month (April 2022) of receiving responses, the survey was closed and the data was examined.

Data analysis was done using SPSS 26.0.0 (SPSS Inc, Chicago, USA), a statistical programme.

([http://www.raosoft.com/sample\\_size.html](http://www.raosoft.com/sample_size.html)) to determine the sample size for this study participants were needed to reach the 95% confidence interval (CI) and 5% acceptable error margin. To account for incomplete participation and reduce error, we increased the final sample size to 80.

The study was limited to Vitreo retinal surgeons and ophthalmologists practicing in a VR setting in order to anticipate a more congruent sampling group that can be relevantly explicated for ergonomic change and innovation.

## 3. RESULTS

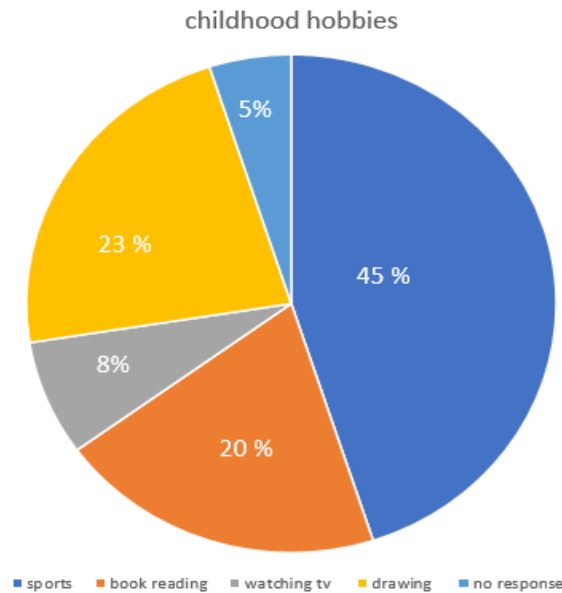
A close-ended questionnaire was circulated online among 80 ophthalmologists, with a total of

76 responses obtained. The overall response rate was 95%.

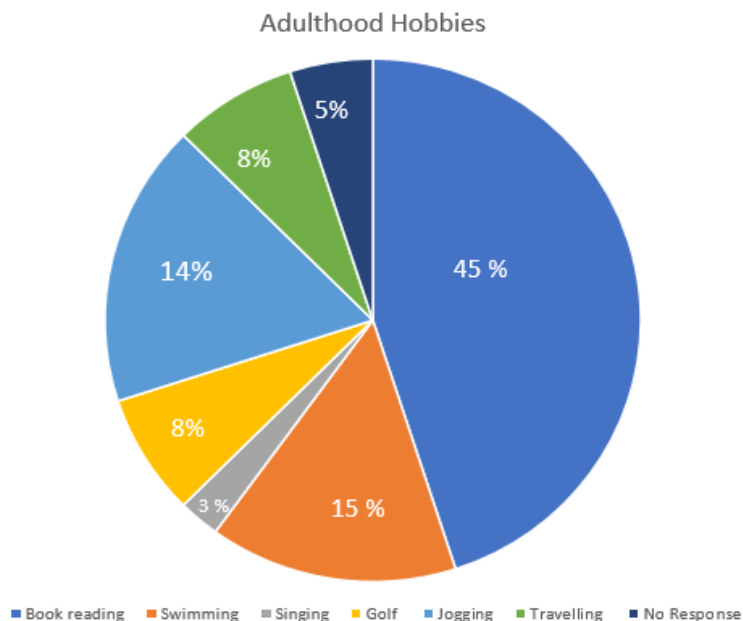
Participants were retinal surgeons. Duration of practice of retinal surgery was scaled from 5,10,15,20 and more than 20 years. According to the results obtained from the questions regarding their childhood hobbies 36 reported sports as their childhood hobby, 16 said it was book reading, 6 reported watching television as their

childhood hobby, 18 had the hobby of drawing in their childhood whereas 4 didn't respond.

When inquired about their hobbies now, 36 reported reading books, 12 said it was swimming, 2 said it was singing songs, 6 enjoyed golf, 14 reported jogging as their hobby, 6 said their hobby is travelling, 4 surgeons didn't respond.



**Fig. 1. Graphical distribution of childhood hobbies**



**Fig. 2. Graphical distribution of adulthood hobbies**

#### 4. DISCUSSION

Many doctors have no hobbies. They say they have no time for hobbies. Those who admit to having time enjoy watching television or taking the family out to dinner. This is an unsatisfactory state of affair. Medical practice is stressful. Doctor must make time to unwind, relax and recharge his batteries [7,8,9,10]. Besides a well developed hobby is a great asset in the twilight years of ones life, or even during periods of slack practice. It makes friends for you. Painting and music are considered ideal hobbies. They involve imagination, innovation and creativeness and are best suited to the medical profession. Gardening, trekking, and mountaineering are examples of outdoor activities. It is very healthful, but it is time consuming and difficult to learn. Indoor hobbies such as stamp and coin collecting are equally enjoyable. They have a life long span, and there are societies one can join to promote [11,12,13]. Playing cards like bridge, or a game of Chess are very stimulating and are best suited for people with lots of time like senior and elderly doctors. Sailing and fishing have not developed in this country inspite of a vast coastline. Besides they can only be practiced in coastal towns. Photography is a superb hobby but very top heavy. With the computer age coming, computer imaging has stolen a march over conventional photography. Bee keeping, breeding pedigree dogs are unusual hobbies meant only for a few. The Japanese have always believed that fantasizing is the best stress buster especially for the ageing brain. They believe in promoting poetry, writing and reading novels and dramas [14,15,16,17,18].

#### 5. CONCLUSION

We conducted this study to see what hobbies do the retinal surgeons have beyond their profession. We collected data to see what hobbies do they had in their childhood and what hobbies do they have now. We Also evaluated to see how many of the retinal surgeons still had the hobbies of their childhood as their adulthood hobbies. It was seen that most of the retinal surgeons carried their childhood hobbies as their adulthood hobbies while some also had different hobbies as adults compared to their childhood hobbies.

#### CONSENT

As per international standard or university standard, Participants' written consent has been collected and preserved by the author(s).

#### ETHICAL APPROVAL

The Institutional Review Board of the company granted ethics approval for this study.

#### COMPETING INTERESTS

Author has declared that no competing interests exist.

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