

Intensity of Artificial Lighting in Living Room and Study Area of Urban Residential Homes in Dharwad City

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ABSTRACT Light enables us to view, perceive and enjoy the various forms of visual communication. Good and efficient lighting is essential for every home and improvements have been made during recent years. Now-a days human drive towards utilization and dependence on artificial light is the need of the hour . Hence the present study was undertaken with an objective to determine the existing artificial lighting and compare with the recommended standards. Research on adequacy of the artificial lighting was undertaken in ninety residential homes of different income group. Structured schedule cum interview method was used to collect data and intensity was measured by the Digital Luxmeter. Mean intensity of artificial lighting was highly inadequate compared to the recommended standards. The reason may be the lack of awareness, understanding and appreciation of the importance of well planned lighting in daily living .Light whether natural or artificial must be adequate if eyesight is to be protected. The source and intensity of light must be as per requirement. When there is adequate source of light one can work with ease, there is less tension, heart rate is close to normal due to less strain and general sensitivity of the visual sense is greater.