

Effectiveness of Structured Teaching Programme on Knowledge Regarding Text Neck Syndrome among College Students in Villupuram District

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ABSTRACT

Aim: to assess the Effectiveness of structured teaching programme on knowledge regarding text neck syndrome among college students in Villupuram district.

Objectives: (i) To assess and compare the pre test and post test level of knowledge regarding text neck syndrome among college students. (ii) To assess the effectiveness of structured teaching programme on knowledge regarding text neck syndrome among college students. (iii) To find the association between post test level of knowledge regarding text neck syndrome among college students with their selected demographic variables.

Methodology: A Pre experimental one group pre and post test research design was carried out in this study. 50 samples were selected by using non probability convenient sampling technique. The pre and post test level of knowledge was assessed by using structured knowledge questionnaires.

Results: The finding reveals that pre test mean was 8.44 with the standard deviation of 2.6561 and the post test mean was 21.96 with the standard deviation of 2.551. The mean difference of pre and post test is 13.52, standard error is 1.254. The 't' value of 13.126 is Highly Significant at $p < 0.05$ it indicates that the knowledge level of students is improved after structured teaching programme.

Conclusion: The study concluded that structured teaching programme on text neck syndrome was effective in improving the knowledge level among college students.

Keys Words: Text Neck Syndrome.

INTRODUCTION

Electronic devices are an integral part of adolescence's lives in the twenty-first century. The world of electronic devices, however, is changing dramatically. Mobile phones which dominated the media world through the mid-1990s, now competes in an area crowded with cell phones, computers, iPod, video games, instant messaging, interactive multiplayer video games, virtual reality sites, web social networks, and e-mail.

Debates on the effects of new technology have recurred especially with regard to the effect on young people. Each new device technology brought with its great promise for social and educational benefits and great concern for adolescences exposure to inappropriate and harmful content or health hazards.

Adolescents in particular spend a significant amount of time viewing and interacting with electronic devices in the form of video games and the internet. Considering all of these sources together, adolescence spend more than 6 hours per day using media. Nearly half of that time is spent watching television, playing, or studying with computer. The remainder of the time is spent using other electronic media alone or in combination with television.

Youth are creative in their uses of new technologies, and this creativity can lead to against for parents, teachers and health care providers. Teens can download violent videos, send sexual text messages or explicit self-photographs to their friends, but it is unclear whether or how electronic effects or how cognitive processing may be affected. Some neuroscientists worry about the impact of all of this new technology on the developing adolescent brain.

Over the long term, computer can cause physical damage. Using a mouse and keyboard for many hours every day can lead to repetitive stress injuries. Back problems are common among people who spent a lot of time sitting at computer desks. Late-night computer sessions cut into much-needed sleep time. Long-term sleep deprivation causes drowsiness, difficulty concentrating, and depression of the immune system. In addition to, when someone spends hours at a computer is obviously not getting any meaningful exercise, so, computer can indirectly lead to poor overall physical condition and even obesity. Playing for long periods of time on the computer can strain adolescence eyes or can worsen existing eye conditions. Also, symptoms include eye discomfort, headaches, itchy eyes and difficulty in focusing. So, it is important to rest the eyes while working on the computer. Unfortunately, it also more prone to postural, muscular and skeletal disorders like tendonitis.

A Smartphone is a most popular device used among adolescents .in a study of university students of the united states that text messaging (sms) was emerged as the most frequently used type of communicate medium. A recent study shows that 79%of the population between the age 18-44 have their cell phones with the almost all the time, with only 2 hours of their walking day spend without their cell in hand.

Text neck directly affects the spine while flexing the head forward at varying degree when the head tilt forward at 15 degree the force on the neck surge to 27

pounds at 30 degree 40 pounds at 45 degree 49 pounds and at 60 degree 60 pounds then at 90 degree the model prediction was not reliable

The term text neck was coined by Dr.L.Fishman who is a Chiropractor. The term text neck is used to describe a repetitive stress injury or an over use syndrome where a person has his or her head hung of flexed in a forward position and is bent down looking at his or her mobile for prolonged period of time. In today's world where the mobile technology has advanced so much. There are more and more people who are spending an increased amount of time on hand held devices such as smart phone, mini tab, etc. The end result is prolonged flexion of the neck when bent over the mobile phone resulting in text neck posture.

This condition is a growing health concern and has the potential to affect millions of people all over the world. Most smart phones tasks users require to stare sharply downward or to hold their arms out in front of them to read the screen which makes their head more forward and cause an excessive anterior curve in the lower cervical vertebrae to maintain balance, placing stresses on the cervical spine and the neck muscles.

Smartphone have been become a necessity for most children they used for both communication and entertainment process.

Arslan 2013

While using Smartphone children usually flex their neck downwards to stare at the lowered object (phone) and maintain the head in a forward position for long periods of time which may cause musculoskeletal disorder.

Statement of the Problem

A study to assess the effectiveness of structured teaching programme on knowledge regarding text neck syndrome among college students in Villupuram district.

Objectives of the Study

- To assess and compare the pre test and post test level of knowledge regarding text neck syndrome among college students.
- To assess the effectiveness of structured teaching programme on knowledge regarding text neck syndrome among college students.
- To find the association between post test level of knowledge regarding text neck syndrome among college students with their selected demographic variables

H₂: There will be a significant association between post test knowledge score on text neck syndrome among college students with their selected socio demographic variables.

MATERIAL AND METHODS

A Pre experimental one group pre and post test research design was carried out in this study. 50 samples were selected by using non probability convenient sampling technique. The pre and post test level of knowledge was assessed by using structured knowledge questionnaires.

HYPOTHESIS

H₁: There will be a significant difference in the post test level of knowledge than the pretest after administration of structured teaching programme on text neck syndrome.

RESULT AND DISCUSSION

Percentage and Distribution of pre and post test level of knowledge regarding text neck syndrome among college students in Villupuram district.

Table 1.1: Distribution of pre test Level of Knowledge on text neck syndrome among college students. N=50

Level of Knowledge	Pre-Test Score		Post-Test Score	
	Frequency	Percentage	Frequency	Percentage
ADEQUATE	0	0%	48	96%
MODERATE	23	46%	1	2%
INADEQUATE	27	54%	1	2%

The above table reveals that pre-test level of knowledge 27(54%) of the students had inadequate level of knowledge, 23(46%) of the students had moderate level of knowledge and of the students had adequate level of knowledge; and the Post-

test level of knowledge 1(2%) of the students had inadequate level of knowledge, 1(2%) of the students had moderate level of knowledge and 48(96%) of the students had adequate level of knowledge

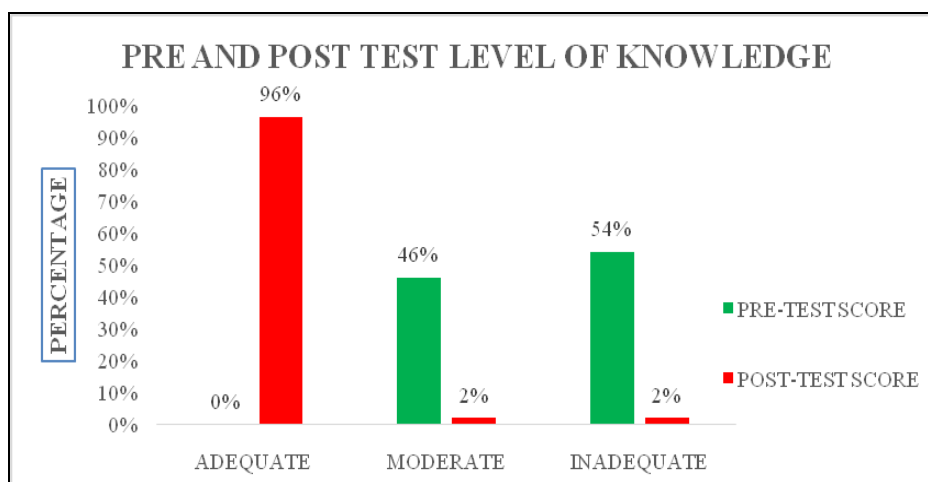


Figure 1. Shows Percentage Wise Distribution of Pre and Post Test Level Of Knowledge

Table:4.3 effectiveness of structured teaching programme on knowledge regarding text neck syndrome. N=50

Pre test		Post test		Mean difference	Standard error	t value
Mean	Standard deviation	Mean	Standard deviation			
8.44	2.6561	21.96	2.551	13.52	1.254	13.12* HS

*Significant at p<0.05

The above table reveals that pre-test mean was 8.44 with the standard deviation of 2.6561 and the post test mean was 21.96 with the standard deviation of 2.551. The mean difference of pre and posttest is 13.52, standard error is 1.254. The 't' value of

13.126 is Highly Significant at $p < 0.05$ it indicates that the knowledge level of students is improved after structured teaching programme. Hence hypothesis H1 is accepted.

Table 4.4: association between post test level of knowledge with their selected sociodemographic variables. N= 50

S. No	Demographic Variables	Inadequate knowledge	Moderately adequate	Adequate Knowledge	Chi Square	P Value
1	Age				50.013	0.00001* S
	a)17-19 years	0	1	30	DF=4	
	b)20-22years	1	0	18		
	C)23-25years	0	0	0		
2	Gender				11.506	0.0317* S
	a)Male	1	1	42	DF=2	
	b)Female	0	0	6		
3	Education Of Father				9.86	0.1306 NS
	a)No formal education	1	0	14	DF=6	
	b)Primary education	0	0	15		
	c)Secondary education	0	0	14		
	d)Graduate& above	0	1	5		
4	Education Of Mother				27.483	0.0001* S
	a)No formal education	1	0	15	DF=6	
	b)Primary education	0	0	16		
	c)Secondary education	0	0	16		
	d)Graduate& above	0	1	1		
5	Occupation Of Father				20.549	
	a)Un employed	1	0	6	DF=6	0.0022* S
	b)Self employed	0	1	27		
	c)Govt employed	0	0	5		
	d. Coolie	0	0	10		
6	Occupation of Mother				135.621	0.00001* S
	a)House wife	1	1	45	DF=6	
	b)Self employed	0	0	3		
	c)Govt employed	0	0	0		
	d. Coolie	0	0	0		
7	Monthly Income				10.553	0.1032 NS
	a)5000-10000	0	1	22	DF=6	
	b)10001-20000	0	0	15		
	c)20001-30001	0	0	7		
	d)30001 &above	1	0	4		
8	Residence				420.6	0.0001* S
	a)Rural	1	0	22	DF=4	
	b)Urban	0	1	25		
	c)Slum	0	0	1		
9	Duration of Using Mobile Per Day					0.0001* S
	a)<1hrs	0	0	3	137.02	
	b)1-2hrs	0	1	20		
	c)3-4hrs	0	0	10		
	d)> 4hrs	1	0	15		
10	Years of Using Mobile Phone				19.35	0.03612* S
	a)<1yrs	0	0	13	DF=6	
	b)2-3yrs	0	0	22		
	c)4-5yrs	0	0	6		
	d)>5yrs	1	1	7		

*Significant at $p < 0.05$

The above table shows that there is significant association between post test level of knowledge on text neck syndrome with selected socio demographic variables of age, gender, education of mother, occupation of father and mother, residence, duration of using mobile per day and years

of using mobile phone at $p < 0.05$ and there is no significant association between post test level of knowledge with Education of father, monthly income of family.

DISCUSSION

The first objective of the study is to assess and compares the pre-test and post test level of knowledge regarding text neck syndrome among college students.

The pre-test level of knowledge 27(54%) of them had inadequate level of knowledge, 23(46%) of them had moderate level of knowledge and none of them had adequate level of knowledge.

The Post-test level of knowledge 1(2%) of them had inadequate level of knowledge, 1(2%) of them had moderate level of knowledge and 48(96%) of them had adequate level of knowledge.

The second objectives of the study are to assess the effectiveness of structured teaching programme on knowledge regarding text neck syndrome among college students.

The pre test mean was 8.44 with the standard deviation of 2.6561 and the post test mean was 21.96 with the standard deviation of 2.551. The mean difference of pre and post test is 13.52, standard error is 1.254. The 't' value of 13.126 is Highly Significant at $p < 0.05$ it indicates that the knowledge level of students are improved after structured teaching programme. Hence hypothesis H_1 is accepted.

The third objectives of the study are to find the association between post test level of knowledge regarding text neck syndrome among college students with their selected demographic variables.

There is significant association between post test level of knowledge on text neck syndrome with selected socio demographic variables of age, gender, education of mother, occupation of father and mother, residence, duration of using mobile per day and years of using mobile phone at $p < 0.05$ and there is no significant association between post test level of knowledge with Education of father, monthly income of family.

CONCLUSION

The study concluded with result that out of 50(100%) of samples 1(2%) had inadequate level of knowledge, 1(2%) had moderate knowledge and 48(96%) had adequate knowledge. In association, there is a significant association with selected socio demographic variables of age, gender, education of mother, occupation of father, residence, duration of mobile phone usage per day and years of using mobile phone at $p < 0.05$.

The study finding shows that, the post-test level of knowledge is better than the pre-test knowledge. Hence it can be concluded that, structured teaching programme on text neck syndrome was effective in improving the knowledge level among college students.

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