

## A STUDY TO ASSESS THE SMARTPHONE USAGE ADDICTION WITH TEXT NECK SYNDROME OCCURRENCE AMONG ADOLESCENTS

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### Abstract

Smartphone usage addiction and Text Neck Syndrome are two emerging health issues now a days. Adolescents are more susceptible for developing smart phone addiction because of their increasing usage. Increased usage or smart phone addiction may lead to the condition called Text Neck Syndrome. The aim of this study was to assess the Smart phone usage addiction and prevalence of text neck syndrome. The Study was conducted among 80 students of B.Sc. Nursing at selected colleges, Bengaluru by using convenient sampling technique. Smart phone addiction scale-short version (SAS-SV) was used to assess the Smart phone usage addiction and the prevalence of text neck syndrome was assessed by Neck disability index (NDI). The data were analyzed by using descriptive and inferential statistics. The result revealed that, one third of the students (23%) had smart phone addiction and nearly half of the students were at high risk of smart phone addiction. Majority of the students (74%) had different levels of neck disability or Text neck syndrome. Only One third of the students (26%) were free from neck disability. There is a significant occurrence of Text neck syndrome among adolescent Smart phone users.

**Key words:** Correlation, Smart phone usage addiction, Text neck syndrome, Adolescent Smart phone users.

### Introduction: -

Mobile phones have become an essential device in today's world. These days, everyone utilizes a mobile phone, from kids to adults. They do really serve us well and in a variety of ways. Our lives are more convenient and easier with mobile phones. These days, we use our phones for nearly everything. The days of using

Them just for calls are long gone. Our lives now centre around it. These days, phones are referred to as smart phones. They are sometimes even more than a computer, and they are never less. Computers and laptops have now been supplanted by cell phones. We use our phones for all tasks that were done on our laptops.<sup>1</sup>

All of us can study and look for things that are unknown to us with the great assistance of smart phones. However, a coin has both advantages and disadvantages.<sup>2</sup> Indeed, mobile phones bring convenience and ease to our lives. They are a blessing, but only if we apply them properly. Since they become damaging to us after a certain amount of time and cause a rift between individuals, we should avoid using them for longer than necessary.<sup>1</sup> Every day, more and more people are using smart phones. Even in situations where there are a lot of people around, individuals these days are fixated on their phones. These days, individuals cannot survive without their cell phones. People in today's environment have developed a strong addiction to using cell phones.<sup>3</sup>

The obsessive overuse of smart phones is a behavioural problem known as smart phone addiction. It's sometimes referred to as problematic mobile phone use or mobile phone independence. When a person becomes addicted to their phone, they may never or very rarely switch it off, sleep with it next to them, put on sound-based notifications, spend hours on it, lose interest in other things, become agitated and angry when they can't use their device, etc.<sup>4</sup>

Teenagers are the most susceptible and at-risk age group for smart phone addiction. More than ever, young children are getting their first cell phone and learning how to use it. Teenagers are particularly vulnerable since they were raised in a time when using cell phones was engrained in them at such a young age.<sup>5</sup>

The stage of growth and development that separates childhood from adulthood is called adolescence. Anybody between the ages of 10 and 19 is considered an adolescent according to the World Health Organization.

### Objectives:

1. To assess the smart phone usage addiction among adolescents at selected colleges.
2. To determine the occurrence of text neck syndrome among adolescent smart phone users at selected colleges.

### Material and Methods

**Source of Data:** The data was collected from the Adolescent smart phone users between the age group of 17 to 19 years at selected colleges, Bangalore, Karnataka.

**Research approach:** Quantitative approach.

**Research design:** Non-experimental (Prevalence based study) was adopted for the study.

**Research setting:** The study was conducted at the Selected Colleges, Bangalore, Karnataka.

**Population:** Adolescent smart phone users between the age group of 17 to 19 years at selected colleges, Bangalore, Karnataka.

**Sampling technique:** Convenient sampling technique was used for the selection of samples.

**Sample size:** The sample size is 80 who fulfils the inclusion criteria were selected for the study.

### Instrument used:

- **Section A:** Demographic data.
- **Section B: Smart phone addiction scale - short version (SAS--SV).**
- **Section C:** Neck disability Index (NDI).

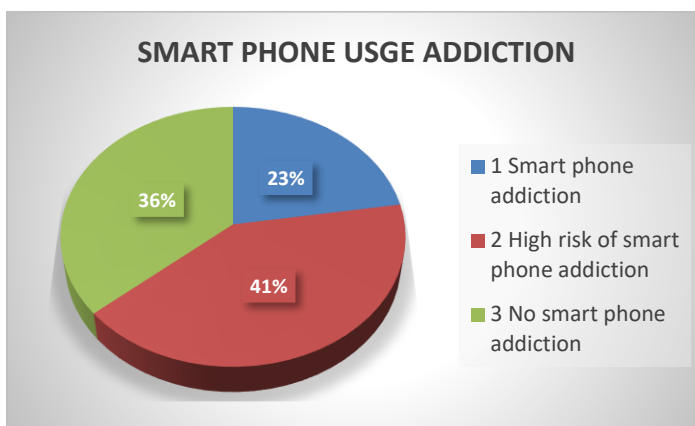
### Plan for Data Analysis:

The data was analyzed using descriptive and inferential statistics.

**Results and Interpretation**

**Table 1: Frequency and percentage distribution of selected socio-demographic variables of Adolescents (n=80)**

Sl. No	Socio-demographic Variables	Group	
		Frequency (f)	Percentage (%)
1.	<b>Age in years</b>		
	a. 17 years	4	5
	b. 18 years	34	42.5
	c. 19 years	42	52.5
2.	<b>Gender</b>		
	a. Male	23	28.75
	b. Female	57	71.25
3.	<b>Religion</b>		
	a. Hindu	42	52.5
	b. Muslim	8	10
	c. Christian	30	37.5
4.	<b>Type of family</b>		
	a. Nuclear	66	82.5
	b. Joint	14	17.5
5.	<b>Student resident status</b>		
	a. Home	9	11.25
	b. Hostel	48	60
	c. P G	23	28.75
6.	<b>Place of residence</b>		
	a. Urban	61	76.25
	b. Rural	19	23.75
7.	<b>Involvement in social media</b>		
	a. Passive	64	80
	b. Active	16	20
8.	<b>Hours spent in social media</b>		
	a. 1-2 hours	15	18.75
	b. 2-3 hours	27	33.75
	c. 3-4 hours	15	18.75
	d. More than 4 hours	23	28.75
9.	<b>Previous knowledge on smart phone addiction</b>		
	a. Yes	64	80
	b. No	16	20
10.	<b>Source of information on smart phone addiction</b>		
	a. Mass media	40	62.5
	b. Friends and relatives	16	25
	c. Books	8	12.5
11.	<b>Previous knowledge on Text neck syndrome</b>		
	a. Yes	45	56.25
	b. No	35	43.75
12.	<b>Source of information on Text neck syndrome</b>		
	a. Mass media	20	44.44
	b. Friends and relative	18	40
	c. Books	7	15.55

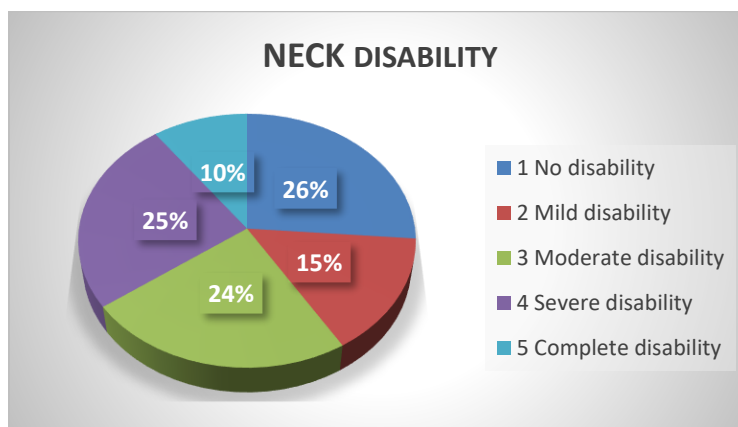


The above diagram shows that one third of the students (23%) had smart phone addiction and nearly half of the students were at high risk of smart phone addiction.

**Table 2.2. Significant differences showing the Smart usage phone addiction (n = 80)**

	Minimum score	Maximum score	Mean	Median	SD
Smart phone addiction.	10	59	26.79	26	10.189

The overall actual scores of the smart phone addiction scale are in the range of 10 to 60. The above table shows that the minimum score of this scale is 10, whereas maximum score is 59, with the mean of 26.79 and a standard deviation of 10.189.



The above diagram shows that Majority of the students (74%) had different levels of neck disability. Only One third of the students (26%) were free from neck disability.

**Table 3.2: Significant differences showing Occurrence of Text neck syndrome (n = 80)**

	Minimum score	Maximum score	Mean	Median	SD
Occurrence of Text Neck Syndrome (Neck disability).	0	43	18.24	18	13.281

The overall actual scores of the smart phone addiction scale are in the range of 0 to 50. The above table shows that the minimum score of this scale is 0, whereas maximum score is 43, with the mean of 18.24 and a standard deviation of 13.281

## Conclusion

There is a significant occurrence of Text neck syndrome among adolescent smart phone users. As per the study finding, Majority of the adolescent smart phone users had different levels of neck disability or Text neck syndrome, who all had either smart phone addiction or at high risk of smart phone addiction. So it is very much essential to reduce the over usage of smart phones to maintain a good health.

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