

Knowledge, perception, and awareness of text neck syndrome among young adults South Indian population

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ABSTRACT

Introduction: Text neck is a repeated stress injury and pain sustained from excessive watching or texting on handheld devices for long period of time. Dependence on the mobile phone is increasing rapidly and people spend long hours on mobile phone that leads to other musculoskeletal problems. This study will help us to find the knowledge, perception, and awareness of text neck syndrome in young adult South Indian population. This study also aimed at knowledge of preventive measures of this text neck syndrome. **Materials and Methods:** This study is a questionnaire-based study on young adult subjects. A self-administered questionnaire will be distributed to all the subjects. In this study, the awareness of text neck syndrome among young adults was analyzed using a standard questionnaire. Then, the final results will be calculated. **Results:** The study states that there was no much awareness of text neck syndrome among the southern Indian young adults. Thus, they have to know about the text neck and this study is to create awareness among them to use mobile phone in proper position. **Conclusion:** This study has demonstrated a low level of awareness of text neck syndrome among young adult population. Furthermore, it mentioned about lack of knowledge of preventive measures in this population.

KEY WORDS: Awareness, Mobile phones, Posture, Repeated stress injury, Text neck syndrome

INTRODUCTION

Text neck is a repeated stress injury and pain sustained from excessive watching or texting on handheld devices for long periods of time. Dependence on mobile phone is increasing rapidly and people spend long hours on mobile phone that leads to various musculoskeletal problems. This study will help us find the awareness of text neck syndrome and awareness of hazards which are caused by excess usage of phone.^[1] The destinations of this investigation are as per the following: (i) To check familiarity with content neck disorder in youthful grown-up population, (ii) to check the information about content neck disorder in youthful grown-up population, and (iii) to check the information of preventive measures for content neck disorder.^[1] In the previous couple of years, contact screen advanced cells have supplanted the majority of the keypad telephone item due to their flexibility and wealth of utilizations. Be that as it may, the same number of individuals keeps

up their neck flexed when utilizing convenient gadgets, there is a developing discussion about the impact of smart telephones on musculoskeletal framework among delayed clients of versatile phones, increasing the dangers for advancement side effects as incessant neck torment and shoulder pain.^[2]

Most cell phone errand clients require to gaze pointedly downward or to hold their arms out before them to peruse the screen which makes their head push ahead and cause an over the top foremost bend in the lower cervical vertebrae and an unnecessary backbend in the upper thoracic vertebrae to look after balance, setting weights on the cervical spine and the neck muscles.^[3] The neck pose was evaluated by members' self-recognition and physiotherapists' judgment amid a cell phone messaging message undertaking.^[4] This issue is a noteworthy worry with kids since their heads are bigger in connection to their body estimate than grown-ups, and subsequently, they have an expanded take a huge risk given their affinity to utilize cell phones. Genuine lasting harm of untreated content neck can be the outcome and be very like word related abuse disorder or rehashed pressure/strain wounds.^[5]

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It is a condition that presents as guileful beginning neck torment accepted to be related with extensive stretches of cervical spine flexion while testing or utilizing unsupported electronic gadgets.^[6]

With the developing utilization of cell phones, concerns have additionally expanded about musculoskeletal issues related with the drawn-out utilization of cell phones. Ongoing examinations have demonstrated that cell phone clients will, in general, report genuine annoyance, shoulder, and thumb, and the seriousness of the side effects as the complete time spent utilizing the cell phone increases.^[7] However, the link between neck position and neck pain is not clear.^[8] The issue of neck pain is normal. Particularly, youthful grown-ups detailed that over 30% of population woke with neck pain at any rate once per week.^[9] This syndrome prompts destructive manifestations, for example, neck pain, upper back pain, bear torment, constant migraines, and expanded bend of the spine. On utilizing the cell phone over extensive stretches of time, clients for the most part embrace delayed forward head pose.^[10] Delayed head forward flexion stance of cell phone clients has been considered as a key hazard factor for different torment side effects or musculoskeletal issues of the neck and neighboring zones. In spite of the fact that cell phone clients are known to make expansive head flexion to look down the cell phone while holding the telephone with their hands, it has not yet been examined whether the length of cell phone use and the seriousness of head flexion point would straightly relate or not.^[11]

MATERIALS AND METHODS

This study is a questionnaire-based survey on young adult subjects. A self-administered questionnaire will be distributed to all the participants. In this study, the awareness of text neck syndrome among young adults was analyzed using a standard questionnaire. A few of the surveyed questions are given below:

- i. Text neck syndrome may be related to
 - a. Reading books for long time
 - b. Occupation oriented pain in neck
 - c. Reading newspapers for long time
 - d. Using smartphones for long time
 - e. Others
- ii. What do you think the cause for the text neck syndrome?
 - a. Usage of smartphone with flexed neck
 - b. Using computers
 - c. e-Readers
 - d. All of the above
 - e. None of the above
- iii. What would be the symptoms of text neck syndrome?
 - a. Tightness across the shoulders
 - b. Soreness in the neck

- c. Chronic headaches
- d. All of the above
- e. None of the above
- iv. Who is affected more with this syndrome?
 - a. Children
 - b. Young adults
 - c. Adults
 - d. Middle aged
 - e. Old aged.

Then, the final observations on the survey data obtained were analyzed, categorized, and evaluated systematically.

RESULTS

On compilation of all the responses, a complete analysis was done to categorize all the obtained data. All these sorted out data were evaluated and graphically represented in percentage. Few of the surveyed questions and their responses were given below as graphical representations [Figures 1-4].

1. Have you heard text neck syndrome anywhere else?
2. Text neck syndrome may be related to
3. Who is affected more with this syndrome?
4. What do you think the cause for this text neck syndrome?

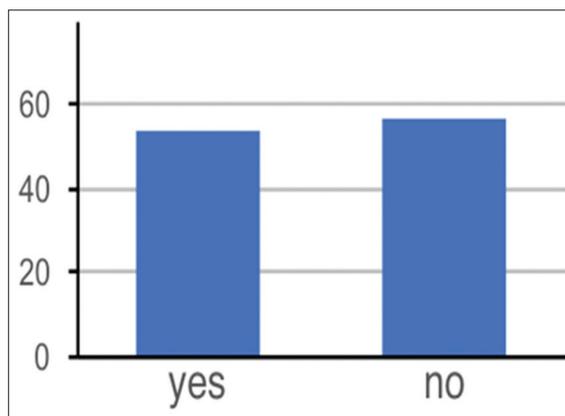


Figure 1: Observation on percentage of participants who are aware of text neck syndrome

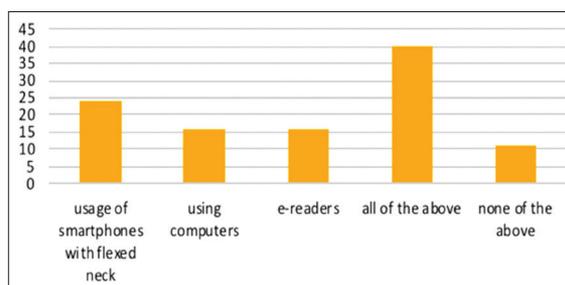


Figure 2: Observation on percentage of participants on the cause of text neck syndrome

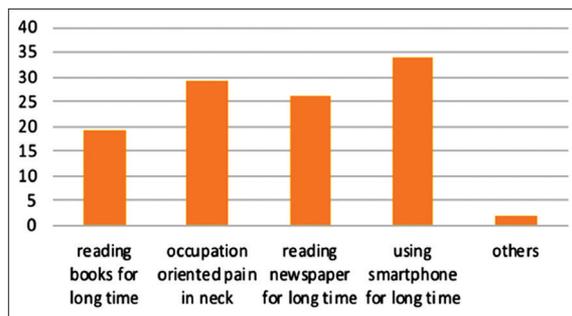


Figure 3: Response of participants on text neck syndrome and the age groups affected by it

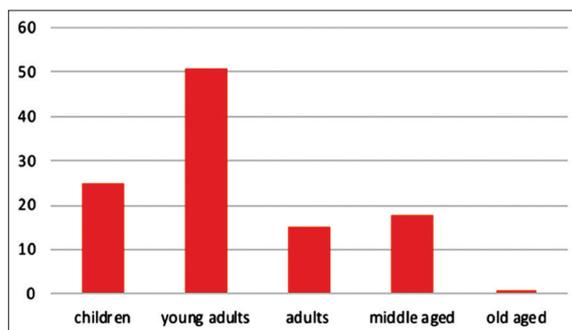


Figure 4: Response of participants on the cause for text neck syndrome

DISCUSSION

The study based on knowledge, perception, and awareness of text neck syndrome among young adults South Indian population. Nearly 50% of the people accepted that they heard the word of this text neck syndrome somewhere.

Nearly most of the people said that text neck syndrome may be related to the usage of smartphones with flexed neck, using computers, and e-readers. Most of the young adults are addicted to it so that it causes neck pain.

According to this study, mostly 90% of people agreed that young adults are more prone to this text neck syndrome. This is the most accepted thing among them. Mostly, nearly 85% of people said that it is caused mainly due to over usage of smartphones for a long time. Participants with “Text Neck” revealed impaired proprioception during cervical spine flexion compared to asymptomatic controls. The greater time spent on unsupported mediums, the greater cervical spine. Pain experienced and the greater the pain, the poorer the proprioception during cervical spine flexion. In the present study, we tried to gain in

knowledge regarding awareness of text neck syndrome and knowledge of its preventive measures. Texting on mobile phones is an activity which involves looking into mobile screens in a flexed position of the neck with a forward head posture and with rounding of shoulders and movement of the thumb and arms in a continuous pattern. If this posture is maintained over long time, the center of weight for the head is pushed forward. This imbalance causes constant contraction of musculature to compensate for giving rise to text neck syndrome with symptoms such as neck pain, shoulder pain, upper back pain, forward head posture, and muscle spasm.

CONCLUSION

This study demonstrates the level of awareness of text neck syndrome among young adult population to be very low. Furthermore, the survey depicted about the lack of knowledge, cause, and preventive measures in this prevalent condition among the young population.

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