

“A STUDY TO ASSESS THE EFFECTIVENESS OF PLANNED TEACHING PROGRAMME ON KNOWLEDGE REGARDING TEXT NECK SYNDROME AMONG COLLEGE STUDENTS AT SELECTED INTER COLLEGES KANPUR, UTTAR PRADESH”

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ABSTRACT

College students knowledge and practice is relevant and is considered to be important factors while planning educational programme for Text Neck Syndrome. Educating students about the potential health risks associated with technology will encourage them to be more mindful and responsible about how they use devices. Hence the researchers selected the planned teaching programme which is believed to improve healthier technology use and better overall health. “A study to assess the effectiveness of planned teaching programme on knowledge regarding Text Neck Syndrome among college students at selected inter colleges Kanpur, UP.” 60 samples were collected by using non-probability convenience sampling technique through structured teaching questionnaire, the data was collected and analyzed by using descriptive and statistical analysis. The result of the study showed that pre-test mean knowledge score was 5.13 with SD 1.41 and post-test mean knowledge score was 11.05 with SD 1.39. Paired ‘t’ test value was 22.98 significance at $df=59$, $p>0.05$. Positive hypothesis H1 was accepted and Null hypothesis H01 was rejected. The test revealed that there was no statistically significant association of the pre-test knowledge score of subjects with their selected demographic variables such as Age in years, Stream of study, Average hours spent on electronics in a day, Previous knowledge and Source of information, but there was significant association with Gender, but there was no significant association with other selected demographic variables, no significance at $\chi^2<0.05$ level of significance.

INTRODUCTION

The term “Text Neck” was coined by Dr. Dean L. Fishman, a US chiropractor. The term of Text Neck or another phrase Turtle Neck posture can be described as a repeated stress injury and pain sustained from excessive watching or texting on handheld devices for long periods of time. Text neck leads to harmful symptoms such as neck pain, upper back pain, shoulder pain, chronic headaches and increased curvature of the spine.¹

During the last few years, a growing reporting of data is showing that the “Text Neck Syndrome” might be considered as an emerging 21st-century syndrome. This clinical condition refers to the onset of cervical spinal degeneration that results from the repeated stress of frequent forward head flexion while we look down at the screens of mobile devices and while we “text” for long periods of time.²

Text Neck Syndrome is more common in adolescents, who for several hours a day and for several days a year, hunch over smartphones and personal computers more frequently than in the past. It is estimated that 75% of the world’s population is hunched over their handheld devices hours daily with their heads flexed forward.³

Keywords: Text Neck Syndrome, college students, ergonomics, flexion, technology.

DOI:
10.5455/jcmr.2024.15.02.26

NEED FOR STUDY

Technology has truly become an inseparable part of our lives and an essential tool in every field. But, with increasing number of mobile users, the number of health issues are also growing at a rapid pace.⁴

A recent study shows that 79% of the population between the age 18-44 have their phones with them almost all the times. The mobile technology has advanced so much, there are more and more people who are spending time on their mobile phones, that's why they are suffering from neck pain and other symptoms because of prolonged flexion of neck.⁵

According to WHO, musculoskeletal disease is the 4th and 10th pathological condition and global burden of disease, neck pain is the 8th ranked reason for most years lived with disability for 15-19 years old of any health conditions, which is higher than other well known adolescent health problems. In adults, there are extensive data about the epidemiology, burden and treatment of musculoskeletal pain, but contrasting and not universally accepted results are reported in children and adolescents. In fact, the lack of clinical research in children and adolescents has been emphasized by several studies.⁶

After reviewing all the data the researcher felt the need to conduct this study because college students frequently use smartphones and other mobile devices for extended periods, making them a high risk group for developing Text Neck Syndrome. Understanding the prevalence and impact of Text Neck Syndrome can help in creating awareness and developing preventive strategies to promote a healthier, more informed approach to mobile device usage.

PROBLEM STATEMENT:

"A study to assess the effectiveness of planned teaching programme on knowledge regarding Text Neck Syndrome among college students at selected inter colleges Kanpur, UP."

OBJECTIVES OF THE STUDY:

- 1- To assess the pre-test knowledge regarding Text Neck Syndrome among college students at selected inter colleges Kanpur, UP.
- 2- To evaluate the effectiveness of planned teaching programme on knowledge regarding Text Neck Syndrome among college students at selected inter colleges Kanpur, UP.
- 3- To determine the association between pre-test knowledge scores regarding Text Neck Syndrome among college students with their selected demographic variables.

HYPOTHESIS:

Hypothesis was tested at 0.05 level of significance.

- H01 - There is no significant difference between pre-test and post-test knowledge score regarding Text Neck Syndrome among college students.
- H02- There is no significant association between pre-test level of knowledge on

Text Neck Syndrome with selected demographic variables.

- H1 - There is significant difference between pre-test and post-test knowledge regarding Text Neck Syndrome among college students .
- H2 - There is a significant association between pre-test level of knowledge on Text Neck Syndrome with selected demographic variables.

METHODS AND MATERIALS:

RESEARCH APPROACH-

The Research approach used for the present study was **Quantitative evaluative research approach**.

RESEARCH DESIGN-

The research design used in this study was **Quasi-experimental, One group pre-test post-test research design without control group**.

VARIABLES-

Independent Variable: In the present study, the independent variable was planned teaching programme on knowledge regarding Text Neck Syndrome.

Dependent Variable: In the present study, the dependent variable was the knowledge level of the college students on Text Neck Syndrome.

Socio-demographic Variables: In this present study demographic variables were Age in years, Gender, Stream of study, Average hours spent on electronics in a day, Previous knowledge of Text Neck Syndrome and Source of Information.

POPULATION-

Population for the present study consisted of all college students of inter colleges.

TARGET POPULATION-

The target population of present study consisted of college students of selected inter colleges Kanpur, UP.

ACCESSIBLE POPULATION-

Accessible population of present study consisted of college students who were studying at Shri Ram Janki Inter College, Bithoor, Kanpur, Uttar Pradesh, and who met the inclusion and exclusion criteria.

SAMPLE-

In this study, the samples were college students who met the inclusion criteria.

SAMPLE SIZE-

The sample size of this study was 60 college students.

SAMPLING TECHNIQUE-

In this study, **Non-probability Convenience Sampling Technique** was used to select the sample.

INCLUSION CRITERIA-

The nursing aspirants who were-

- College students who were available at the time of data collection.
- College students studying in 11th and 12th standard.

EXCLUSION CRITERIA-

The nursing aspirants who were-

- Middle school students are excluded from the study.
- College students who were not willing to participate in the study.

METHODS OF DATA COLLECTION:

Self-structured knowledge questionnaire was used to assess the level of knowledge regarding Text Neck Syndrome among college students at selected inter colleges Kanpur, UP.

DEVELOPMENT AND DESCRIPTION OF TOOLS-

On the basis of develop framework to achieve the objective of the study, A Structured knowledge questionnaire was prepared to assess the level of knowledge regarding Text Neck Syndrome in selected inter colleges, Kanpur. Uttar Pradesh.

The tool consists of 2 sections:

SECTION A: Socio-demographic variables

SECTION B: Self-structured knowledge questionnaire regarding Text Neck Syndrome.

Section A:

Frequency and percentage wise distribution of demographic variables.

The major findings of the study were as follows:-

1. Majority of college students 40(66.7%) were between 15-16 years.
2. Majority of college students 44(73.3%) were Females.
3. Majority of college students 23(38.30%) were Science students.
4. Majority of college students 47(78.30%) spent 5-6 hours on electronics in a day.
5. Majority of college students 52(86.70%) had no previous knowledge about Text Neck Syndrome.
6. Majority of college students 4(50.00%) had previous knowledge from social media.

RESULT AND FINDINGS:

Section B:

Distribution of pre-test and post-test level of knowledge regarding Text Neck Syndrome.

Distribution of college students according to the pre-test and post-test level of knowledge on Text Neck Syndrome.

n=60

S. No.	Level of knowledge	Pre-test		Post-test	
		F	%	F	%
1.	Inadequate knowledge (0-7)	38	63.33%	00	00.00%
2.	Moderate knowledge (8-11)	22	36.67%	21	35.00%
3.	Adequate knowledge (12-16)	00	00.00%	39	65.00%
	Total	60	100%	60	100%

Section C:

Comparison of pre-test and post-test level of knowledge regarding Text Neck Syndrome.

Comparison of pre-test and post-test level of knowledge regarding Text Neck Syndrome.

n=60

S. No.	Level of knowledge	Mean	Mean difference	Mean percentage	Standard deviation
1.	Pre-test	5.13	5.92	8.55%	1.41
2.	Post-test	11.05		18.4%	1.39

Section D:

Evaluate the Effectiveness of planned teaching programme regarding Text Neck Syndrome.

Mean, mean-difference, standard deviation, paired "t" test of structured questionnaire.

n=60

S. No.	Level of knowledge	Mean	Mean difference	S.D.	't' value	Table value
1.	Pre-test	5.13	5.92	1.41	22.98	2.00 at the 0.05 level of significance
2.	Post-test	11.05		1.39		

Section E:

Association between the level of Pre-test knowledge score with the selected demographic variables of college students.

The association between pre-test knowledge score with their selected demographic variables like Age in years, Gender, Stream of study, Average hours spent on electronics in a day, Previous knowledge

of Text Neck Syndrome, Source of information. Here calculated value of chi square was more than table at 0.05 level of significance, so there were significant association with Gender, but there was no significant association with other selected demographic variables. Hence, in the formulated research hypothesis Positive hypothesis H2 was accepted and Null hypothesis H02 was rejected.

CONCLUSION:

On the basis of findings of the study, it was concluded that Planned Teaching Programme was effective in improving the knowledge of college students regarding Text Neck Syndrome. It was the most important means of creating awareness & increasing their knowledge regarding Text Neck Syndrome.

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