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Text Neck: Effect with Smartphone Devices among the Students Of King Fahd University of Petroleum & Minerals

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Objectives: The aim of the study was to identify the impact of using the smartphone on lifestyle and health of the students at KFUPM.

Methods: 616 students from King Fahd University of Petroleum and Minerals were subjects. To find out the effect of using smartphone a questionnaire was made available to the all the subjects of the study to elicit and identify their feedback on the uses and applications of a smartphone during the classes and throughout the day. The questionnaire contained two parts- part 'A' dealing with the information with regard to the symptoms of text-neck and part 'B' contained the routine and the effects on the lifestyle of the students. Further, the angle of head forward flexion was measured using an image in the questionnaire where the students was asked to tick mark on the angle while sitting and standing. To make it more practical the angle of the neck was measured for each subject through a smartphone which contained the Head Up app. The information so obtained through the questionnaire was analyzed using the SPSS 16 statistical tool. Mean, standard deviation and percentages were computed for all the variables of the study.

Results: It was indicated that there is a high percentage of students who suffer from the symptoms of the text neck like neck soreness with69.51% and headache with 67.85%. They were changing their positions to get relief from these symptoms without taking the precautionary measure of raising the smartphone to the eye level.

Conclusion: It is concluded that there is a high percentage of students who suffer from the symptoms of the text neck like neck soreness and headache and they were changing their positions to get relief from these symptoms without taking the precautionary measure of raising the smartphone to the eye level.