



A descriptive study to assess the knowledge of text-neck syndrome and typer's thumb among the undergraduate nursing students of selected schools of Sharda University, Greater Noida

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Abstract

Introduction: Text neck syndrome, also known as repeated stress discomfort, is an ailment caused by prolonged use of mobile devices for watching or frequent messaging. Typer's Thumb also known as de Quervain's Tenosynovitis is a condition in which the tendons that move your thumb become inflamed. Mobile phone usage is steadily expanding, and individuals are spending longer periods on them, Children and teenagers are expected to spend 5 to 7 hours each day on their cell phones, and portable gadgets, reading and texting with their necks stretched forward.

Aim: The aim of this objective was to assess the knowledge of text-neck syndrome and typer's thumb among the undergraduate nursing students and to find out the association between the knowledge regarding text neck syndrome and Typer's thumb among undergraduate students with their selective demographic variables.

Methodology: A pre-test descriptive design was chosen with convenient sampling technique.

Types of study: Quantitative Research Approach.

Types of Participants: Undergraduate nursing students.

Setting: Sharda University, Greater Noida.

Outcome: The study showed Nursing students had average knowledge regarding text-neck syndrome and typer's thumb implying that there is need for more awareness regarding its knowledge, uses and implementations.

Keywords: text-neck syndrome, typer's thumb, undergraduate nursing students

Introduction

Nowadays, it's rare to find someone without a cell phone. Not only are calls made on smartphones, but also texts, Google searches, and email checks. Text neck syndrome is the word used to describe the injury and suffering brought on by repeatedly craning your neck to glance at your cell phone or tablet. It is becoming more popular, especially among young people. Hours spent in this posture all day wear on the neck, causing excruciating agony and inflammation. This issue is made worse by the fact that most people use their smartphones for between two and four hours per day. Of course, the additional hours spent slumped over a computer desk do not help. This is why our neck is designed to operate as a powerful spring to keep our head suspended above everything we do. The forward-extended neck posture caused by the recurrent body position of staring down at a phone, tablet, or computer results in the upper body posture shown in the figure above. Our head will effectively weigh heavier the further forward and downward our neck is extended, putting an unnatural strain on our neck, shoulders, and spinal column as a whole.

According to an increase in data reporting over the previous several years, the "text neck syndrome" may be regarded as an emergent 21st-century condition. This clinical disease refers to the start of cervical spinal degeneration caused by the recurrent stress of forwarding head flexion when looking down at mobile device screens and "texting" for extended periods. Text neck syndrome is more widespread in teens, who slouch over cell phones and laptops for longer periods and more days per year than in the past. It is believed that 75% of the world's population spends hours each day slumped over their mobile gadgets, their heads bent forward. A smartphone is the most popular technology among today's teenage population for exchanging information, utilizing the internet, viewing movies, using social media, gaming, and a variety of other activities. Instead of using mobile phones, various other activities such as writing driving a car for a long time are also a major cause of pain in the neck and typer thumb. The Text Neck Syndrome can cause a number of symptoms, including pain, stiffness in the neck and shoulders, pinched nerves, dizziness, and persistent headaches. To handle this disease, a small amount of awareness is required. It's quicker and easier to call rather than SMS! Stretch your upper body periodically while working or talking on the phone. Hold your phone as close to eye level as you can. Maintain proper alignment of your head and neck and practise good posture.

Asad Ali Chaudary *s* (2022) ^[1] conducted a research on Frequency of Text Neck Syndrome in Medical Students due to Excessive Usage of Electronic Devices. The objective of the research was to determine the frequency of

text neck syndrome in medical undergraduate students using smart phone, tablets or laptop. It was a cross-sectional survey using non-probability convenient sampling technique at Combined Military Hospital (CMH) Lahore medical college and Institute of dentistry, Lahore from January 2019 to February 2019 in a period of one month. Our sample size was 500 undergraduate students from first year till final year MBBS and BDS. Data was obtained using pre-tested self-administered questionnaire. Results: Out of total 500 medical students, 292 (58.4%) were female and 208 (41.6%) were male. The mean age of our study subjects were 23 ± 2 years. The frequency of text neck syndrome was documented in 218 (43.6%) students. There was no disability (0-4 scores) in 292(58.4%) students, mild disability (5- 14 score) in 150(30%) students and moderate disability (15-24 scores) in 58 (11.6%) with p -value <0.004 . Conclusion: Text neck syndrome was common in medical students using smart phones. Females students were more prone to have text neck syndrome than male students.

Supriya Kumari (2021) *et al* [2] conducted a research on Text Neck Syndrome: The Pain of Modern Era. The text neck syndrome is a repetitive stress injury induced by prolonged neck flexion at different angles and pain sustained from excessive watching or texting on handheld devices for long periods. It should be referred to as "Modern Era Pain" due to its direct association with the modern era's Gadgets. Aim was to determine the prevalence of text neck syndrome and neck pain among college students and to find the effect of neck pain on their active daily lives. A personalized questionnaire was designed in the Google Forms and distributed among the around college students by using Snowball sampling techniques. The questionnaire contained four parts: consent letter, sociodemographic details, NDI questionnaire, and fourth part of questionnaire contained vas scale and personalized question about how neck pain impact their active daily life. Out of 283 responses, 36.5 percent of respondents reported mild text neck syndrome, 23.4 percent reported moderate, 2.1 percent reported severe and complete text neck syndrome, and 35.7 percent did not suffer text neck syndrome. And 73.4 % people reported mild to severe pain in neck and upper back region. Prevalence of text neck syndrome is found greater in study as compared to the findings of other previous studies.

Dr. N N Bobby P (2021) [3] conducted a research on Effectiveness of Therapeutic Hand Exercises in Gamer's Thumb. The aim of this study was to find the effectiveness of therapeutic exercise in relieving pain and in improving functional ability in gamer's thumb. Objective: i) To evaluate the effectiveness of therapeutic exercise in relieving pain by using NPRS. ii) To evaluate the effectiveness of therapeutic exercises in improving functional ability by using Patient Specific Functional Scale (PSFS) Methodology: Present study is pre and post experimental study involving total 25 participant of age between 18-25yrs male, who has positive finkelstein test. All the participants are given an intervention of therapeutic exercise, assessed as baseline measure with NPRS and PSFS and reassessed after a month. Results: The result showed that there was a significant improvement in pre and post-test values. Conclusions: Thus the study concluded that therapeutic hand exercises are effective in relieving pain and in improving functional ability in Gamer's Thumb.

M. Kamalakannan *et al* (2020) [4] conducted a research on Estimation and prevention of text neck syndrome among smart phone users. The aim of the study was to investigate the neck posture, self-report of pain and disability in smart phone users, and to identify the preventive measures of text neck syndrome. 253 students were selected according to the inclusion and exclusion criteria. They were assessed by measuring the resting head posture using a ruler's method and A self-administered questionnaire was distributed to all subjects. The data obtained was tabulated and statistically analysed. Results: Results were statistically analysed using Chi-square test. Questionnaire includes totally 10 domains. Each question is given with three to five options. Conclusion: From the study it was concluded that most of the people are using phone in the non-ergonomic way. 90% of the people were affected by neck related musculoskeletal problems. Prevention is the only key to avoid text neck syndrome.

Nesreen Fawzy Mahmoud *et al* (2019) [5] conducted a research on The Relationship between Forward Head Posture and Neck Pain: a Systematic Review and Meta- Analysis. A total of 15 cross-sectional studies were eligible for inclusion for this systematic review and meta-analysis. Ten studies compared FHP between a group of asymptomatic participants and a group of participants with neck pain and an overall mean difference (MD) of 4.84 (95% CI=0.14, 9.54), indicating a significant between- group difference, contrary to adolescent (MD = -1.05; 95% CI = -4.23, 2.12). Eight studies showed significant negative correlations between FHP and neck pain intensity ($r = -0.55$; 95% CI = -0.69-0.36) as well as disability ($r = -0.42$; 95% CI = -0.54-0.28) in adults and older adults, while in adolescents, only lifetime prevalence and doctor visits due to neck pain were significant predictors for FHP.

Findings

- Assessment of knowledge reveals that 41% had poor knowledge regarding text neck syndrome and typer's thumb, 53% % had average knowledge and only 6% had good knowledge regarding text neck syndrome and typer's thumb.
- The association between the knowledge scores with selected demographic variables of the undergraduate nursing students revealed that, there was no significant association found between the knowledge scores with selected demographic variables of the nursing students ($p>0.05$) except for age in years, religion and pain experience.

Discussion

Following will be the findings discussed with the objectives of the study. The present study is aimed to assess the knowledge of text-neck syndrome and typer's thumb among the undergraduate nursing students.

The study will be Quantitative study with an evaluative approach. The study will be conducted in the School of nursing science and research in Sharda Unicersity, Greater Noida.

Data collection period will be for one month. The tool will be divided into two parts. Tool 1 contains 5 Socio-demographic questions and 5 general questions. Tool 2 contains two sections where section A contains 10 questions related to text neck and Sectoion B contains 10 questions related to Typer's thumb.

Conclusion

This study showed that 41% had poor knowledge regarding text-neck syndrome and typer's thumb, majority 53% had average knowledge and 6% had good knowledge regarding text-neck syndrome and typer's thumb whereas 0% had unfavourable attitude, 58.7%. The association was found to be statistically significant between age in years, religion and pain experience regarding text-neck syndrome and typer's thumb among undergraduate nursing students. Further Gender, Batch, Country, Duration of Screen time, Pain experience and previous knowledge had no association with knowledge regarding text-neck syndrome and typer's thumb among nursing student. Assessing knowledge regarding text- neck syndrome and typer's thumb among nursing was effective way as from the study we came to know regarding the understanding and willingness to know more about text-neck syndrome and typer's thumb of the among undergraduate nursing students regarding this medical discovery which can be a big thing in the field of medical sciences. As the future nurses it was important in making the nursing students aware regarding it.

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Conflict of Interest

Nil

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