

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING TEXT NECK SYNDROME AMONG COLLEGE STUDENTS IN SELECTED COLLEGE, KOLLAM**Aksa Mariyam Anil^{*1}, Angel Mary P.¹, Blessy Sabu¹, Jeslin Mary Kunjumon¹, Nimiya Benny and Jyothilekshmi J.²**¹Third year B.sc Nursing students, Bishop Benziger college of Nursing, Kollam.²Assistant Professor, Community Health Nursing Department, Bishop Benziger College of Nursing, Kollam, Kerala, India.***Corresponding Author: Aksa Mariyam Anil**

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ABSTRACT

Introduction: The research work undertaken was “A study to assess the effectiveness of structured teaching programme on knowledge regarding Text Neck Syndrome among college students in selected college, Kollam”. The objectives of the study were to assess the knowledge regarding Text Neck Syndrome among college students, to assess the effectiveness of structured teaching programme on knowledge regarding Text Neck Syndrome among college students and to find out the association between pre-test knowledge score regarding Text Neck Syndrome among college students and selected demographic variables. **Materials and method:** The researchers used pre experimental one group pre test post test research design. The study was conducted among 120 college students in TKM College of Arts and Science, Kollam. The samples were selected by using non probability purposive sampling technique. The researchers collected the data using self structured knowledge questionnaire and the data was analysed using descriptive and inferential statistics. **Result:** The study results showed that the mean posttest knowledge score was 18.12 with SD 7.86 and the pretest mean score was 9.32 with SD 6.08 with a mean difference of 8.62. Since the calculated paired ‘t’ value 16.80 was greater than the table value (1.96) at 0.05 level of significance, there was significant difference between mean pretest and post test knowledge score. So structured teaching programme was effective in improving the knowledge regarding Text Neck Syndrome among college students. There was no significant association between pretest knowledge score and selected demographic variables such as age, gender, type of family, place of residence, commonly used daily gadgets, most used social media, use of spectacles or contact lens and there was significant association between pretest knowledge score and selected demographic variables such as monthly income of family and duration of gadgets using per day.

KEYWORDS: Effectiveness; Structured teaching programme; Text Neck Syndrome.**INTRODUCTION**

In the 21st century, electronic gadgets are an integral part of adolescence's lives. The people depend on electronic gadget from morning alarm to night. The people cannot even imagine without being some of the gadgets such as laptops, smartphones, tab etc. As time goes, mobile phones, texting, social networking sites have changed. Health is one of the important factors in the life of human being. Nothing is replaced by health. When the usage of electronic gadgets increases day by day, people may develop several musculoskeletal disorders. The repetitive forceful or awkward hand movements for prolonged periods while using electronic gadgets will lead to muscle, tendon and nerve damage of the neck, shoulder, forearm and hand.^[1] The term “Text Neck” was introduced by Dr. Dean L. Fishman, a US chiropractor. He described that “Text Neck occurs as repeated stress,

injury and pain sustained from excessive watching or texting or handling devices for long period of time.^[2]

Text Neck Syndrome refers to a clinical condition which is characterized by onset of cervical Spine degeneration that results from repeated stress of forward flexion of head while look down at the screens of mobile devices and while text for long periods of time. It is common in adolescents who spend several hours a day over personal phones and computer more frequently. It is estimated that 75% of the world's population is hunched over handheld devices daily with their heads flexed forward.^[3]

OBJECTIVES

1. To assess the knowledge regarding Text Neck Syndrome among college students.

- To assess the effectiveness of structured teaching programme on knowledge regarding Text Neck Syndrome among college students.
- To find out the association between pretest knowledge score regarding Text Neck Syndrome among college students and selected demographic variables.

Hypothesis

Hypothesis (H₁): There will be significant difference between the mean pre-test knowledge score and mean post -test knowledge score regarding Text Neck Syndrome among college students after administrating structured teaching programme.

Hypothesis (H₂): There will be significant association between the pre-test knowledge score regarding Text Neck Syndrome among college students and selected demographic variables.

MATERIALS AND METHODS

Research approach: Quantitative research approach

Research design: Pre- experimental one group pre -test post -test research design

Population: Arts stream students in colleges

Sample: 120 Arts college students in selected college, Kollam

Sampling technique: Purposive sampling technique

Setting: TKM College of arts and science, Kollam, Kerala

Data collection method: Using a self-structured knowledge questionnaire

Inclusion criteria

The college students who are:-

- Either male or female students.
- In the age group of 18-24 years.
- Studying in TKM College Arts and Science, Kollam.
- Using gadgets.
- Nonprofessional students.
- Studying in commerce department.

Exclusion criteria

- The college students who are: -
- Exposed to previous formal education regarding Text Neck Syndrome.
- Not willing to participate in the study.
- Not using gadgets.

Data collection process

The data collection process was scheduled after communicating the purpose and significance of the study with the participants through the college authority in

advance. The data were collected through self structured questionnaire.

Ethical approval and informed consent

Formal permission was granted from the institutional ethics committee. Formal permission received from the college authority and consent letter from the participants.

Tool

Section A: Demographic proforma which includes information regarding demographic variables such as age, gender, type of family, place of residence, family monthly income, duration of gadgets using per day, commonly used daily gadgets, most used social media, use of spectacles or contact lens.

Section B: Self Structured knowledge questionnaire

Reliability

The researchers established reliability of the tool by using test-retest method.

Reliability co-efficient calculated was 0.84 for the self structured knowledge questionnaire indicating that the tool was reliable.

Analysis

1. Descriptive statistics

Demographic variables were analyzed using frequency and percentage.

2. Inferential statistics

Chi square test was used to find out the association between pretest knowledge score and selected demographic variables and paired t test was used to analyse the effectiveness of structured teaching programme.

RESULTS

Percentage distribution of participants as per demographic variables

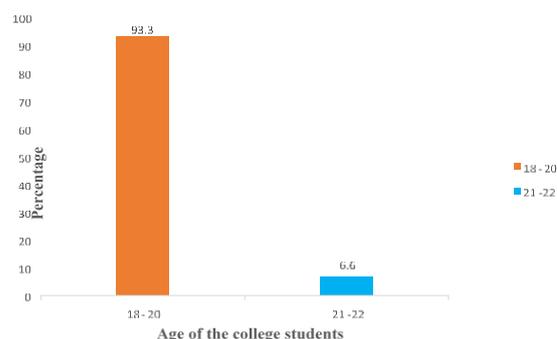


Figure 1: Percentage wise distribution of sample according to age of college students.

As given in figure 1, 93.30% of college students belonged to age group of 18-20 years, 6.6% belonged to age group of 21-22 years.

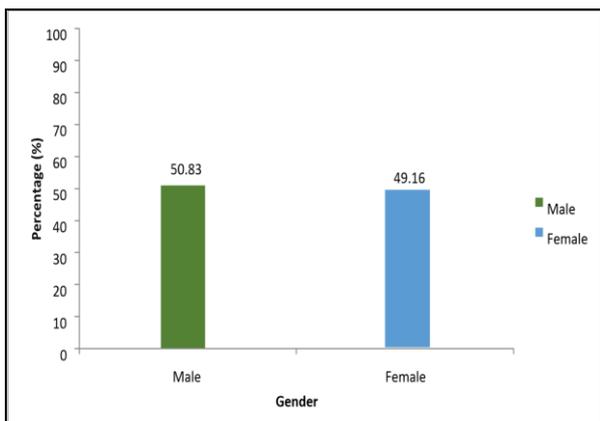


Figure 2: Percentage wise distribution of sample according to gender.

As given in figure 2, 50.83% were males and 49.16% were females.

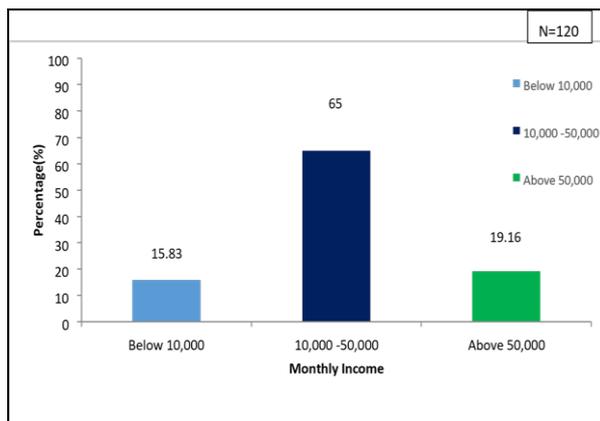


Figure 5: Percentage wise distribution of sample according to their family monthly income.

As given in figure 5, 65% of college students had their family monthly income between Rs 10,000-50,000, 19.16% of college students had their family monthly income of above Rs 50,000 and 15.83% of college students had their family monthly income of below Rs 10,000.

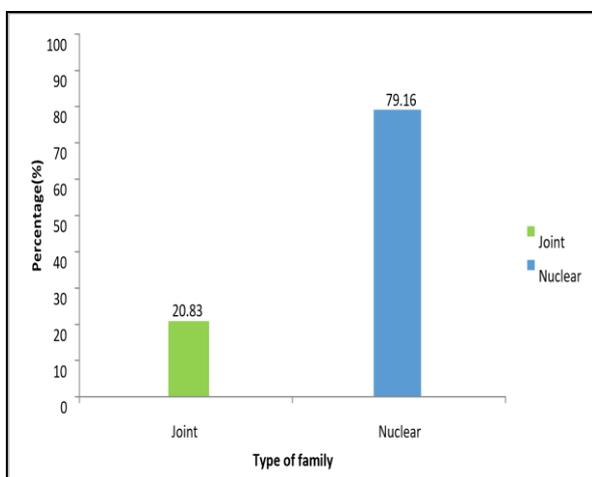


Figure 3: Percentage wise distribution sample according to their type of family.

As given in figure 3, 79.16% belonged to nuclear family and 20.83% belonged to joint family.

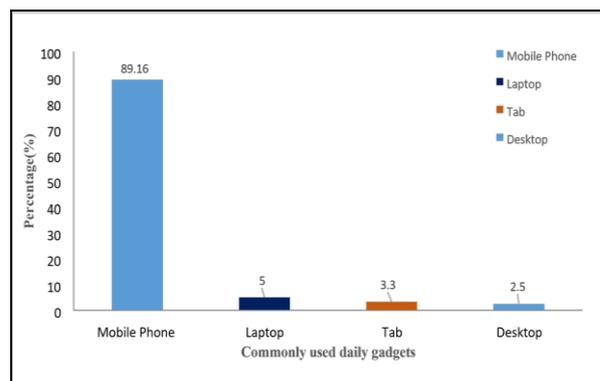


Figure 6: Percentage wise distribution of sample according to commonly used daily gadgets.

As given in figure 6, 89.16% used mobile phones daily, 5% used laptop daily, 3.3% used tab daily and 2.5% used desktop daily.

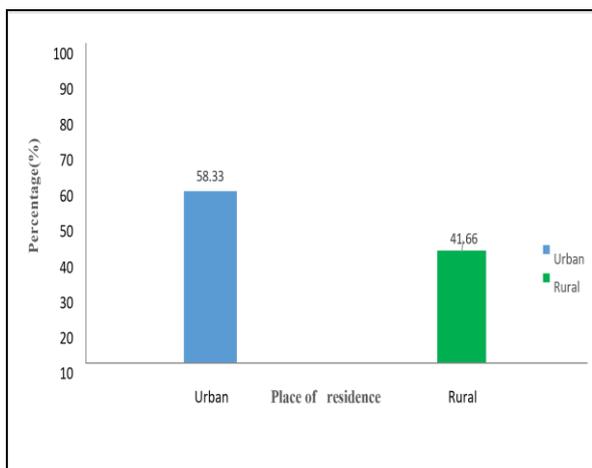


Figure 4: Percentage wise distribution of sample according to place of residence.

As given in figure 4, 58.33% belonged to urban area and 42.66% belonged to rural area.

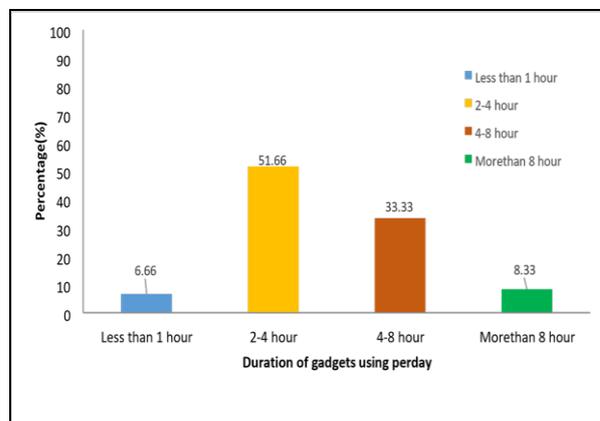


Figure 7: Percentage wise distribution of sample according to duration of gadgets using per day.

As given in figure 7, 51.66% of the sample used gadgets for 2-4 hours, 33.33% of the sample used gadgets for 4-8 hours, 8.33% of the sample used gadgets for more than 8 hour and 6.66% of the sample used gadgets for less than 1 hour.

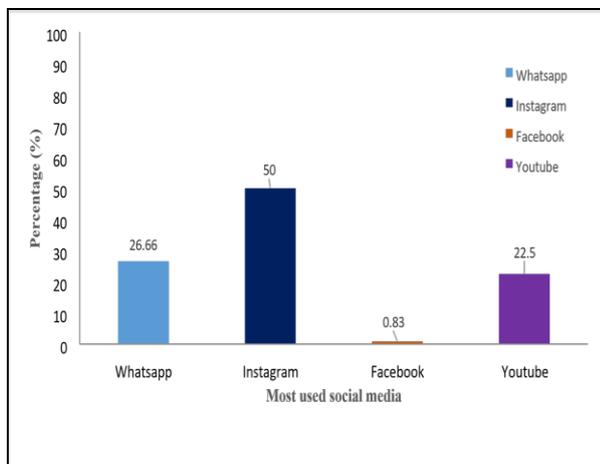


Figure 8: Percentage wise distribution of sample according to most used social media.

As given in figure 8, 50% used Instagram as social media, 26.66% used WhatsApp as social media, 22.5% used YouTube as social media and 0.83% used Facebook as social media.

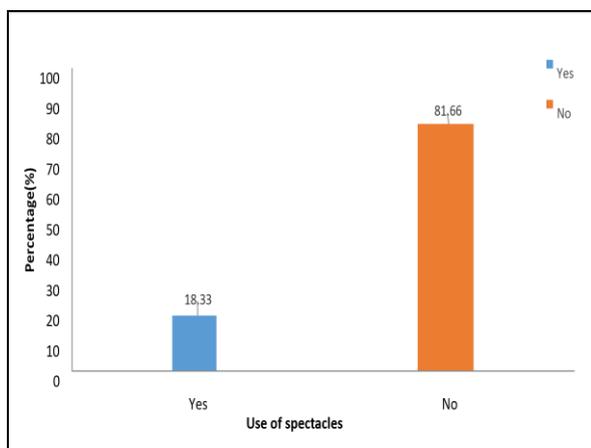


Figure 9: Percentage wise distribution of sample according to their use of spectacles or contact lens.

As given in figure 9, 81.66% had spectacles or contact lens and 18.33% had no spectacles or contact lens.

Association between the pretest knowledge score and selected demographic variables.

Sl. No	Demographic variables	Pretest knowledge score			df	Chi square value	Table value	Level of significance
		Poor	Moderate	Good				
1.	Age							
	18-20	88	24	1	6	0.751	2.45	NS
	21-22	4	3	0				
2.	Gender							
	Male	48	12	0	2	1.248	4.30	NS
	Female	45	14	1				
3.	Type of family							

The study was conducted at TKM college of arts and science, Kollam, Kerala. A total of 120 college students were participated. Totally, 93.3% of college students coming under the age group of 18-20 years. The study results shows that 76.66% of college students had poor Knowledge, 22.5% had moderate knowledge, 0.83% college students had good Knowledge regarding Text Neck Syndrome in pretest. After administering structured Teaching programme as an intervention, 50.8% had good knowledge, 40.8% had Moderate knowledge and 8.3% had poor knowledge regarding Text Neck Syndrome among college students in post test. The mean pre-test knowledge score was 9.32 and mean post test knowledge score was 17.95 and the mean difference between the pre-test Knowledge score and post-test knowledge score was 8.62. The paired 't' test value was 16.8, which was greater than the table value(1.96) at 0.05 level of significance, which indicated the effectiveness of structured teaching programme on knowledge regarding Text Neck Syndrome among college students.

Evaluation of the effectiveness of structured teaching programme on knowledge regarding Text Neck Syndrome among college students.

Knowledge score	Mean	Standard deviation	Mean difference	Paired 't' value
Pre test	9.32	6.08	8.62	16.80
Post test	18.12	7.86		

t=1.96, *significant at 0.05 level of significance.

The data presented in this table 3 shows that the mean post test score (18.12) was greater than mean pre- test score (9.32) on knowledge regarding text neck syndrome among college students. The mean difference between pretest and posttest knowledge score was 8.62. The paired 't' value 16.80 was greater than the table value (1.96), so the structured teaching programme was effective. Hence the hypothesis (H₁) which states that there will be significant difference between the mean pretest and mean posttest knowledge score regarding Text Neck Syndrome was accepted. It shows that structured teaching programme was effective in increasing the knowledge regarding Text Neck Syndrome among college students.

	Joint	22	4	0	2	1.05	4.30	NS
	Nuclear	71	22	1				
4.	Place of residence							
	Urban	52	17	0	2	1.64	4.30	NS
	Rural	40	10	1				
5.	Monthly income of family							
	Below 10 000	14	3	1	4	3.91	2.78	S
	10 000-50,000	63	15	0				
	Above 50 000	16	8	0				
6.	Commonly used daily gadgets							
	Mobile phone	85	21	1	6	1.306	2.45	NS
	Laptop	4	1	0				
	Tab	3	2	0				
	Desktop	2	1	0				
7.	Duration of gadgets using per day							
	Less than 1 hour	8	0	0	6	12.72	2.45	S
	2-4 hour	45	16	1				
	4-8 hour	30	9	0				
	More than 8 hours	11	0	0				
8.	Most used social media							
	WhatsApp	24	6	0	6	0	2.45	NS
	Instagram	47	13	0				
	Facebook	1	0	0				
	YouTube	22	6	1				
9.	Use of spectacles							
	Yes	17	4	1	2	1.25	4.30	NS
	No	77	21	0				

There was significant association between pretest knowledge score and Demographic variable such as monthly income of family and duration of gadgets using Per day. There was no significant association between pretest knowledge score and demographic variables such as age, gender, type of family, place of residence, Commonly used daily gadgets, most used social media, use of spectacles or contact lens.

DISCUSSION

The present study revealed that out of 120 sample, 76.66% of college students had poor knowledge, 22.5% had moderate knowledge and 0.83 % had good knowledge regarding Text Neck Syndrome in pre-test. After the administration of structured teaching programme, 50.8% college students had good knowledge, 40.8% had moderate knowledge and 8.3% had poor knowledge in posttest regarding Text Neck Syndrome. The above finding is supported by an observational study conducted on the Awareness of Text Neck Syndrome in young adult population living in Mumbai and Pune cities of Maharashtra with a sample size of 311,109 answered the question on causes of text neck syndrome Out of which 81% population answered that text neck syndrome was caused due to excess texting on phone where as 13% thought it's because of talking on phone and 6% Thought it's because of reading.^[4]

The present study shows that the mean pre-test knowledge score was 9.325 and mean posttest knowledge score was 17.95 and the mean difference between the

pre-test knowledge score and post-test knowledge score was 8.625. The paired 't' test value was 16.8, it was greater than the table value. So the structured teaching programme was effective in improving the knowledge regarding Text Neck Syndrome among college students.

The above finding is supported by a quasi experimental study conducted in Mehsana district, Gujarat, 60 adolescents were selected using non probability purposive Sampling technique. The mean pre-test knowledge score was 9.08 and mean post-test knowledge score was 17.45. The mean difference between Pre-test knowledge score and mean post-test knowledge score were 8.37. Hence the structured teaching programme was very effective to improve the level of knowledge About Text Neck Syndrome.^[5]

The present study shows that there was an association between pretest knowledge score regarding Text Neck Syndrome and selected demographic variables such as Monthly income of family and duration of gadgets using per day and there was no association between pretest knowledge score regarding Text Neck Syndrome and selected demographic variables such as age, gender, type of family, place of residence, commonly used daily gadgets, most used social media, use of spectacles or contact lens.

The above finding is supported by a pre experimental study conducted to assess Effectiveness of structured teaching programme on knowledge regarding Text Neck

Syndrome and to find out the association between pretest knowledge score and selected Demographic variables, there was a significant association with pretest Knowledge score and year of study, family monthly income, source of information and There was no association with age, gender, religion, education of father, education of Mother, occupation of father, occupation of mother, marital status, type of family, Mostly used type electronic device, duration of using hand held device, usual position Of holding hand held device, main problem of using hand held device, exercise for Relieving discomfort. Hence the pretest knowledge score of young adults was influenced by year of study, family monthly income, source of information.^[6]

CONCLUSION

Texting has become the dominant form of communication People of all ages spend countless hours hunched Over numerous types of handheld devices The pain typically builds up over time and might increase after several days or Weeks or it might go away and come back sporadically over many years . Due to the availability of resources and utilities, it is difficult to stay for longer period of time away from smart phones. Thus, people spend more and more time with these gadgets, and not adopted a proper position, that will result in the neck flexion for prolonged period of time.

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Nil

Conflicts of interest

There are no conflicts of interest

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