

Text Neck Syndrome Among Young Adults

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ABSTRACT

Purpose: The purpose of the review was to find out the prevalence of text neck syndrome.

Study Design: Brief Review

Method: A structured literature search was done using electronic data base. Sources were Google Scholar and Research gate

Result: The prevalence rate of the study of neck disability was common among the youth due to prolonged usage of handheld devices. Also, based on the review, a study which had been conducted among the dentist had a prevalence rate of neck disability with the rate of 36% of mild disability, it was due to their working posture as they lean forward for a prolonged period of time.

Keywords: Text Neck Syndrome, Neck Disability, prevalence, impact, severity

INTRODUCTION

The American Chiropractor Fishman D was the first to coin the term Text Neck Syndrome. [1] Text neck is defined as an overuse syndrome that commonly results from too much neck strain from gazing down at any handheld mobile device. [2]

Due to the advanced technology, the devices had become reliable and there is increased use among adults and youth, that is due to the repetitive over use of the handheld devices [1] in which a person's head is flexed or bent down or forward bent at the handheld devices especially mobile phone for a longer period. [3]

If the neck pain or text neck is left untreated, it can lead to a permanent damage, such as onset of arthritis, spinal misalignment, disc compression, disc herniation, nerve damage, flattening of spinal curve, headache, stress, muscle damage and GI problems. [4]

The maintenance of head posture i.e forward head posture or turtle neck posture decreases the cervical lordosis of the lower cervical vertebrae; it creates posterior curve in upper thoracic vertebrae. [4] When using mobile phones in an awkward position, the structures surrounding the neck and shoulder display a high degree of tiredness, soreness, and trigger point creation and are susceptible to pain. [5]

A systematic review on 15 articles had showed that most of the handheld device users i.e mobile devices users had a high prevalence of neck pain from 17.3% to 67.8%. [6]

The prevalence of Text Neck Syndrome showed 68.1% in Saudi Arabia, among the medical colleges where studies had been conducted, the majority 49.5% of the subjects had complaint of neck disability. It showed that it was common among the college students who had used their smartphones at 60° neck position as compared to 15°, 30° and 45°. [1]

A recent study was done to assess the prevalence of text neck syndrome and the quality of sleep among the smartphone users between 18-25 years of age in Ludhiana. In

this study a descriptive research design was used to assess the prevalence rate which showed that 89.2% were between the age group of 18-21 years, 37.8% had used 3-4 hours per day. Out of 400 samples, neck disability was present among 54.25% in which 37.8% showed mild disability, 12.2% showed moderate disability and 4% showed severe disability. It revealed a significant association with habitat at p value 0.000. [7]

LITERATURE REVIEW

Literature related to Prevalence of Neck Disability

A cross sectional survey was carried out to determine the prevalence of text neck syndrome among undergraduate students in Lahore 2019 using non-probability convenient sampling technique. The Neck Disability Index survey was given to 500 undergraduate medical students, 292(58.4%) of whom were female and 208 (41.6%) of whom were male. Students without disabilities (58.4%), those with mild disabilities (30%), and those with moderate disabilities (11.6%). [8]

A cross-sectional study was carried out in the population of Goa in 2018. In order to determine the prevalence of neck disability, 500 people were chosen through simple random selection method. Participants were asked to provide their free, informed consent before receiving the Neck Disability Index (NDI) questionnaire, which was used to collect data. Data analysis revealed that out of 500 individuals, 60% had mild disability, 35% had moderate disability, 5% had no disability, totalling 473 subjects with mild to severe disability and 27 subjects without any problem. [9]

A cross-sectional study was conducted in Saudi Arabia in 2021, six medical students were the subjects to determine the prevalence of text neck syndrome and its relationship to smartphones. 428 chosen students were given access to NDI and SAS-SV (SAS-Short Version) tools. The results showed that 63.1% of respondents were hooked to smartphones while 36.9% were not, with 31.8% having no disability,

49.5% having mild disability, 16.1% having moderate disability and 2.6% having severe disability. [1]

At the University of Saudi Arabia, a study was done to see how common text neck position and smartphone addiction were, as well as how they were related to neck diseases during the COVID-19 pandemic. 313 University students made up the study's total subjects and the findings revealed that 46% of them had neck issues that were brought on by using smartphones. [10]

Literature related to Impact and Severity

A cross sectional study was conducted among Garden City University in 2019 between 18-25 years using non-probability sampling technique to find out the impact of smartphone addiction on neck pain and disability. A total 100 subjects (65 females and 35 males) were collected, the category of addiction was found to be more prevalent in women. Regarding NDI, 3.07% of females fell into the category of no disability, 53.8% of mild disability, 41.5% fell into category of moderate disability and 1.5% into severe disability. There were 2.9% of the male subjects who did not have any disabilities, 37.1% who had mild disabilities, 60% who had moderate disabilities but there were no men with severe disability. [5]

A cross sectional study was carried out among a group of chosen dentists. The purpose of this study was to assess the frequency and severity of neck pain in North Indian dentists. Out of the 74 participants who were chosen, 73% of the women and 56% of the men reported having neck pain. Out of this outcome, 56% had no disability, 36% had a mild disability, 6% had a moderate disability and none of the individual had severe disability. [11]

A descriptive study was done to determine the prevalence of neck discomfort and impairment among students between the ages of 18 to 25 who used computers in Uttar Pradesh Galgotias University. 500 individuals including 112 females and 388 men, were examined using the NDI tool,

which revealed that 34.2% of the students had no disability, 45.6% mild disability, 5.6% severe disability and 1.6% had complete disability. [12]

MATERIALS & METHODS

A structured literature search was done using electronic data base.

Source of data: Google scholar, Research Gate

Study design: Literature review

Inclusion criteria: English articles

Exclusion criteria: Articles other than English

RESULT

The prevalence rate of the study of neck disability was common among the youth due to prolonged usage of handheld devices. Based on the review, many studies had been conducted in order to find out the prevalence of text neck syndrome. The neck position had effect in order to have neck issues, related reviewed had shown 46% had neck issues during covid 19 pandemic which was brought on by using smartphones. Also, based on the review, a study which had been conducted among the dentist had a prevalence rate of neck disability with the rate of 36% of mild disability, it was due to their working posture as they lean forward for a prolonged period of time.

CONCLUSION

According to a review, youth frequently experience neck pain as a result of using handheld gadgets for extended period of time. People who had to bend forward for an extended amount of time while handling the devices are more likely to experience it. Untreated neck disabilities have numerous worsening causes, and these causes disc herniation, compression, tension and despair.

There are healthy ways of living to address or alter the way you handle electronics, keep good posture to feel better and take frequent breaks to decompress.

The mild neck condition was widespread among young people, especially among smartphone users. According to the research, young dentists reported having a slight neck pain as a result of their regular employment since their posture affected them.

Declaration by Authors

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