

A Study to Assess the Effectiveness of Video Assisted Teaching Program on Knowledge regarding Prevention of Text Neck Syndrome among Adolescents at Selected School of SGRR Dehradun

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Abstract: *Background:* The term "Text Neck Syndrome" was first used in the 21st century by Dr. Dean L. Fishman. According to the World Health Organization, neck discomfort ranks eighth among disabilities among those aged 15 to 19 worldwide, surpassing other well-known teenage health issues. Teenagers who lean over smartphones and laptops more often than in the past, for many hours a day and several days a year, are more likely to suffer from text neck syndrome. It has been defined as recurrent stress injury and pain brought on by the frequent forward and downward head flexion that occurs when using a handheld device for extended periods of time to watch or text. *Problem Statement:* A study to assess the effectiveness of Video assisted teaching Program on knowledge regarding prevention of Text Neck Syndrome among adolescents at selected school of SGRR Dehradun. *Aim:* The study aimed to determine the knowledge and prevention of text neck syndrome among adolescents of selected schools of SGRR Patel Nagar, Dehradun. *Objective:* 1) To assess the pretest and posttest level of knowledge regarding Text Neck Syndrome among adolescents in selected school of Dehradun. 2) To evaluate the effectiveness of video assisted teaching on Text Neck Syndrome among adolescents in selected school of Dehradun. 3) To find out the association between pretest level of knowledge within their selected demographic variables regarding Text Neck Syndrome among adolescents in selected school of Dehradun. *Methodology:* A quantitative pre-experimental research design with (one group pre-test and post-test) is used in this study as there is a need to conduct generalized effectiveness of video assisted teaching program on knowledge regarding prevention of Text Neck Syndrome among adolescents of SGRR Public School Patel Nagar, Dehradun. *Result:* The result revealed that calculated Chi-square value was lower than the tabulated value. With regard to compare mean, SD, further level of pre and post-test knowledge regarding Text Neck Syndrome among adolescents, it is evident that before administration of video assisted teaching programme the overall mean score of subjects was 10.00 and S.D. 3.43. In contrast overall, mean score of subjects was found 15.53 and S.D 2.45 of subjects after administration of video assisted teaching programme. The obtained t value was 14.37 which was found to be significant at 0.05 level. *Conclusion:* The study concluded that video assisted teaching program was found to be effective in providing knowledge regarding Text Neck Syndrome among adolescents. Thus, based on the objectives of the study self-structured knowledge questionnaire was found to be appropriate to assess the knowledge regarding Text Neck Syndrome among adolescents.

Keywords: Assess, Effectiveness, Video Assisted Teaching Programme, Knowledge, Text Neck Syndrome, Adolescents, Hand held devices

1. Introduction

American chiropractor Dr. Dean L. Fishman is credited with creating the phrase "text neck." The phrase "text neck" refers to an overuse syndrome or repetitive stress injury caused by a person bending forward, staring at a cell phone or other electronic device for extended periods of time, and hanging their head forward. Nowadays, with the advancement of mobile technology, a growing number of individuals are using handheld devices like computers, tablets, e-readers, and smartphones for extended periods of time.

According to a recent research, only two hours of a person's walking day are spent without their cell phone, with 79% of those between the ages of 18 and 44 carrying it virtually constantly. The most common cause of neck stiffness and pain is text neck. Furthermore, excessive smartphone staring can cause upper back discomfort, which can range from a persistent, bothersome ache to a severe, abrupt spasm of the upper back muscles. Tightness and pain in the shoulders, possibly leading to excruciating spasms in the shoulder muscles.

The young people who fall between the ages of 10 and 19 are referred to as adolescents. Twenty percent of adolescents globally, according to UNICEF (United Nations International Children's Emergency Fund). There are over 243 million teenagers in India. The most widely used gadgets include tablets, PCs, e-readers, and android smartphones. Almost all teenagers developed a long-term habit of using their phones, regardless of the amount of time that results in text neck syndrome.

In comparison to other well-known teenage health issues, neck discomfort was classified as the eighth most common handicap for those aged 15 to 19 in the (WHO) World Health Organization's Global Burden of Disease report. Teenagers, with their heads bent forward to read and text, use their smartphones for at least five to seven hours every day. The force on the neck increases to 27 pounds when the head is flexed at a 15° angle when texting, to 40 pounds at 30°, to 49 pounds at 45°, and to 60° pounds at 60°.

It is advisable to use not both of your thumbs as what is usually practiced, standing up after every 20 minutes, rolling

down the shoulders back and fro, and walking around help to relax the muscles and allow an individual not to be stuck in one position, Use of cervical pillow, using elevated computer monitor, and installing mobile apps which give alarming alerts, are often found useful.

2. Material and Method

For Final study prior permission was taken from the respected Principal of SGRR Public School, Patel Nagar, Dehradun to conduct the research study. Therefore, the study was done in order to assess the knowledge of adolescents regarding Text Neck Syndrome using a Pre-experimental research design ,one group pretest posttest. The data collection was done from 01/08/2023 where the investigator had selected 80 samples by using Non-Probability Convenient sampling technique and the investigator visited 20adolescents of each classes 9th, 10th, 11th, and 12th standard by introducing herself and the purpose of the study to the sample and ascertained the willingness of the respondents about the assured anonymity and confidentiality of the information collected from them. Hence, seminar hall was selected for the adolescents where pre-test was done to assess the knowledge through self-structured knowledge questionnaire on 01/08/2023. Then, on day 8th video assisted teaching program was administered after that post test was on the same day to assess the level of knowledge

09/08/2023. The data was organized in a Master Data Code Sheet and analyzed using descriptive and inferential statistics in accordance with the study's aims and hypothesis using SPSS software version 20.

3. Instrumental Tool

Tools were developed after doing extensive review of literature from books, journals and taking opinions and suggestions from guide and experts. Tool for Data Collection were divided into two sections: Tool 1st: Socio demographic data Tool 2nd: self-structured knowledge questionnaire. Scoring procedure: For the convenience, the level of Adolescent's knowledge divided into adequate, moderate and inadequate. Maximum score: 20 Minimum score: 0 Where each right answer carries 1 mark followed by 0 mark for each wrong answer.

4. Statistical Analysis

Frequency percentage was used to analyse the demographic variables and the mean and standard deviation were calculated 't' test can be done for comparison of pre-test and post-test values and also assess the effectiveness of video assisted teaching program on knowledge regarding prevention of Text Neck Syndrome.

Table: Distribution of sample with overall level of knowledge score depicts that the pretest 60% (48) of the adolescents possess in adequate knowledge, 36.25% (29) of the adolescents had moderate knowledge and remaining 3.75% (3) of the adolescents possess adequate knowledge, N=80

Level of knowledge	Category	Pretest		Posttest	
		Number	Percentage	Number	Percentage
Inadequate	<50%score	48	60%	3	3.75%
Moderate	51-75%score	29	36.25%	19	23.75%
Adequate	>75%score	3	3.75%	58	72.5%
Total		80	100	80	100

Table: Effectiveness of Video Assisted Teaching Program on Level of Knowledge regarding Text Neck Syndrome

Aspects	Max. Score	Respondents knowledge					Level of Significance
		Mean	SD	't' Value	D.F	Table Value	
Pre-test	20	10.00	3.43	14.37	79	2.00	Significant
Post-test	20	15.53	2.45				

(p<0.05)

5. Discussion

With regard to compare mean, SD, further level of pre and post-test knowledge regarding Text Neck Syndrome among adolescents, it is evident that before administration of video assisted teaching programme the overall mean score of subjects was 10.00 and S.D. 3.43. In contrast overall, mean score of subjects was found 15.53 and S.D 2.45 of subjects after administration of video assisted teaching programme. The obtained t value was 14.37 which was found to be significant at 0.05 level.

Ethical Consideration

Administrative permission was taken from Dean SGRRIM &HS College of Nursing. 2. The written consent was obtained from each study participants. Assurance was given to the participants that the anonymity of each individual will

be maintained and the information obtained from them will be kept confidential.

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