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Original Research Paper

Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PLAN ON TEXT NECK SYNDROME AMONG ADOLESCENTS OF SREE NARAYANA GURUKULAM HIGHER SECONDARY SCHOOL , CHEMPAZHANTHY, SREEKARYAM, THIRUVANANTHAPURAM.

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ABSTRACT

The term Text neck or Turtleneck posture can be described as a repeated stress injury and pain sustained from excessive texting on handheld devices for a long periods of time .Text neck may cause harmful symptoms such as neck pain ,upper back pain and chronic headache and increase the curvature. The study was undertaken to assess the effectiveness of structured teaching programme on Text Neck Syndrome among adolescents in Sree Narayana Gurukulam Higher Secondary School , Chempazhanthy, Sreekaryam, Thiruvananthapuram. The researcher used quantative research approach using one group pre test post test method.The present study was carried out on 60 samples. The variables used in this study were age, sex, monthly income, place of residence and type of family. The result shows, statistical relation between sex, type of family and monthly income .The mean pretest score 9.08+_2.38and mean post test score17+_2.83.

KEYWORDS : Text neck, knowledge, effectiveness, structured teaching programme.

INTRODUCTION

Text neck is a global epidemic . Text neck is a worldwide health concern. It affects millions of peoples in all ages. Widespread overspread overuse of handheld devices technology result in harmful and dangerous physical conditions knowns as text neck .

Every month 7 million new subscribers are added to the test . A large number of them are students. Neck pain is a common health problem in the general population and especially among children, adolescents and young adults of mobile phone users. Approximately two out of three individual have experienced neck pain .Text neck from forward bending of neck for mobile phone use. US survey of university students revealed that 40% of participants faced text neck or spinal pain using mobile devices.

OBJECTIVES

- To assess the pretest score of Text neck syndrome among adolescences
- To assess the posttest score of Text neck syndrome among adolescences
- To determine the effectiveness of structured teaching on Text neck syndrome
- To asses the association between post test score and selected demograghic variables.

MATERIALS AND METHODS

The study was conducted on 60 samples (15 to 17 years) from Sree Narayana Gurukulam Higher Secondary School Chempazhanthy, Sreekaryam, Thiruvananthapuram. The researcher used random sampling method used for data collection. The data collected with the help of structured self questionnaire which consists of two sections. Sections A contains demograghic variables and section B contains structured questionnaire contains questionnaire regarding knoweledge of text Neck Syndromes was developed after referring by books ,journals and internet. .After getting consent from the ethical committee of college and school authority main study was conducted. Informed consents taken from the participants and self administered questionnaire given to samples. Time taken to complete question paper is 25 minutes. Then structured teaching plan given to the students and after seventh day post test was done with the same questionnaire for the same subject.

RESULTS

The data was analysed used inferential statistics. The data was organized , tabulated ,summarized and analysed. Frequency and percentage where used for the analysis of demographic variables and effectiveness of structured teaching program on text neck syndrome among adolescences. Chi Square was used to determine the association of post test score with demographic variables. The study variables were described in the form of percentages. The pre test score and posttest score were interpreted by paired 't' test. The association between post –test score and selected demographic variables were tested by Karl pearson's formula.

TABLE: 1 - Description of demographic characteristics

Demographic variable	category	Frequency	Percentage
Age	15 Yrs 16 Yrs	- 35	- 58.33
	17 yrs	25	41.66
sex	Male	20	33.33
	Female	40	66.67
Type of Family	urban	8	13.33
	Rural	52	86.67
Place of residence	Joint family	9	15
	Nuclear family	51	85
Socio-ecnomic status	Below 5000	23	38.33
	5000-10000	18	30
	Above 10000	19	31.67

Table 1 depicts that 58.33% of samples belongs to age group of 16 years . In this study, 33.3% belongs to male and 66.67% belongs to female. It is clear that 13.33% of adolescence lives in urban where as 86.67% from rural area .More over 15% belongs to joint family and 85% from nuclear family. Inaddition 38.33% belongs to below 5000 and 30% belongs to 5000-10000 and 31.67% belongs to above 10000.

TABLE 2 - Assessment of the pre test score

Variables	Total frequency	Mean	Standard deviation
Pre-test score of Text neck syndrome	60	9.08	2.38

The above table 2 shows the assessment of pretest score among adolescents.

Figure : 1 : Assessment of the pretest score

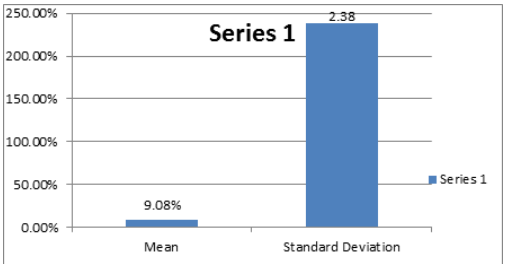

TABLE :3 - Assessment of the posttest Mean score

variable	Frequency	Mean	Standard deviation
Post test score	60	17.45	2.83

The above table 3 shows that the assessment of post test score among adolescents. The mean of subjects were increased as 17.45+_ 2.83.

Table :4- Effectiveness of structured teaching plan according to categorization

Categories	pretest		posttest		't'	Significance
	Frequency	percentage	Frequency	percentage		
Poor	29	48.3%	0	-	6.8	p>0.05
Moderate	31	51.7%	20	33.3%	6.88	p>o.o5
Good	0	-	40	66.7%		

Figure: 2 - Effectiveness of structured teaching plan according to categorization

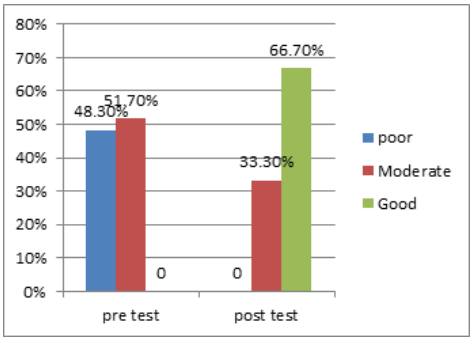

Table: 5 - Association Between post test score and Age

Age	Good	Moderate	Poor	Total
15 yrs	0	0	0	0
16yrs	23	12	0	35
17 yrs	17	8	0	25
Total	40	20	0	60

Chi Square = 0.035,p<0.05. This table shows there is a statistical relationship.

Table :6 - Association Between post test score and Sex

Sex	Good	Moderate	Poor	Total
Male	14	6	0	20
Female	25	15	0	40
Total	39	21	0	60

Chi Square = 0.355, The table 5 shows significant relationship between sex and post test score.

Table :7 - Association Between post test score and place of residence

Place of residence	Good	Moderate	Poor	Total
Urban	5	3	0	8
Rural	36	16	0	52
Total	41	19	0	60

The table 5 shows significant relationship between place of residence and post test score (Chi Square = 0.139).

Table: 8- Association Between post test score and Type of family

Type of family	Good	Moderate	Poor	Total
Joint Family	4	5	0	9
Nuclear Family	36	15	0	51
Total	40	20	0	60

The table 6 shows significant relationship between post test score and type of family (Chi Square = 5.52)

Table: 9- Association Between post test score and socio economic status

socio economic status	Good	Moderate	Poor	Total
Below 5000 rupees	12	11	0	23
5000-10000 rupees	12	6	0	18
Above 10000 rupees	15	4	0	19
Total	39	21	0	60

The table 6 shows significant relationship between post test score and socio economic status.(Chi Square = 3.3)

DISCUSSION

The pretest scores of textneck syndrome are as follows . 29 (48.3%) samples are having poor knowledge , 31(51.7%) sample belongs to moderate Knoweledge and no individual with good Knoweledge .The investigator found that most of the adolescence having poor and moderate Knoweledge about text neck syndrome.After the structured teaching program the post –test scores of samples are as follows. There is no samples with poor Knoweledge, 20 (33.3%) samples belongs to moderate Knoweledge and 40(66.7%) samples belongs to good Knoweledge about text neck syndrome.The investigator found structured teaching program was very effective, which is evident from the score levels of text neck syndrome among adolescents.In the pretest score 29(48.3%) belongs to poor Knoweledge and that was decreased to nil.The difference was statiscally significant. The pretest score of moderate Knoweledge was 51.7% and that decreased to 33.3%.pretest score of good knoweledge was nil and that is increased to 66.7% after post test. So the increase and decrease of knowledge of adolescents during pre test and post test are satistically significant.Here the researcher observed that there is a significant statistical relationship between the level of knowledge and selected demogragpic variables like age and place of residence. But there is no statistical relationship in sex,type of family and socioeconomic status.

SUMMARY

Most of the adolescencents had poor and moderate level of knowledge about text neck syndrome in the pretest,after the structured teaching program,there is no samples have poor syndrome and 14 samples have good level of knowledge about textneck syndrome.Meanpre-test and post-test were 9.08 and 17.45 respectively.prolonged use of mobile phone may cause the over bending of the neck and caused the text neck syndrome.This study bought the following conclusion.

Mean of the pre test score level knowledge is 9.08 and the mean of the post test is 17.45

Structured teaching plan is very effective to improve the level of knowledge about textneck syndrome

The study shows that there is an association between post test score and age ,place of residence and there is no significant relationship between posttest score and sex, type of family and socioeconomic status.

Therefore the knowledge level of text neck syndrome increased after the structured teaching program .Hence the research hypothesis (H1 –There is a significant relationship between structured teaching programe and level of post test score.).

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