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Original Article

The relationship between smartphone use and subjective musculoskeletal symptoms and university students

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Article overview

Abstract

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Abstract

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[Purpose] The purpose of this study was to investigate the use of smartphones by university students in selected areas, their musculoskeletal symptoms, and the associated hazard ratio. [Subjects and Methods] This involved the completion of a self-administered questionnaire by dental hygiene students in Seoul, Gyeonggido, and Gyeongsangbukdo. The 292 completed copies of the questionnaire were then analyzed. [Results] The most painful body regions after the use of smartphones were found to be the shoulders and neck. In the musculoskeletal system, back pain was found to have a positive correlation with the size of the smartphone's liquid crystal display (LCD) screen, and pain in legs and feet were found to have a negative correlation with the length of time that the smartphone was used. As a result, it was revealed that the use of a smartphone was correlated with musculoskeletal symptoms. [Conclusion] Therefore, in today's environment, where the use of smartphones is on the rise, it is necessary to improve the ways that they are used and to develop a preventive program to alleviate the symptoms of musculoskeletal damage.

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Terms and Policy(https://www.jstage.jst.go.jp/static/pages/TermsAndPolicies/ForIndividuals/-char/en)

NEWS AND PR

News(https://www.jstage.jst.go.jp/static/pages/News/TAB1/Current/Page1/-char/en)

Maintenance information(https://www.jstage.jst.go.jp/static/pages/News/TAB2/Page1/-char/en)

Special contents (https://www.jstage.jst.go.jp/static/pages/News/TAB6/Page1/-char/en)

Media resources (https://www.jstage.jst.go.jp/static/pages/News/TAB7/Page1/-char/en)

SUPPORT

User manuals(https://www.jstage.jst.go.jp/static/pages/ForReaders/-char/en)

Browser compatibility(https://www.jstage.jst.go.jp/static/pages/RecommendedEnvironment/-char/en)

FAQ(https://www.jstage.jst.go.jp/static/pages/FAQs/TAB3/-char/en)

Contact (https://www.jstage.jst.go.jp/static/pages/Contact/-char/en)

Sitemap (https://www.jstage.jst.go.jp/static/pages/Sitemap/-char/en)