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Association of self-perceived excessive smartphone usage and grip strength among young adults: A preliminary study

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Statement of the Problem: A smart phone is a hand-held & pocket-size device which is used by more than 1.5 billion people around the world. Smartphone addiction magnitude in Indian adolescents ranged from 39% to 44% which may affect interpersonal skills, health risks, harmful psychological effects, restricts their hand function because of the phone design layout. In India, limited studies have been reported on smartphone usage and its effects on musculoskeletal problems

Purpose of the Study: The purpose of the study is to determine the association of self-perceived excessive smartphone usage & grip strength in young adults, and, to determine if there is any difference of grip strength of smart phone used hand.

Methods: In this preliminary cross sectional study, 30 college student volunteers of age 19-29 were selected with convenient sampling and divided into 2 groups (n=15 in each group) as per smartphone addiction score–short version (SAS-SV) with cut off score (Group A = SAS-SV Score > 31/60 for males; >33/60 for females & Group B ≤31/60 for males and <33/60 for females. SAS-SV and hand dynamometer were used once as an outcome measure.

Findings: There was negative association among SAS-SV score and hand dynamometer score in group A ($r=-0.282$) and positive association in group B ($r=0.120$). There was significant association of self-perceived smartphone addiction and SAS-SV score of overall participants ($r=-0.567$, $p=0.001$). There was no significant difference in hand dynamometer score of smart phone used and non-used hand in both the group ($p>0.05$).

Conclusion: The self-perceived excessive smartphone usage is associated with the change in grip strength among young adults. The grip strength of smartphone used hand is not different from the non-used hand.

Biography

Dhwani Deepak Dakoria has joined South Gujarat Medical Education & Research Center, S.P.B. Physiotherapy College, Surat in 2011 and completed her Bachelors in Physiotherapy in 2014. She has worked in various hospitals such as BAPS, Unique, Anand, Mahavir Trauma, Ayurvedic, Harekrishna, Prannath, Love & Care, Nirmal Children's Hospital. Her Internship period spanning 6 months has been recorded at prestigious hospitals such as Shalby Hospitals, Hope Neuro Hospital and Wockhardt Hospitals. She has commenced her Masters in Musculoskeletal Science in Ashok and Rita Patel Institute of Physiotherapy, which is affiliated by CHARUSAT University.

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