

POSTURE AND QUALITY OF LIFE IN HEAVY USING SMART PHONE ADOLESCENTS

A Thesis

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By

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ABSTRACT

Background: Postural abnormalities are often found in adolescents who use the smart phones heavily. **Purpose:** The main objectives of this study were to measure the postural deviations from comfortable standing position in heavy using smart phone adolescents and to determine the correlation between the quality of life and smartphones addiction in normal adolescents. **Methods:** One hundred forty normal male students ranging in age between 17 and 18 years, were selected randomly, studied at Pharos University, Alexandria. Sample group was screened to detect any postural deviations in head, trunk and lower limbs. Postural assessment software (SAPO/PAS) were used to analyze and document postural findings, the smart phones addiction scale (SAS) was used to assess the degree of addiction to the smart phones, the Quality of Life Index scale(QoLI) was also used to assess the quality of life among students. **Results:** Screening showed that the most common postural deviations recorded were in the head, 87.9% of the sample presented some deviation in the horizontal alignment of the head from anterior view, 100% of the sample had forward head from lateral view. Regarding the shoulder, 87.1% of the sample had drop shoulder, 93.6% of the sample had drop pelvis. Regarding the trunk 97.1% of the sample had scoliosis, 31.4% had false leg length discrepancy .The results showed a strong relationship between smartphones addiction and decreasing the quality of life among the students, also there were a strong relationship between SAS and the postural deviations developed. **Conclusion:** Postural abnormalities occur at a high rate in adolescents using the smartphones heavily leading to negative effects on the quality of life. Therefore it should be stressed on the importance of providing information to adolescents about the problem of bad posture and its consequences.

Keywords: Posture, Adolescents, Quality of life, Smartphones addiction.