

**THE RELATIONSHIP BETWEEN THE DURATION OF SMARTPHONE
USE AND THE INCIDENT OF NECK PAIN IN FINAL LEVEL STUDENTS
AT THE STIKES SUAKA INSAN BANJARMASIN IN 2024**

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ABSTRACT

Background: *The high use of smartphones has become a necessity for almost all age groups. For 19–25-year-olds using smartphones for no more than 3-5 hours, the ideal duration for smartphone use is 4 hours, 17 minutes a day. A preliminary study on 10 semester VII students at STIKES Suaka Insan found that the duration of smartphone use in a week reached 30-98 hours; the lowest duration was 5 hours and the highest was 12 hours. For complaints of neck pain, 5 people had mild pain, 3 people had moderate pain, and 2 people had no pain. 80% had experienced complaints such as stiffness, pain, and tension in the neck area.*

Objective: *To determine the relationship between the duration of smartphone use and the incidence of neck pain in final-year students of STIKES Suaka Insan.*

Method: *This is quantitative research using a cross-sectional plan. The population and sample in this research are regular final-year students of the Bachelor of Nursing and Bachelor of Physiotherapy study programs for the 2023/2024 academic year, totaling 63 people, with a sampling technique using the total correlation test sampling technique. using the non-parametric Spearman's rho test, data collection techniques using observation, and neck pain using the NRS scale.*

Results: *The results of the correlation test, the r value, namely 0.31, are said to be a positive relationship with sufficient relationship strength and a p value of 0.01 (<0.05).*

Conclusion: *Based on the research results, it can be concluded that there is a significant relationship between the duration of smartphone use and the incidence of neck pain in final-year students of STIKES Suaka Insan. Suggestions for future researchers to add a position for smartphone use.*

Key Word : *Duration of Smartphone, Neck pain, Student*

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