

**THE RELATIONSHIP BETWEEN THE DURATION OF GADGET USE  
AND THE INCIDENCE OF NECK PAIN IN STUDENTS OF PUBLIC HIGH  
SCHOOL 1 POLOKARTO**

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**ABSTRACT**

**Background:** *Gadget use in Indonesia ranks fourth in the world. With the increase among students, there are concerns regarding the health effects, especially neck pain that occurs due to prolonged gadget use. **Objective:** To analyse the relationship between duration of gadget use and incidence of neck pain in students of public high school 1 Polokarto. **Methods:** This study used a quantitative approach with a cross sectional approach with a sample of 85 respondents. Data was collected through a questionnaire to measure the incidence of neck pain and gadget duration with a demographic sheet. **Results:** The frequency distribution of students based on the duration of gadget use is heavy duration as many as 81 students with an average day of 8 hours, and based on the incidence of neck pain is moderate pain as many as 39 students with an average of grade 4. Analysis with the Spearman test showed a significant relationship between the duration of gadget use and the incidence of neck pain ( $p$ -value = 0.000). **Conclusion:** The use of gadget duration among students is very high and the incidence of neck pain is a problem that is quite often experienced by students.*

*Keywords: Gadget Duration, Neck Pain, Students*