

THE IMPACT OF ONLINE HEALTH EDUCATION ON IMPROVING POOR POSTURE PERCEPTION AMONG COLLEGE STUDENTS

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INTRODUCTION/ABSTRACT



IT IS COMMON TO SEE THAT MANY PEOPLE PRACTICE POOR POSTURE HABITS DURING DIFFERENT STAGES OF THEIR DAILY LIVES WITHOUT KNOWING THAT IT MIGHT HAVE NEGATIVE EFFECTS ON OUR GENERAL HEALTH. IT IS ESPECIALLY AN ISSUE AMONG YOUNG ADULTS WHO ARE REQUIRED TO STAND, SIT, AND LOOK DOWN AT THEIR SMARTPHONES FOR PROLONGED PERIODS.



WE WANTED TO EXPLORE HOW ONLINE HEALTH EDUCATION CAN BE UTILIZED TO RAISE AWARENESS AND LEAD TO POSITIVE CHANGE IN IMPROVING POSTURE. THROUGHOUT THIS RESEARCH REPORT ALONG WITH THE QUANTITATIVE DATA GATHERED FROM SURVEYS

STATEMENT OF THE PROBLEM

Posture health is an important topic which health education is not giving it the needed attention. Practicing poor posture can cause health issues such as; headache, back pain, and low productivity. Posture issues put financial burden on healthcare systems, while its treatment can be easy by teaching individuals how to practice it properly and how to maintain it by healthy practices.


RESEARCH QUESTIONS/HYPOTHESIS



What is the effect of online health educational material on the college students' understanding about healthy posture?

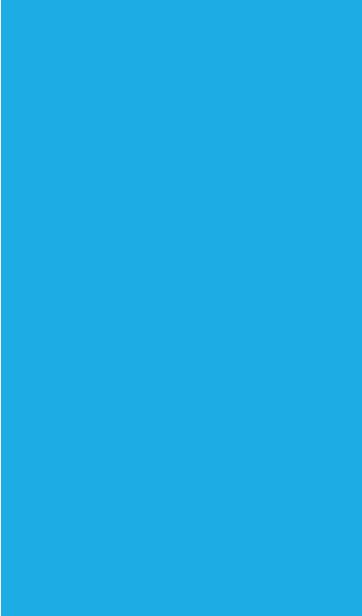



How online health educational material can influence college students' willingness to practice healthy posture?



Nowadays, people suffer from poor body posture. According to Child and Youth Health Network, posture is "the manner and position in which your child holds his head, neck, back, and spine, as well as his arms and legs, when standing, sitting or lying down"

It is still unclear why poor posture is widely noticed among individuals nowadays:

- physical and environmental factors
 - poor ergonomics while working on a computer and overuse of electronic devices such as smartphones
 - carrying an overweight backpack
 - individuals stooping to blend in with shorter peers.
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CONTINUE

A study had been conducted in Australia from 2006 to 2011 on the financial burden of treating musculoskeletal conditions in Australian children and adolescents. The healthcare cost due to head and trunk pain (headache, back pain, chest pain, and abdominal pain) ranged between \$261 to \$300 billion in the United States in the year 2010. It was higher than the annual costs of heart disease (\$309 billion), cancer (\$243 billion), and diabetes (\$188 billion) and nearly 30 percent higher than the combined cost of cancer and diabetes



POPULATION

A variety of participants were polled when conducting the two surveys (pre & post video surveys). Primarily, CSUSB students from undergrad and graduate programs were invited to participate in the research, as well as collegiate students from other learning institutes. Subjects who participated were expected to be healthy and primarily between the ages of 18-35 years old; although some were slightly older (18%). Subjects will be excluded if they report having a congenital musculoskeletal deformity, a history of spine injury, or being diagnosed with disorders that affect normal growth.

DESIGN

The study is quantitative quasi experimental study. Seventy five subjects participated in the study by conducting a pre-test, watching an online video about posture health, and then post-test. Since the project is testing the online health instruction on the students' perception, an online video has been chosen to be address as an intervention method. The students will be conducting an online pre- post video tests using surveymonkey to examine the knowledge acquired and the change in their perception about posture health.

MEASURES

Pre-video questions

1. Age?
2. Gender?
3. Do you think you have a healthy posture?
4. Do you know the definition of good posture?
5. Do you practice healthy posture?
6. Do you suffer from back pain, headaches, fatigue?
7. Do you think that poor posture can affect your general health?
8. Do you think posture is getting worse with society?
9. Do you know how to center your body?
10. Do you think good posture is important?

After watching the video, pollers were asked a similar set of questions:

Post-video questions

1. Did you find the video helpful?
2. After watching the video, do you think you have a healthy posture?
3. After watching the video, do you now know the definition of good posture?
4. After watching the video, will you practice healthy posture?
5. After watching the video, do you think bad posture can cause you back pain, headaches, & fatigue?
6. After watching the video, do you know that poor posture can affect your general health?
7. After watching the video, do you think posture is getting worse with society?
8. After watching the video, do you now know how to center your body?
9. After watching the video, do you know how important good posture is?

ANALYSIS AND RESULTS

A quantitative frequency analysis method was used to explain the generated results.

For Ages of the participants ranged from ages eighteen to forty-six and up. Ages eighteen to twenty-four accounted for 49%, twenty-five to thirty-five accounted for 17%, thirty-six to forty-five accounted for 16%, and forty-six and up equaled 18% of those who were surveyed

Females clearly dominated the research by comprising 75% of total participants.

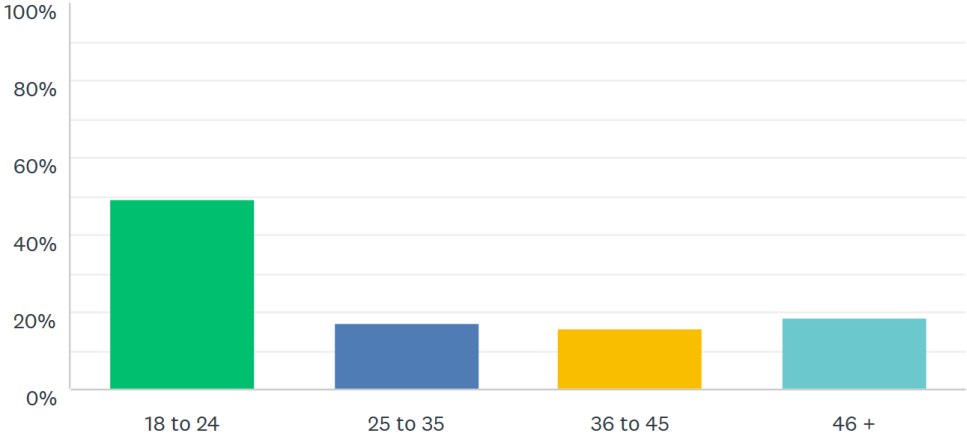


After watching the video, they were asked again if they now know the true definition of good posture and they overwhelmingly agreed (98%).

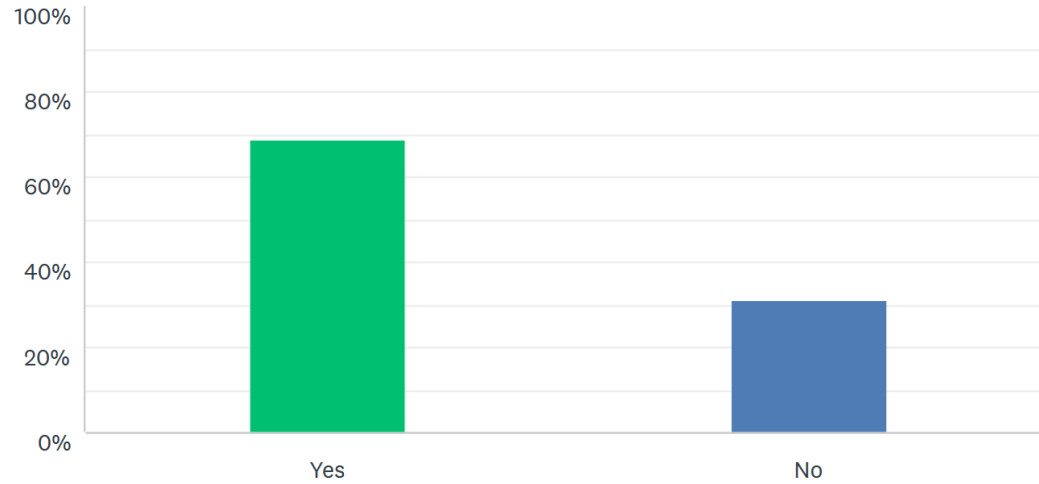


fatigue” and poor health in general, which 68% felt they suffered from. Additionally, the pre-video survey showed that 84% thought posture was becoming worse in society, but

WHAT IS YOUR AGE RANGE?



DO YOU KNOW THE DEFINITION OF GOOD POSTURE?



LIMITATION



The time, I feel that if we were able to start from the beginning of the quarter we might be able to reach out to more participants to have a representative sample for the CSUSB campus



Limitation in the sampling process, gained due to the time, was inviting anyone who was able to take the survey. More time would allow us to have a reliable sample from the different colleges of CSUSB



Limitation in the resources. Our group had to use the free version of SurveyMonkey which does not allow the features which we needed for a better and more effective data collection process.

FINAL THOUGHTS

We feel that this study answered our question of whether we can raise the awareness of our students regarding poor posture by using the available media and technology. However, further actions such as a follow-up survey or an interview asking whether they really practice what they learned or what changes they are making now to improve their posture several weeks after watching the video might provide a bigger picture.

Thank you

