

Use of Laptop Computers and Musculoskeletal Pain among Students

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Background: This study examined the characteristics of students using laptop computers and the correlation to back and neck pain. The study emphasizes sitting position, gender, seniority in studies and acquisition of ergonomic principles. **Method:** Interviews were carried out with 186 undergraduate students from Ono Academic College, Israel, who use a laptop at least two hours a day for their studies. The tool used was a self-report interview

developed for the current study. **Results:** A correlation was found between positioning oneself in a forward flexion posture towards the computer and reported back and neck pain ($r=3.44$, $p<0.05$), In addition, differences were found between women and men ($X^2_{(4)}=19.54$, $p<0.05$), veteran and young students ($X^2_{(4)}=12.29$, $p<0.05$) and students who had/ had not learned about ergonomic principles ($X^2_{(4)}=14.83$, $p<0.05$). **Conclusions:** Students who frequently position themselves flexed forward towards their laptop computer, women, and more senior students experience more back and neck pain than students sitting according to ergonomic principles, men and younger students. Acquiring ergonomic training has an impact on lower back pain. **Clinical Implications:** There is a need for training to implement ergonomic principles. By applying these principles, it will be possible to promote more active participation among student populations.