



The Knowledge Regarding Harmful Effects Of Continous Use Of Earphones Among The Teenagers.

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ABSTRACT

Introduction: Earphones have become ubiquitous in our daily lives, offspring a portal to music and podcast. In today's digital age, earphones have become an indispensable accessory, especially for teenagers immersed in their music and online content. However, the convenience of earphones comes with potential risks, particularly when used continuously. **Purpose:** the main purpose of this study is to find out the knowledge regarding harmful effects of continuous use of earphones among the teenagers residing in selected areas of Pune city. **Objectives:** 1. To assess the knowledge regarding harmful effects of continuous use of earphones among teenagers. 2. To associate the findings with selected demographic variables. **Material and method:** The research approach for the study is Quantitative approach and the research design is Non-Experimental, Descriptive Research design. 200 teenagers selected for the final study from the selected area of Pune city by using Non-Probability Purposive Sampling Technique, reliability and pilot study was done on 20 samples respectively. **Result:** Among the 200 samples more than half percent of teenagers (62%) are having average knowledge. Whereas 38% Teenagers have good knowledge and 0% have poor knowledge. **Conclusion:** The Knowledge regarding harmful effects of continuous use of ear phones among teenagers of our study 62%.

KEYWORDS: Assess, knowledge, teenagers. Regarding harmful effects of continuous use of ear phones.

INTRODUCTION

Earphones, compact marvels of modern technology, have revolutionized our auditory experiences, a feat once unimaginable just a few decades ago. They have evolved significantly from basic audio transmitters to sophisticated wireless devices, leaving an enduring impact on our daily lives. Indeed, earphones have become an indispensable accessory, seamlessly integrated into various facets of our routines. They have fundamentally reshaped our listening habits, offering unparalleled convenience and portability. However, this convenience is not without potential consequences, notably hearing damage and social isolation. Extended exposure to high volumes can result in noise-induced hearing loss, underscoring the necessity for responsible listening practices. The advent of earphones has not only transformed our media consumption but has also influenced cultural trends and societal norms. The prevalence of earphone usage in public spaces has sparked debates regarding etiquette, privacy, and the blurred boundaries between public and private realms. Questions arise about the expected social etiquette and manners associated with earphone use in communal areas. While earphones have seamlessly integrated into our lives, moderation and awareness of potential risks should be prioritized. It is crucial to use earphones responsibly to minimize the risk of hearing damage and to navigate the evolving etiquette surrounding their use in public spaces. By adopting mindful listening practices, we can continue to enjoy the benefits of earphones while mitigating their potential drawbacks.

NEED OF THE STUDY

Earphones have become an integral part of our daily lives, transitioning from mere entertainment tools to essential accessories for many. They are particularly fascinating to teenagers, providing a means to escape surrounding noises and immerse oneself in audio content. Earphones are not only used for music enjoyment but also for reducing ambient sounds during travel. However, this pervasive use has raised concerns, especially regarding its impact on teenagers. While earphones enhance audio experience, they contribute to social

isolation among teens. By blocking external sounds, they disconnect users from their immediate environment, leading to increased risks such as accidents and health issues like tinnitus and vertigo. Among these, noise-induced hearing loss emerges as a prevalent and critical concern. It is imperative to raise awareness about the adverse effects of prolonged earphone use, especially among teenagers. Without intervention, noise-induced hearing loss could significantly contribute to the global burden of disability as populations expand. This research aims to evaluate teenagers' awareness of the potential health risks associated with continuous earphone usage. Understanding their knowledge and attitudes towards these risks is essential for developing targeted interventions and education campaigns. By prioritizing awareness and education, we can mitigate the growing health hazards linked to excessive earphone use in adolescents.

AIM OF THE STUDY

The aim of the study was to assess the knowledge regarding harmful effects of continuous use of earphones among teenagers residing in selected areas of Pune city.

METHODOLOGY

This study uses a quantitative research approach. A non-experimental descriptive survey method was applied in this study. The research variable was knowledge regarding harmful effects of continuous use of earphones the target population of the research were teenagers and the accessible population were all the teenagers residing in selected areas of Pune City. The sample size was 200 and were chosen centered on the inclusion and exclusion criteria. Technique for sampling used was non-probability purposive sampling. The tool used to collect data was a self-structured questionnaire. The data collected was analyzed using the Frequency, percentage and the chi-square test.

RESULTS:

Section I

Deals with the analysis of data related to demographic variables under study. This section shows the demographic variables of teenagers. Majority 30% are from 19 years of age, 27.5% are from 17-18 years of old, 22.5% are of 15-16 years, 21.5% are of 13-14 years. Majority 54% are female, 46.5% are male. Majority 54.5% are having higher secondary education, 33.5% having high school education, 13% are undergraduate. Majority 55% are joint family, 39.5% are nuclear family. Majority 36.5% are of 2st child, 30.5% are of 1st child. Majority 68.5% do not suffer from any ear issue, 32% are having ear issues.

Section II

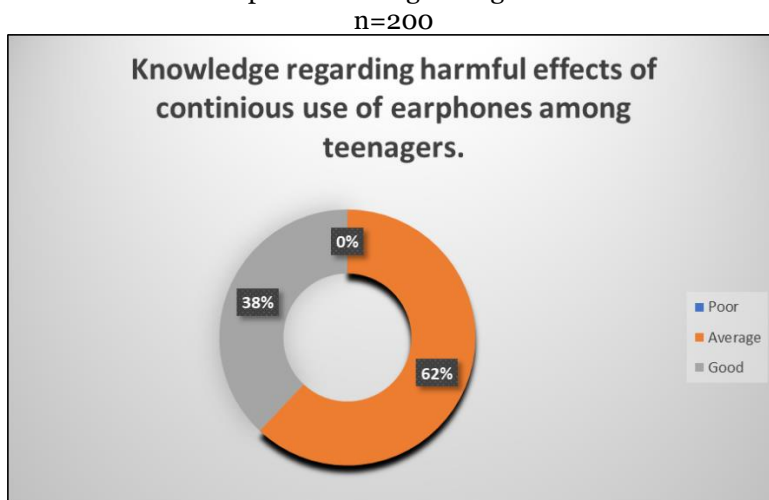
Table 1: Deals with the analysis related to the Knowledge regarding harmful effects of continuous use of ear phones among teenagers.

n=200

Level of knowledge	Frequency	Percentage	Mean	SD
Poor	0	0	13.66	9.01
Average	124	62		
Good	76	38		

Above table shows the Knowledge regarding harmful effects of continuous use of ear phones among teenagers. Majority 62% are having average knowledge, 38% have good knowledge and 0% have poor knowledge.

Figure 1: Deals with the analysis related to the Knowledge regarding harmful effects of continuous use of ear phones among teenagers



Above figure shows the Knowledge regarding harmful effects of continuous use of ear phones among teenagers. Majority 62% are having average knowledge, 38% have good knowledge and 0% have poor knowledge.

Section III:

Deals with analysis related to association between knowledge regarding harmful effects of continuous use of earphones among teenagers with selected demographic variables.

This section shows association between knowledge regarding harmful effects of continuous use of ear phones among teenagers with selected demographic variable. The p value is less than 0.05 level of significance for the demographic variables age (0.002), education (0.001) and birth order (0.005). As the p value is less than 0.05 there is significant association between Knowledge regarding harmful effects of continuous use of ear phones among teenagers with these demographic variables.

DISCUSSION

A study regarding the listening habits of college students who use head phones for at least 5 days in a week was conducted on 280 students out of which 39 % were female and 61% were male. Out of these, 81% this involves 34% female and 66% male students were found to be using headphones daily. This study revealed that the students were aware of the prevalence of headphones and they are taking necessary precautions for the same. Another study investigated the Knowledge and awareness level of higher secondary and nonmedical post graduate students regarding consequences of the use of earphones in terms of basic and advanced level of awareness. A structured questionnaire was used to assess 18 students of different departments from the university and 19 students from school. The results revealed that the awareness was good for basic level but got poor progressively for advanced levels

A cross sectional study was conducted among 640 students by using an online platform. The study results showed that 71.5% students used earphones for less than 5 hours, about 38% students cleaned their earphones every day, 46.6% students did not share their earphones and 83.1% of students experienced few symptoms of ear disorders.

The main intention of this study was to assess the knowledge regarding harmful effects of continuous use of earphones among the teenagers residing in selected areas in Pune City. This study is a non-experimental study that uses a quantitative research approach and a non-probability sampling technique. The population used for the research were teenagers of Pune city with the sample size being 200 . According to the analysis, we could determine that among the teenagers who participated in this study 62% are having average knowledge, 38% have good knowledge and 0% have poor knowledge.

CONCLUSION

The data suggests that the majority of teenagers surveyed are 19 years old, female, and pursuing higher secondary education within joint family settings. Additionally, most teenagers are identified as the second child in their families and do not report any ear-related issues. Furthermore, the findings indicate that more than half of the sample possesses average awareness regarding the detrimental impacts of prolonged earphone usage. These insights paint a comprehensive picture of the typical profile of teenagers based on the study's parameters. The predominance of 19-year-olds underscores a specific age demographic within the study group. Similarly, the higher representation of females among the respondents reflects a notable gender distribution. The prevalence of higher secondary education among teenagers aligns with educational trends and developmental stages in many regions. Likewise, the majority belonging to joint families speaks to broader familial structures prevalent in the surveyed population. The data on birth order and ear health provide intriguing details about the teenagers' family dynamics and health status. Finally, the awareness levels concerning earphone usage suggest a need for targeted educational initiatives to enhance understanding among teenagers regarding the potential risks associated with excessive earphone use. These conclusions offer valuable insights into the characteristics and concerns of the teenage population studied.

CONFLICT OF INTEREST

All authors declare that there is no involvement with any organization or entity with any financial or non-financial interest in the subject matter.

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