

## Smart phones and Hunching

1. Dr. A. Gracy, Associate professor, Pope John Paul II college of education, Puducherry.

2. JEFIN, II B.Sc, Loyola college, Chennai.

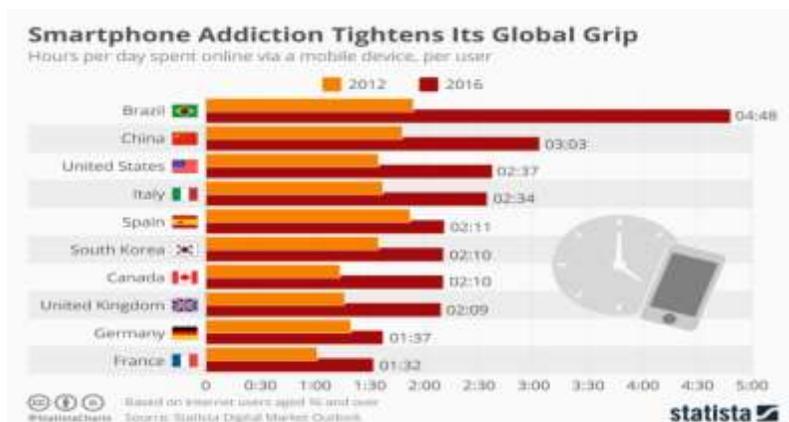
### Abstract

Smartphones have now become an extended part of the human hand. Statistics say that more than 60 percent of people within the age of 25 are addicted to Smartphone and use it for more than 4 hours a day. Smart phones are getting smarter day by day along with AI. Because of its need for people of all ages, they have become an inevitable part of our day to day life. We tend to forget our body posture that plays a vital role in our healthy life. Erect posture is essential for proper resting of head on the neck bone.

**Keywords :** Smartphones, Hunchback, Spine, angle

### Introduction

Despite of its various uses and ease of access to everything, Smartphones have its own ill effects on humans. The major effects are related to posture, mental depression due to social media, disconnection with the reality, being online 24\*7, addiction to games and social media. Most people are addicted to the Smartphone forgetting the fact that we lose our valuable health. The main issue discussed in this article is hunching and bending of neck bone that leads to neck pain and other health ailments. It is very common and easy to note that most of the people bend their heads for more than 45° which is not only bad for our health, it also puts a definite amount of pressure on our neck, if prolonged on a long term could lead to severe ailments.



## Hunching

Hunching is the phenomenon in which one bends his\her back into a rounded shape that leads to dislocation and stress in the Spine. Smartphones have become an inevitable gadget for most of the youth who refrain to spend time without it. Though it possesses immense value and aids in every possible way. Youth tend to forget the damage it does when we use it continuously for hours together. Most people use smartphones on a regular basis literally anytime and anywhere. As we sink in the features of the Smartphones we tend to forget the position of our neck and spine. The more we bend, more pressure it creates and leads to early formation of hunchback.

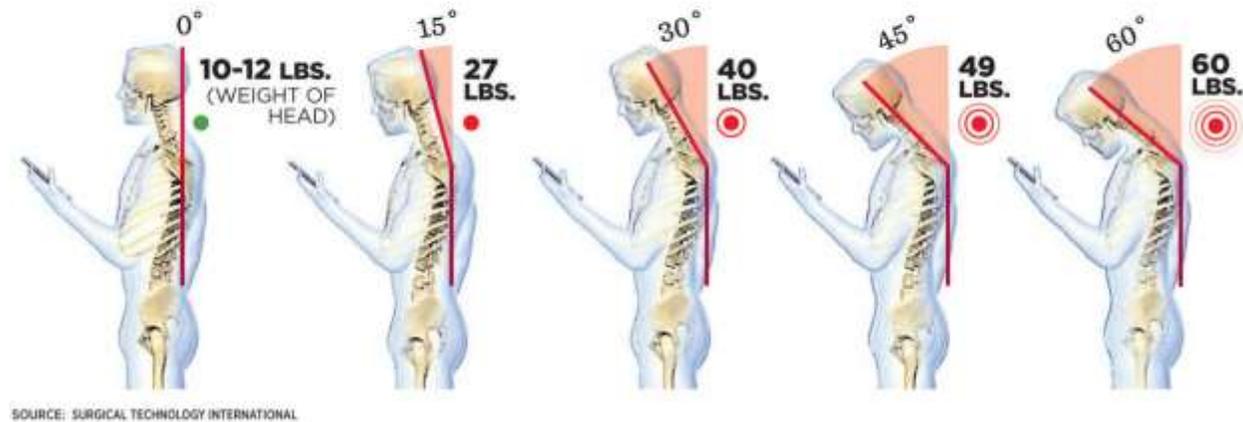


### Effect of stress( head weight) and Hunching

Hunching has its ill effects in the following ways. The smartphones are inevitable these days and it affects as we bend for more hours and the angle. The more the angle, more the weight and hence leads to hunchback. The stress which is created while hunching not only creates pain but also had direct impacts on the skull and neck cervical bones. When the angle between original position of the neck and the hunched position of the neck exceeds 45 degrees it leads to stress and in turn hunchback. The graphs briefing the stress in the neck bone is as follows.

## WATCH YOUR PHONE POSTURE

The pressure on the spine dramatically increases when the head is tilted forward. This stress to the spine can lead to early wear, tear and possible surgeries, according to research by Kenneth Hansraj in the National Library of Medicine.



This hunching is alarmingly increasing exponentially among Smartphone users. When we take a close look at the structure of the neck. It is hard to believe that more than 40 percent of the people hunch and are not aware of the fact that it causes stress on the human body particularly the neck.

### History of Hunching

It is Not Smartphones that brought this peculiar act in action. People started to hunch in early times since books, journals, Newspapers were invented and published. But . We have to understand the fact that we were not addicted to them. Books play a vital role in everyone’s life since it came into existence. There might be only a few occasions of reported hunching due to some of the voracious readers, other than that there are no reported events of hunching and early hunchback and stress and dislocation of the spine. In this modern word, Smartphones rule the minds and emotions of people having them trapped within themselves. People are forced to carry the easily portable smartphones wherever they go. The addiction towards smartphones and its effect of hunching is explained in a graph below.



## Smartphone's Addiction and it's ill effects.

A UK telecommunications regulator Ofcom, released the following statistics as part of their study on Smartphone usage in the United Kingdom

1. 37% of adults and 60% of teens admit they are highly addicted to their Smartphone.
2. 51% of adults and 65% of teens say they have used their Smartphone while socializing with others.
3. 23% of adults and 34% of teens have used their Smartphone during mealtimes.
4. 22% of adult and 47% of teens admitted using or answering their Smartphone while in the Bathroom.

As stated in the above report, Most of the people are addicted to smartphones which might have some benefits but as a whole possess a bunch of ill-effects. The statistics of people using smartphones at various times are given below;



## Remedies

The smartphone that gives stress on the neck bone is inevitable in this society but our posture can be rectified. Periodic breaks while using smartphones results in improved neck bone structure. Proper exercise and posture avoids early hunchbacks and ailments related to it.

## Smartphones and Hunching

[1] “Head and Neck Anatomy”

<https://www.kenhub.com/en/library/anatomy/head-and-neck-anatomy>

[2] Steven Shoshamy, 2015, “ A Modern Spine Ailment “

<https://www.spine-health.com/blog/modern-spine-ailment-text-neck>

[3] Mohammed Sarwar,” Impact of Smartphone’s on Society

[https://www.researchgate.net/publication/236669025\\_Impact\\_of\\_Smartphone's\\_on\\_Society](https://www.researchgate.net/publication/236669025_Impact_of_Smartphone's_on_Society)

[4] Sang In Jung, “ The effect of Smartphone usage on Posture and Respiratory function

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4756000/>