

ABSTRACT

Background:

Chronic neck pain is a common problem among college students because of long hours spent on digital devices, inactive lifestyles, and poor posture. This pain can severely affect how students perform academically, carry out daily tasks, and enjoy life. This study aims to examine the link between chronic neck pain and functional impairment among college students at Brainware University.

Methodology:

We will conduct a cross-sectional survey study. We will recruit 70 college students aged 18 to 27 years who have chronic neck pain lasting longer than three months from Brainware University. We will assess pain intensity using the Numerical Pain Rating Scale (NPRS) and measure functional impairment with the Copenhagen Neck Functional Disability Scale (CNFDS). We will use Pearson or Spearman correlation coefficient for statistical analysis, setting the significance level at $p < 0.05$.

Expected Results:

The study looked at 70 college students (mean age 22.39 years; 78.6% male) with chronic neck pain. Most participants reported mild pain (50%) with an average NPRS score of 3.26. Meanwhile, 55.7% showed moderate functional disability (average CNFDS score of 13.10). Since the outcome variables were not normally distributed (Shapiro-Wilk test), researchers used Spearman's correlation. The analysis found a weak, statistically non-significant positive correlation between pain intensity and functional impairment ($r_s = 0.183$, $p = 0.129$), which led to acceptance of the null hypothesis. Notably, females had higher pain scores, and basic daily activities were the most impacted area.

Conclusion:

Understanding the link between chronic neck pain and functional impairment can help create focused prevention and rehabilitation strategies for college students. This will lead to better health outcomes for this group.

Keywords:

Chronic neck pain, functional impairment, college students, Copenhagen Neck Functional Disability Scale, NPRS, physiotherapy, correlation.

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