ABSTRACT

Background:

Chronic neck pain is increasingly prevalent among college students due to factors such as prolonged use of digital devices, poor posture, and academic stress. It not only causes physical discomfort but also affects multiple aspects of daily functioning, including academic performance and routine activities.

Aim and Objectives:

The study aimed to measure chronic neck pain among college students and to assess its impact on functional activities. The objectives were to identify students with chronic neck pain, evaluate the level of functional impairment, measure pain severity, and determine the correlation between neck pain and functional disability.

Methodology:

An analytical cross-sectional study was conducted among 80 Bachelor of Physiotherapy students of Brainware University. Participants were selected using stratified random sampling. Data were collected through a structured Google Form including demographic details and the Neck Disability Index (NDI) questionnaire. The NDI assessed ten functional domains such as pain, personal care, lifting, reading, concentration, work, sleep, and recreation. Statistical analysis was performed using the Chi-square test to compare observed and expected frequencies of functional variables.

Results:

The study revealed that all functional variables showed highly statistically significant differences ($p < 0.001$). Activities such as lifting ($\chi^2 = 240.80$) and work ($\chi^2 = 183.72$) were most affected, indicating greater functional impairment in physically demanding tasks. Other domains, including personal care, sleep, concentration, and reading, also demonstrated significant impairment. The null hypothesis was rejected, confirming a significant association between neck pain and functional limitations.

Conclusion:

The study concludes that chronic neck pain significantly affects various functional domains among college students. It is a multidimensional condition impacting physical, cognitive, and

daily activities. Early identification, ergonomic awareness, and preventive strategies are essential to reduce functional impairment and improve quality of life among students.

Keywords: Chronic neck pain, functional impairment, Neck Disability Index, college students, cross-sectional study

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