

ABSTRAK



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THE CORRELATION OF GADGET (SMARTPHONE) USER IN DIGITAL ERA WITH TENSION TYPE HEADACHE PAIN IN ADOLESCENTS AGED 15-18 YEARS

Consists of Chapter VI, 84 Pages, 10 Tables, 10 Pictures, 2 Schemes, 8 Appendices

Objective: To find out the correlation between the use of gadgets (smartphones) in the digital era with the number of tension headache pain in teenagers aged 15-18 years. **Method:** This research is non-experimental in the form of a correlation study to analyze the relationship between the two research sample variables consisting of 92 adolescents in the age group of 15-18 years who came from the State Senior High School 1 Tambun, Bekasi. Samples were given a series of questionnaires in the form of a Questionnaire headache screening, Questionnaire mobile phone usage, and a numerical pain rating scale. **Results:** Mobile phone usage Questionnaire (Clock) mean \pm SD = 4.52 ± 0.714 , Headache screening Questionnaire mean \pm SD = 6.32 ± 0.627 and Numerical Pain Rating Scale mean \pm SD = 3.48 ± 1.593 . The results obtained are not normally distributed data on the use of gadgets with tension headache pain. Correlation test results obtained $p = 0.024$ for the relationship of smartphone use with tension headache pain $r = 0.45$ degrees moderate relationship. **Conclusion:** There is a relationship between the use of gadgets (smartphones) in the digital era with the tension headache pain of adolescents aged 15-18 years.

Keywords: Tension type Headache, Smartphone, Numerical pain rating scale, adolescents