

CHAPTER V CONCLUSION

A. Conclusion

Based on the research results, it can be concluded that the average age of respondents is 20,10 years, the majority of respondents' gender is 291 women or 79,5%, the majority of respondents are the class of 2023, namely 147 or 40,2%, respondents with the nursing study program being the largest among other study programs, namely 89 or 24,3%, the majority of respondents have 1 smartphone, the duration of smartphone use is ≥ 4 hours. 360 or 98,4% of respondents, neck flexion when playing with a smartphone was 30°, 159 or 42,4% of respondents, and 209 or 57,1% of respondents had moderate physical activity.

Based on the results of the Somers'D test, there is a significant relationship between nomophobia and text neck syndrome in students at the Faculty of Health Sciences, Universitas Jenderal Soedirman. With a P-value $< 0,001$ and a correlation coefficient of 0,207, this relationship is at a weak. Most respondents experienced mild disability in text neck syndrome and the majority were in the mild nomophobia category, 215 or 58,75%. This shows that excessive smartphone use which causes nomophobia can increase the risk of text neck syndrome, although this relationship is not very strong.

B. Research Suggestion

1. For Students

It is hoped that this research can increase student awareness of the negative impacts of excessive smartphone use. Students can practice good posture when using smartphones, such as reducing the frequency of bending over. Students are expected to stretch their muscles periodically to reduce neck tension.

2. For educational institutions

This research is informative for institutions regarding nomophobia and text neck syndrome that occur and can be used as teaching material. It is hoped that institutions will hold educational programs about the

health risks caused by smartphone use and how to deal with them, such as text neck syndrome and nomophobia.

3. For Further Researchers

It is hoped that future researchers can examine the influence of other factors, such as the ergonomics of the place of study, on text neck syndrome.

