

**MOBILE PHONE ADDICTION AND INCIDENCE OF SELF PERCEIVED
HEADACHE AMONG 2nd AND 3rd YEAR UNDERGRADUATES IN UNIVERSITY
OF SRI JAYEWARDENEPURA, SRI LANKA: CROSS- SECTIONAL STUDY**

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ABSTRACT

Compulsive and problematic mobile phone usage has become an emerging challenge to the public health worldwide. The aim of this study was to assess the mobile phone addiction level and self-perceived headache associated with mobile phone use among randomly selected 2nd and 3rd year university students (n=384) in University of Sri Jayewardenepura, Sri Lanka. The study was a descriptive cross sectional study which was conducted using a pre tested self-administered questionnaires to ascertain data related to mobile phone usage pattern and self perceived headache due to usage of mobile phones. A total of 83.1% (n=309) students were moderately addicted to their mobile phones while 5.1% (n=19) students were severely addicted. Females (6.7%) were more addicted to the device than males (1.7%) ($P<0.05$). There were 21.5% (n=80) students who reported headache while using or within one hour after using the mobile phones. Severe mobile phone addiction level showed positive significant relationship with incidence of self perceived headache among study subjects ($P<0.05$). Forty Four students indicated the quality of headache they experienced. 38.6% experienced unilateral headache at the side of mobile phone use. 18.2% students reported unilateral, burning type headache and 13.3% of study subjects mentioned that it was only burning type of headache and can't mention the definite place of it. Thus there is an urgent need to educate the public to depend less on the device and to take precautions during prolonged use.

Keywords: Mobile Phones, Addiction, Headache, Undergraduates