

Attitudes and habits toward the headphone use among Belgrade medical students

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ABSTRACT

Exposure to high levels of noise during daily activities using headphones for listening to music and communication by phone is very common among young people. The purpose of this study was to examine the attitudes and habits regarding the use of headphones during leisure time among Belgrade medical students on their final year. 431 medical students (280 females and 151 males), aged between 23 and 32 years (mean age 24.45 ± 1.13 years) participated in the study. All participants answered a questionnaire concerning their listening habits and 91.4% students confirmed that they use headphones. Most students use headphones while listening to music (87.0%), and about a third while talking on the phone, watching a movie, studying or exercising. The majority of students use headphones at a moderate volume (55.0%), 32.5 % of all students confirmed that they listen loudly, particularly girls ($p=0.002$). The majority of students think that their hearing has weakened, where the gender difference is significant because mostly girls have this opinion ($p=0.033$). Regarding tinnitus, there is no significant difference by gender, but the difference is highly significant regarding the existence of headaches (30% of female reported frequent headaches). Unsafe listening practices are highly prevalent, and young people are especially at the risk of hearing loss. More efforts dedicated to this population are needed to educate them about the potential dangers of frequent exposure to loud music and leisure noise.

Keywords (3-6): Noise, Headphones, Music, Hearing loss