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ATTITUDES AND HABITS TOWARD THE HEADPHONE USE AMONG BELGRADE MEDICAL STUDENTS

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Introduction

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 leasure time among Belgrade medical students on their final year.

Materials and Methods

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 completed the questionnaires related to socio-demographic data, noise/music exposure habits, behaviors related to PLD use, tinnitus and headaches.

Results

Table 1. Distribution of students in relation to habits of the headphone´s usage

			Male	Female	p value
			N(%)	N(%)	
PLD use	Yes		131(33.0)	266 (67.0)	0.002
	No		20 (58.8)	14(41.2)	
Purpose of use	talking on the phone	Yes	44 (35.2)	81 (64.8)	0.527
		No	87(32.0)	185 (68.0)	
	listening to music	Yes	127 (33.9)	248 (66.1)	0.129
		No	4 (18.2)	18 (81.8)	
	watching movies, series on the computer	Yes	58 (36.9)	99 (61.3)	0.177
		No	73 (30.4)	167 (69.6)	
Using while…	..studying	Yes	43 (29.1)	105 (70.9)	0.198
		No	88 (35.3)	161 (64.7)	
	..walking	Yes	71 (29.5)	170 (70.5)	0.063
		No	60(38.5)	96 (61.5)	
PLD volume levels	Quiet <30%vol max		3 (15.0)	17 (85.0)	0.051
	Medium 30-60%vol max		73 (30.8)	164 (69.2)	
	Load >60%vol max		55 (39.3)	85 (60.7)	

Table 2. Distribution of tinnitus and headaches among the students in relation to gender

		Male	Female	p value
		N(%)	N(%)	
Tinnitus	Yes	46 (35.1)	85 (64.9)	0.982
	No	105(35.0)	195 (65.0)	
Headaches	Yes	17 (16.8)	84 (83.2)	<0.001
	No	134 (40.6)	196 (59.4)	

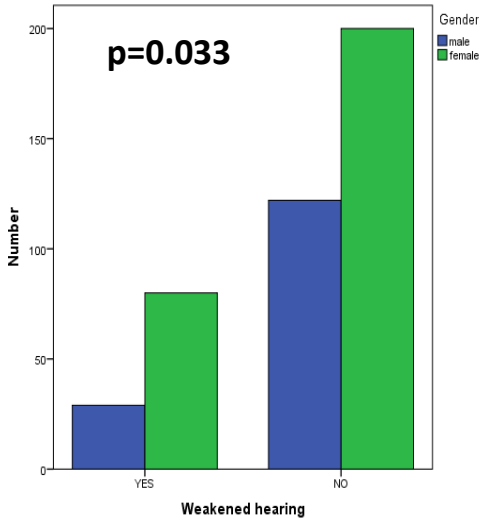

Figure 1. Sex differences related to weakened hearing

Conclusion

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 freaquent exposure to loud music and leisure noise.

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