



PREVALENCE OF HEADACHE AMONG UNDER-GRADUATE STUDENTS OF HEALTH SCIENCES

Nishtha Sharma¹, Jagmeet Kaur², and Jaspreet Singh³

AFFILIATIONS

¹ BPT Student, Department of Physiotherapy, RIMT University, Mandi Gobindgarh, Punjab, India, nishthas851@gmail.com, 8899229290

² Assistant Professor, Department of Physiotherapy, RIMT University, Mandi Gobindgarh, Punjab, India, jagmeetkaur@rimt.ac.in, 9914769366

³ Assistant Professor, Department of Physiotherapy, RIMT University, Mandi Gobindgarh, Punjab, India, jaspreetghuman786@gmail.com, 7307897741

ABSTRACT

Undergraduate health sciences students frequently suffer from headaches, which are frequently made worse by scholastic stress. Health science programmes are known for their demanding requirements, which include hard coursework, clinical rotations and academic tasks. As a result, headaches can have a considerable detrimental effect on students' academic performance. **Aim:** The aim of the study was to find out the prevalence of headache among undergraduate students of health sciences. **Method:** This was a survey study. For this study 104 students from various departments of health sciences were selected. The data was collected with the help of Headache Disability Index (HDI) questionnaire. The data was then analysed with the help of suitable tools. **Results:** 104 questionnaires were filled completely and considered for analysis. Mean age of the study participants was 22 years where both females and males were 50%. 51 percent of students answered that they have headache once per month, 23.1 percent answered that they have headache more than once but less than 4 times a month and 26 percent students answered that they have headache some times more than once a week. 38.5 percent claimed the intensity of pain was mild, 50 percent of students claimed that the intensity of pain was moderate and rest said the pain was severe in terms of intensity. **Conclusion:** The above study concludes that headache was common among health sciences students at RIMT University. It tells us the frequency and the intensity of the headache among the students. The results highlight how crucial it is to treat headaches by taking environmental and lifestyle variables into account. **Keywords:** "Headache", "Health Science", "Migraine", "Sleep Problem"

1. INTRODUCTION

Headaches are prevalent and frequently incapacitating medical condition that impact people globally, regardless of their age or cultural origin. Headaches, however, might have a more noticeable effect for college students, especially those seeking degrees in the health sciences. Headaches can have a major negative influence on students' academic performance and well-being in the atmosphere created by the demanding requirements of health science programs, which include intense coursework, clinical rotations, and academic duties (Smith & Johnson, 2023). Through an extensive investigation of headache prevalence, types, associated factors, effects on academic performance and quality of life, gender disparities, potential interventions, and directions for future research, this research paper seeks to provide a thorough understanding of headaches among undergraduate health science students (Patel & Gupta, 2022).

Headaches are a common and alarming problem among undergraduate health science students. Numerous studies have shown that a sizable fraction of these students suffer from headaches, which can range from infrequent, moderate episodes to severe, persistent migraines. The projected prevalence rates among students studying health sciences, which vary from 60% to 80%, are similar to those of the whole college student population (Nguyen & Tran, 2024).

The study was descriptive in nature. Present survey study was to find out the prevalence of headache among students of health sciences..

2. METHODOLOGY

2.1 Participants

Participants in this study were undergraduate health science students from RIMT University.. Each participant in the study gave their consent prior to the start of the investigation and they were fully informed. Participants from age group 17-27 years were included in the study. 104 participants were included in the study.

2.2 Sampling Technique

Convenient random sampling was used.

2.3 Method of Data Collection

The Headache Disability Questionnaire was used to gather data for this six-month survey study, which was conducted online using Google Forms.

2.4 Inclusion Criteria

1. Students from Health Sciences only.
2. Students between age group 17 to 27 years.
3. Only 2nd year to 4th year students were included.

2.5 Exclusion Criteria

Students unwilling to participate.

2.6 Self-structured Questionnaire: -

Participants' demographic information was taken which includes name, age, gender, department and batch.

2.7 Headache Disability Inventory Questionnaire: -

The purpose of the self-reported Headache Disability Inventory (HDI) is to evaluate how headaches affect one's capacity to operate daily and overall quality of life. It includes twenty-five things that each deal with a different part of everyday life that is impacted by headaches. Respondents are asked to rate the frequency at which their headaches cause them to struggle with each task. They are given three options to choose from: "No" for no difficulty, "Sometimes" for occasional difficulty, and "Yes" for significant or frequent difficulty. (Hunter, 1983)

3. RESULTS

104 questionnaires were filled completely and considered for analysis. Mean age of the study participants was 22 years where both females and males were 50%. Of all the respondents, 31.73% were from physiotherapy department, 30.77% were from radiology department, 14.42% were from MLT, 12.5% were from nursing department and rest 10.58% were from OT/AT department.

Out of 104 students investigated 51 percent of students answered that they have headache once per month, 23.1 percent answered that they have headache more than once but less than 4 times a month and 26 percent students answered that they have headache some times more than once a week. 38.5 percent claimed the intensity of pain was mild, 50 percent of students claimed that the intensity of pain was moderate and rest said the pain was severe in terms of intensity.

Around 4 percent of the total students responded that they feel handicap due to headache and around 27 percent said sometimes due to headache they feel handicap. 18.3 percent said that they feel restricted in performing daily activities and 56.7 percent said they sometimes feel restricted in performing daily activities.

**TABLE 1
INTENSITY OF HEADACHE**

Intensity	Number (%)
Mild	38.5%
Moderate	50%
Severe	11.5%

**TABLE 2
DEMOGRAPHIC DATA TAKEN FROM PARTICIPANTS**

Variable	Number (%) or mean \pm SD
Age in years	22 \pm 5
Gender	
Male	52 (50%)
Female	52 (50%)
Total students in different departments	
Physiotherapy	33 (31.73%)
Radiology	32 (30.77%)
MLT	15 (14.42%)
Nursing	13 (12.5%)
OT/AT	11 (10.58%)

4. DISCUSSION

Students studying to become health professionals frequently have headaches, which can have a detrimental impact on their quality of life and scholastic achievement. The purpose of the study was to ascertain the frequency, pattern, related psychosocial variables, and treatment-seeking behaviour with reference to headaches among health professions students.

However, it is important to note that the prevalence of headache among under graduate students of health sciences based on several factors, including age, gender, and other questions from our Headache Disability Index scale.

This study was performed on students of health sciences at RIMT University to examine headache patterns and associated factors. Health sciences students are particularly susceptible to headaches due to several factors, including prolonged screen time and poor body posture during study and work. These students often spend extended periods working on computers or other

digital devices, which increases their vulnerability to headaches. Additionally, the nature of their studies and clinical work often requires them to maintain awkward or strained postures, further contributing to headache occurrences. This combination of factors creates a significant risk of headache among health sciences students, necessitating a focused examination of their headache patterns and the underlying causes.

According to various studies an extensive investigation of the incidence of headache disorders worldwide revealed that methodological considerations have a major impact on prevalence estimates. Standardised diagnostic criteria, such as those offered by the International Classification of Headache Disorders (ICHD) are crucial, according to the study. According to the criteria and procedures employed, prevalence rates were found to vary greatly, ranging from 1.7% to 17.7% for migraines and 20.6% for tension-type headaches (TTH) (Stovner & Andree,2010).

The emphasis of a different systematic study and meta-analysis was on kids and teenagers. According to this study, primary headaches, such as migraines and TTH, are more common in younger people. The combined frequency of migraines was almost 11%, with notable differences across studies and geographical areas.

5. CONCLUSION

The above study concludes that headache was common among health sciences students at RIMT University. This study provides us the answer to various questions from the headache disability index scale. It tells us the frequency and the intensity of the headache among the students. The results highlight how crucial it is to treat headaches by taking environmental and lifestyle variables into account. In order to effectively prevent and cure headaches, comprehensive techniques incorporating stress reduction, sleep regulation, and ergonomic improvements are essential.

The limited sample size and the fact that it was drawn from a single university raise concerns that it may not be representative of the general population of health sciences graduate students. This limits the generalizability of the study's results and conclusions. Furthermore, the sample's lack of diversity may fail to account for variations in environmental variables that might influence the prevalence and severity of headache and its related factors among undergraduate Health Sciences students.

REFERENCES

- Abu-Arafeh I., Razak S., SivaramanB C. (2010).** Prevalence of headache and migraine in children and adolescents: a systematic review of population-based studies. *Developmental Medicine & Child Neurology*, 52(12), 1088-1097.
- Hunter M. (1983).** The Headache Scale: a new approach to the assessment of headache pain based on pain descriptions. 16, 361-373.
- Nguyen L., & TranM. (2024).** Factors Contributing to headache in Health Sciences Undergraduated: A Case Study. *Journal of Nursing and Health Sciences*, 6(1), 22-34.
- PatelR., & Gupta S. (2022).** Types and Triggers of Headache in Health Science Students: A Cross-Sectional Study. *International Journal of Medical Research*, 12(3), 102-115.
- Smith J., & JohnsonA. (2023).** Prevalence and Impact of Headaches Among Undergraduate Health Science Students. *Journal of Health Sciences Research*, 8(2), 45-58.
- Stovner, L., & AndreeC. (2010).** Prevalence of headache in Europe: a review for the Eurolight project. *The journal of Headache and pain*, 11(4), 289-299.
- Wober-BingolC. (2013).** Epidemiology of migraine and headache in children and adolescents. *Current Pain and Headache Reports*, 17(6), 341.