

# ACADEMIC STRESS, USE OF GADGET AND THEIR ASSOCIATIONS WITH THE INCIDENCE OF PRIMARY HEADACHE AMONG UNIVERSITY STUDENTS

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## ABSTRACT

**Background:** During the COVID-19 pandemic, students were required to do distant learning or commonly called online. This indirectly requires students to use gadgets more often, and assignments that pile up can become academic stressors for students. Both conditions can disrupt the physiological balance of the body which can lead to the emergence of primary headaches. This study aimed to determine academic stress, use of gadget, and their association with the incidence of primary headache.

**Subjects and Method:** A cross-sectional study was carried out at Faculty of Medicine, UPN Veteran Jakarta in 2020. A total of 101 students were selected for this study. The dependent variable was primary headache. The independent variables were academic stress and the use of gadget. The data were collected using questionnaire and analyzed by logistic regression.

**Results:** The risk of primary headache increased with academic stress (OR= 4.09;  $p < 0.001$ ) and the use of gadget (OR= 0.11;  $p = 0.043$ ), and both were statistically significant.

**Conclusion:** The risk of primary headache increases with academic stress and the use of gadget.

**Keywords:** academic stress, gadget, primary headache, students.

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