

TINNITUS INCIDENCE BY AGE IN STUDENTS USING EARPHONES IN REMOTE EDUCATION

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INTRODUCTION

Due to the COVID-19 pandemic and the imminent need to resignify teaching-learning activities, the use of **headphones** has become essential in the **routine of students**. It is noteworthy that the exaggerated use of headphones along with prolonged exposure can cause various **auditory and extra-auditory symptoms**, including **tinnitus**, which has a negative impact on quality of life.

OBJECTIVE

To investigate the **incidence of tinnitus**, by age group, among remote education students who use headphones.

METHODOLOGY

A **descriptive, analytical, and cross-sectional study**, was carried out through an **online questionnaire**, standardized on Google forms, and released between **April and June 2021** on digital platforms.

A survey was carried out regarding the **incidence of tinnitus** symptoms and its relationship with the **age variable**, in order to observe if there is a predominance of such symptom in a certain age group.

Brazilian students aged 18 to 50 years, of both sexes, who were in **remote education** were included. Three participants who never used earphone and those aged less than 18 years and over 50 years and who were not in remote classes were excluded.

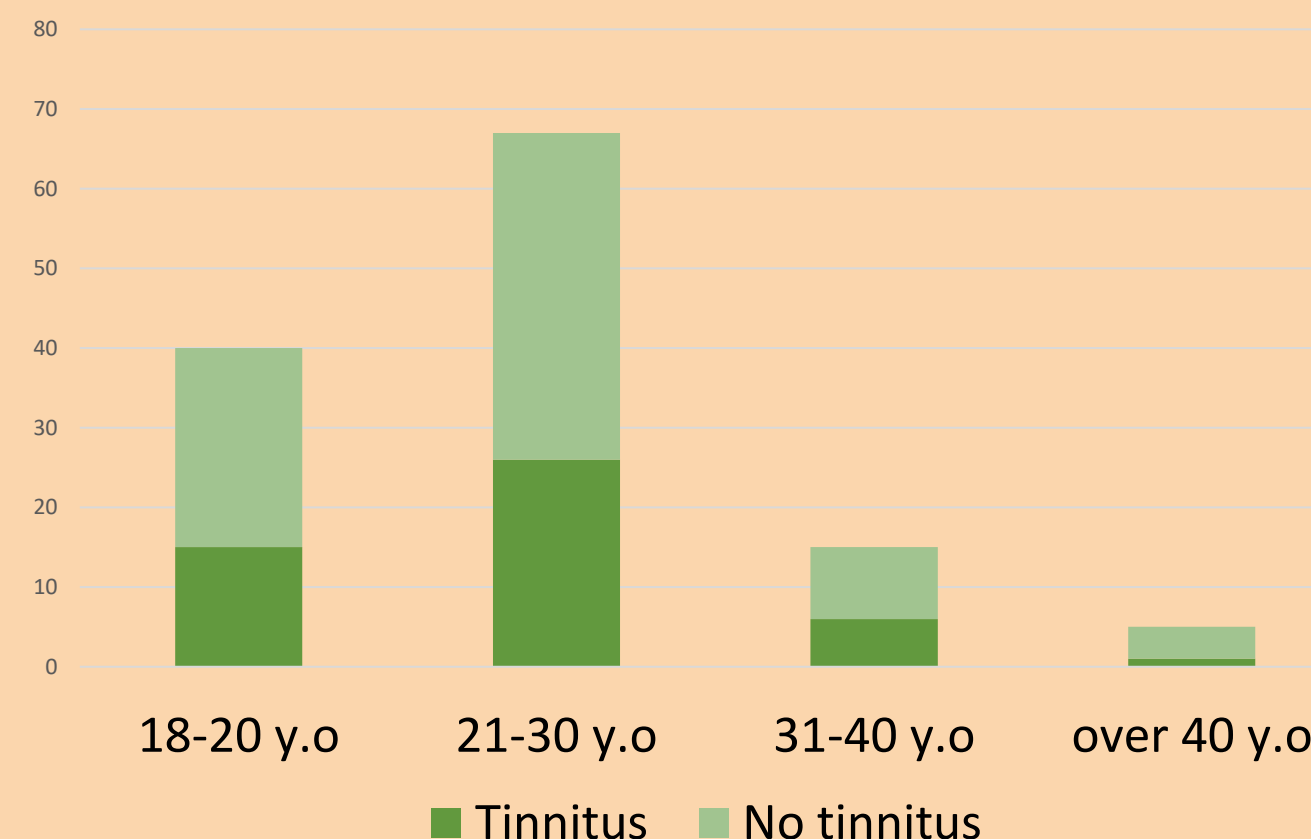
RESULTS

The study included **123 Brazilian students**, 91 (73.99%) female and 32 (26.01%) male, **aged 18 to 47 years** (mean 24.2 years), with a predominance of the southern and southeastern regions of the country; 85 (69.10%) undergraduate students, 15 (12.20%) graduate students, 13 (10.56%) technical education and 10 (8.13%) secondary education.

Out of the 123 surveyed students, **48 (39.02%) had tinnitus**.

Divided by age group, the incidence was: 18-20 y.o = 37.50% (15 out of 40); 21-30 y.o = 38.81% (26 out of 67); 31-40 y.o = 40.00% (6 out of 15); over 40 y.o = 20.00% (1 out of 5).

Tinnitus incidence by age



CONCLUSIONS

Tinnitus was reported by a significant number of students in the sample, being **prevalent in all age groups**, highlighting the importance of **awareness campaigns and health promotion**, especially in young populations, to prevent damage caused by the continued overuse of earphones.